
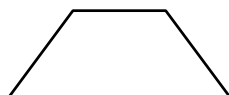

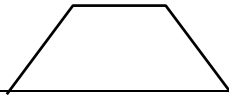






2022-2023 OHSAA VAULT SCORESHEET

(OHSAA 2022)

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 on hands (.1 each) ↑.30 LA turn begun too early ↑.50 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> Hop on hands <u>.30</u>	Incorrect foot form ↑.10 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) <u>.20</u> 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 <u>.50</u> Fall against vault table <u>.50</u> Spotting assistance upon landing <u>.50</u> Vaults without signal (from average by CJ) <u>0.50</u> Landing in a sitting, lying or standing position on top of the table <u>VOID</u> Failure to land on bottom of feet 1 <sup>st</sup> <u>VOID</u> No safety zone mat (Gr. 4/5) <u>VOID</u> <b>Spotting assistance during Post-flight <u>1.00</u></b> <b>Spotting assistance during Pre-flight or Support phase <u>VOID</u></b>
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 <b>(On vaults with ¼- ½ turn in preflight)</b>	<i>*Except all Gr. 3 vaults &amp; Gr. 5 vaults with ¼ - 1/1 turn on + salto off</i>		

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