

# 2011-2012 REGION 5 XCEL VAULT

Range Max Score 10.0  
 9.5-10 .2  
 9.0-9.475 .5  
 8.0-8.975 .7  
 Below 8.0 1.0

<b>BRONZE</b> <i>9.5 SV Handspring performed with alternative springboard</i>	<b>SILVER</b> <i>Alternative springboard used = SV .5 lower</i>	<b>GOLD</b> <i>Alternative springboard used = SV .5 lower</i>	<b>PLATINUM</b> <i>Alternative springboard used = SV .5 lower</i>
<p><b>Allowable Vaults:</b></p> <p><b><u>9.3 Start Value</u></b>            Jump to Handstand onto Mat Stack (L4)            (32" Minimum height)</p> <p>Compulsory Deductions Apply</p>	<p><b>Allowable Vaults:</b></p> <p><b><u>10.0 Start Value For All</u></b>            Handspring            Handspring On - 1/2 Off            1/4 - 1/2 On - Repulsion Off            1/4 - 1/2 On - 3/4 - 1/2 Off            1/4 - 1/2 On - 1 1/4 - 1/1 Off            Handspring On - 1/1 Off</p>	<p><b>Allowable Vaults:</b></p> <p><b><u>9.8 Start Value</u></b>            Handspring            Handspring On - 1/2 Off            1/4 - 1/2 On - Repulsion Off</p>	<p><b>ALL vaults are the same value as Level 8.</b></p> <p><u>NO</u> Yurchenko vaults allowed.</p>
<p><b><u>10.0 Start Value</u></b>            Handspring</p> <p><b>L 8-10 Optional Deductions Apply</b></p>	<p><b>L 8-10 Optional Deductions Apply</b></p>	<p><b><u>10.0 Start Value</u></b>            1/4 - 1/2 On - 3/4 - 1/2 Off            1/4 - 1/2 On - 1 1/4 - 1/1 Off            Handspring On - 1/1 Off</p> <p><b>L 8- 10 Optional Deductions Apply</b></p>	<p><b>L 8-10 Optional Deductions Apply</b></p>
<p>Spot .5 on landing            Spot during any other phase 1.0            Max. Spot Deduction 1.5            Bonus - .1 Stuck Handspring Landing- however, body posture faults may be taken.            Warm Up time 1:00            Touches when applicable -2 max.</p>	<p>Spot .5 on landing            Spot during any other phase 1.0            Max. Spot Deduction 1.5            Bonus - .1 Stuck Landing- however, body posture faults may be taken.            Warm Up time 1:00            Touches when applicable -2 max.</p>	<p>Spot .5 on landing            Spot during any other phase 1.0            Max. Spot Deduction 1.5            Bonus - .1 Stuck Landing- however, body posture faults may be taken.            Warm Up time 1:00            Touches when applicable -2 max.</p>	<p>Spot .5 on landing            Spot during any other phase 1.0            Max. Spot Deduction 1.5            Bonus - .1 Stuck Landing- however, body posture faults may be taken.            Warm up time 1:30            Touches when applicable -3max.</p>

Bronze level may perform a L4 vault and a handspring. *Gymnasts that are performing both do not have to perform the vaults consecutively if the Meet Dir. chooses to have all competitors in the rotation compete on one apparatus 1st. Judges will judge 1st turn, holding score sheets until 2nd turn on the other app. is completed. If meet logistics allow both types of vaults may be performed in the same turn. A gymnast must use the same vaulting board/apparatus for all attempts.* Vaults must land on soles of feet prior to a fall to receive a score.