JO 4&5 VT

Oct 16

Vault Height: 105, 115, or 125cm for all age categories
Mats: mandatory 10cm. Mx 20cm.

Aid of coach during first flight, support, or second flight	2.00
Performing incorrect vault	VOID
Aid of coach upon landing	0.50
1st balk	no ded
Performing a 2nd or 3rd balk	VOID
Touch of only one hand on vault table	1.00
No hand support on vault table	VOID

			Name		Name		Name		Name		Name	
			VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2
First Flight	arch	↑0.3										
	pike	↑0.5										
	legs bent	↑0.3										
	legs separated	↑0.2										
	incorrect foot form	↑0.1										
	incorrect head align	↑0.1										
Support Phase	bent arms	↑0.5										
	head contacts vault	2.00										
	shoulder alignment	↑0.3										
	too long in sup	↑0.5										
	alternate repulsion	↑0.2										
	angle of repulsion: 1°-45°	0.05-0.50										
	46°-89°	0.55-1.00										
	additional hand placements	0.1e										
Second Flight	insuff height	↑0.5										
	insuff distance	↑0.3										
	brush, touch, hit body on table	0.3										
	arch	↑0.3										
	pike	↑0.5										
	legs bent	↑0.3										
	legs separated	↑0.2										
	incorrect foot form	↑0.1										
	incorrect head align	↑0.1										
Landing	ld w/ ft HW or closer no join ft	0.05										
	ld w/ ft staggered	↑0.1										
	ld ft further than shoulders	0.1										
	slight hop/adjustment of ft	↑0.1										
	extra arm swings	↑0.1										
	add'l trunk mvts to main balance	↑0.2										
	incorr body posture on landing	↑0.2										
	step after landing	0.1e										
	very large step/jump	0.2e										
	squat upon landing	↑0.3										
	brush, touch, hit vault	↑0.3										
	supp against vault	0.5										
	fail land feet first	2.00										
General Faults	deviation from straight dir	↑0.3										
	insuff dynamics	↑0.3										
		Ded										
		J1										
		J2										
		J3										
		J4										
		AVG										
		FS										