Level 4&5 VT

Handspring over Vault Table

		VOID VOID VOID
performing a 2nd or 3rd balk VOID performing incorrect vault no ded no hd contact on table coach aids first flight, support, or second flight (L4) 2.00 deviation from straight dir coach aids first flight, support, or second flight (L5) VOID insuff dynamics First Flight Phase Support Phase Support Phase Second Flight Phase Landing fail maintain neut head 10.1 fail maintain neut head incorrect foot form 10.1 incorrect foot form 10.1 legs sep 10.2 legs sep 10.2 add'l hd plcmts (max 0.3) 0.1e legs sep 10.2 slight hd		VOID
coach standing btwn board & vault no ded no hd contact on table coach aids first flight, support, or second flight (L4) 2.00 deviation from straight dir coach aids first flight, support, or second flight (L5) VOID insuff dynamics First Flight Phase Support Phase Support Phase Second Flight Phase Landing fail maintain neut head on table incorrect foot form on the contact on table of the violation from straight dir insuff dynamics Second Flight Phase Landing on the first flight Phase in the contact on table of the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from straight dir insuff dynamics Landing on the violation from the deviation from straight dir insuff dynamics Landing on the violation from the violation from the deviation from straight dir insuff dynamics Landing on the violation from the viola		
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coach aids first flight, support, or second flight (L5) VOID insuff dynamics 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 ld w/ ft l incorrect foot form ↑0.1 incorrect foot form ↑0.1 legs sep ↑0.2 legs sep ↑0.2 add'l hd plcmts (max 0.3) 0.1e legs sep ↑0.2 slight ho		↑0.3
fail maintain neut head ↑0.1 fail maintain neut head ↑0.1 bent arms ↑0.5 fail maintain neut head ↑0.1 ld w/ ft incorrect foot form ↑0.1 lincorrect foot form ↑0.1 legs sep ↑0.2 legs sep ↑0.2 add'l hd plcmts (max 0.3) 0.1e legs sep ↑0.2 slight ho		↑0.3
fail maintain neut head ↑0.1 fail maintain neut head ↑0.1 bent arms ↑0.5 fail maintain neut head ↑0.1 ld w/ ft incorrect foot form ↑0.1 lincorrect foot form ↑0.1 legs sep ↑0.2 legs sep ↑0.2 add'l hd plcmts (max 0.3) 0.1e legs sep ↑0.2 slight hd		
legs sep $\uparrow 0.2$ legs sep $\uparrow 0.2$ add'l hd plcmts (max 0.3) 0.1 legs sep $\uparrow 0.2$ slight hd	HW no join ft	0.05
	er than hips	0.1
legs bent ↑0.3 legs bent ↑0.3 loo long in supp ↑0.5 legs bent ↑0.3 small ste	p/adj ft, stg ft	↑0.1
	ep/jump (†0.4)	<u>0.1e</u>
fail main str body fail main str body 1 hd touch 1.00 fail main str body large ste	p/jump (†0.4)	<u>0.2e</u>
arch ↑0.3 arch ↑0.3 angle repulsion arch ↑0.3 arm swi	ng main bal	↑0.1
pike ↑0.5 pike ↑0.5 vert ND pike ↑0.5 incorr b	o on landing	↑0.2
	mvts to main bal	↑0.2
alt hd rep $\uparrow 0.2$ 46°-89° $\uparrow 1.00$ insuff length $\uparrow 0.3$ squat up	on landing	↑0.3
incorr shider angle \uparrow 0.2 insuff height \uparrow 0.5 brush m	at w/ hds	↑0.3
assistan	ce on landing	0.5
fail land	feet first	2.00
lds on to	p of vault table	<u>2.50</u>
Name		٦
VT 1	J1	
J2	J2	
J3	J3	
]4	J4	
AVG	AVG	-
Name		
VT 1	J1	7
J2	J2	-
	J3	-
		_
	J4	
AVG	AVG	
Name		_
VT 1 VT 2	J1	
J2	J2	1
J3	13	†
J4 /	J4	-
AVG	AVG	
Name		_
VT 1	J1	
J2	J2	1
	J3	+
]4	J4	+
	AVG	-
/ AVG /		1 '