

# 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

Direction ^ 0.30  
 Dynamics ^ 0.30  
 Add'l jumps on board 0.30 ea  
 Fails to punch board w/  
 2 feet simultaneously 0.20

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

### 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 and while falling to back:**  
 Foot form ^ 0.10  
 Leg separated ^ 0.20  
 Legs bent ^ 0.30  
 Body: arch ^ 0.30  
       pike ^ 0.50  
 Neutral head (Lv 1 only) ^ 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 incorrect element (fwd roll) VOID

Mat: min 16" max 48"  
 May use alternate springboard  
 Mat stack: placed on floor, runway or CLM

#### 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- on her back

Failure to land in straight lying position ^ 1.00  
 - Lands on back- arch pos'n w/bent legs- steps off 0.50  
 - Lands on seat (90° hp angle) then steps off 0.50  
 - Lands on feet, then steps off mat 1.00  
 No deduction if does above errors and then lies flat.  
 Execution deductions may be applied for errors while falling to back  
 if lands as above but lays down to finish  
 Evaluation finishes when gymnast arrives in a straight lying position.  
 XB- NO Penalty for sliding off the end of the mat stack.

\*Remember Xcel courtesy score = 4.00 when you void half of vault

## 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

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 2<sup>nd</sup> vault attempt allowed

**Run L2 only:**  
 Insuff accel ^ 0.30  
 Horiz speed ^ 0.30  
 Excess lean ^ 0.30

#### Flight Phases including 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

#### In support:

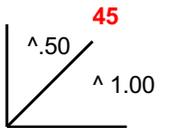
Step 0.10 ea max 0.30  
 Shoulders ^ 0.30  
 Arms ^ 0.50  
 Head on stack (incl arm bend) 2.00  
 Angle of contact **past** vertical ^ 1.00  
 Fail show invert vertical pos (roll) ^ 2.00  
 Fail contact mat w/ both hands 3.00

Add'l jumps 0.30 ea  
 Fails to punch w/ 2 feet  
 simult'ly 0.20

Mat: min. 16" - max height 48"  
 L2 - tape line 32" from front edge of mat  
 May use alternate springboard  
 Mat stack: placed on floor, runway or CLM

#### L2 only:

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



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

Direction ^ 0.30  
 Dynamics ^ 0.30

#### Landing- on her back

Failure to land in straight lying position ^ 1.00  
 - Lands on back- arch pos'n w/bent legs- steps off 0.50  
 - Lands on seat (90° hp angle) then steps off 0.50  
 - Lands on feet, then steps off mat 1.00  
 No deduction if does above errors and then lies flat.  
 Execution deductions may be applied for errors while falling to back if lands as above but lays down to finish  
 Evaluation finishes when gymnast arrives in a straight lying position.  
 XB- NO Penalty for sliding off the end of the mat stack.

# Level 3 and Xcel Silver Vaulting

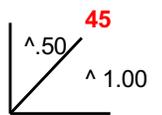
XS Option 1: handspring over mat stack  
 XS Option 2: 1/4 - 1/2 onto mat stack, repulsion off

L3, XS Opt 1

Neutral head		^ 0.10
Under rotation of vault	<i>XS only</i>	^ 0.10
Staggered/alt hand		^ 0.10
Step/hop hands	ea	<u>0.10</u> max <u>0.30</u>
Alt repulsion		^ 0.20
Shoulder angle		^ 0.20
Body:	arched	^ 0.30
	piked	^ 0.50
Too long support	L3	^ 0.50
	XS	^ 0.30
Head touch (incl arms ded.)		<u>2.00</u>

**L3 only in support:**

Foot form	^ 0.10
Legs separated	^ 0.20
Legs bent	^ 0.30
Angle past vert	^ 1.00



L3/XS: angle=contacting the mat stack with the hands after vertical

**Each Flight:**

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

XS Opt 2:

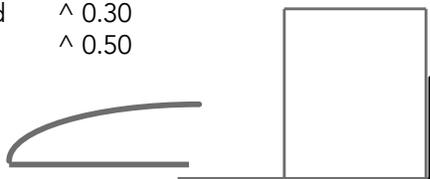
Flight:

Incomplete twist (opt 2)	^ 0.30
Failure to pass thru vert (Opt 2)	^ 0.30
Arms bent (except Opt 2 lead arm)	^ 0.50

Landing:

Under rotation of vault	^ 0.10
Failure to land facing mat stack	^ 0.30

NO Height or Length



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  
 L3/XS Mat stack: placed on floor, runway or CLM

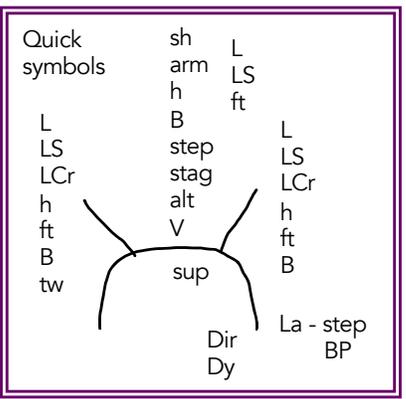
Direction (at initial contact of mat) ^0.30  
 Dynamics (speed, power) ^0.30

Fails to punch board simultaneously with 2 feet	<u>0.20</u>
Coach aid landing	<u>0.50</u>
if also fall	add'l <u>0.50</u>
One hand on mat stack	<u>1.00</u>
Coach aiding vault: L3	<u>2.00</u>
XS = <u>1.0</u> each phase, w/ max spot ded	<u>1.50</u>
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 <u>0.20</u>
Vault w/o judge's signal off repeated vault <i>Dev only</i>	CJ <u>0.50</u>
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	<u>0.05</u>
Staggered feet, small hop, adjust	^ 0.10
Arm swings to maintain balance	^ 0.10
Feet land wider than hip width, not close	<u>0.10</u>
Brush/hit body on mat stack	^ 0.20
Steps	each up to <u>0.20</u> -> max <u>0.40</u> (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 + <u>0.50</u>
Falls/support with hand(s)	<u>0.50</u>
Falls against mat stack	<u>0.50</u>
Failure to land feet first (includes fall)	<u>2.00</u>
Land standing/sitting/lying on mat stack <b>after</b> passing through vertical (handstand)	<u>2.00</u> + <u>0.50</u> fall

**Balk** = run approach that does NOT come to a rest or support on top of the mat stack. 2<sup>nd</sup> / 3<sup>rd</sup> 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 2<sup>nd</sup> 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

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

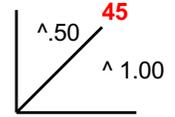
Stag/alt hands	^ 0.10
Steps/hops	<u>0.10</u> ea max <u>0.30</u>
Alt repulsion	^ 0.20
Shoulder angle	^ 0.20
Arms	^ 0.50
One hand on table	<u>1.00</u>
Head contact (inc. arm)	<u>2.00</u>

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

### Flight Phases:

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

Too long in support	^ 0.50
Angle of repulsion	^ 1.00



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



<b>Direction</b>	^ 0.30
<b>Dynamics</b> (speed/power)	^ 0.30

### Landing

Feet land max hip width and does not close	<u>0.05</u>
Arm swings to maintain balance	^ 0.10
Staggered feet, small hop or adjust	^ 0.10
Feet land wider than hip width, not close	<u>0.10</u>
Steps:	each up to <u>0.20</u> -> max <u>0.40</u>
Entire foot/feet slide or lift off floor to join	^ 0.10
Add'l trunk mov'n'ts 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	+ <u>0.50</u>
Falls against table	<u>0.50</u>
Falls to hand(s)/knee(s)/hips on floor	<u>0.50</u>
Failure to land feet first (includes fall)	<u>2.00</u>
if lands on table after vertical (2.0 + 0.5).	<u>2.50</u>

Fails to punch board simultaneously with 2 feet	<u>0.20</u>
Coach aid landing	<u>0.50</u>
if also fall	+ <u>0.50</u>
Coach catching falling gymnast- deduct for fall ONLY	<u>0.50</u>
Coach aiding vault	L4 = <u>2.00</u> 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 hdsp)	
No contact of hands on table	VOID
Use of alternate springboard	VOID
Incorrect tape/excessive chalk on table or runway	<u>0.20</u> (CJ)
Unauthorized matting, unauthorized spring config	<u>0.30</u> (CJ)
Perform vault w/o judge prior signal (off repeated vault)	<u>0.50</u> (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 2<sup>nd</sup> vault attempt allowed

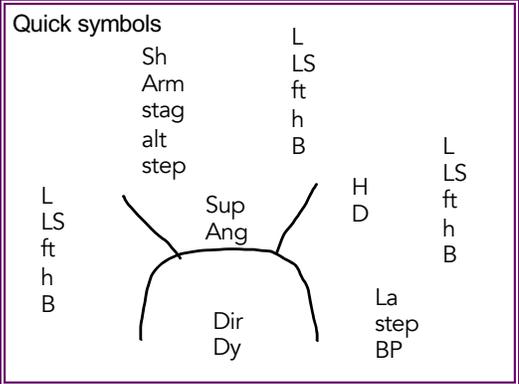
**Balk** = run approach that does NOT come to a rest or support on top of the table. 2<sup>nd</sup>/3<sup>rd</sup> balk = VOID  
-- allowed 3 approaches to do 1 OR 2 vaults

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



**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..