

| | Level 2 | Level 3 | Level 4/5 | Xcel Silver |
|--|----------------------------|---|-------------------------------|------------------|
| General Faults | | | | |
| Use of alternative springboard (trampoline-like/junior board) | No deduction | VOID | VOID | No deduction |
| Assistance of coach after gymnast achieves hand support | <u>2.00</u> | | | |
| Assistance of coach from board to mat stack | VOID | | | |
| Assistance of coach (First Flight, Support, Second Flight) | | <u>2.00</u> | <u>2.00</u> (L4) VOID (L5) | <u>1.00</u> |
| Legs Crossed | No deduction | No deduction | No deduction | Up to 0.10 |
| Failure to Maintain stretched body position | Each phase | Each phase | Each phase | Each phase |
| Hip angle (pike) | Up to 0.50 | Up to 0.50 | Up to 0.50 | Up to 0.20 |
| Arched body | Up to 0.30 | Up to 0.30 | Up to 0.30 | Up to 0.20 |
| Run and Board Contact | | | | |
| Failure to Maintain Speed/Excessive forward lean/Insufficient acceleration | Each up to 0.30 | No deduction | No deduction | No deduction |
| Support Phase: | | | | |
| Incorrect shoulder alignment | Up to 0.30 | Up to 0.20 | Up to 0.20 | Up to 0.20 |
| Contacting the mat stack with the hands after vertical: Contact from 1° to 45° past vertical Contact from 46° to 89° past vertical | 0.05 – 0.50 0.55 – 1.00 | 0.05 – 0.50 0.55 – 1.00 | NA | NA |
| Failure to contact mat with both hands (0 or 1 hand) | <u>3.00</u> | | | |
| Touch with only one hand on the mat stack | | <u>1.00</u> (CJ) | <u>1.00</u> (CJ) | <u>1.00</u> (CJ) |
| No hand contact on the mat stack | | VOID | VOID | VOID |
| Too long in Support | | Up to 0.50 | Up to 0.50 | Up to 0.30 |
| Angle of Repulsion Leaves vault table by 1° to 45° past vertical Leaves Vault table by 46° to 89° past vertical | No deduction | No deduction | Up to 0.50 0.55 – 1.00 | No deduction |
| Second Flight Phase | | | | |
| Insufficient Height | NA | No deduction | Up to 0.50 | No deduction |
| Insufficient Length | NA | No deduction | Up to 0.30 | No deduction |
| Landing Phase | | | | |
| Landing in a sitting, lying or standing position on top of the mat stack after HS | | (Fall on apparatus) 0.50 = 2.00 = 2.50 | | VOID |