

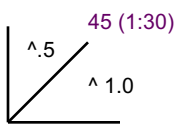
# Level 4/5 Vaulting - Handspring

sh ^ 0.3  
 arms ^ 0.5 / 2.0  
 step 0.1 ea  
 alt ^ 0.2

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

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

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



angle=repulsion, body when hands leave the table

60 sec fall time- after judgement



H ^ 0.5  
 D ^ 0.3

sup ^ 0.5  
 ang ^ 1.0

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

One hand on table = 1.0 (at least 1/2 panel) (CJ)  
 No contact of hands on table = VOID  
 Coach aid landing -0.5 aiding vault L4 = 2.0 L5 = void  
 no deduction for 3rd approach (no 4th approach allowed)  
 vault w/o judge's prior salute - take 0.5 off repeated vault  
 Failure to land feet first 2.0 (includes fall)  
 Land standing/sitting/lying on table **after passing vertical** = 2.0 + 0.5 fall  
 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 hdsp)  
 Unauthorized matting, unauthorized spring config = 0.3 CJ  
 Use of alternate springboard = VOID  
 Incorrect tape/excessive chalk on table or runway = 0.2 CJ

Dir ^ 0.3  
 Dy ^ 0.3

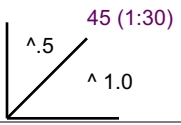
**Landing**  
 steps each 0.1 sm/ 0.2 lg, max 0.4  
 feet land max hip width and not close 0.05  
 feet land wider than hip width 0.1  
 staggered feet, small hop, adjust ^ 0.1  
 trunk movements ^ 0.2  
 extra arm swings ^ 0.1  
 body posture (when feet land) ^ 0.2  
 squat ^ 0.3  
 brush/touch table or floor ^ 0.3  
 falls against table/support with hand(s) on floor 0.5  
 Land standing/sitting/lying on table= VOID

BALK= running approach that does NOT come to rest/support on top of mat stack

## Level 2/3 and Xcel B2 Vaulting jump to hdst, fall 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

Level 2	Level 3	Bronze 2
min 16" mat tape line 32"	min 32" mat tape line 32"	min 16" mat max 48"



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

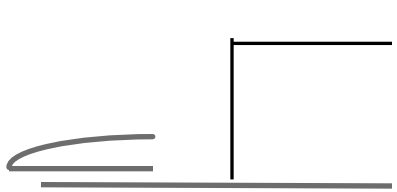
**L2&L3 only:** hands land beyond tape line -0.5 staggered -0.2

run  
**L2 & L3 only:**  
 insuf acc ^ 0.3  
 horiz sp ^ 0.3  
 exc lean ^ 0.3

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

sh ^ 0.3  
 arms ^ 0.5 / 2.0  
 step 0.1 ea  
 ang ^ 1.0

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



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

Post hdst, while falling to back

failure to show inverted vertical pos. (roll) = ^ 2.0  
 Performance of 1-arm vault = 1.0 CJ  
 failure to contact mat with both hands = 3.0  
 incorrect vault = VOID (coming to rest/support on top of mat stack w/o passing thru vertical in an inverted hdst position)  
 Unauthorized mats 0.3 CJ

Direction ^ 0.3  
 Dynamics ^ 0.3

**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.

60 sec fall time- after judgement

**XB2:**  
 aid of coach, any phase = 1.0  
 landing 0.5...max spot ded = 1.5  
**L2 & L3:**  
 aid of coach before hand support = VOID  
 after hand support = 2.0 landing 0.5