2024-2025 OHSAA VAULT SCORESHEET (*OHSAA 2024*)

1st FLIGHT

Incor. foot form ↑.10 (flexed/sickled)

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Poor Technique
- Hip Angle ↑.30
- Arch ↑.20

Incomplete LA turn. ↑.30

Failure to pass thru vertical ^.30

(On vaults with ¼- ½ turn in preflight)

SUPPORT/REPULSION

Poor technique:
- Staggered/alternate hands-on for all vaults* ↑.10
- Shoulder Angle ↑.20
- Arch ↑.20
- Alternate Rep.-all vaults* ↑.20
- Legs bent in support ↑.30

Steps on hands (.1 each) ↑.30

LA turn begun too early ↑.30

Arms bent ↑.50
(slight bend of lead arm allowed for Gr. 3 vaults)

Touch with only 1 hand 1.00

Head touching table in support (includes 0.5 for bent arms) 2.00

No hand contact on table VOID

Hop on hands .30

**Except all Gr. 3 vaults & Gr. 5 vaults with ¾ - 1/1 turn on + salto off*

2nd FLIGHT

Incorrect foot form ↑.10

Insufficient exactness of LA turn ↑.10

Under-rotation of vaults up to .10

Insufficient Height ↑.50

Insufficient Length ↑.30

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent or early tuck ↑.30

Insufficient exactness of Body Pos.
- Insufficient N, V ↑.30
- Insufficient stretched pos.
  - *arch ↑.30
  - * hip angle (136°-179°) ↑.30

Fails to maintain stretch (pike down) ↑.30

Insuff. /Late extension of N or V ↑.25

Total absence of extension of N or V .30

Late completion of twist ↑.30
(Gr. 1 & Gr. 4/5 w/out saltos)

Brush/hit of body/head on table ↑.20

LANDING/GENERAL

Slight hop/ adj. feet ↑.10

Extra arm swings ↑.10

Steps small and medium (max .40) .10- .15

Large step/Jump (approx. 3 ft) .20

Incorrect Body Posture ↑.20

Trunk movement for balance ↑.20

LA turn incomplete ↑.30

Squat on landing ↑.30

Brush/touch with hands (no support) ↑.30

Deviation in Direction ↑.30

Insufficient Dynamics ↑.30

Fall or support on 1 or both hands .50

Fall against vault table .50

Spotting assistance upon landing .50

Vaults without signal (from average by CJ) 0.50

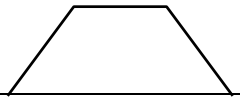
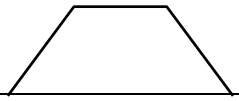
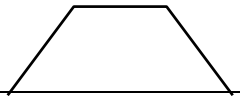
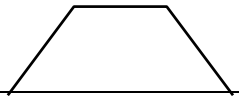
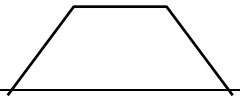
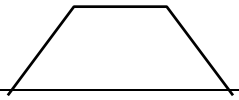
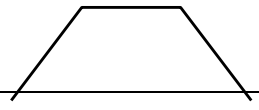
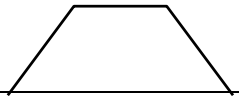
Landing in a sitting, lying or standing position on top of the table VOID

Failure to land on bottom of feet 1st VOID

No safety zone mat (Gr. 4/5) VOID

Spotting assistance during post-flight 1.00

Spotting assistance during pre-flight or support phase VOID

# vault: 	SV Ex Score		# vault: 	SV Ex Score	
# vault: 	SV Ex Score		# vault: 	SV Ex Score	
# vault: 	SV Ex Score		# vault: 	SV Ex Score	
# vault: 	SV Ex Score		# vault: 	SV Ex Score	