

LEVEL 5 VAULT - TUCKED FRONT SOMERSAULT

Base Score – 15.0
Performance Bonus – 0.5
<u>Stick Bonus – 0.2</u>
Maximum Score – 15.7

Note:

1. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For levels 4 – 7, a barked attempt or incomplete vault, may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.
2. The coach must stand between the board and the landing area to spot. The judge should not allow the gymnast to begin his run if the coach is not in position.
3. Matting for landing area is a minimum of 50 cm.

Description	Performance Criteria
1. Run	<ul style="list-style-type: none"> • Distance of run is 20-60 ft. • Run must show increase in velocity to sprinting speed and maintenance of velocity or positive acceleration to and through the hurdle • Distinct knee lift of front leg in stride. • Fixed elbow, bent arm swing with clear elbow movement forward and backward. • Arm swing should be relatively parallel and not strongly cross the direction of run.
2. Hurdle	<ul style="list-style-type: none"> • Feet must be in front of hips on contact with springboard • Under arm swing must be shown. Arm swing must begin from below the shoulders and distinctly through the hurdle
3. Tucked Front Somersault	<p>Mats stacked 50 cm high</p> <ul style="list-style-type: none"> • Tuck position must show a 90° minimum bend at the hips and knees. • Body must show stretch from the tuck before landing.
4. Landing	All landing deductions as per FIG.
Run Deductions:	
Run slows down before hurdle	S, M, L
Insufficient knee lift of front leg in stride	S, M, L
Improper arm swing action or plane of movement	S, M, L
Rhythm break during run (stutter-steps)	S, M, L
Hurdle Deductions:	
Both knees do not lift in hurdle	S, M, L
Feet not clearly in front of hips upon impact with the springboard	S, M, L
Little or no under arm swing (arm circle or under-arm swing allowed)	S, M, L
Front Somersault Flight Deductions:	
Incorrect Technical Body Shape during any part of the tucked front somersault	S, M, L
Somersault fails to show distinct Stretch, Tuck, Stretch action	S, M, L
Leg Separation	S, M, L
Foot and toe form	S, M, L