

**Level 2 VT** Jump to Handstand onto raised mat surface (min of 16"), fall to straight lying position on the back

General Faults			
1st balk	no ded	use of alt springboard (tramp)	no ded
performing a 2nd or 3rd balk	VOID	performing incorrect vault	VOID
coach standing btwn board & vault	no ded	gymnast never achieves vertical	VOID
coach aids after hand support on mat	2.00	vault w/o signal	0.5
coach aids from board to mat stack	VOID	insuff dynamics	↑0.3

Run and Board Contact	First Flight Phase	Support Phase	Landing
insuff run accel	↑0.3	fail maintain neut head	↑0.1
fail to main running spd	↑0.3	incorrect foot form	↑0.1
excess fwd lean on brd	↑0.3	legs sep	↑0.2
add'l jumps on board	0.3	legs bent	↑0.3
	fail main str body	fail main str body	
	arch	arch	
	pike	pike	
	dev from str at mat con	incorr shlder angle	↑0.3
		bent arms	↑0.5
		head cont table	2.00
		fail show str vertical pos	↑2.00
		con mat stack after vert	
		1°-45°	↑0.5
		46°-89°	↑1.00
		hds not in landing zone	
		2 hds past	0.5
		1 hd past	0.2
		add'l hd plcmts (max 0.3)	0.1e
		fail cont mat w/ both hds	3.00
		lds on ft exits mat	1.00
		lds w/ 90° hips, exits mat	0.50
		lds with arch, bent legs, exit mat	0.50

Name	VT 1	J1	J2	J3	J4	AVG	VT 2	J1	J2	J3	J4	AVG

Name	VT 1	J1	J2	J3	J4	AVG	VT 2	J1	J2	J3	J4	AVG

Name	VT 1	J1	J2	J3	J4	AVG	VT 2	J1	J2	J3	J4	AVG

Name	VT 1	J1	J2	J3	J4	AVG	VT 2	J1	J2	J3	J4	AVG