

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

FIRST FLIGHT	SUPPORT	SECOND FLIGHT	LANDING
<p>Arch - ↑.3 Pike - ↑.5</p> <p>Fail to mntn neutral head - ↑.1</p> <p>Foot form - ↑.1 Legs crossed - ↑.1 Legs sep - ↑.2 Knees bent - ↑.3</p> <p>Incomplete turn - ↑.3</p>	<p>Head - ↑.1 Arch - ↑.3 Pike - ↑.5</p> <p>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)</p> <p>Too long in support - ↑.3</p> <p>Fail to pass thru vert. - ↑.3</p> <p>Only 1 hand – <u>1.0 CJ (1/2 panel sees)</u> No hand contact – VOID</p>	<p>Arch - ↑.3 Pike - ↑.5</p> <p>Fail to mntn neutral head - ↑.1</p> <p>Foot form - ↑.1 Legs crossed - ↑.1 Legs sep - ↑.2 Knees bent - ↑.3 Insuff. exact/ LA turn ↑.1 Inomp. twist - ↑.3 (¼ - ½ on only)</p> <p>Brush/hit on mat stack - ↑.2 Land sit/lying/stand after pass vertical plane - 2.0+0.5</p> <p>Direction - ↑.3 Dynamics - ↑.3</p>	<p>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</p> <p>Extra arm swings - ↑.1 Incorr. posture - ↑.2 Add trunk moves - ↑.2</p> <p>Slight touch hand(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 on landing – 2.0 (includes fall). Fail to land facing mat stack opt. 2 ↑.3 Vault w/o signal - .5 off next vault CJ</p>
Alt. board ok	Height 24" – 48" +/- 1"		
	Min. 5' x 5' +/- 2"	6' x 12' x 4" =/- 1"	½ on – ½ off = VOID