

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

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

Add'l jumps 0.3 ea

Dynamics ^ 0.3

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

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

Arms by ears ^ 0.2
Extra kick up 0.5 ea

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

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

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

Level 2 and Xcel Bronze VT 2

Jump to hdst, fall to flat back

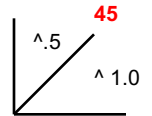
Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

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.

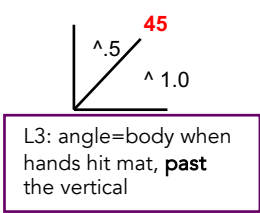
L2 only:

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

Level 3 and Xcel Silver Vaulting

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



NO Height or Length

- shoulder angle ^0.2
- arms bent ^0.5 (except Opt 2 lead arm)
- head touch 2.0 (includes arms ded.)
- neutral 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

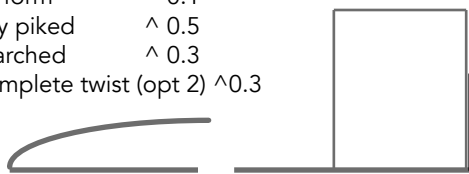
L3, XS Opt 1

- 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

- Failure to pass thru vert (Opt 2) ^0.3
- too long support L3 ^ 0.5
- XS ^ 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

XS Opt 2: failure to land facing mat stack ^0.3



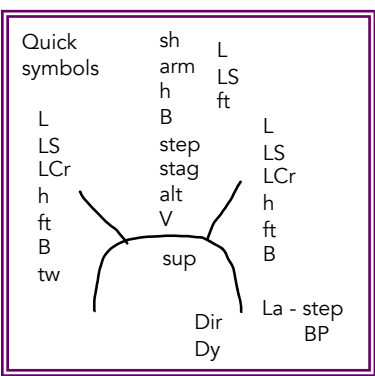
Mat stack – XS min 24 in/ L3 min 32 in; max 48 in height,
 At end of mat stack, min 4" tall, 6' x 12 landing mat

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

Landing
 steps each up to 0.2 -> 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
 trunk movements ^0.2
 arm swings to maintain balance ^0.1
 body posture (when feet land) ^0.2
 squat (hips lower than knees) ^0.3 -> then falls +0.5
 brush/touch floor (no support) ^0.3
 brush/hit body on mat stack ^0.2
 falls/support with hand(s) 0.5
 falls against mat stack 0.5
 Failure to land feet first = 2.0 (includes fall)
 Land standing/sitting/lying on mat stack **after** passing through vertical (handstand) = -2.0 + 0.5 fall

- 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 = allowed
- 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

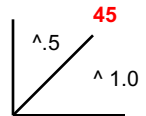
Range -- Avg	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

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.
 Next competitor can run/jump on runway - but not touch equipment and 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.

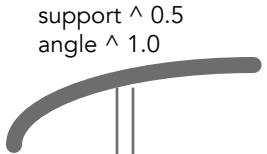
Level 4/5 Vaulting - Handspring

- shoulders (<math><180^\circ</math>) ^ 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



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

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



Height ^ 0.5
Length ^ 0.3

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



Landing
 steps each up to 0.2 -> 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 -> then falls +0.5
 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 1/2 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

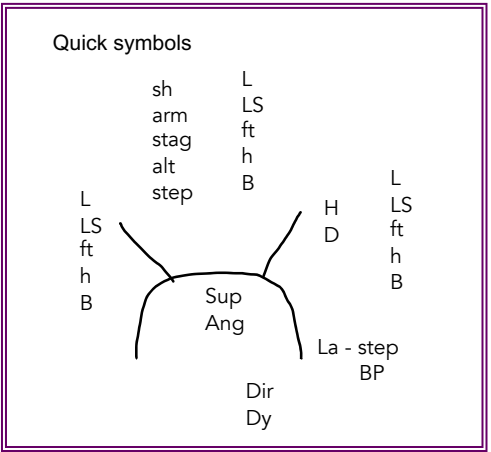
All levels: 45 sec fall time starts once gymnast on her feet and stops at salute for next vault...if exceeds time, no 2nd vault attempt allowed

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



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.
 Next competitor can run/jump on runway - but not touch equipment and 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..