

# Level 1 and Xcel Bronze VT 1

## Stretch jump; Handstand to flat back SV= L1 10.0 / XB1 9.0 SV

**STRETCH JUMP SV = L1 5.0 / XB1 4.5**

**KICK TO HANDSTAND, FLAT BACK SV = L1 5.0 / XB1 4.5**  
(gymnast may step back on board to kick to hdst on board or mat stack)

**Run L1 only:**  
horiz sp ^ 0.3  
exc lean ^ 0.3

Height ^ 0.5  
Arm/head align ^ 0.3  
Body: ^ 0.3 arch  
          ^ 0.5 pk  
          ^ 0.5 tuck  
Leg split ^ 0.2  
feet ^ 0.1

Arms by ears ^ 0.2  
Extra kick up 0.5 ea

**In support:**

Arms ^ 0.5  
Shoulder angle ^ 0.3  
Body ^ 0.3 arch  
          ^ 0.5 pk  
Legs ^ 0.3  
Leg split ^ 0.2  
feet ^ 0.1  
Add'l hand steps -- 0.1 each, max 0.3  
Fail to show inverted vertical pos. (roll) - 2.0  
Fail to contact mat w/ both hands - 0.1 ea

Add'l jumps 0.3 ea

**Dynamics ^ 0.3**

Mat: min 16" max 48"  
May use alternate springboard

**Jump Landing --**

Failure to land in demi-plie w control, proper body ^ 0.5  
Land not bottom of feet first = VOID (5.0 or 4.5)  
Fall after landing on feet 0.5  
Coach spot on straight jump = L1 2.0/ XB 1.0  
**XB1 only:** feet land max hip width and not close 0.05  
          feet land wider than hip width, not close 0.1  
          entire foot/feet slide or lift off floor to join ^ 0.1  
          staggered feet ^ 0.1

**Landing- while on her back**

finish on straight lying position ^ 1.0  
- 0.5 arched position on mat, bent legs  
- 0.5 lands sitting, salutes, leaves  
- 1.0 lands on feet, salutes, leaves  
May take execution while falling to back if lands as above but lays down to finish  
  
XB- NO Penalty for sliding off the end of the mat stack.

\*Remember Xcel courtesy score = 4.0 when you void half of vault

BALK= running approach that does NOT come to rest/support on top of mat stack. Balk 2&3=VOID

## Level 2 and Xcel Bronze VT 2

### Jump to hdst, fall to flat back

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

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2<sup>nd</sup> vault attempt allowed

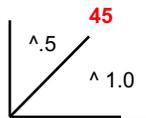
**Run L2 only:**  
insuf accel ^ 0.3  
horiz speed ^ 0.3  
excess lean ^ 0.3

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

**In support:**

shoulders ^ 0.3  
arms ^ 0.5 /  
Head on stack - 2.0  
(includes arm bend)  
step 0.1 ea max 0.3  
angle ^ 1.0

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



angle=body when hands hit mat, **past** the vertical

Add'l jumps 0.3 ea

Mat: min 16" max height 48"  
L2 - tape line 32" from front edge of mat

**Post hdst, while falling to back**

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

Direction ^ 0.3  
Dynamics ^ 0.3

failure to show inverted vertical pos. (roll) = ^ 2.0  
failure to contact mat with both hands = 3.0  
incorrect vault = VOID (never achieves vertical and returns to the board or rest/support on top of mat stack on body parts other than the back)

Coach may stand between board and mat, and lean on mat - no deduction

Vault w/o signal of CJ = 0.5 off repeated vault (CJ)

Xcel - Marking the mat stack is allowed

**XB 1:**

aid of coach, any phase = 1.0  
          landing 0.5....max spot ded = 1.5

**L2:**

aid of coach before hand support = VOID  
          after hand support = 2.0 landing 0.5

**Landing- while on her back**

finish on straight lying position ^ 1.0  
- 0.5 arched position on mat, bent legs  
- 0.5 lands sitting, salutes, leaves  
- 1.0 lands on feet, salutes, leaves

XB- NO Penalty for sliding off the end of the mat stack.

**L2 only:**

hands land beyond tape line -0.5  
Staggered in/out zone -0.2



