Gymnast #	Handspring Tsukahara Roundoff	Handspring Tsukahara 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		
0.0 Arm Position leaving Table = no deduction		
> 0.1 Neutral Head Position		
> 0.1 Foot Form (flexed, sickled)		
> 0.1 Legs - Crossed		
> 0.2 Legs - Separated (one foot landing)		
> 0.3 Knees - Bent		
> 0.2 Touch - Brush / Hit Table		
> 0.3 Failure to Create Rotation		
> 0.2 Length (center of mass on contact)		
> **0.5** 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; Unauthorized Matting = 0.3; Vault with No Signal = 0.5; Touch with Only 1-Arm = 1.0	1st Vault	2nd Vault

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