

Gymnast #	Handspring	Handspring
	Tsukahara	Tsukahara
	Roundoff	Roundoff
<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
<b>ANGLE OF REPULSION</b>		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
<b>SECOND FLIGHT PHASE</b>		
<b>0.0 Arm Position leaving Table = no deduction</b>		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated <b>(one foot landing)</b>	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length <b>(center of mass on contact)</b>	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
<b>LANDING PHASE</b>		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
<b>GENERAL</b>		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
<b>START VALUE</b>	<b>10.0</b>	<b>10.0</b>
<b>DEDUCTIONS</b>	_____	_____
<b>JUDGE #1</b>	_____	_____
<b>JUDGE #2</b>	_____	_____
<b>CJ:</b>		
Tape on Table = 0.2	_____	_____
Unauthorized Matting = 0.3	_____	_____
Vault with No Signal = 0.5	_____	_____
Touch with Only 1-Arm = 1.0	_____	_____
	1st Vault	2nd Vault

Gymnast #	Handspring	Handspring
	Tsukahara	Tsukahara
	Roundoff	Roundoff
<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
<b>ANGLE OF REPULSION</b>		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
<b>SECOND FLIGHT PHASE</b>		
<b>0.0 Arm Position leaving Table = no deduction</b>		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated <b>(one foot landing)</b>	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length <b>(center of mass on contact)</b>	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
<b>LANDING PHASE</b>		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
<b>GENERAL</b>		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
<b>START VALUE</b>	<b>10.0</b>	<b>10.0</b>
<b>DEDUCTIONS</b>	_____	_____
<b>JUDGE #1</b>	_____	_____
<b>JUDGE #2</b>	_____	_____
<b>CJ:</b>		
Tape on Table = 0.2	_____	_____
Unauthorized Matting = 0.3	_____	_____
Vault with No Signal = 0.5	_____	_____
Touch with Only 1-Arm = 1.0	_____	_____
	1st Vault	2nd Vault

Gymnast #	Handspring	Handspring
	Tsukahara	Tsukahara
	Roundoff	Roundoff
<b>FIRST FLIGHT PHASE</b>		
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
<b>ANGLE OF REPULSION</b>		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
<b>SECOND FLIGHT PHASE</b>		
<b>0.0 Arm Position leaving Table = no deduction</b>		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated <b>(one foot landing)</b>	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length <b>(center of mass on contact)</b>	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
<b>LANDING PHASE</b>		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
<b>GENERAL</b>		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
<b>START VALUE</b>	<b>10.0</b>	<b>10.0</b>
<b>DEDUCTIONS</b>	_____	_____
<b>JUDGE #1</b>	_____	_____
<b>JUDGE #2</b>	_____	_____
<b>CJ:</b>		
Tape on Table = 0.2	_____	_____
Unauthorized Matting = 0.3	_____	_____
Vault with No Signal = 0.5	_____	_____
Touch with Only 1-Arm = 1.0	_____	_____
	1st Vault	2nd Vault

Gymnast #	Vault #	Vault #
	Symbol	Symbol
<b>FIRST FLIGHT PHASE</b>		
> 0.1 <b>Foot Form</b> (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - <b>Separated</b>		
> 0.3 <b>Knees</b> - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 <b>Arms</b> - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 <b>Shoulder - Angle Poor</b>		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass Through Vertical		
> 0.5 <b>Too Long in Support</b> (Non-Salto)		
> 1.0 <b>Angle of Repulsion</b> (Non Salto)		
<b>SECOND FLIGHT PHASE</b>		
> 0.1 <b>Foot Form</b> (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or <b>Early Tuck (Salto Vaults)</b>		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun <b>Too Late</b>		
0.1 Salto - <b>Under Rotation</b> of Salto Vault		
> 0.3 Body - Insufficient <b>Tuck / Pike</b>		
> 0.3 Body - Insufficient <b>Stretch</b> (arch/pike)		
> 0.3 Maintain Stretch ( <b>Pike Down</b> )		
> 0.3 Insufficient <b>Opening</b> (tuck/pike)		
> 0.5 <b>Height</b> - Maintained		
> 0.3 <b>Length</b> - Distance		
<b>LANDING / GENERAL</b>		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect <b>Body Posture</b>		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.05 Fail to Join Feet - Hip Width Landing		
> 0.4 <b>Steps</b> (0.1 each) <b>Large Step</b> (0.2)		
> 0.3 Direction (mat contact)		
> 0.3 <b>Dynamics</b>		
> 0.3 Brush / Touch Mat (no support)		
0.5 <b>Fall</b> (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing		
Level 10 - <b>Bonus</b> + 0.1 (no fall)		
<b>START VALUE</b>	<input type="text"/>	<input type="text"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>SCORE</b>	<input type="text"/>	<input type="text"/>

Gymnast #	Vault #	Vault #
	Symbol	Symbol
<b>FIRST FLIGHT PHASE</b>		
> 0.1 <b>Foot Form</b> (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - <b>Separated</b>		
> 0.3 <b>Knees</b> - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 <b>Arms</b> - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 <b>Shoulder - Angle Poor</b>		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass Through Vertical		
> 0.5 <b>Too Long in Support</b> (Non-Salto)		
> 1.0 <b>Angle of Repulsion</b> (Non Salto)		
<b>SECOND FLIGHT PHASE</b>		
> 0.1 <b>Foot Form</b> (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or <b>Early Tuck (Salto Vaults)</b>		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun <b>Too Late</b>		
0.1 Salto - <b>Under Rotation</b> of Salto Vault		
> 0.3 Body - Insufficient <b>Tuck / Pike</b>		
> 0.3 Body - Insufficient <b>Stretch</b> (arch/pike)		
> 0.3 Maintain Stretch ( <b>Pike Down</b> )		
> 0.3 Insufficient <b>Opening</b> (tuck/pike)		
> 0.5 <b>Height</b> - Maintained		
> 0.3 <b>Length</b> - Distance		
<b>LANDING / GENERAL</b>		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect <b>Body Posture</b>		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.05 Fail to Join Feet - Hip Width Landing		
> 0.4 <b>Steps</b> (0.1 each) <b>Large Step</b> (0.2)		
> 0.3 Direction (mat contact)		
> 0.3 <b>Dynamics</b>		
> 0.3 Brush / Touch Mat (no support)		
0.5 <b>Fall</b> (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing		
Level 10 - <b>Bonus</b> + 0.1 (no fall)		
<b>START VALUE</b>	<input type="text"/>	<input type="text"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>SCORE</b>	<input type="text"/>	<input type="text"/>

Gymnast #	Vault #	Vault #
	Symbol	Symbol
<b>FIRST FLIGHT PHASE</b>		
> 0.1 <b>Foot Form</b> (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - <b>Separated</b>		
> 0.3 <b>Knees</b> - Bent		
> 0.2 Hips - Angle Poor		
> 0.2 Body - Arched		
> 0.3 Turn - Incomplete		
<b>REPULSION PHASE</b>		
> 0.1 Hands - Staggered / Alternate		
> 0.2 Hands - Alternate Repulsion		
> 0.3 Hands - Steps / Hops		
> 0.2 Legs - Bent (Salto Vaults)		
> 0.5 <b>Arms</b> - Bent		
2.0 Head contact in Support (inc. arms)		
> 0.2 <b>Shoulder - Angle Poor</b>		
> 0.2 Body - Arched		
> 0.3 Turn - Begun Too Early		
> 0.3 Failure to Pass Through Vertical		
> 0.5 <b>Too Long in Support</b> (Non-Salto)		
> 1.0 <b>Angle of Repulsion</b> (Non Salto)		
<b>SECOND FLIGHT PHASE</b>		
> 0.1 <b>Foot Form</b> (flexed, sickled)		
0.1 Legs - Crossed		
0.2 Legs - Separated		
> 0.3 Legs Bent or <b>Early Tuck (Salto Vaults)</b>		
> 0.2 Touch - Brush / Hit vault table		
> 0.1 Turn - Insufficient Exactness		
> 0.3 Turn - Late Completion (non-saltos)		
> 0.5 Turn - Begun <b>Too Late</b>		
0.1 Salto - <b>Under Rotation</b> of Salto Vault		
> 0.3 Body - Insufficient <b>Tuck / Pike</b>		
> 0.3 Body - Insufficient <b>Stretch</b> (arch/pike)		
> 0.3 Maintain Stretch ( <b>Pike Down</b> )		
> 0.3 Insufficient <b>Opening</b> (tuck/pike)		
> 0.5 <b>Height</b> - Maintained		
> 0.3 <b>Length</b> - Distance		
<b>LANDING / GENERAL</b>		
> 0.1 Arms - Extra Swings		
> 0.2 Body - Incorrect <b>Body Posture</b>		
> 0.2 Trunk - Additional Movements		
> 0.3 Turn - Incomplete		
> 0.3 Squat on Landing		
0.05 Fail to Join Feet - Hip Width Landing		
> 0.4 <b>Steps</b> (0.1 each) <b>Large Step</b> (0.2)		
> 0.3 Direction (mat contact)		
> 0.3 <b>Dynamics</b>		
> 0.3 Brush / Touch Mat (no support)		
0.5 <b>Fall</b> (to support, against table)		
0.5 Coach - Between Board-Table		
0.5 Spot Landing		
Level 10 - <b>Bonus</b> + 0.1 (no fall)		
<b>START VALUE</b>	<input type="text"/>	<input type="text"/>
<b>DEDUCTIONS</b>	<input type="text"/>	<input type="text"/>
<b>SCORE</b>	<input type="text"/>	<input type="text"/>