

XCEL SILVER VAULT – Handspring or ¼ - ½ on – repulsion to feet 10.0 SV

FLIGHT
 Arch/Pike - ↑.2
 Fail to mntn neutral head - ↑.1

 Foot form - ↑.1
 Legs crossed - ↑.1
 Legs sep - ↑.2
 Knees bent - ↑.3

 Incomplete turn - ↑.3
 Fail to pass thru vert. - ↑.3

Alt. board ok

SUPPORT
 Head - ↑.1
 Arch - ↑.2

 Shoulder angle - ↑.2
 Staggered/alt hands (HS) - ↑.1
 Steps w hands - .1e(Max. .3)
 Alternate repulsion (HS) - ↑.2
 Arms - ↑.5 (slight ok on ¼ - ½ on)
 Head contact - 2.0 (incl. bent arms)

Too long in support - ↑.3

 Only 1 hand - 1.0 CJ (1/2 panel sees)
 No hand contact – **VOID**

Height 24" – 48" +/- 1"

Min. 5' x 5' +/- 2"

SECOND FLIGHT
 Arch/Pike - ↑.3
 Fail to mntn neutral head - ↑.1

 Foot form - ↑.1
 Legs crossed - ↑.1
 Legs sep - ↑.2
 Knees bent - ↑.3

 Insuff. exact/ LA turn ↑.1
 Late comp. twist - ↑.3 (¼ - ½ on only)

 Brush/hit on mat stack - -↑.2

 Direction - ↑.3
 Dynamics - ↑.3

6' x 12' x 4" =/- 1"

LANDING
 Slight hop/adjust ft ↑.1
 Xtra steps - .1 ea (max. .3)
 Large step - .2
 Fail to join heels - .05
 Entire foot slide - ↑.1
 FT + Hip width - .1
 Squat - ↑.3

 Extra arm swings - ↑.1
 Incorr. posture - ↑.2
 Add trunk moves - ↑.2

 Slight touch hd(s) on mat - ↑.3
 Support w hands - .5
 Fall-knee/hip/hand/mat - .5
 Spot during - 1.0
 Spot land - .5 (max. spot 1.5)
 Fall after spot on land – Addl. .5
 No feet first / ¼ on – ½ off = VOID
 Vault w/o signal - .5 off next vault CJ

