

Level 1 VT Min 16 " matting

Stretch Jump: General Faults

1st balk	no ded
performing a 2nd or 3rd balk	VOID
coach standing btwn board & mat	no ded
use of alt springboard (tramp)	no ded
spotting assistance on straight jump	2.00
spotting assistance landing off straight jump	0.5
fall after spotting assistance (add'l deduction)	0.5
VT w/o signal from CJ (applied to avg next VT)	0.5

Handstand, fall: General Faults

Extra kick-up to hanstand	0.5
spotting assistance after hand supp on mat	2.00
performing incorrect element	5.00

			Name		Name		Name		Name	
			VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2
Stretch Jump onto Minimum 16 "Matting (5.00)										
Approach	fail main spd to board (stutter steps)	↑0.3								
	excessive fwd lean on board	↑0.3								
	additional jumps on board	0.3e								
	run to brd w/ step to mat OR sup no feet	5.00								
Stretch Jump from Board to Mat	lack of height on str jump	↑0.5								
	incorrect foot form	↑0.1								
	legs separated	↑0.2								
	legs bent	↑0.3								
	fail main neutral head pos	↑0.3								
	fail main str bp during jump:									
	arch	↑0.3								
	pike	↑0.5								
	deviation from str	↑0.3								
fail to land in DP w/ ctrl & bp	↑0.5									
fall after landing onto feet first	0.5									
Handstand, Fall to Straight Lying Position (5.00)										
Approach	fail to main arms by ears	↑0.2								
Second Flight	add'l hd placements (max 0.3)	0.1e								
	incorr foot form	↑0.1								
	fail main neutral head pos	↑0.3								
	fail main str body in handstand									
	arch	↑0.3								
	pike	↑0.5								
	legs separated	↑0.2								
	bent legs	↑0.3								
incorr shoulder alignment	↑0.3									
bent arms	↑0.5									
Landing Phase	lds on ft and steps off mat	1.00								
	lds on seat w/ 90° hip, steps off mat	0.5								
	lds on back w/ arch, bent legs, stps off mt	0.5								
			Ded							
			J1							
			J2							
			AVG							
			FS							