

LEVEL 5 AND 6 HANDSPRING VAULT Lee Bjella

SUPPORT PHASE:

Body position faults:

| | |
|---|------------|
| • piked | up to .5 |
| • arched | up to .3 |
| Incorrect head alignment | up to .2 |
| Incorrect shoulder alignment | up to .3 |
| Arms bent | up to .5 |
| Complete arm bend-head on | 2.00 |
| Too long in support | up to .5 |
| Alternate repulsion | up to .2 |
| Touch of only one hand | 1.00 CJ |
| No hands | void |
| Angle of repulsion (fail to leave by vertical) | up to 1.00 |
| Taking steps on hands | up to .3 |

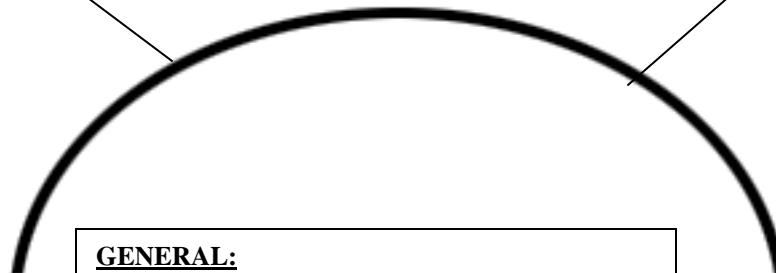
FIRST FLIGHT:

Body position faults:

| | |
|--------------------------|----------|
| • piked | up to .5 |
| • arched | up to .3 |
| Incorrect head alignment | up to .2 |
| Incorrect foot form | up to .1 |

SECOND FLIGHT:

| | |
|---|----------|
| Insufficient height | up to .5 |
| Insufficient distance | up to .3 |
| Brush, touch, hit body on end of table | .3 |
| Body position faults: | |
| • piked | up to .5 |
| • arched | up to .3 |
| Incorrect head alignment | up to .2 |



GENERAL:

| | |
|---|-------------------|
| Legs separated (each phase) | up to .2 |
| Legs bent (each phase) | up to .3 |
| Poor direction | up to .3 |
| Lack of dynamics (speed/power) | up to .3 |
| Headspring performed | 2.00 |
| Performing incorrect vault | void |
| Aid of coach on 1 st , support or 2 nd phase | L.5 2.00/L.6 void |
| Aid of coach on landing | .5 |
| Touch board or table w/o vault | void |

LANDING:

| | |
|---|-----------|
| Slight hop or small movement of feet | up to .1 |
| Extra arm swing | up to .1 |
| Additional trunk movements | up to .3 |
| Incorrect body posture on landing | up to .2 |
| Taking steps max 4 | each .1 |
| Very large step or jump | .2 |
| Deep squat upon landing | up to .3 |
| Support on mat/table with hand(s) | .5 |
| Fall | .5 |
| Touch table or mat | up to .3 |
| Fail to land on feet first | 2.00 |
| Finish on the table | .5 + 2.00 |