

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

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

Height ^ 0.5
Arm/head align ^ 0.3
Body: ^ 0.3 arch
 ^ 0.5 pk
 ^ 0.5 tuck
Leg split ^ 0.2
feet ^ 0.1

Add'l jumps 0.3 ea

Dynamics ^ 0.3

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

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 ^ 0.3
Body ^ 0.3 arch
 ^ 0.5 pk
Legs ^ 0.3
Leg split ^ 0.2
feet ^ 0.1

Arms by ears ^ 0.2
Extra kick up 0.5 ea

Add'l 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 ^ 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 ^ 0.1
 staggered feet ^ 0.1

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
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

BALK= running approach that does NOT come to rest/support on top of mat stack. Balk 2&3=VOID

All levels: 45 sec fall time starts once gymnast on her feet...if exceeds time, no 2nd vault attempt allowed

Level 2 and Xcel Bronze VT 2

Jump to hdst, fall to flat back

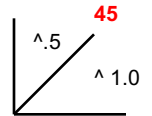
Range (avg decides)	
9.5 - 10.0	0.2
9.0 - 9.475	0.5
8.0 - 8.975	0.7
below 8.0	1.0

Run L2 only:
insuf accel ^ 0.3
horiz speed ^ 0.3
excess lean ^ 0.3

Flight:
head ^ 0.1
B ^ 0.3 arch
 ^ 0.5 pk
L ^ 0.3
LS ^ 0.2
ft ^ 0.1

In support:
shoulders ^ 0.3
arms ^ 0.5 /
Head on stack - 2.0
(includes arm bend)
step 0.1 ea max 0.3
angle ^ 1.0

head ^ 0.1
B ^ 0.3 arch
 ^ 0.5 pk
L ^ 0.3
LS ^ 0.2
ft ^ 0.1



angle=body when hands hit mat, **past** the vertical

Add'l jumps 0.3 ea

Mat: min 16" max height 48"
L2 - tape line 32" from front edge of mat

Post hdst, while falling to back

head ^ 0.1
Body ^ 0.3 arch
 ^ 0.5 pike
Legs ^ 0.3
Leg split ^ 0.2
feet ^ 0.1

Direction ^ 0.3
Dynamics ^ 0.3

failure to show inverted vertical pos. (roll) = ^ 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....max spot ded = 1.5

L2:

aid of coach before hand support = VOID

 after hand support = 2.0 landing 0.5

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.

L2 only:

Both hands land beyond tape line -0.5

Staggered hands one in/one out zone -0.2

