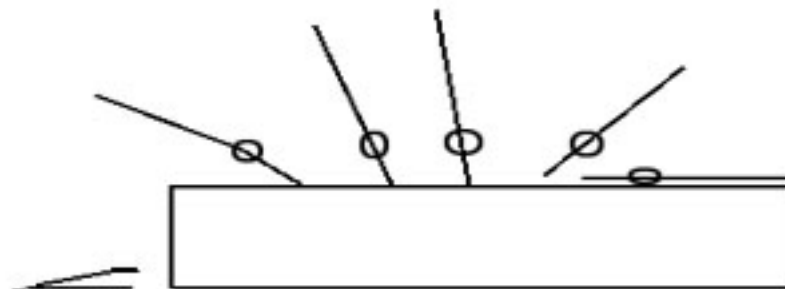


**LEVEL 4 –JUMP TO HANDSTAND ONTO MAT STACK Lee Bjella**



**RUN & BOARD CONTACT:**

Fail to accelerate during run.	up to .3
Fail to maintain horizontal running speed to board.	up to .3
Excessive forward lean upon board contact.	up to .3

**FIRST PHASE:**

Fail to maintain straight body	
• piked	up to .5
• arched	up to .3
Legs bent	up to .3
Legs separated	up to .2
Poor foot form	up to .1
Incorrect head align.	up to .1

**SUPPORT PHASE:**

Fail to maintain straight body position:	
• piked	up to .5
• arched	up to .3
Arms bent	up to .5
Arms totally bent/head on	2.00
Legs bent	up to .3
Legs separated	up to .2
Poor foot form	up to .1
Poor shoulder align.	up to .3
Incorrect head align.	up to .1
Fail to achieve handstand position (thru vertical)	up to 2.00
Contact mat with hands after vertical	up to 1.00
Fail to place hands in zone	.5
Steps on hands	up to .3
Fail to contact mat with both hands	3.00

**POST HANDSTAND PHASE**

Fail to maintain straight body from support to lying position:	
• Pike	up to .5
• Arch	up to .3
Incorrect head align.	up to .1
Legs bent	up to .3
Legs separated	up to .3
Poor foot form	up to .2
Fail to finish in straight lying position on back	up to 1.00

**LANDING PHASE**

Fail to finish in straight lying position on back	up to 1.00
Lands on feet, salutes	1.00
Lands on seat in 90' angle, salutes	.5
Lands on arched back/bent legs, salutes	up to .5
*If any of these are done and she lays back down then take no deduction but may take execution.	

**GENERAL DEDUCTIONS:**

Deviation from straight direction	up to .3
Insufficient dynamics (speed/power)	up to .3
Head on mat	up to 2.00
Performing incorrect vault (squat on, etc.)	Void
Assistance of coach from board to mats	Void
Run, touch board or mats, and no vault	Void
Assistance of coach after handstand	2.00