

**Xcel Gold / Platinum / Diamond Scoresheet 2022 2023**

1st FLIGHT		SUPPORT/REPULSION		2nd FLIGHT		LANDING/GENERAL	
Incorr. foot form (flexed/sickled) ↑.10		Poor technique:		Hip Angle ↑.20		Feet hip-width or closer; never join .05	
		Staggered/alternate hands- on for all vaults* ↑.10		Excessive Arch ↑.20		Slight hop/adj. feet/staggered feet ↑.10	
<u>Incorrect Leg form:</u>		Shoulder Angle ↑.20		Insufficient exactness of LA turn ↑.10		Arm swings (stuck vaults) ↑.10	
Crossed ↑.10		Arch ↑.20		Under-rotation of salto vaults .10		<b>Land w/ feet more than hip-width apart 10</b>	
Separated ↑.20		Alternate Rep.-all vaults* ↑.20		Insufficient Height ↑.50		Steps each .10 max .40	
Bent ↑.30		Legs bent in support or early tuck in repulsion (Salto Vaults ONLY) ↑.30		Insufficient Length ↑.30		Large step/Jump (approx. 3 ft) .20	
		Steps/hops on hands ↑.30		Incorrect Leg form:		Incorrect Body Posture ↑.20	
<u>Poor Technique:</u>		LA turn begun too early ↑.30		Crossed ↑.10		Trunk movement for balance ↑.20	
Hip Angle ↑.20		Arms bent ↑.50		Separatd ↑.20		LA turn incomplete ↑.30	
Excessive Arch ↑.20		(slight bend of lead arm allowed for Gr. 3 vaults)		Bent ↑.30		Squat on landing ↑.30	
Incomplete LA turn. ↑.30		Touch with only 1 hand 1.00 CJ		Insufficient exactness of Body Pos.		Brush/touch w/ hand(s) (no support) ↑.30	
		Head touching table in support (includes 0.5 for bent arms) 2.00		• Insufficient N, V ↑.30		Deviation in Direction ↑.30	
Fail to pass thru. vertical ↑.30		No hand contact on table VOID		• Insufficient stretched pos. *arch ↑.30		Insufficient Dynamics ↑.30	
		*Except Diamond Tsuk Vaults		* hip angle (136°-179°) ↑.30		Fall or support on 1 or both hands .50	
		<b>For All NON-SALTO Vaults:</b>		Fails to maintain stretch (pikes down) ↑.30		Fall against vault table .50	
		Too long in support ↑.50		Insuff./Late extension of N or V ↑.25		Fall after spot assist on landing .50	
		Angle of repulsion ↑.50		Total absence of extension of N or V .30		Coach between board & table	
				Late completion of twist (Gr. 1 & Gr. 4/5 w/out saltos) ↑.30		No Penalty in Xcel	
				Brush/hit of body/head on table ↑.20		Vaults without signal (from average by CJ)	
						0.50 Landing in a sitting, lying or standing position on top of the table VOID	
						Failure to land on bottom of feet 1 <sup>st</sup> VOID	
						No safety zone mat (Gr. 4/5 vaults) VOID	
						<b>Spotting assistance during Vault 1.00</b>	
						<b>Spotting assistance on Landing .50</b>	
						<b>Max. total Spot deduction 1.50</b>	
# vault:	SV		# vault:	SV			
	Ex			Ex			
	Score			Score			
# vault:	SV		# vault:	SV			
	Ex			Ex			
	Score			Score			
# vault:	SV		# vault:	SV			
	Ex			Ex			
	Score			Score			
# vault:	SV		# vault:	SV			
	Ex			Ex			
	Score			Score			