Level 4/5 Vaulting - Handspring

shoulders(<180°) ^ 0.2
arms ^0.5 / 2.0 (head on)
step 0.1 ea max 0.3
stag/alt hands ^0.1
alt repulsion ^0.2

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

45 (1:30)
^.5
^ 1.0

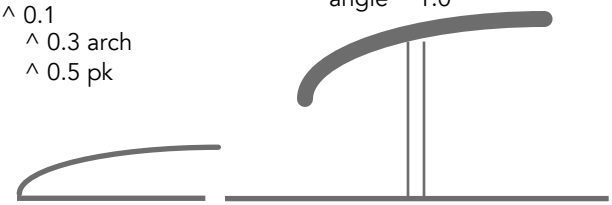
Angle of hands to body part furthest from vertical, when hands leave the table

Height ^ 0.5
Length^ 0.3

Legs ^ 0.3
Leg split ^ 0.2
feet ^ 0.1
head ^ 0.1
Body ^ 0.3 arch
^ 0.5 pk

support ^ 0.5
angle ^ 1.0

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



Direction ^0.3
Dynamics (speed/power) ^0.3

Landing
steps each 0.1 sm/ 0.2 lg, max 0.4
(entire foot/feet slide or lift off floor to join = sm step)
feet land max hip width and not close 0.05
feet land wider than hip width, not close 0.1
staggered feet, small hop, adjust ^0.1
add'l trunk movements to maintain balance ^0.2
arm swings to maintain balance ^0.1
body posture (when feet land) ^0.2
squat (hips lower than knees)^0.3
brush/touch table 0.2
brush/touch floor (no support) ^0.3
falls against table 0.5
Falls to hand(s)/knee(s)/hips on floor 0.5
Failure to land feet first = 2.0 (includes fall)
if lands on table after vertical -2.0 + -0.5

One hand on table = 1.0 (at least ½ panel see) (CJ)
No contact of hands on table = VOID
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 hdspr)*
Coach between board and table = NO deduction
Coach aid landing -0.5 >> if also fall, add'l -0.5
Coach catching falling gymnast = fall -0.5 ONLY
Coach aiding vault L4 = 2.0 L5 = VOID
Perform vault w/o judge prior signal – take 0.5 off repeated vault (CJ)
Unauthorized matting, unauthorized spring config = 0.3 CJ
Use of alternate springboard = VOID
Incorrect tape/excessive chalk on table or runway = 0.2 CJ

All levels: 45 sec fall time starts once gymnast on her feet…if exceeds time, no 2nd vault attempt allowed

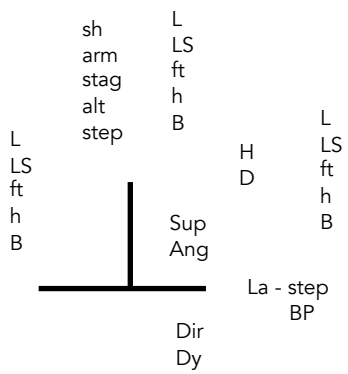
Balk = run approach that does NOT come to a rest or support on top of the table. 2nd /3rd balk = VOID
-- allowed 3 approaches to do 1 OR 2 vaults

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

Averages trick
if **both w/.05 -** drop .05 from high, add to low score…then avg the score

if **one w/.05 -** drop .05 out, avg score...then add .025 to average

Quick symbols



Timed warmup – amount determined by **largest squad in meet**.
Timing not includes run back/drills/run past table on runway.
Start time: a mount onto table for jump off table or with run/touch springboard.
No blocked time.
Can run on runway between vaulters (not touch equipment), but NOT in front of judges
Touch warm-up = 2 vaults, L 4-5. Allow ONE stand on table to jump off per gymnast before time, ONE run back after present to judges..

J. Doucette 9/21