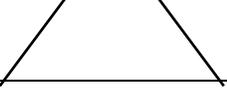
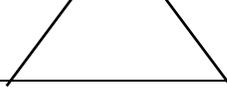


2019-2020 OHSAA VAULT SCORESHEET

(Revised OHSAA 2019)

| 1st FLIGHT | SUPPORT/REPULSION | 2nd FLIGHT | LANDING/GENERAL |
|---|---|--|---|
| Incor. foot form ↑.10 (flexed/sickled) | 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/hops on hands ↑.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 <u>1.00 CJ</u> Head touching table in support (includes 0.5 for bent arms) <u>2.00</u> No hand contact on table <u>VOID</u> <i>*Except all Gr. 3 vaults & Gr. 5 vaults with ¾ - 1/1 turn on + salto off</i> | Incorrect foot form ↑.10 LA Turn begun too Late ↑.50 Insufficient exactness of LA turn ↑.10 Under-rotation of salto vaults <u>-.10</u> 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 <u>-.30</u> Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos) ↑.30 Brush/hit of body/head on table ↑.20 | Slight hop/ adj. feet ↑.10 Extra arm swings ↑.10 Steps each .10 max .40 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 w/ hand(s) (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 <u>VOID</u> Failure to land on bottom of feet 1 st <u>VOID</u> No safety zone mat (Gr. 4/5) <u>VOID</u> <i>Spotting assistance during Post-flight 1.00</i> <i>Spotting assistance during Pre-flight or Support phase VOID</i> |
| Poor Technique Hip Angle ↑.20 Arch ↑.20 | | | |
| Incomplete LA turn. ↑.30 | | | |
| Failure to go thru vertical [^] .30 (On vaults with ¼ or ½ turn in preflight) | | | |

| | | | |
|--|-------------------|---|-------------------|
| # 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 |