

Level 5,6 Handspring

1 st Flight		Support	2nd Flight		Landing
Pike	Each ↑.50	Inc. Shoulder align	↑.30	Height	↑.50
Arch	Each ↑.30	Arms bent	↑.50	Distance	↑.30
Legs bent	Each ↑.30	Arms completely bent	2.00	Brush, touch or hit body on far end of vault table	.30
Legs Separated	Each ↑.20	Add Hand Placement	↑.30		
Poor Form	Each ↑.10	Too long in support	↑.50		
Poor head align	Each ↑.10	Alternate Rep	↑.20		
Direction	↑.30	Not leaving@vertical	↑1.00		
Dynamics	↑.30	-1-45	.05-.15		
		-46-Horiz	.55-1.0		
Incorrect Vault Balk	VOID	1 hand	CJ 1.00		
	VOID	No hands	VOID		
Spot:					
1st, support, 2nd	L-5 - 2.00				
	L-6 - VOID				
Landing	.50				
					Slight hop ↑.10
					Arm Swings ↑.10
					Trunk Movement ↑.30
					Incorrect Posture ↑.20
					Steps .10-.40(max)
					Large Step/Hop Contact: .20
					Brush Support ↑.30
					Support .50
					Deep Squat ↑.30
					No Feet 1st 2.00-
					Include Fall
					.50 Fall
					+ 2.00
					Sit/Lay on Table

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#		body legs feet head	Vertical ↑	Arms	Height	body legs feet head	Direction	Execution		body legs feet head	Vertical ↑	Arms	Height	body legs feet head	Direction	Execution	
								Score								Score	
								Avg								Avg	
								Score								Score	
								Avg								Avg	
								Score								Score	
								Avg								Avg	
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