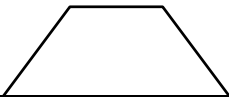
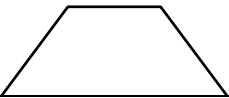
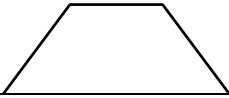
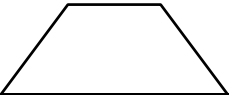
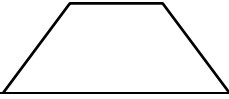
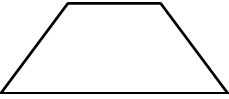
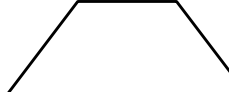



Xcel Gold / Platinum / Diamond Scoresheet 2019-2022

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	Poor technique: Staggered/alternate hands-on for all vaults* ↑.10	Incorrect foot form ↑.10	Feet hip-width or closer; never join .05
<u>Incorrect Leg form:</u>	Shoulder Angle ↑.20	LA Turn begun too Late ↑.50	Slight hop/adj. feet/staggered feet ↑.10
Crossed ↑.10	Arch ↑.20	Insufficient exactness of LA turn ↑.10	Arm swings (stuck vaults) ↑.10
Separated ↑.20	Alternate Rep.-all vaults* ↑.20	Under-rotation of salto vaults .10	Land w/ feet more than hip-width apart .10
Bent ↑.30	Legs bent in support or early tuck in repulsion (Salto Vaults ONLY) ↑.30	Insufficient Height ↑.50	Steps each .10 max .40
<u>Poor Technique:</u>	Steps/hops on hands ↑.30	Insufficient Length ↑.30	Large step/Jump (approx. 3 ft) .20
Hip Angle ↑.20	LA turn begun too early ↑.30	Incorrect Leg form:	Incorrect Body Posture ↑.20
Excessive Arch ↑.20	Arms bent ↑.50	Crossed ↑.10	Trunk movement for balance ↑.20
Incomplete LA turn. ↑.30	(slight bend of lead arm allowed for Gr. 3 vaults)	Separatd ↑.20	LA turn incomplete ↑.30
Fail to pass thru. vertical ↑.30	Touch with only 1 hand <u>1.00 CJ</u>	Bent ↑.30	Squat on landing ↑.30
	Head touching table in support (includes 0.5 for bent arms) <u>2.00</u>	Insuff. exactness of Body Pos.	Brush/touch w/ hand(s) (no support) ↑.30
	No hand contact on table <u>VOID</u>	• Insufficient N, V ↑.30	Deviation in Direction ↑.30
	<i>*Except Diamond Tsuk Vaults</i>	• Insufficient stretched pos. *arch ↑.30	Insuff. Dynamics ↑.30
	For All NON-SALTO Vaults:	* hip angle (136°-179°) ↑.30	Fall or support on 1 or both hands .50
	Too long in support ↑.50	Fails to maintain stretch (pikes down) ↑.30	Fall against vault table .50
	Angle of repulsion ↑.50	Insuff./Late extension of N or V ↑.25	Fall after spot assist on landing .50
		Total absence of extension of N or V .30	Coach between board & table ↑.30
		Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos) ↑.30	No Penalty in Xcel
		Brush/hit of body/head on table ↑.20	Vaults without signal (from average by CJ)
			0.50 Landing in a sitting, lying or standing position on top of the table VOID
			Failure to land on bottom of feet 1 st VOID
			No safety zone mat (Gr. 4/5 vaults) VOID
			Spotting assistance during Vault <u>1.00</u>
			Spotting assistance on Landing <u>.50</u>
			Max. total Spot deduction <u>1.50</u>

Vaults that do not land on feet are scored but not submitted. Hold for potential video review.

# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score
# vault: 	SV Ex Score	# vault: 	SV Ex Score