

Choice of heights – three safety mats (90 cms) or four safety mats (120 cms) with firm (10cm) landing pad placed on top

PHASE	EXECUTION FAULTS	Small	Medium	Large
First Flight	Poor Technique:			
	• Hip Angle	0.10	0.30	0.50
	• Arch	0.10	0.30	
	• Legs separated	0.10	0.30	
	• Knees bent	0.10	0.30	0.50
REPULSION	Poor Technique – shoulder angle on contact with mat	0.10	0.30	
	Lack of repulsion	0.10	0.30	0.50
	Bent Arms	0.10	0.30	0.50
SECOND FLIGHT	Failure to maintain straight body position	0.10	0.30	0.50
LANDING	Failure to maintain dish shape	0.10	0.30	
	Heels landing first on mat	0.10	0.30	
	Arms not held straight and by ears	0.10	0.30	
GENERAL	Insufficient Dynamics	0.10	0.30	0.50
	Lack of body tension in any phase	0.10	0.30	0.50
	Legs separated	0.10	0.30	0.50
	Knees bent/toes not pointed (each)	0.10	0.30	0.50