

XCEL VAULT

VAULT	Bronze	Silver	Gold	Platinum	Diamond
ALLOWED VAULTS	XB Option 1: 9.0 SV	XS Option 1: 10.0 SV	XG VAULTS: 10.0 SV <i>if uses springboard</i>	XP VAULTS: 9.8 SV	XD VAULTS: 9.4 SV
	Stretch Jump to Mat 4.5 SV Kick HS Fall Flatback 4.5 SV <i>-hands placed on board or on mat</i>	Front Handspring <i>- Over sideways mat stack</i> <i>- Sting mat may be placed on landing mat only</i>	XG VAULTS: 9.5 SV <i>if uses alternate springboard apparatus</i>	Handspring or Yami ¼ - ½ twist → Repulsion ¼ twist on → ¼ twist	Handspring or Yami ¼ - ½ twist → Repulsion ¼ twist on → ¼ twist RO-FF on → Repulsion
	XB Option 2: 10.0 SV	XS Option 2: 10.0 SV	Handspring or Yami	XP VAULTS: 10.0 SV	XD VAULTS: 9.6 SV
	Jump HS - Fall Flatback <i>-No repulsion required</i> <i>-If lands flatback and slides off mats, no penalty</i>	¼ - ½ twist on → Repulsion <i>- Over sideways mat stack</i> <i>- Land on feet facing mat</i> <i>- Void if additional twist</i>	¼ - ½ twist → Repulsion ¼ twist on → ¼ twist HS / Yami → ½ twist HS / Yami → 1/1 twist ¼ twist on → ¾ twist ½ twist on → ½ twist ¼ twist on → 1¼ twist ½ twist on → 1/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist	HS / Yami → ½ twist HS / Yami → 1/1 twist ¼ twist on → ¾ twist ½ twist on → ½ twist ¼ twist on → 1¼ twist ½ twist on → 1/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist	HS / Yami → ½ twist ¼ twist on → ¾ twist ½ twist on → ½ twist RO-FF on → Repulsion ½ RO-FF ½ on → Handspring XD VAULTS: 9.9 SV ¼ twist on → 1¼ twist ½ twist on → 1/1 twist XD VAULTS: 10.0 SV HS / Yami → 1/1 twist Handspring → 1½ - 2/1 twist 1/1 twist on → HS / Yami 1/1 twist on → ½ twist Handspring → Front Tuck Tsukahara → Bwd Salto T/P/L RO-FF on → Bwd Salto T/P/L RO-FF on → 1/1 - 1½ twist RO-FF ½ on → 1/1 - 2/1 twist ¼ twist on → 1¾ - 2¼ twist ½ twist on → 1½ - 2/1 twist
MATS	Min Matting: 16" (±1") Max Matting: 48" (±1")	Min Matting: 24" (±1") Max Matting: 48" (±1") Min 6'x12'x5" mat must be placed behind mat stack Sting mat may be placed on landing mat only			
SPRING BOARD	Alternate springboard apparatus allowed	Alternate springboard apparatus allowed	Alternate springboard apparatus allowed, but with a 9.5 SV	Alternate springboard apparatus NOT allowed VOID Vault if used	Alternate springboard apparatus NOT allowed VOID Vault if used
Spot on Landing = 0.50 Spot in other phase = 1.00 Maximum total spot deduction = 1.50					
If performs a vault that is Restricted or is not on the Division list = VOID & 0.0 score					
Warm-up:	30 seconds warm-up	45 seconds warm-up	1:00 minute warm-up	1:30 minutes warm-up	2:00 minutes warm-up
Guarantee:	1 warm-up vault	1 warm-up vault	2 warm-up vaults	2 warm-up vaults	3 warm-up vaults
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