**Handspring to stand**

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| **Phase** | **Executions Fault** | **Penalties** |
| First Flight | Hip angle  Arch  Bent legs  Legs apart | 0.1 0.3  0.1 0.3  0.1 0.3 0.5  0.1 0.3 |
| Repulsion | Staggered / alternate hand placement  Shoulder angle on contact with the mat  Bent arms | 0.1  0.1 0.3  0.1 0.3 0.5 |
| Second flight | Bent legs  Failure to maintain straight body position  Insufficient height  Insufficient length  Legs apart | 0.1 0.3 0.5  0.1 0.3  0.1 0.3 0.5  0.1 0.3  0.1 0.3 |
| Landing | Landing on the mat with feet \legs apart  Landing in squat  Steps backwards without a fall  Steps backwards with a fall (under rotation) | 0.1 0.3  0.1 0.3 0.5  0.1 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