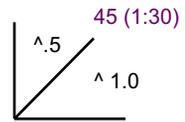


Level 4/5 Vaulting - Handspring

sh ^ 0.3
 arms ^ 0.5 / 2.0
 step 0.1 ea
 alt ^ 0.2

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1

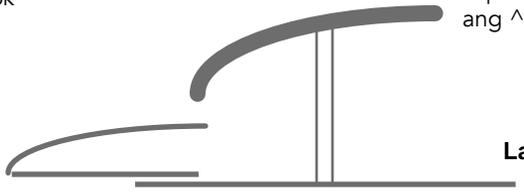


angle=repulsion, body when hands leave the table

H ^ 0.5
 D ^ 0.3

sup ^ 0.5
 ang ^ 1.0

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1



One hand on horse = 1.0 (at least 1/2 panel) (CJ)
 No contact of hands on horse = VOID
 Coach aid landing -0.5 aiding vault L4 = 2.0 L5 = void
 no deduction for 3rd approach (no 4th approach allowed)
 vault w/o judge's prior salute - take 0.5 off repeated vault
 Failure to land feet first 2.0 (includes fall)
 Land standing/sitting/lying on table **after passing vertical** = 2.0 + 0.5 fall
 incorrect vault = VOID (coming to rest/support on top of table w/o passing thru vertical in an inverted hdst position - OR vault other than hdsp)
 Unauthorized matting, unauthorized spring config = 0.3 CJ
 Use of alternate springboard = VOID
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Dir ^ 0.3
 Dy ^ 0.3

Landing- steps 0.1/0.2 ea, max 0.4
 feet land max hip width and not close 0.05
 feet land wider than hip width 0.1
 staggered feet ^ 0.1
 trunk movements ^ 0.2
 extra arm swings ^ 0.1
 squat ^ 0.3
body position ^ 0.2 (when feet land)
 brush/touch mat ^ 0.3
 brush/touch/hit vault table ^ 0.3
 falls/support with hand(s) ^ 0.5

BALK= running approach that does not come to rest/support on top of vault table or mat stack

Level 2/3 and Xcel B2/S2 Vaulting jump to hdst, fall flat back

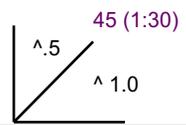
Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Level 2	Level 3	Bronze 2	Silver 2
min 16" mat tape line 32"	min 32" mat tape line 32"	min 16" mat	table w/ mat stack 8" ± 2" above table

run
L2 & L3 only:
 insuf acc ^ 0.3
 horiz sp ^ 0.3
 exc lean ^ 0.3

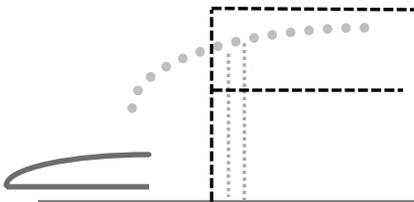
sh ^ 0.3
 arms ^ 0.5 / 2.0
 step 0.1 ea
 ang ^ 1.0

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1



angle=body when hands hit mat, **past** the vertical

head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1



head ^ 0.1
 B ^ 0.3 arch
 ^ 0.5 pk
 L ^ 0.3
 LS ^ 0.2
 ft ^ 0.1

Silver 2 only:
 support ^ 0.5
 H ^ 0.5
 D ^ 0.3

L2&L3 only: hands beyond tape line 0.5 / stag 0.2

failure to show inverted vertical pos. (roll) = ^ 2.0
 failure to contact mat with both hands = 3.0
 (XS2) failure to contact table with both hands = VOID
 one hand on table = 1.0 (CJ)
 incorrect vault = VOID (coming to rest/support on top of mat stack w/o passing thru vertical in an inverted hdst position)

Dynamics ^ 0.3

Landing- finish on straight lying back ^ 1.0
 - 0.5 arched position on mat, bent legs
 - 0.5 lands sitting, salutes, leaves
 - 1.0 lands on feet, salutes, leaves

XS2: Any part of body touching/brushing table upon landing = up to 0.2 (support on apparatus)

XB2 & XS2:
 aid of coach, any phase = 1.0
 landing 0.5...max spot ded = 1.5
L2 & L3:
 aid of coach before hand support = VOID
 after hand support = 2.0 landing 0.5