Silver Vault 1 – Stretch Jump to Table – Handstand Flat Back   9.5 SV

APPROACH

Extra bounces   .3 ea

Run onto board and step up onto table OR rebound and come to rest/support on table w/ body parts other than feet first 5.0(Void 1A)

Fall onto hands, knees hips after landing stretch jump feet first – 0.50

1st Balk – no deduction
2nd/3rd Balk - VOID
Hands and step may be on mat or table.

STRETCH JUMP – TABLE (5.0)

Height	↑.5
Maintain stretch body	
Arch	↑.3
Pike/Tuck	↑.5
Arm/Head Align	↑.3
Legs Separated	↑.2
Foot form	↑.1
Landing – demi-plié w/ control & proper body pos.	↑.5
Fail to join feet (Max hip width)	0.05
Fail to join/lift heels to join ft.	↑.1
Feet Staggered	↑.1
Feet Further than hip width	.1
Dynamics	↑.3

HANDSTAND FLAT BACK (4.5)

Arms to ears/reach for mat	↑.2 ea
Lever action	↑.1
Extra kick to handstand	0.5 ea
Arms Bent	↑.5
Steps/hops on hands (Max .3)	.1 ea
Fail to contact mat/table w both hands	1.0
Handstd (not thru vertical (roll)	↑2.0
Incorrect align in handstand	↑.5
Shoulder angle	↑.3
Arch	↑.3
Pike	↑.5
Legs bent	↑.3
Legs separated	↑.2
Foot form	↑.1

LANDING / GENERAL

Fail to land Flat Back	↑1.0
Assistance on landing	.5
Assistance during vault	1.0
Max. spotting deduction	1.5
Incorrect vault	Void

Mat stack must be 8" +/- 2" above the height of the table
- No repulsion required
- May do each Silver Vault once

Xcel Silver Vault 2 – Front Handspring-Table – Flat Back w Repulsion   SV 10.0

FLIGHT TO TABLE

Straight body	
Pike	↑.5
Arch	↑.3
Legs	↑.3
Legs separated	↑.2
Foot form	↑.1
Head align	↑.1

Run approach & come to rest/support on table w/o execution of vault/ incorrect vault   Void

Attempts but performs incomplete or wrong vault – may perform 2nd half of Silver Vault 1-Max score 4.5
1st Balk – no deduction
2nd/3rd Balk - VOID

SUPPORT PHASE

Arms Bent	↑.5
Arms Bent / Head touch	2.0
Steps/hops on hands (max .3)	.1ea
Shoulder align	↑.3
Head align	↑.1
Handstd not thru vertical (roll)	↑2.0
Too long in support (repulsion)	↑**.5**
Maintain stretch body	
Arch	↑.3
Pike	↑.5
Legs bent	↑.3
Legs separated	↑.2
Foot form	↑.1
Contact hands after vert.	↑1.0
Perform 1 hand vault	1.0
Fail to contact w/ both hands	Void

POST FLIGHT/ LANDING PHASE

Height	↑.5
Distance	↑.3
Maintain straight body	
Pike	↑.5
Arch	↑.3
Legs bent	↑.3
Legs separated	↑.3
Foot form	↑.2
Head alignment	↑.1
Fail to land Flat Back	↑1.0

EXAMPLES:

Land seat in pike – salutes	.5
Lands arched/bent legs – salutes	↑.5

If above occur and lay back down – take execution only.

Lands on feet – salutes – steps off	1.0

GENERAL

Body part brushes table upon landing	↑.2
Direction	↑.3
Dynamics	↑.3
Assistance on landing	.5
Assistance during vault	1.0
Max. spotting deduction	1.5

Lands sit/stand on table(after pass thru vertical)   VOID
Incorrect vault   VOID
- **Mat stack must be 8" +/- 2" above the height of the table**
- May do each Silver Vault once.