

Xcel Bronze Vault 1 – Stretch Jump (4.5) then Handstand Flat Back (4.5)

APPROACH	STRETCH JUMP - MAT (4.5)	HANDSTAND FLAT BACK (4.5)	LANDING / GENERAL
Extra bounces <u>.3</u> ea	Height ↑.5 Maintain stretch body	Arms to ears/reach for mat ↑.2 ea Lever action ↑.1 Extra kick to handstand <u>0.5</u> ea	Fail to finish land flat back ↑1.0 Assistance on landing <u>.5</u> Assistance during vault <u>1.0</u>
Run up and step up on mat <u>4.5</u>	Arch ↑.3 Pike/tuck ↑.5	Arms Bent ↑.5 Steps/hops on hands (Max .3) <u>.1</u> ea Handstd (not thru vertical (roll action)) ↑2.0 Incorrect align in handstand ↑.5 Shoulder angle ↑.3 Maintain stretch body	<u>Max. spotting deduction</u> <u>1.5</u> Incorrect vault Void
Rebound – come to rest/support on Mat Stack on body parts other than feet first VOID 1A	Arm/Head Align ↑.3	Arms Bent ↑.3 Pike ↑.5 Fail to contact mat with both hands 1.0	<ul style="list-style-type: none"> • Min. 16” mat - up to 48” • No repulsion required • May do each Bronze Vault once if mat change not more than 8”
Fall (to hands, knees, hips after landing feet first) 0.50 1 st Balk – no deduction 2 nd /3 rd Balk - VOID 1A Hands and step may be on mat or board	Legs Separated ↑.2 Foot form ↑.1 Landing – demi-plié w/ control & proper body pos. ↑.5 Fail join heels (max. hip width) <u>0.05</u> Fail to join/lift heels to join ft. ↑.1 Feet Staggered ↑.1 Feet Further than hip width <u>.1</u> Dynamics ↑.3	Legs bent ↑.3 Legs separated ↑.2 Foot form ↑.1	

Bronze Vault 2 – Jump to Handstand Flat Back 10.0 SV

FLIGHT→MAT STACK	SUPPORT PHASE	POST HANDSTAND PHASE	GENERAL
Straight body Pike ↑.5 Arch ↑.3 Head align ↑.1	Arms Bent ↑.5 Arms Bent / Head touch <u>2.0</u> Steps/hops on hands(Max .3) <u>.1</u> ea Shoulder align ↑.3	Arch ↑.3 Pike ↑.5 Legs bent ↑.3 Legs separated ↑.2 Poor foot form ↑.1 Head align ↑.1 Fail to land on Flat Back ↑1.0	Direction ↑.3 Dynamics ↑.3 Assistance on landing <u>.5</u> Assistance during vault <u>1.0</u> <u>Max. spotting deduction</u> <u>1.5</u>
Legs bent ↑.3 Legs separated ↑.2 Foot form ↑.1	Handstd (not thru vertical (roll)) ↑2.0 Contact after vertical ↑1.0 <i>(1 – 45) ↑.5 / (45 – 89) .55 – 1.0</i>	EXAMPLES: Land seat in pike – salutes / gets off <u>.5</u> Lands arched/bent legs – salutes ↑.5 • <i>If lays back down –execution only</i> Gymnast lands on feet - salutes – steps off <u>1.0</u> Fail to contact w/ both hands <u>3.0</u> <i>(Performs layout or touches 1 hand)</i>	<u>Max. spotting deduction</u> <u>1.5</u> Incorrect vault VOID <ul style="list-style-type: none"> • Min. 16” mat - up to 48” • No repulsion required • May do each Bronze Vault once if mat change not more than 8”
Comes to rest or support on top of mat w/o execution of vault VOID Performs incomplete/wrong vault instead of 0 could do second ½ of Vault 1 to receive a max score of 4.5 1 st Balk – no deduction 2 nd /3 rd Balk - VOID	Arch ↑.3 Pike ↑.5 Legs bent ↑.3 Legs separated ↑.2 Poor foot form ↑.1		