

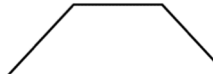
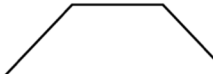
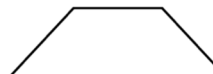



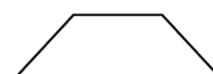
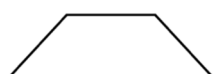
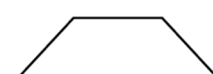
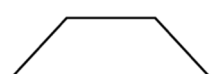
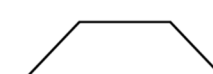
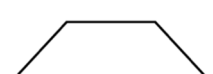


## Xcel Program Vault Score Sheets - Bronze – Silver - Gold

Level	Start Value (SV)	Vault	Mat Stack	Warm Up
Bronze	Vault Option 1 9.0 (4.5 + 4.5)	Vault 1A -Stretch Jump onto Mat (4.5) THEN Vault 1B -Kick to Handstand, Fall to Flatback (4.5)	Min 60cm-max 120 cm	30 secs
	Vault Option 2 10.00	Jump to Handstand- fall to flat back		
Silver	10.00	Vault 1-Handspring over the sideways mat stack Vault 2- ¼-1/2 (90-180) turn on – Repulsion off to feet, landing facing mat stack	Min 60cm-max 120 cm Mat stack sideways	45 secs
Gold	10.00	See Vault Chart	105,115, 125	1 min

Timing: Blocked Running time by stacked mat/vault height. Split at 9 if at same height.  
 Fall Time: 45 seconds (See USAG Xcel Manual for fall times regarding injury)  
 Landing Mats: Up to 20cm additional mats allowed this includes the Mandatory 10cm landing mat.  
 Spotting: .50 Spot on landing. 1.00 Spot during any other phase. 1.50 Max total Spot deduction

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