

LEVEL 6 VAULT – FRONT HANDSPRING

Base Score – 15.0
Performance Bonus – 0.5
Stick Bonus – 0.2
Maximum Score – 15.7

Note:

- 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.
- 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.
- Matting for landing area is a minimum of 30 cm.

Description	Performance Criteria
1. Pre-flight	Body transitions from hollowed to straight or tightly arched during pre-flight
2. Block	Body transitions quickly from straight or tightly arched to fully extended before vertical
3. Post-flight	<ul style="list-style-type: none"> Body should show significant rise in post-flight Nominal straight body position is maintained during post-flight until landing
4. Landing	All landing deductions as per FIG.
Pre-flight Deductions:	
Incorrect body shape or orientation during pre-flight	S, M, L
Leg separation	S, M, L
Knee bend	S, M, L
Foot and toe form	S, M, L
Block Deductions:	
Incorrect body shape or orientation during any part of the block	S, M, L
Arm bend at completion of blocking action	S, M, L
Body not fully extended at completion of blocking action	S, M, L
Shoulders in front of hand placement while hands are in contact with table	S, M, L
Body is past vertical when hands leave table	S, M, L
Leg Separation	S, M, L
Knee bend	S, M, L
Foot and toe form	S, M, L
Post-flight Deductions:	
Incorrect body shape or orientation during any part of the post-flight	S, M, L
Insufficient rise in post-flight	S, M, L
Leg Separation	S, M, L
Knee Bend	S, M, L
Foot and toe form	S, M, L