



<b>2019 JO Course Material</b>
<b>JO Technical Routine Analysis</b>
<b>Judging Report</b>
<b>VAULT Routine Analysis</b>



## 2019 JO VAULT #1

**EVENT:**                      **Vault: Yamashita**  
**ATHLETE:**                **11 - 14 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle					
Board Strike				.1	Leaning forward
Pre-Flight					
Block				.1	Not at vertical
Post- Flight				.1	Extension before landing
				.1	toes
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus =	E3 =	
B =		E4 =	
A =	<b>Start Value = 9.5</b>	<b>.4</b>	<b>9.1</b>

**D – Panel Comments:**

**E – Panel Comments:**



## 2019 JO VAULT #2

**EVENT:**                      **Vault: Yamashita**  
**ATHLETE:**                **11 - 14 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle				.1	Arms in front of body
Board Strike				.2	leaning
Pre-Flight				.1	Hands contact horse at 45
Block				.2	Rolls off horse
Post- Flight				.1	Early pike
				.1	Missing "sit up"
				.2	Extension prior to landing
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus =	E3 =	
B =		E4 =	
A =	Start Value = 9.5	1.0	8.5

**D – Panel Comments:**

**E – Panel Comments:**



## 2019 JO VAULT #3

**EVENT:**                      **Vault: Yamashita**  
**ATHLETE:**                **11-14 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle				.3	Overhead approach
Board Strike				.2	Leaning forward
Pre-Flight				.2	Contact table at 45
Block				.3	Pike on table
				.3	Vertical rise
Post- Flight				.2	Extension before landing
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus =	E3 =	
B =		E4 =	
A =	Start Value = 9.5	1.5	8.0

**D – Panel Comments:**

**E – Panel Comments:**



## 2019 JO VAULT #4

**EVENT:**                      **Vault: Yamashita**  
**ATHLETE:**                **11-14 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle				.1	Arms in front of body
Board Strike					
Pre-Flight					
Block				+.1	Vertical rise
Post- Flight				.1	Extension prior to landing
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus =	E3 =	
B =		E4 =	
A =	Start Value = 9.6	.2	<b>9.4</b>

**D – Panel Comments:**

**E – Panel Comments:**



## 2019 JO VAULT #1 (15-18)

**EVENT:**                    **Vault: Handspring Pike Front Salto**  
**ATHLETE:**                **15-18 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle				.1	Arms in front of body
Board Strike					
Pre-Flight					Pike on table
Block				.1	Vertical rise
Post- Flight				.2	Extension before landing
				.1	Leg split
					No distinct "sit up"
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus =	E3 =	
B =		E4 =	
A =	Start Value = 9.5	.5	9.0

**D – Panel Comments:**

**E – Panel Comments:**



## 2019 JO VAULT #2 (15-18)

**EVENT:**                      **Vault: Yamashita**  
**ATHLETE:**                **15-18 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle				.2	Arms in front of body
Board Strike				.2	Leaning
Pre-Flight				.2	Hands contact horse at 45
Block				.3	Rolls off horse
Post- Flight				.2	Early pike
				.2	Missing "sit up"
				.3	Extension prior to landing
				.1	Knees
				.1	Feet
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus =	E3 =	
B =		E4 =	
A =	Start Value = 9.5	1.8	7.7

**D – Panel Comments:**

**E – Panel Comments:**



## 2019 JO VAULT #3 (15-18)

**EVENT:**                    **Vault: Handspring Pike Front Salto**  
**ATHLETE:**                **15 18 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle				.1	Arms
Board Strike				.1	Leaning
Pre-Flight				.1	Contact table at 45
Block				+.1	Vertical rise
Post- Flight				+.1	Extension before landing
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus = .2	E3 =	
B =		E4 =	
A =	Start Value = 9.7	.3	9.4

**D – Panel Comments:**

**E – Panel Comments:**





## 2019 JO VAULT #4 (15-18)

**EVENT:**                      **Vault: Handspring Pike Front Salto**  
**ATHLETE:**                **15- 18 Year old Technical Sequence**

Skills	Value (*)	Element Group	Connection Bonus	Execution Deduction	Comments
Run					
Hurdle				.2	Arms in front of body
Board Strike				+.1	
Pre-Flight					
Block				.1	Rolls off table
Post- Flight				.2	Extension prior to landing
<b>Bonus</b>					

Difficulty	D Panel	E Panel	Final Score
G =			
F =			
E =	Base score = 9.5	E1 =	
D =		E2 =	
C =	T. E Bonus = .1	E3 =	
B =		E4 =	
A =	Start Value = 9.6	.5	<b>9.1</b>

**D – Panel Comments:**

**E – Panel Comments:**