

Bronze - Vault

Allowable Vaults:

Stretch Jump onto min. of 16" mat (SV 4.5) **AND**
Kick to Handstand fall to flat back. (SV 4.5)
(Place board in front of skill cushion; Min. 16" mat)

OR

Jump to Handstand - fall to flat back on min. of 16" mat
(no repulsion required). **Start Value: 10.0**

No other vaults, other than those listed in each Division are permitted. If another vault is unintentionally performed, it will receive a "VOID".

Clarifications:

- Alternative Springboard Apparatus is allowed.
- Spot on landing 0.50
- Spot during any other phase 1.00
- Max. Total Spot deduction 1.50

Warm-up: :30 sec./ 1 Warm-up Vault

Vault 1A STRETCH JUMP (SV 4.5)

Add. Jumps on the Board (each).....	0.30
Running/Stepping onto Mat.....	5.00
Lack of Height on Stretch Jump	^0.50
Failure to Maintain Stretch Body Position.....	^0.50
Pike.....	^0.50
Tuck.....	^0.50
Arch.....	^0.30
Incorrect Arm and Head alignment.....	^0.30
Legs separated.....	^0.20
Incorrect foot form.....	^0.10
Fails to land in demi-plié w/ proper body pos.....	^0.50
Insufficient Dynamics.....	^0.30
Failure to join (slide) heels together upon landing	0.05

Vault 1B Kick to Handstand, Fall to Flat Back (SV 4.5)

Failure to maintain arms next to ears.....	^0.20
Failure to use levering action.....	^0.10
Extra kick up handstand—each.....	<u>0.50</u>
Bent arms.....	^0.50
Bent Legs.....	^0.30
Legs separated.....	^0.20
Incorrect alignment in handstand.....	^0.50
Shoulder Angle <180.....	^0.30
Pike.....	^0.50
Arch.....	^0.30
Add. Hand placements (steps-each).....	<u>0.10</u>
Incorrect foot form.....	^0.10
Fails to land straight-lying position.....	^1.00
Failure to contact mat w both hands.....	^1.00

JUMP TO HANDSTAND - FLAT BACK (SV 10.0)

Failure to maintain straight body position.....	^0.50
Arch..... ^0.30	Pike..... ^0.50
Legs bent—each phase.....	^0.30
Legs separated—each phase.....	^0.20
Inc. foot form—each phase.....	^0.10
Inc. head alignment—each phase.....	^0.10
Deviation from straight direction.....	^0.30
Insufficient dynamics.....	^0.30
Spot on landing.....	<u>0.50</u>
Spot during any phase of vault.....	<u>1.00</u>
Gym. never achieves vertical/returns to board or lands on mat stack between board and hand placement.....	VOID
Performing incorrect vault.....	VOID

Support Phase:

Arms bent.....	^0.50
Completely bent arms (head touches mat).....	<u>2.00</u>
Inc. shoulder alignment.....	^0.30
Fails to show vertical position (Hands to Hips) (rolling).....	^2.00
Contacting mat stack w hands after vertical.....	^1.00
Contact from 1-45 past vertical.....	0.05-0.50
Contact from 46-89 past vertical.....	0.55-1.00
Add. Hand placements (steps-each).....	<u>0.10</u>
Failure to contact mat w both hands.....	<u>3.00</u>
Fails to land on flat back.....	^1.00
Lands on feet, salutes, steps off.....	<u>1.00</u>
Lands on seat, salutes, steps off.....	<u>0.50</u>
Lands on back w arch, bent legs, salutes.....	<u>0.50</u>

If gymnast makes any of the above errors then returns to a straight lying position—DO NOT DEDUCT for failure to finish in lying position; however, general execution deductions may be applied.

Silver - Vault ~ Handspring onto Table w/ Repulsion to Flat Back on stacked mats SV 10.0 **OR** Stretch Jump onto Table/Kick to HS, Fall to Flat Back SV 9.5

Allowable Vaults:

Handspring onto table with repulsion to flat back landing on stacked mats equal to 8" above the table (+/- 2 inches)
Start Value 10.0

OR

1A: Stretch Jump onto Table (SV 5.0)

1B: Kick to Handstand, Fall to Flat Back on mat stack equal to 8" above the table (+/- 2 inches) (SV 4.5)

If 1A/1B Vault is Chosen, Bronze 1A/1B Deductions will apply

Clarifications:

- Alternative Springboard Apparatus is allowed.
- Sting mat may be used on the landing mat only.
- Spot on landing 0.50
- Spot during any other phase 1.00
- Max. Total Spot deduction 1.50
- **For 1A/1B Vault: the hands may be on the stacked mats or the vault table**

Warm-up: :45 sec./ 1 Warm-up Vault

General Faults

Failure to maintain straight body position.....	^0.50
Arch..... ^0.30	Pike..... ^0.50
Legs bent—each phase.....	^0.30
Legs separated—each phase.....	^0.20
Inc. foot form—each phase.....	^0.10
Inc. head alignment—each phase.....	^0.10
Deviation from straight direction.....	^0.30
Ins. Dynamics.....	^0.30
Spot on landing.....	<u>0.50</u>
Spot during any phase of vault.....	<u>1.00</u>
Gym. never achieves vertical/returns to board table.....	VOID
Performing incorrect vault.....	VOID
Failure to join (slide) heels together upon landing	0.05

Support Phase:

Arms bent.....	^0.50
Completely bent arms (head touches table).....	<u>2.00</u>
Inc. shoulder alignment.....	^0.30
Failure to show inverted vertical position (rolling).....	^2.00
Contacting mat stack w hands after vertical.....	^1.00
Contact from 1-45 past vertical.....	0.05-0.50
Contact from 46-89 past vertical.....	0.55-1.00
Too long in support.....	^0.50
Add. Hand placements (steps-each).....	<u>0.10</u>
Performing 1-handed vault.....	<u>1.00</u>
Failure touch table w 2 hands (layout).....	VOID

Post Handstand Phase

Insufficient height.....	^0.50
Insufficient distance.....	^0.30

Landing Phase

Body part hitting/brushing table upon landing.....	^0.20
Fails to land on flat back.....	^1.00
Lands on feet, salutes, steps off.....	<u>1.00</u>
Lands on seat, salutes, steps off.....	<u>0.50</u>
Lands on back w arch, bent legs, salutes.....	<u>0.50</u>

If gymnast makes any of the above errors then returns to a straight lying position—DO NOT DEDUCT for failure to finish in lying position; however, general execution deductions may be applied.

The Xcel program will follow the USAG Balk Rules.

This information is a compilation of Xcel Program Rules & Requirements and is NOT official.

8/5/2017

Kim Joye

GOLD and PLATINUM - Vault

Start Value: 10.0 (Gold)

Start Value: 9.5 (when using alternate springboard/ GOLD ONLY)

Only the vaults listed below are allowed.

Clarifications:

• Alternative springboard **IS ALLOWED** for **GOLD**. It is **NOT ALLOWED** for

PLATINUM

- Spot on landing 0.50
- Spot during any other phase 1.00
- Total maximum spot deduction 1.50

Unallowable Vault:

- If gymnast attempts an allowed vault but does not complete it, resulting in a vault not on the chart, the vault is "0" VOID
- If neither of the vaults performed are not allowed, the gymnast would receive a Final Score of "0" VOID

Timing: Warm-up 1:00/ 2 vaults

GOLD VAULTS:

1.101	Handspring	
1.102	Handspring—1/2 twist off	
1.103	Yamashita	
1.104	Yamashita—1/2 twist off	
1.105	1/2 twist on—1/2 twist off	
	1/4 twist on—3/4 twist off	
1.106	1/4 - 1/2 twist on—Rep. w flight off	
1.109	1/4 ON - 1/4 off (land facing away from table)	
1.201	Handspring—1/1 twist off	
1.203	Yamashita—1/1 twist off	
1.206	1/2 twist on—1/1 twist off	
	1/4 twist on—1 1/4 twist off	
1.207	1/1 twist on—Handspring or Yami off	
1.208	1/1 twist on—1/2 twist off	

PLATINUM SV

	9.8
	10.0
	9.8
	10.0
	10.0
	10.0
	9.8
	9.8
	10.0
	10.0
	10.0
	10.0
	10.0

DIAMOND - Vault

Warm-up 2:00/ 2 vaults

Start Value: As Listed; Only the vaults listed below are allowed.

Clarifications:

- Alternative springboard is **NOT** allowed.
- Spot on landing 0.50
- Spot during any other phase 1.00
- Total maximum spot deduction 1.50

Unallowable Vault:

- If gymnast attempts an allowed vault but does not complete it, resulting in a vault not on the chart, the vault is "0" VOID
- If neither of the vaults performed are not allowed, the gymnast would receive a Final Score of "0" VOID

ALLOWABLE VAULTS:

1.101	Handspring	9.4
1.102	Handspring—1/2 twist off	9.6
1.103	Yamashita	9.4
1.104	Yamashita—1/2 twist off	9.6
1.105	1/2 twist on—1/2 twist off	9.6
	1/4 twist on—3/4 twist off	9.6
	1/4 or 1/2 twist on—Repulsion off	9.6
1.106	1/4 ON - 1/4 off (land facing away from table)	9.5
1.201	Handspring—1/1 twist off	10.0
1.202	Handspring—1 1/2 twist off	10.0
1.203	Yamashita—1/1 twist off	10.0
1.205	1/4 or 1/2 on—1 1/4 or 1 1/2 off	10.0
1.206	1/4 or 1/2 on—1/1 or 1 1/4 off	10.0
1.207	1/1 twist on—Handspring or Yami off	10.0
1.208	1/1 twist on—1/2 twist off	10.0
1.301	Handspring—2/1 off	10.0
1.306	1/4 or 1/2 on—2/1 or 2 1/4 off	10.0
2.301	Handspring—Front Tuck	10.0
3.201	Tsukahara—Back tuck	10.0
3.303	Tsukahara—Back pike	10.0
3.304	Tsukahara—Back Layout	10.0
4.101	RO FF on—Repulsion off	9.6
4.102	RO FF on—1/2 twist off	9.6
4.201	RO FF on—1/1 twist off	10.0
4.202	RO FF on—1 1/2 twist off	10.0
4.203	RO FF on—Back tuck	10.0
4.304	RO FF on—Back pike	10.0
5.101	RO FF 1/2 on—Handspring	9.6
5.201	RO FF 1/2 on—1/1 twist off	10.0
5.202	RO FF 1/2 on—1 1/2 twist off	10.0
5.312	RO FF 1/2 on—2/1 twist off	10.0

GOLD, PLATINUM, AND DIAMOND

DEDUCTIONS

First Flight Phase:

Incorrect foot form	∧0.10
Incorrect leg form	
Legs crossed	∧0.10
Legs separated	∧0.20
Knees bent	∧0.30
Poor Technique	
Hip angle	∧0.20
Arched body	∧0.20
Incomplete LA Turn	∧0.30

Failure to pass thru vertical on vaults w L/A Turn.....∧0.30

Support/Repulsion Phase:

Poor technique

Staggered/alternate hand placement all vaults **EXCEPT** Diamond/Tsuka-

hara vaults.....∧0.10

Shoulder angle.....∧0.20

Arched body.....∧0.20

Alternate repulsion—all vaults **EXCEPT** Diamond/Tsukahara vaults

Prescribed LA turn begun too early.....∧0.20

Additional hand placements (steps).....∧0.30

Bent arms.....∧0.30

Too long in support.....∧0.50

Touch w only 1 hand.....CJ 1.00

No hand contact on the table.....VOID

Head contacting table during support phase.....2.00

(includes 0.50 for extreme arm bend)

Second Flight Phase:

Incorrect foot form.....∧0.10

Insufficient exactness of LA turn.....∧0.10

Under-rotation of salto vaults.....∧0.10

Incorrect leg form

Legs crossed.....∧0.10

Legs separated.....∧0.20

Knees bent.....∧0.30

Brush/nit of body/head on table during post flight.....∧0.20

Insufficient length.....∧0.30

Failure to maintain stretched body (pikes down).....∧0.30

Insufficient exactness of body position

Ins. Tuck/pike.....∧0.30

Ins. Stretch (136°-179°).....∧0.30

Arch.....∧0.30

Late completion of twist.....∧0.30

Insufficient extension before landing

Ins./late extension of tuck/pike.....∧0.25

Total absence of extension.....∧0.30

Insufficient height.....∧0.50

Prescribed LA turn begun too late.....∧0.50

Landing:

Slight hop/adjustment of feet.....∧0.10

Extra arm swings.....∧0.10

Extra steps (Max 4).....each 0.10

Incorrect body posture on landing.....∧0.20

Additional trunk movements.....∧0.20

Large step/jump (approx. 3 ft).....0.20

Squat on landing.....∧0.30

Slight brush/touch of 1 or both hands on mat.....∧0.30

Prescribed LA turn incomplete

1° - 30° missing.....∧0.10

31° - 60° missing.....0.15-0.20

61° - 89° missing.....0.25-0.30

90° or more missing.....award lower vault value

Deviation from straight direction.....∧0.30

Insufficient dynamics.....∧0.30

Support on mat w 1 or 2 hands.....∧0.50

Fall on mat to knees/hips.....0.50

Fall against apparatus.....0.50

Lands in sitting/stand on table.....VOID

Failure to join (slide) heels together upon landing.....0.05

Other Deductions:

Spotting assistance on landing.....0.50

Vaults w/out signal (taken from next attempt).....CJ 0.50

Failure to land on bottom of feet first.....VOID

Spotting assistance during vault.....1.00

Maximum deduction for spotting not to exceed.....1.50

Fails to use safety zone mat for RO entry vaults.....VOID

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