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 speed   ^ 0.30
Exc lean   ^ 0.30

Foot form   ^ 0.10
Leg separated ^ 0.20
Arm/head align ^ 0.30
Body: arch ^ 0.30
         pike ^ 0.50
         tuck ^ 0.30
Height   ^ 0.50

Direction   ^ 0.30
Dynamics   ^ 0.30
Add'l jumps on board   0.30 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)

General:
Extra kick up 0.50 ea

Arms not by ears going to handstand ^0.20

In support:
Foot form   ^ 0.10
Leg seperated   ^ 0.20
Body: arch ^ 0.30
             pike ^ 0.50
Legs bent   ^ 0.30
Shoulder angle   ^ 0.30
Add'l hand steps   0.10 each, max 0.30
Arms bent   ^ 0.50
Spot assist after achieve hand support 2.00
Perform incorrct element (fwd roll)   VOID

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

Jump Landing --
Failure to land in demi-plie w control, proper body   ^ 0.50
Fall after landing on feet   0.50
Coach spot on landing of straight jump.   0.50
Coach spot on straight jump   L1 2.00/ XB 1.00
Land not bottom of feet first (5.0 or 4.5).   VOID
XB1 only: feet land max hip width and not close   0.05
           feet land wider than hip width, not close 0.10
           entire foot/feet slide or lift off floor to join ^ 0.10
           staggered feet   ^ 0.10

Landing- while on her back
Failure to finish on straight lying position   ^ 1.00
   - Lands on arch back position on mat, bent legs   0.50
   - Lands sitting on bottom then steps off   0.50
   - Lands on feet, then steps off mat   1.00
No deduction if does above errors and then lies flat.
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 = 4.00 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	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

In support:
Shoulders   ^ 0.30
Arms   ^ 0.50
Head on stack   2.00
    (Incl. arm bend)
Step   0.10 ea max 0.30
Angle*   ^ 1.00

45
^.50
^ 1.00

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

Run L2 only :
Insuff accel   ^ 0.30
Horiz speed   ^ 0.30
Excess lean   ^ 0.30
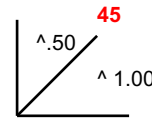
Add'l jumps 0.30 ea

Flight Phases:
Foot form   ^ 0.10
Head   ^ 0.10
Legs sep   ^ 0.20
Legs bent   ^ 0.30
Body: arch ^ 0.30
      pike ^ 0.50

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

Post hdst, while falling to back
Foot form   ^ 0.10
Head   ^ 0.10
Legs sep   ^ 0.20
Legs bent   ^ 0.30
Body: arch ^ 0.30
          pike ^ 0.50

Direction   ^ 0.30
Dynamics   ^ 0.30

Failure to show inverted vertical pos. (roll)   ^ 2.00
Failure to contact mat with both hands   3.00
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/mat, or lean on mat with no deduction
Vault w/o signal of CJ *Dev only!*   CJ 0.50 off repeated vault
Xcel - Marking the mat stack is allowed
XB 1: Max spot deduction   1.50
aid of coach, any phase   1.00
              landing   0.50
L2 :
aid of coach before hand support   VOID
         after hand support = 2.00   landing 0.50

Landing- while on her back
Failure to finish on straight lying position   ^ 1.00
   - Lands on arch back position on mat, bent legs   0.50
   - Lands sitting on bottom then steps off   0.50
   - Lands on feet, then steps off mat   1.00
No deduction if does above errors and then lies flat.
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.

L2 only:
Both hands land beyond tape line   0.50
Staggered hands one in/one out zone   0.20

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Level 3 and Xcel Silver Vaulting

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

L3, XS Opt 1

Neutral head	^ 0.10	
Under rotation of vault *XS only*	^ 0.10	
Staggered/alt hand	^ 0.10	
Step/hop hands	ea 0.10 max 0.30	
Alt repulsion	^ 0.20	
Shoulder angle	^ 0.20	
Failure to pass thru vert (Opt 2)	^ 0.30	
Body: arched	^ 0.30	
piked	^ 0.50	
Arms bent (except Opt 2 lead arm)	^ 0.50	
Too long support L3	^ 0.50	
XS	^ 0.30	
Head touch (incl arms ded.)	2.00	

L3 only in support:
Foot form   ^ 0.10
Legs separated ^ 0.20
Legs bent   ^ 0.30
Angle past vert ^1.00

45
^.50
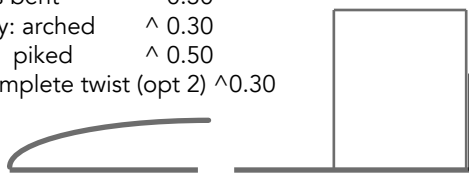^ 1.00
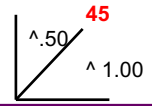
L3: angle=body when hands hit mat, **past** the vertical

Foot form   ^ 0.10
Neutral head   ^ 0.10
Legs crossed   ^ 0.10
Legs separation ^ 0.20
Legs bent   ^ 0.30
Body: arched   ^ 0.30
       piked   ^ 0.50

NO Height or Length

Foot form   ^ 0.10
Neutral head   ^ 0.10
Legs crossed   ^ 0.10
Legs separation ^ 0.20
Legs bent   ^ 0.30
Body: arched   ^ 0.30
       piked   ^ 0.50
Incomplete twist (opt 2) ^0.30

XS Opt 2: Failure to land facing mat stack ^0.30

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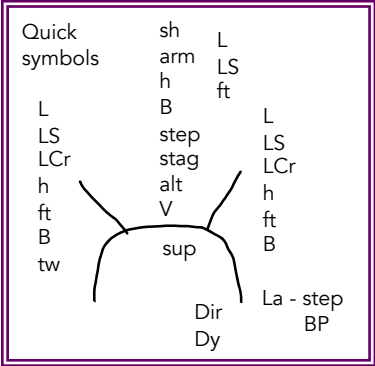At end of mat stack, min 4" tall, 6' x 12 landing mat

Direction (at initial contact of mat) ^0.30
Dynamics (speed, power)   ^0.30

Coach aid landing	0.50
if also fall	add'l 0.50
One hand on mat stack	1.00
Coach aiding vault: L3	2.00
XS =1.0 each phase, w/ max spot ded	1.50
Incorrect vault (squat, etc)	VOID
Never achieve vertical and returns to board/mat stack	VOID
No contact of hands on mat stack	VOID
Not performing allowable choice of vault	VOID
Runs on board and steps on mat stack or rests/ support on mat stack w/other body parts	VOID
Incorrect tape/excessive chalk on mat or runway (mark allowed on mat stack)	CJ 0.20
Vault w/o judge's signal off repeated vault *Dev only*	CJ 0.50
Coach standing between board and mat stack, and leaning/bearing weight on mat stack	No deduction
Use of alternate springboard (tramp-like only)	allowed

Landing:

Feet land max hip width and not close	0.05
Staggered feet, small hop, adjust	^ 0.10
Arm swings to maintain balance	^ 0.10
Feet land wider than hip width, not close	0.10
Brush/hit body on mat stack	^ 0.20
Steps each up to 0.20 -> max 0.40 (entire foot/feet slide or lift off floor to join = sm step)	
Trunk movements	^ 0.20
Body posture (when feet land)	^ 0.20
Brush/touch floor (no support)	^ 0.30
Squat (hips lower than knees)	^ 0.30
-> then falls	^ 0.30 + 0.50
Falls/support with hand(s)	0.50
Falls against mat stack	0.50
Failure to land feet first (includes fall)	2.00
Land standing/sitting/lying on mat stack **after** passing through vertical (handstand)	2.00 + 0.50 fall

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

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.

Quick symbols

	sh arm h B step stag alt V	L LS ft
L LS LCr h ft B tw	sup	L LS LCr h ft B
	Dir Dy	La - step BP

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	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

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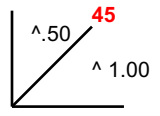# Level 4/5 Vaulting - Handspring

Stag/alt hands ^ 0.10
Steps/hops   0.10 ea max 0.30
Alt repulsion ^ 0.20
Shoulder angle ^ 0.20
Arms ^ 0.50
One hand on table 1.00
Head contact (inc. arm) 2.00

Length ^ 0.30
Height ^ 0.50
Brush/hit of body 0.20
(on far end of table)

Too long in support ^ 0.50
Angle of repulsion ^ 1.00

^.50   **45**
^ 1.00

Flight Phases:
Foot form ^ 0.10
Head ^ 0.10
Leg split ^ 0.20
Legs ^ 0.30
Body: arch ^ 0.30
        pike ^ 0.50

Angle of <u>hands to body part furthest from vertical</u>, when hands leave the table

Direction ^ 0.30
Dynamics (speed/power) ^ 0.30

Landing
Feet land max hip width and does not close 0.05
Arm swings to maintain balance ^ 0.10
Staggered feet, small hop or adjust ^ 0.10
Feet land wider than hip width, not close 0.10
Steps: each up to 0.20 -> max 0.40
Entire foot/feet slide or lift off floor to join ^ 0.10
Add'l trunk mov'nts to maintain balance ^ 0.20
Body posture on landing ^ 0.20
Brush/touch floor (no support) ^ 0.30
Squat (hips lower than knees) ^ 0.30
        -> then falls + 0.50
Falls against table 0.50
Falls to hand(s)/knee(s)/hips on floor 0.50
Failure to land feet first (includes fall) 2.00
        if lands on table after vertical (2.0 + 0.5). 2.50
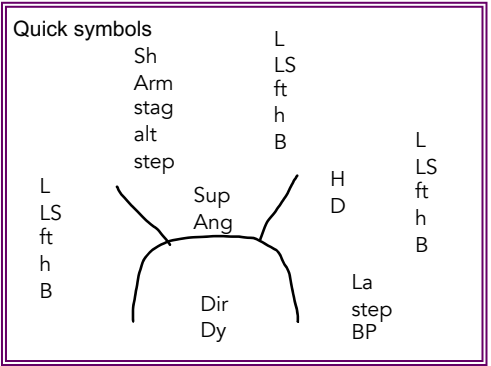
Coach aid landing 0.50
        if also fall + 0.50
Coach catching falling gymnast- deduct for fall ONLY 0.50
Coach aiding vault L4 = 2.00   L5 = VOID
Incorrect vault: *(coming to rest/support on top of table VOID*
    w/o passing thru vertical in an inverted hdst position
    OR vault other than hdspr)
No contact of hands on table VOID
Use of alternate springboard VOID
Incorrect tape/excessive chalk on table or runway 0.20 (CJ)
Unauthorized matting, unauthorized spring config 0.30 (CJ)
Perform vault w/o judge prior signal (off repeated vault) 0.50 (CJ)
Coach between board and table NO deduction

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	0.20
9.0 - 9.475	0.50
8.0 - 8.975	0.70
below 8.0	1.00

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
Sh
Arm
stag
alt
step

L
LS
ft
h
B

L
LS
ft
h
B

Sup
Ang

H
D

L
LS
ft
h
B

Dir
Dy

La
step
BP

<u>Timed warmup</u> – 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
<u>Touch warm-up</u> = 2 vaults, L 4-5. Allow ONE stand on table to jump off per gymnast before time, ONE run back after present to judges..

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