

LEVEL 3 VAULT EVALUATION POINTS

JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (A MINIMUM OF 32"); FALL TO STRAIGHT LYING POSITION ON THE BACK

1. The run accelerates and maintains speed to contact the board with the feet in front of the body.
2. The arms swing forward to a completely extended shoulder position with the body extended in a straight-hollow position in pre-flight with the head neutral.
3. The body achieves a vertical **HANDSTAND** position with the arms straight in the support phase.
4. The body maintains a straight-hollow body position from support in **HANDSTAND** to the back lying position, with the legs together and feet pointed throughout the **STRAIGHT LYING POSITION ON THE BACK**.

