**Handspring to stand**

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| **Phase** | **Executions Fault** | **Penalties** |
| First Flight | Hip angleArchBent legsLegs apart | 0.1 0.30.1 0.30.1 0.3 0.50.1 0.3 |
| Repulsion | Staggered / alternate hand placementShoulder angle on contact with the matBent arms | 0.1 0.1 0.3 0.1 0.3 0.5 |
| Second flight  | Bent legsFailure to maintain straight body positionInsufficient heightInsufficient lengthLegs apart | 0.1 0.3 0.50.1 0.30.1 0.3 0.50.1 0.30.1 0.3 |
| Landing | Landing on the mat with feet \legs apartLanding in squatSteps backwards without a fallSteps backwards with a fall (under rotation) | 0.1 0.30.1 0.3 0.50.1 0.3 max 0.8 0.3+1.00 |

 General Body alignment at any phase (taken only once) 0.1

 Dynamics 0.1 0.3