

Gymnast #	Handspring	Handspring
	Tsukahara	Tsukahara
	Roundoff	Roundoff
FIRST FLIGHT PHASE		
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Hips - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
REPULSION PHASE		
> 0.1 Hands - Staggered / Alt. except Tsuk.	_____	_____
> 0.2 Shoulder - Angle Poor	_____	_____
> 0.2 Body - Excessive Arch	_____	_____
> 0.1 Neutral Head Position	_____	_____
> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
ANGLE OF REPULSION		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
SECOND FLIGHT PHASE		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
LANDING PHASE		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
GENERAL		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
START VALUE	10.0	10.0
DEDUCTIONS	_____	_____
JUDGE #1	_____	_____
JUDGE #2	_____	_____
CJ:	_____	_____
Chalk on Runway, Tape on Table = 0.2	1st Vault	2nd Vault
Unauthorized Matting = 0.3		
Vault with No Signal = 0.5		
Touch with Only 1-Arm = 1.0		

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> 0.2 Hands - Alternate Repulsion, except Tsuk	_____	_____
> 0.2 Legs - Bent	_____	_____
> 0.3 Hands - Alt. Placements (0.1 each)	_____	_____
> 0.5 Arms - Bent	_____	_____
> 0.5 Support - Too Long	_____	_____
ANGLE OF REPULSION		
> 0.5 Past Vertical 1o - 45o	_____	_____
> 0.3 Failure to Pass Through Vertical	_____	_____
> 1.0 Past Vertical 46o - Horizontal	_____	_____
2.0 Head contact in Support (inc. arms)	_____	_____
VOID - No Hand Contact	_____	_____
SECOND FLIGHT PHASE		
> 0.1 Neutral Head Position	_____	_____
> 0.1 Foot Form (flexed, sickled)	_____	_____
> 0.1 Legs - Crossed	_____	_____
> 0.2 Legs - Separated	_____	_____
> 0.3 Knees - Bent	_____	_____
> 0.2 Touch - Brush / Hit Table	_____	_____
> 0.3 Failure to Create Rotation	_____	_____
> 0.2 Length	_____	_____
> 0.3 Maintain Body Position	_____	_____
> 0.5 Height	_____	_____
LANDING PHASE		
> 0.5 Body - Incorrect Body Posture	_____	_____
> 0.2 Alternate Foot Placement	_____	_____
0.5 Fall (to support, against table)	_____	_____
> 0.1 Slight Hop / Adjustment toward Table	_____	_____
ea 0.1 Steps toward Table (0.4 max)	_____	_____
ea 0.2 Large Step toward Table, (0.4 max)	_____	_____
GENERAL		
> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
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DEDUCTIONS	_____	_____
JUDGE #1	_____	_____
JUDGE #2	_____	_____
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> 0.3 Direction	_____	_____
> 0.3 Dynamics	_____	_____
0.5 Spot Landing	_____	_____
0.5 Coach - Between Board-Table	_____	_____
1.0 Failure to Land of Top of the Mat Stack	_____	_____
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