# Level 1 and Xcel Bronze VT 1 Stretch jump; Handstand to flat back SV= L1 10.0 / XB1 9.0 SV 

## STRETCH JUMP SV = L1 $5.0 /$ XB1 4.5

Height $\wedge 0.5$
Arm/head align ^ 0.3
Body: ^ 0.3 arch $\wedge 0.5 \mathrm{pk}$ $\wedge 0.5$ tuck
Leg split ^ 0.2
feet $\wedge 0.1$

Run L1 only:
horiz sp ^ 0.3
exc lean ^ 0.3

Dynamics ${ }^{\wedge} 0.3$

KICK TO HANDSTAND, FLAT BACK SV = L1 5.0 / XB1
4.5
(gymnast may step back on board to kick to hdst on board or mat stack)
In support:
Arms ^ 0.5
Shoulder angle $\wedge 0.3$
Arms by ears $\wedge 0.2$ Body $\wedge 0.3$ arch
Extra kick up 0.5 ea

Mat: min 16"max 48"
May use alternate springboard


Legs ^ 0.3
Leg split ^ 0.2
feet $\wedge 0.1$
Add'I hand steps -- 0.1 each, max 0.3
Fail to show inverted vertical pos. (roll) - 2.0
Fail to contact mat w/ both hands -0.1 ea

## Jump Landing --

Failure to land in demi-plie w control, proper body $\wedge 0.5$
Land not bottom of feet first $=$ VOID (5.0 or 4.5)
Fall after landing on feet 0.5
Coach spot on straight jump $=$ L1 2.0/ XB 1.0
XB1 only: feet land max hip width and not close 0.05 feet land wider than hip width, not close 0.1 entire foot/feet slide or lift off floor to join $\wedge 0.1$ staggered feet $\wedge 0.1$

## Landing- while on her back

finish on straight lying position $\wedge 1.0$

- 0.5 arched position on mat, bent legs
- 0.5 lands sitting, salutes, leaves
- 1.0 lands on feet, salutes, leaves

May take execution while falling to back if lands as above but lays down to finish

XB- NO Penalty for sliding off the end of the mat stack.
*Remember Xcel courtesy score $=4.0$ when you void half of vault

## Range (avg decides)

$$
9.5-10.0 \quad 0.2
$$

9.0-9.475 0.5
8.0-8.975 0.7
below $8.0 \quad 1.0$
head $\wedge 0.1$
B ^0.3 arch
$\wedge 0.5 \mathrm{pk}$
L ^ 0.3
LS $\wedge 0.2$
$\mathrm{ft} \wedge 0.1$

angle=body when hands hit mat, past the vertical

## Post hdst, while falling to back

## Mat: minumim $16^{\prime \prime}$ max height 48" <br> L2 - tape line $32^{\prime \prime}$ from front edge of mat

| head | $\wedge 0.1$ |
| :--- | :--- |
| Body | $\wedge 0.3$ arch |
|  | $\wedge 0.5$ pike |
| Legs | $\wedge 0.3$ |
| Leg split | $\wedge 0.2$ |
| feet | $\wedge 0.1$ |

failure to show inverted vertical pos. (roll) $=\wedge 2.0$
failure to contact mat with both hands $=3.0$
incorrect vault = VOID (never achieves vertical and returns to the board or rest/support on top of mat stack on body parts other than the back)
Coach may stand between board and mat, and lean on mat no deduction
Vault w/o signal of CJ $=0.5$ off repeated vault (CJ)
Xcel - Marking the mat stack is allowed
XB 1:
aid of coach, any phase $=1.0$
landing $0.5 \ldots$....max spot ded $=1.5$
L2:
aid of coach before hand support $=$ VOID after hand support $=2.0$
landing 0.5

Direction $\wedge 0.3$ feet $\wedge 0.1$ Dynamics ${ }^{\wedge} 0.3$

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.

[^0]shoulder angle ${ }^{\wedge} 0.2$
XS Option 1: handspring over mat stack
XS Option 2: $1 / 4-1 / 2$ onto mat stack, repulsion off
arms bent $\wedge 0.5$ (except Opt 2 lead arm) head touch 2.0 (includes arms ded.)
neutral head $\wedge 0.1$
Body piked ^0.5 arched $\wedge 0.3$

step/hop hands ea 0.1 max 0.3
staggered/alt hand $\wedge 0.1$
alt repulsion ^0.2
Failure to pass thru vert (Opt 2 ) $\wedge 0.3$

| neutral head | $\wedge 0.1$ |
| :--- | :--- |
| legs crossed | $\wedge 0.1$ |
| legs separation | $\wedge 0.2$ |
| legs bent | $\wedge 0.3$ |
| foot form | $\wedge 0.1$ |
| Body piked | $\wedge 0.5$ |
| $\quad$ arched | $\wedge 0.3$ | Incomplete twist (opt 2) $\wedge 0.3$


| neutral head | $\wedge 0.1$ |
| :--- | :--- |
| legs crossed | $\wedge 0.1$ |
| legs separation | $\wedge 0.2$ |
| legs bent | $\wedge 0.3$ |
| foot form | $\wedge 0.1$ |
| Body piked <br> $\quad$ arched | $\wedge 0.5$ |
|  | $\wedge 0.3$ |

## L3 only in support:

Legs separated $\wedge 0.2$
Legs bent $\wedge 0.3$
Foot form ${ }^{\wedge} 0.1$
Angle past vert ^1.0

XS Opt 2: failure to land facing mat stack $\wedge 0.3$
too long support L3 ^0.5
XS ^0.3


Mat stack - XS min $24 \mathrm{in} / \mathrm{L} 3 \mathrm{~min} 32$ in; max 48 in height, At end of mat stack, min 4" tall, 6' x 12 landing mat

Direction ${ }^{\wedge} 0.3$
(at initial contact of mat) Dynamics ${ }^{\wedge} 0.3$
(speed, power)
One hand on mat stack (at least $1 / 2$ panel) --1.0 CJ
No contact of hands on mat stack = VOID
VOID = Incorrect vault (squat, etc)
=runs on board and steps on mat stack or rests/support on mat stack w/other body parts
=never achieve vertical and returns to board/mat stack
Coach aid landing --0.5 (if also fall, additional -0.5)
Coach aiding vault $\mathrm{L} 3=2.0$
XS $=1.0$ each phase, w/ max spot ded 1.5
Coach standing between board and mat stack, and
leaning/bearing weight on mat stack = NO DEDUCTION
vault w/o judge's prior signal - take 0.5 off repeated vault (CJ)
Not performing allowable choice of vault = VOID
Use of alternate springboard = XS allowed / L3 VOID
Incorrect tape/excessive chalk on mat or runway - 0.2 CJ
(mark allowed on mat stack)
Balk = run approach that does NOT come to a rest or support on top of the mat stack. $2^{\text {nd }} / 3^{\text {rd }}$ balk = VOID -- allowed 3 approaches to perform 1 OR 2 vaults


All levels: 45 sec fall time starts once gymnast on her feet, ends at salute for next vault...if exceeds time, no $2^{\text {nd }}$ vault attempt allowed

Timed warmup-amount determined by largest squad in meet.
Timing not includes run back/drills/run past table on runway.
Start time: a mount onto mat stack for jump or with run/touch springboard.
No blocked time.
Next competitor can run/jump on runway but not touch equipment and NOT in front of judges

Touch warm-up = \#vaults guaranteed: XB =1; XS-P, L1-5 =2
Allow ONE stand on mat stack to jump off per gymnast before time starts, ONE run back after present.
shoulders $\left(<180^{\circ}\right) \wedge 0.2 \quad L \wedge 0.3$ arms $\wedge 0.5 / 2.0$ (head on) LS $\wedge 0.2$ step 0.1 ea $\max 0.3 \quad \mathrm{ft} \wedge 0.1$ stag/alt hands $\wedge 0.1$ alt repulsion $\wedge 0.2$
head $\wedge 0.1$
$B \wedge 0.3$ arch $\wedge 0.5 \mathrm{pk}$

Height ^ 0.5
Length^ 0.3

$$
\begin{aligned}
& \mathrm{L} \wedge \wedge 0.3 \\
& \mathrm{LS} \wedge 0.2 \\
& \mathrm{ft} \wedge 0.1 \\
& \text { head } \wedge 0.1 \\
& B \wedge 0.3 \text { arch } \\
& \quad \wedge 0.5 \mathrm{pk}
\end{aligned}
$$

Legs ^ 0.3
Leg split ^ 0.2
feet $\wedge 0.1$
head ^ 0.1
Body ^ 0.3 arch
$\wedge 0.5 \mathrm{pk}$
support ^ 0.5
angle $\wedge 1.0$

Direction ${ }^{\wedge} 0.3$
Dynamics (speed/power) ^0.3

One hand on table $=1.0$ (at least $1 / 2$ panel see) (CJ)
No contact of hands on table = VOID
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 hdspr)
Coach between board and table = NO deduction
Coach aid landing -0.5 >> if also fall, add'l -0.5
Coach catching falling gymnast $=$ fall -0.5 ONLY
Coach aiding vault $\quad \mathrm{L} 4=2.0 \quad \mathrm{~L} 5=$ VOID
Perform vault w/o judge prior signal - take 0.5 off repeated vault (CJ)
Unauthorized matting, unauthorized spring config $=0.3 \mathrm{CJ}$
Use of alternate springboard $L 4=$ NO ded $L 5=$ VOID Incorrect tape/excessive chalk on table or runway $=0.2 \mathrm{CJ}$

## Landing

steps each up to 0.2 -> max 0.4
(entire foot/feet slide or lift off floor to join $=$ sm step)
feet land max hip width and not close 0.05
feet land wider than hip width, not close 0.1
staggered feet, small hop, adjust $\wedge 0.1$
add'l trunk movements to maintain balance ${ }^{\wedge} 0.2$
arm swings to maintain balance $\wedge 0.1$
body posture (when feet land) $\wedge 0.2$
squat (hips lower than knees) ^0.3 -> then falls +0.5
brush/touch table 0.2
brush/touch floor (no support) ^0.3
falls against table 0.5
Falls to hand(s)/knee(s)/hips on floor 0.5
Failure to land feet first = 2.0 (includes fall)
if lands on table after vertical $-2.0+-0.5$

Balk = run approach that does NOT come to a rest or support on top of the table. $2^{\text {nd }} / 3^{\text {rd }}$ balk $=$ VOID -- allowed 3 approaches to do 1 OR 2 vaults

Quick symbols

| 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 |



Timed warmup - amount determined by largest squad in meet.
Timing not includes run back/drills/run past table on runway.
Start time: a mount onto table for jump off table or with run/touch springboard.
No blocked time.
Next competitor can run/jump on runway - but not touch equipment and NOT in front of judges
Touch warm-up $=2$ vaults, L 4-5. Allow ONE stand on table to jump off per gymnast before time, ONE run back after present to judges..


[^0]:    L2 only:
    Both hands land beyond tape line -0.5
    Staggered hands one in/one out zone -0.2

