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**

- 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

Add’t jumps 0.3 ea

**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)

- 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

- 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 jumps 0.3 ea

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

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

Add’l jumps 0.3 ea

**Jump Landing**

- Failure to land in demi-plié 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

**Dynamics ^ 0.3**

- Run L2 only
  - insuf accel ^ 0.3
  - horiz speed ^ 0.3
  - excess lean ^ 0.3

- Mat: min 16” max 48”
- May use alternate springboard

Level 2 and Xcel Bronze VT 2

Jump to hdst, fall to flat back

**Flight:**

- shoulders ^ 0.3
- arms ^ 0.5 / Head on stack - 2.0
- step 0.1 ea max 0.3
- angle ^ 1.0

**Post hdst, while falling to back**

- head ^ 0.1
- B ^ 0.3 arch
- L ^ 0.3
- LS ^ 0.2
- ft ^ 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.

**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

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

- 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

**XB 2:**

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

- 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

**L2 only:**

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

**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.

**Mat:**

- min 16” max 48”
- Xcel - Marking the mat stack is allowed

- L2 - tape line 32” from front edge of mat

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

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

- J. Doucette 8/22
Level 3 and Xcel Silver Vaulting

shoulder angle ^0.2
arms bent ^0.5 (except Opt 2 lead arm)
head touch 2.0 (includes arms ded.)
negative head ^0.1
Body piked ^0.5
arched ^0.3
step/hop hands ea 0.1 max 0.3
staggered/alt hand ^0.1
Alt repulsion ^0.2
legs bent ^0.3
foot form ^0.1
Body piked ^0.5
arched ^0.3

Failure to pass thru vert (Opt 2) ^0.3

neutral head ^0.1
legs crossed ^0.1
legs separation ^0.2
legs bent ^0.3
foot form ^0.1
body piked ^0.5
arched ^0.3

Incomplete twist (opt 2) ^0.3

too long support L3 ^ .5
XS ^ .3

Direction ^0.3
(at initial contact of mat)
Dynamics ^0.3
(speed, power)

One hand on mat stack (at least ½ panel) --1.0 CJ
No contact of hands on mat stack = VOID
VOID = Incorrect vault (squat, etc)
= runs on board and steps on mat stack or rests/support on mat stack w/other body parts
= never achieve vertical and returns to board/mat stack
Coach aid landing --0.5 (if also fall, additional -0.5)
Coach aiding vault L3 = 2.0
XS =1.0 each phase, w/ max spot ded 1.5
Coach standing between board and mat stack, and
leaning/bearing weight on mat stack = NO DEDUCTION vault w/o judge’ s prior signal -- take 0.5 off repeated vault (CJ)
Not performing allowable choice of vault = VOID
Use of alternate springboard = XS allowed / L3 VOID
Incorrect tape/excessive chalk on mat or runway - 0.2 CJ
(mark allowed on mat stack)

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

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

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

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

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

L3 only in support:
Legs separated ^0.2
legs bent ^0.3
foot form ^0.1
Angle past vert ^1.0

neutral head ^0.1
legs crossed ^0.1
legs separation ^0.2
legs bent ^0.3
foot form ^0.1

Body piked ^0.5
arched ^0.3

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

L3 angle=body when hands hit mat, past the vertical

NO Height or Length

L3: angle=body when hands hit mat, past the vertical

Mat stack -- XS min 24 in/ L3 min 32 in; max 48 in height,
At end of mat stack, min 4" tall, 6' x 12 landing mat

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 mat stack for jump 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 = #vaults guaranteed:
XB =1; XS-P, L1.5 =2
Allow ONE stand on mat stack to jump off per gymnast before time starts, ONE run back after present.

J. Doucette 8/22
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
- 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
- Direction ^ 0.3
- Dynamics (speed/power) ^ 0.3
- Angle of hands to body part furthest from vertical, when hands leave the table

Landing
- Steps each 0.1 sm/ 2.0 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
- Arm swings to maintain balance ^ 0.2
- 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)

Direction
- ^ 0.3
- Dynamics (speed/power) ^ 0.3

Quick symbols

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

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

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.