Xcel Silver Vaulting

Option 1: handspring over mat stack
Option 2: ¼ - ½ onto mat stack, repulsion off

Option 1 only

shoulder angle ^0.2
arms bent ^0.5 (except Opt 2 lead arm)
head touch 2.0 (includes arms ded.)
neutral head ^0.1
arched ^0.2
step/hop hands ea 0.1 max 0.3
staggered/alt hand ^0.1
alt repulsion ^0.2

too long support ^0.5

legs crossed	^0.1
legs separation	^0.2
legs bent	^0.3
foot form	^0.1
neutral head	^0.1

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Fail pass thru vert	^0.3
neutral head	^0.1
piked, arched ea	^0.2
legs crossed	^0.1
legs separation	^0.2
legs bent	^0.3
foot form	^0.1
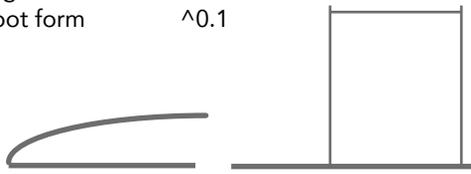
Mat stack – 24 in to 48 in height, turned sideways
At end of mat stack, min 5" x 6' x 12 landing mat

Direction ^0.3
(at initial contact of mat)
Dynamics ^0.3

One hand on table (at least ½ panel) --1.0 CJ
No contact of hands on table = VOID
Failure to land feet first = VOID
Coach aid landing --0.5
Coach aiding vault = 1.0 --- max spot deduction 1.5
Coach inadvertently touch apparatus – no deduction
vault w/o judge's prior signal – take 0.5 off repeated vault
Not performing allowable choice of vault = VOID
Use of alternate springboard = allowed
Incorrect tape/excessive chalk on table or runway - 0.2 CJ

Landing
steps each 0.1 sm/ 0.2 lg, max 0.4
feet land max hip width and not close 0.05
feet land wider than hip width 0.1
staggered feet, small hop, adjust ^0.1
trunk movements ^0.2
extra arm swings ^0.1
body posture (when feet land) ^0.2
squat ^0.3
brush/touch floor ^0.3
brush/hit body on mat stack ^0.2
falls/support with hand(s) 0.5
falls against mat stack 0.5
Land standing/sitting/lying on mat stack = VOID

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sh
arm
arc
stag
alt
step
h

vert
pk
arc
L
LS
LCr
h
ft

sup

LCr
LS
L
h
ft

La - step
BP

Dir
Dy
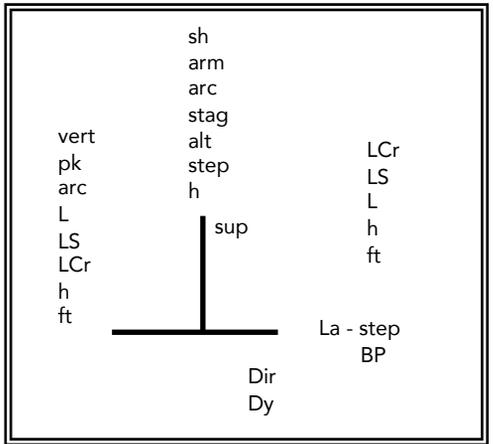
Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

60 second fall time –
starts when judgment
of vault is complete, to
leave landing area

Xcel warm up
<u>Timed warmup</u> – amount determined by
largest squad in meet.
Timing not includes run back/drills/run past
table on runway.
Start time with mount onto table/mat stack
for jump/salto off table or with
run/touch spring board.
No blocked time.
Can run on runway between vaulters (not
touch equipment), but NOT in front of
judges
<u>Touch warm-up</u> = #vaults guaranteed:
XB -1; XS, XG,XP - 2; XD - 3
Allow ONE stand on table/mat stack to
jump off per gymnast before time
starts, ONE run back after present.

Balk = run approach that does NOT come to a rest or
support on top of the table/mat stack. 2nd /3rd balk = VOID
-- allowed 3 approaches to do 1 OR 2 vaults