

INTRODUCTION

As of January 2022, the Technical Exercise "ROLL FORWARD FROM THE CROUP TO SEAT FORWARD ON THE NECK" listed as one of the five Technical Exercises in the 2021 Guidelines will be replaced by the following Technical Exercise named "CARTWHEEL MOVEMENT FROM NECK TO BACK". The below description of this new Technical Exercise will appear in the 2022 Guidelines before the end of the year 2021.

II. TIMING/COORDINATION

CARTWHEEL MOVEMENT FROM NECK TO BACK

Mechanics:

The Cartwheel movement is a dynamic exercise and comprises 4 phases:

1. Acceleration phase starts with the stand backward on the neck on one foot, hands on top of the handles
2. Ascending phase starts when feet lose contact with the neck
3. Lowering phase starts when lowering the first (swinging) leg
4. Landing phase starts when touching the Horse's back with the foot

Acceleration, Ascending, Lowering phase:

Starting from standing backward on one foot on the horse's neck, both hands holding on top of the handles. The arms are extended and remain stretched during the ascending phase.

The first leg (swinging leg) is stretched and swung upwards. The second leg (supporting leg) pushes off the neck and follows clearly delayed. During the ascending and the lowering phase the distance between the legs remains equal and as wide as possible until the landing phase.

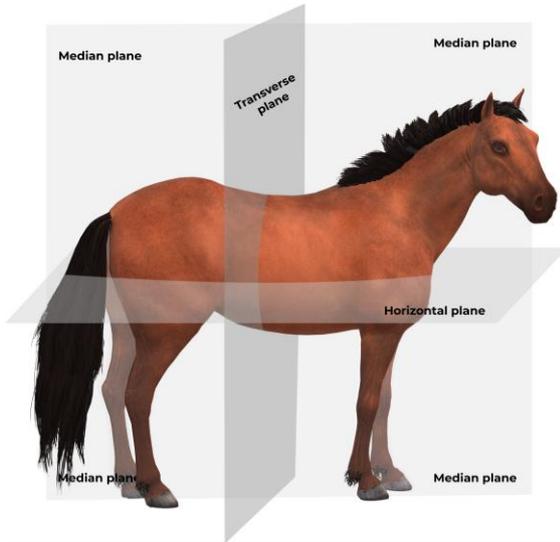
The center of gravity moves up above the center of the supporting surface (supporting hands).

During the ascending and lowering phase, the legs are moving fluently and remain stretched, while the upper body executes a smooth swing and turn. The Vaulteer moves through a balanced handstand position, with the hip axis parallel to the longitudinal axis of the Horse at the beginning of the lowering phase; arms, shoulders, hips and upper body are aligned. As the vaulteer turns the arms twist and cross, the swinging leg bends in the hip joint and the legs are lowered slowly and under control.

During all phases, the cartwheel movement is executed along the Horse's median plane.

Landing phase:

The first leg (swinging leg) lands softly onto the sole of the foot, in a controlled standing position, forward on the horse's back, absorbing the movement of the horse.



median plane: virtual plane dividing the horse body into two equal parts

Essence:

Harmony with the Horse

Coordination of the cartwheel movement and landing

Basic Scores:

<p>10</p>		<ul style="list-style-type: none"> • The Cartwheel movement is fluid, uninterrupted and harmonious with the Horse's movement. • The Vaulters center of gravity remains over the center of the supporting area and the whole body moves along the median plane of the Horse throughout the cartwheel movement. • At the beginning of the lowering phase, the vaulter's hip axis is parallel to the longitudinal axis of the horse. • The landing is soft onto the Horse's back, landing on the sole of the foot of the first leg. • The arms are extended and remain stretched during the ascending phase. • During the ascending and the lowering phase the distance between the legs remains equal and as wide as possible until the landing phase
<p>8</p>		<ul style="list-style-type: none"> • The Cartwheel movement is fluid, uninterrupted and harmonious with the Horse's movement, the Vaulters center of gravity is above the center of the supporting area, but some parts of the body are not totally in line with the median plane. • At the beginning of the lowering phase, the hip axis is not completely parallel to the longitudinal axis of the horse. • The arms are extended and remain stretched during the ascending phase.

		<ul style="list-style-type: none"> • During the ascending and the lowering phase the distance between the legs remains equal and as wide as possible until the landing phase • Soft landing on one foot, but no controlled standing position shown on one leg.
6		<ul style="list-style-type: none"> • The Cartwheel movement has a minor interruption by one or both legs • The Vaulters' center of gravity is not always above the center of the supporting area, and some parts of the body are not in line with the median plane. • There is a medium deviation in the straight line of the vaulter's body during the Cartwheel movement (upper body less than 45° of the median plane) • At the beginning of the lowering phase, the vaulter's hip axis is not parallel to the longitudinal axis of the horse. • The arms and legs are not necessarily fully stretched during ascending phase; • The distance between the legs in the ascending and lowering phase may vary during the movement.
5		<ul style="list-style-type: none"> • Hands on the surcingle but other position than described in the mechanics
4		<ul style="list-style-type: none"> • The Cartwheel movement has a major interruption by one or both legs • The Vaulters' center of gravity is never above the center of the supporting area, and the body is not in line with the median plane. • There is a major deviation in the straight line of the vaulter's body during the Cartwheel movement (upper body more than 70° of the median plane) • The arms and legs are not stretched during ascending phase • The distance between the legs varies significantly during the movement.
0		<ul style="list-style-type: none"> • Using other parts of the body than hands and feet for support • Not landing on the sole of the foot of the first leg (swinging leg) only • Simultaneous landing on both feet • Landing on the second leg (supporting leg) before the first (swinging) leg

Deductions:

Up to 1 point	<ul style="list-style-type: none"> • Minor lack of arm extension
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