

Important – Xcel Silver Vault Clarification

Many clubs are training the Xcel silver vault to the vault table as stated in the USA rules and policies, as opposed to the stack mats vault system as stated in the AAU Rules and modifications. Now that clubs have been competing the Silver vault for a year, they are comfortable with the vault table and have requested that they be allowed to do this vault as an option. Therefore the Silver athlete may do either as stated below.

A handstand flat back vault onto mat vault system with a minimum of 16 inches and a maximum of 48 inches or

The Xcel Silver Vault: Handspring onto table with repulsion to flat back landing on stacked mats equal to or up to 8 inches above the table.