

XCEL SILVER VAULT – Handspring OR ¼ - ½ on – repulsion to feet 10.0 SV

<p>FIRST FLIGHT Arch - ↑.3 Pike - ↑.5</p> <p>Fail to mntn neutral head - ↑.1</p> <p>Foot form - ↑.1 Legs crossed - ↑.1 Legs sep - ↑.2 Knees bent - ↑.3</p> <p>Incomplete turn - ↑.3</p>	<p>SUPPORT</p> <p>Head - ↑.1 Arch - ↑.3 Pike - ↑.5</p> <p>Shoulder angle - ↑.2 Staggered/alt hands (HS) - ↑.1 Steps w hands - .1e(Max. .3) Alternate repulsion (HS) - ↑.2 Arms - ↑.5 (slight ok on ¼ - ½ on) Head contact - 2.0 (incl. bent arms)</p> <p>Too long in support - ↑.3</p> <p>Fail to pass thru vert. - ↑.3</p> <p>Only 1 hand - 1.0 CJ (1/2 panel sees)</p> <p>No hand contact - VOID</p>	<p>SECOND FLIGHT</p> <p>Arch - ↑.3 Pike - ↑.5</p> <p>Fail to mntn neutral head - ↑.1</p> <p>Foot form - ↑.1 Legs crossed - ↑.1 Legs sep - ↑.2 Knees bent - ↑.3 In suff. exact/ LA turn ↑.1</p> <p>Late comp. twist - ↑.3 (¼ - ½ on only)</p> <p>Brush/hit on mat stack - ↑.2 Land sit/lying/stand after pass vertical plane - 2.0+0.5</p> <p>Direction - ↑.3 Dynamics - ↑.3</p>	<p>LANDING</p> <p>Slight hop/adjust ft ↑.1 Xtra steps - .1 ea (max. .3) Large step - .2 Fail to join heels - .05 Entire foot slide - ↑.1 FT + Hip width - .1 Squat - ↑.3</p> <p>Extra arm swings - ↑.1 Incorr. posture - ↑.2 Add trunk moves - ↑.2</p> <p>Slight touch hand(s) on mat - ↑.3 Support w hands - .5 Fall-knee/hip/hand/mat - .5 Spot during - 1.0 Spot land - .5 (max. spot 1.5) Fall after spot on land - Addl. .5 No feet first on landing - 2.0 (includes fall). ½ on - ½ off = VOID Vault w/o signal - .5 off next vault CJ</p>
<p>Alt. board ok</p>	<p>Height 24" – 48" +/- 1"</p>		
<p>Min. 5' x 5' +/- 2"</p>		<p>6' x 12' x 4" =/- 1"</p>	