



GG F & V Competition Handspring Pathway Vaulting

Videos advisory notes for coaches, with comment relating to judging

Video 1 – U10 Level 1 Nov & Int – Jump On 60 cms

Not much to fault

Good points

- Arm action including by ears
- Good dynamics including toes off the board & height
- Shape in the air
- Stable Landing

Possible deduction areas

- This video shows the recommended demi-plie finish i.e. upper leg at 45° to vertical. A deeper finish could be deducted

Video 2 – 11+ Level 1 Nov & Int – Jump On 90 cms

Some issues

Good points

- Good dynamics including toes off the board & height
- Arm action including by ears though arms not even
- Stable Landing

Possible deduction areas

- Arch in flight
- Lack of flight, leading to
- Knees a little unstable
- Adjustments on landing



Video 3 – U10 Level 1 Nov A only – Handstand Flat Back 60 cms

Good overall execution

Good points

- Arm position
- Good dynamics including toes off the board & height
- Stable Landing

Possible deduction areas

- Slight arch in jump on and leading to the handstand landing
- Arms need to be seen coming from behind

Video 4 – U10 Level 1 Nov B, Int & Adv – Handspring Flat Back 60 cms

Good overall execution

Good points

- Good dynamics including toes off the board & height
- Stable first landing
- Flight off hands

Possible deduction areas

- Slight arch in jump on
- Flat Back landing – a small degree of tolerance in shoulder angle may be acceptable if the body is tight and flat

Video 5 – 11+ Level 2 Nov, Int & Adv – Handspring Flat Back 90 cms

Good overall execution

Good points

- Good dynamics including toes off the board & height
- Stable first landing
- Flight off hands

Possible deduction areas

- Arms slightly high on Flat Back landing, but see Video 4 comment
- Possible body shape – late joining legs