

# Xcel Silver Vaulting

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

Option 1 only

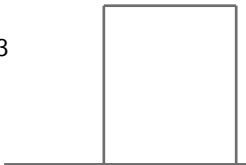
- shoulder angle ^0.2
- arms bent ^0.5 (except Opt 2 lead arm)
- head touch 2.0 (includes arms ded.)
- neutral head ^0.1
- arched ^0.2
- step/hop hands ea 0.1 max 0.3
- staggered/alt hand ^0.1
- alt repulsion ^0.2

- 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

- legs crossed ^0.1
- legs separation ^0.2
- legs bent ^0.3
- foot form ^0.1
- neutral head ^0.1
- Maintain stretched body ^0.3

too long support ^0.3

Incomplete LA turn ^0.3  
(Option 2)

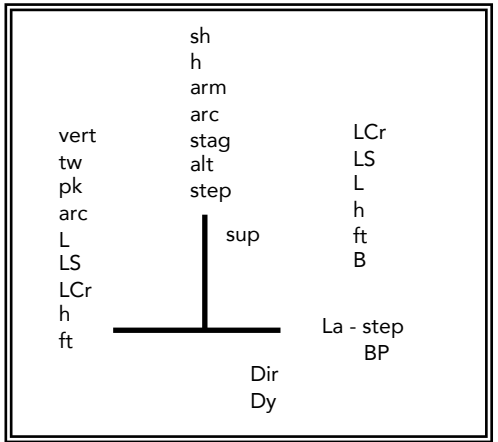


Mat stack – 24 in to 48 in height, turned sideways  
 Top= 5 ft wide x min 5 ft long (+2”), firm top surface  
 At end of mat stack, min 4” landing mat

**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



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**  
Timed warmup – 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  
Touch warm-up = #vaults guaranteed:  
 XB -1; XS, XG, XP - 2; XD - 3  
 Allow ONE stand on mat stack to jump off per gymnast before time starts, ONE run back after present to judges.

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