

Handspring to Stand, Fall Forwards to Front

11.9.2013 WTC/NC (V1)

D Score – 3.50

1st FLIGHT

Poor technique

Hip angle	0.10	0.30	
Bent knees	0.10	0.30	0.50
Arch	0.10	0.30	
Leg or knee separation	0.10	0.30	

REPULSION PHASE

Poor technique

Staggered / alternate hand placement	0.10		
Shoulder angle	0.10	0.30	
Failure to pass through vertical	0.10		
Bent arms	0.10	0.30	0.50

2nd FLIGHT

Height	0.10	0.30	0.50
<u>Body position</u>			
Failure to maintain stretched body	0.10	0.30	
Bent knees	0.10	0.30	0.50
Leg or knee separation	0.10	0.30	
Insufficient length	0.10	0.30	
Dynamics	0.10	0.30	

LANDING

Legs apart on landing	0.10		
Failure to maintain correct body position during fall	0.10	0.30	
Under rotation (falling backwards)			
no fall	0.10		
with fall		0.30	
Fall (backwards)			1.00
Steps (backwards)	0.10	0.30	0.80 max
Landing in squat	0.10	0.30	0.50

If applicable, deductions from the FIG Table of General Faults and Penalties may also be used (Section 8.3).



Tsukahara to Stand, Fall Backwards to Back

11.9.2013 WTC/NC (V1)

D Score – 3.50

1st FLIGHT

Requirement ¼ to ½ turn in 1st flight phase

Poor technique

Hip angle	0.10	0.30	
Bent knees	0.10	0.30	0.50
Arch	0.10	0.30	
Leg or knee separation	0.10	0.30	

REPULSION PHASE

Poor technique

Shoulder angle	0.10	0.30	
Failure to pass through vertical	0.10		
Bent arms	0.10	0.30	0.50

2nd FLIGHT

Excessive snap	0.10	0.30	
Height	0.10	0.30	0.50
Body position			
Failure to maintain stretched body	0.10	0.30	
Bent knees	0.10	0.30	0.50
Leg or knee separation	0.10	0.30	
Insufficient length	0.10	0.30	
Dynamics	0.10	0.30	

LANDING

Legs apart on landing	0.10		
Failure to maintain correct body position during fall	0.10	0.30	
Under rotation (falling forwards)			
no fall	0.10		
with fall		0.30	
Fall (forwards)			1.00
Steps (forwards)	0.10	0.30	0.80 max
Landing in squat	0.10	0.30	0.50
Correct body position maintained but feet not touching mat			0.50
Correct body position maintained but landing back on the table			0.50

If applicable, deductions from the FIG Table of General Faults and Penalties may also be used (Section 8.3).



Yurchenko to Stand, Fall Backwards to Back

11.9.2013 WTC/NC (V1)

D Score – 4.00

1st FLIGHT

Poor technique

Body position	0.10	0.30	
Bent knees	0.10	0.30	0.50
Leg or knee separation	0.10	0.30	

REPULSION PHASE

Poor technique

Shoulder angle	0.10	0.30	
Failure to pass through vertical	0.10		
Bent arms	0.10	0.30	0.50

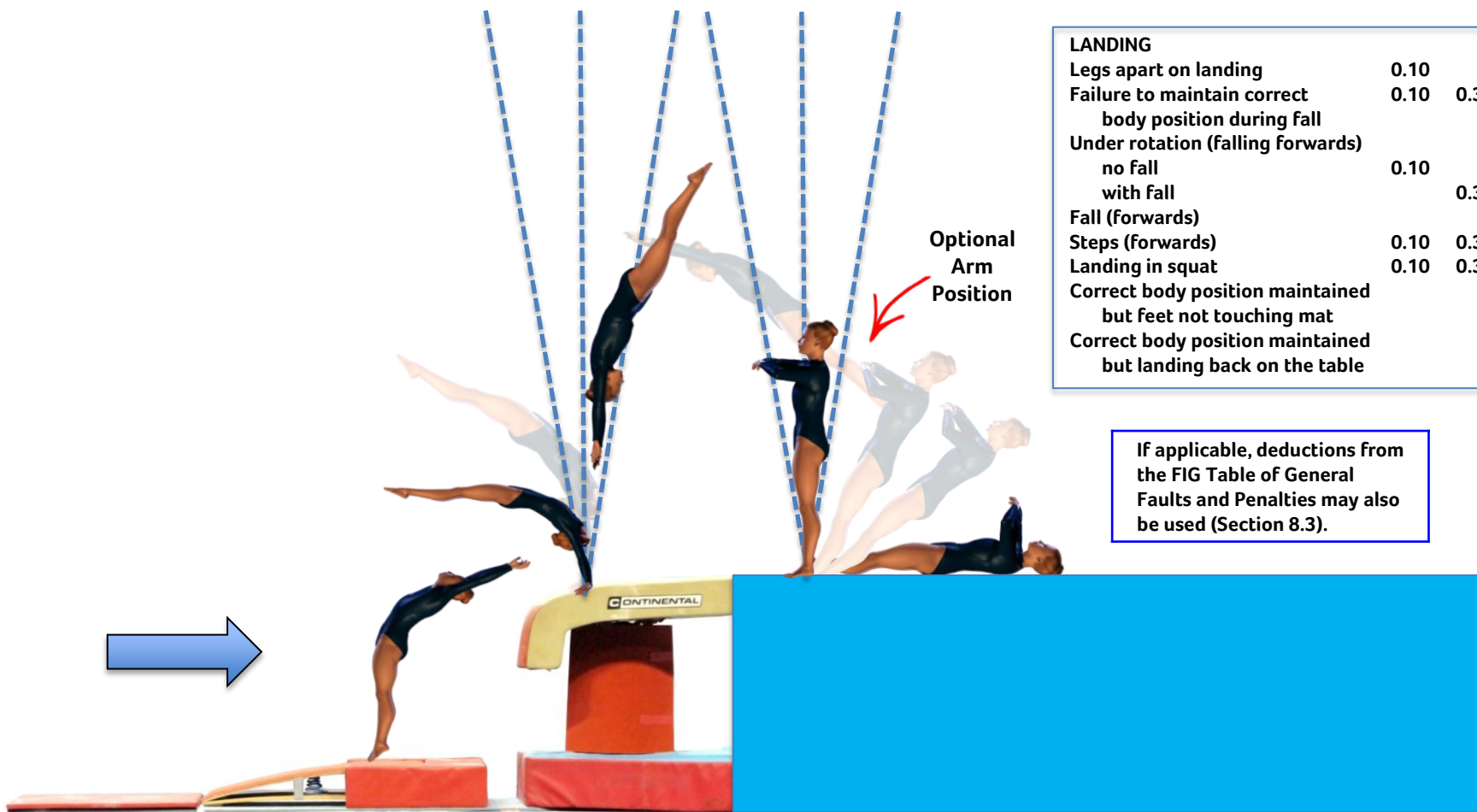
2nd FLIGHT

Excessive snap	0.10	0.30	
Height	0.10	0.30	0.50
Body position			
Failure to maintain stretched body	0.10	0.30	
Bent knees	0.10	0.30	0.50
Leg or knee separation	0.10	0.30	
Insufficient length	0.10	0.30	
Dynamics	0.10	0.30	

LANDING

Legs apart on landing	0.10		
Failure to maintain correct body position during fall	0.10	0.30	
Under rotation (falling forwards)			
no fall	0.10		
with fall		0.30	
Fall (forwards)			1.00
Steps (forwards)	0.10	0.30	0.80 max
Landing in squat	0.10	0.30	0.50
Correct body position maintained but feet not touching mat			0.50
Correct body position maintained but landing back on the table			0.50

If applicable, deductions from the FIG Table of General Faults and Penalties may also be used (Section 8.3).



Level 2 - Open Tuck Tsukahara or Yurchenko

WTC/NC 11.9.2013 (V1)



This vault must be declared to the D1 before the performance

Judging

- **Knees should remain slightly in front of the hips**
- **Dished body position desirable**
- **Optional arm position allowed**