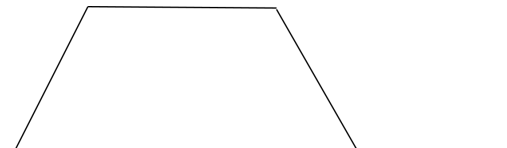
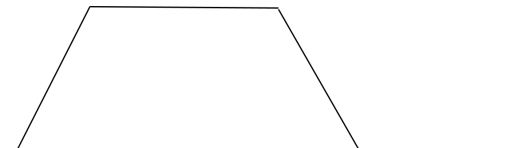
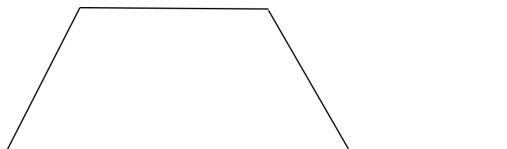
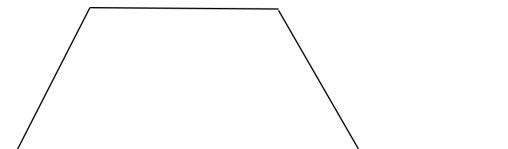


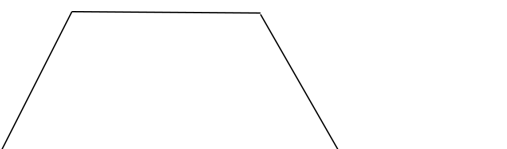
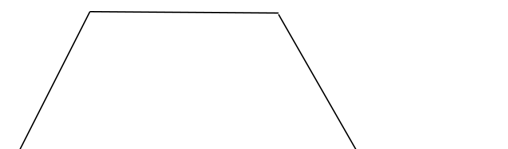
Level 3 VT Handspring over a raised mat surface (min of 32")

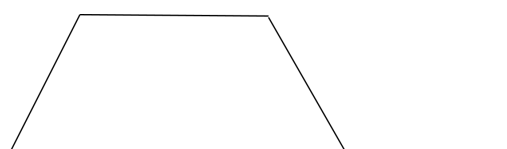
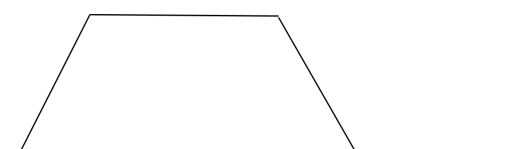
General Faults			
1st balk	no ded	performing incorrect vault	VOID
performing a 2nd or 3rd balk	VOID	gymnast never achieves vert	VOID
coach standing btwn board & vault	no ded	gymnast runs onto board/mat stack	VOID
coach aids first flight, support, or second flight	2.00	deviation from straight dir	↑0.3
use of alt springboard (tramp)	VOID	insuff dynamics	↑0.3

First Flight Phase		Support Phase		Second Flight Phase		Landing	
fail maintain neut head	↑0.1	fail maintain neut head	↑0.1	bent arms	↑0.5	fail maintain neut head	↑0.1
incorrect foot form	↑0.1	incorrect foot form	↑0.1	head cont table	2.00	incorrect foot form	↑0.1
legs sep	↑0.2	legs sep	↑0.2	add'l hd plcmnts (max 0.3)	0.1e	legs sep	↑0.2
legs bent	↑0.3	legs bent	↑0.3	too long in supp	↑0.5	legs bent	↑0.3
fail main str body		fail main str body		con mat stack after vert		fail main str body	
arch	↑0.3	arch	↑0.3	1°-45°	↑0.5	arch	↑0.3
pike	↑0.5	pike	↑0.5	46°-89°	↑1.00	pike	↑0.5
		stag hd plcmt	↑0.1	1 hd touch	1.00	br/hit body on table	0.20
		alt hd rep	↑0.2	no hd contact on mat	VOID	insuff length	no ded
		incorr shlder angle	↑0.2			insuff height	no ded
						ld w/ ft HW no join ft	0.05
						ld ft wider than hips	0.1
						slight hop/adj ft, stg ft	↑0.1
						small step/jump (↑0.4)	0.1e
						large step/jump (↑0.4)	0.2e
						arm swing main bal	↑0.1
						incorr bp on landing	↑0.2
						add'l trk mvts to main bal	↑0.2
						squat upon landing	↑0.3
						brush mat w/ hds	↑0.3
						assistance on landing	0.5
						fail land feet first	2.00
						lds on top mats (after vert)	2.50

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

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

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

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