

Xcel Gold / Platinum / Diamond Scoresheet 2022 2023

1st FLIGHT		SUPPORT/REPULSION		2nd FLIGHT Hip		LANDING/GENERAL	
Incorr. foot form (flexed/sickled) ↑.10		Poor technique:		Angle ↑.30		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		Land w/ feet more than hip-width apart 10	
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	
HipAngle ↑.30		Arms bent ↑.50		Separatd ↑.20		LA turn incomplete ↑.30	
ExcessiveArch ↑.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 vaults w/LA turn in Preflight ↑.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	
		For All NON-SALTO Vaults:		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 st VOID	
						No safety zone mat (Gr. 4/5 vaults) VOID	
						Spotting assistance during Vault 1.00	
						Spotting assistance on Landing .50	
						Max. total Spot deduction 1.50	
Vaults that do not land on feet are scored but not submitted. Hold for potential video review.							

# 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	