

Xcel Bronze Vault 1 – Stretch Jump (4.5) then Handstand Flat Back (4.5) = 9.0

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>0.50</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 ↑.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	• Min. 16” mat - up to 48” □ No repulsion required □ May do each Bronze Vault once if mat change not more than 8” Vault w/o CJ signal (- 0.50 from average. of next vault)
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> Entire foot/feet slide/lift to join ↑.1 Feet Staggered ↑.1 Feet Further than hip width <u>.1</u> Dynamics ↑.3	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 Arch ↑.3 Pike ↑.5 Fail to contact mat with both hands <u>1.0</u> 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 Legs bent ↑.3 Legs separated ↑.2 Foot form ↑.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 Head align ↑.1 Handstd (not thru vertical (roll)) ↑2.0 Contact after vertical ↑1.0 (1 – 45)↑.5 / (45 – 89) .55 – 1.0 Arch ↑.3 Pike ↑.5 Legs bent ↑.3 Legs separated ↑.2 Foot form ↑.1	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 EXAMPLES: Land seat in pike – salutes / gets off <u>.5</u> Lands arched/bent legs – salutes ↑.5 □ If lays back down –execution only Lands on feet - salutes – steps off <u>1.0</u> Lands flat back – slides off end of mat NO ded. for fall – salute from floor Fail to contact w/ both hands (Performs layout or touches 1 hand) 3.0	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> Incorrect vault VOID □ Min. 16” mat - up to 48” □ No repulsion required □ May do each Bronze Vault once if mat change not more than 8” Vault w/o CJ signal (- 0.50 from average. of next vault)
Comes to rest or support on top of mat w/o execution of vault VOID Performs incomplete/wrong vault instead of 0 allowed second ½ of Vault 1 to receive a max score of 4.5 1 st Balk – no deduction 2 nd /3 rd Balk - VOID			

