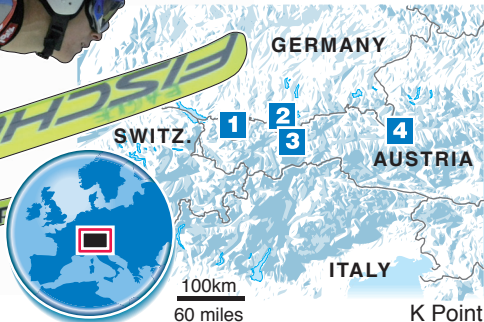


# Ski jumping's Four Hills Tournament



Austria's Thomas Morgenstern currently leads ski jumping World Cup standings



## TOURNAMENT HILLS

		K Point
<b>1</b>	Dec 30 <i>Schattenbergschanze, Oberstdorf, Germany</i>	120m
<b>2</b>	Jan 1 <i>Grosse Olympiaschanze, Garmisch-Partenkirchen, Germany</i>	115m
<b>3</b>	Jan 4 <i>Bergiselschanze, Innsbruck, Austria</i>	120m
<b>4</b>	Jan 6 <i>Paul-Ausserleitner-Schanze, Bischofshofen, Austria</i>	125m

**1 Inrun:** Skier gathers speed using aerodynamic crouch

**2 Take-off:** Pushes body upwards and forwards. Leaves ramp at speed of around 100km/h

**3 Flight:** Leans forward with skis in V shape to increase distance and time in air

**4 Landing:** Telemark position – knees bent, one ski forward

## SCORING

► **Distance:** Jump to K Point worth **60 points**. Each metre over or under increases or decreases score

► **Style:** Five judges each award up to **20 points**. Highest and lowest judged scores are discounted, middle three scores are added to distance points to give overall score for jump

Landing slope

**K Point**

Distance from take-off, equal to height of hill

**Outrun**