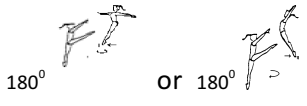
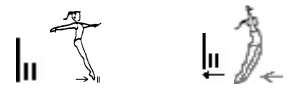
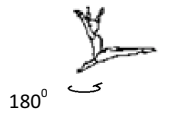
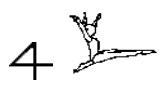

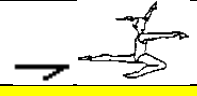
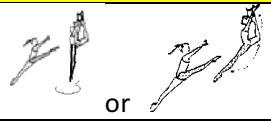




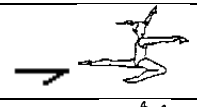

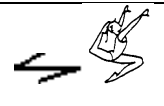
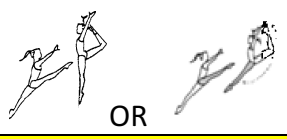


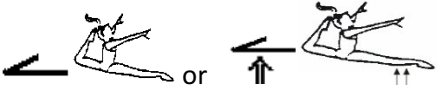
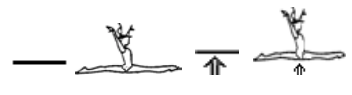


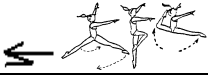
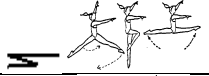


























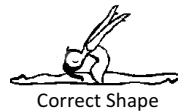
## BD Downgrading for JO Program ONLY (EXAMPLES)

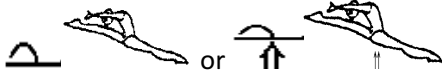


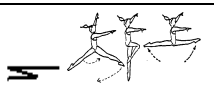


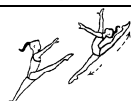

Attempted	Performed	Possible Downgrade
<b>JUMP/LEAP DIFFICULTIES</b>		
<b>Concept #1 – Jumps with Rotation – to base shape when rotation is less than 180°</b>		
	<p>Less than 180° rotation, but correct shape performed</p>	
		
		
<b>Concept #2 – Fouette/Entrelace – one of the shapes is not clearly defined</b>		
	<p>Gymnast rotates shoulders and hips before take-off, but the final shape is well-defined</p>	
		
		
		
	<p>Gymnast rotates shoulders and hips before take-off, but the final shape is well-defined</p>	
<b>Concept #3 – Jump Difficulties with Ring – Downgrade to split/stag/horizontal position when the foot or another segment of the leg is more than a 10° deviation from the tolerated ring position</b>		
Spectrum for Valid Shape, Downgrade, and Invalid Shape with no downgrade possible		
		
<p>Split leap valid    Split leap valid    Split leap valid    Split leap valid    Split leap valid    Slight Deviation – Difficulty Valid    Correct Shape</p>		
	<p>Foot or another segment of the leg is more than a 10° deviation from the tolerated ring position, downgrade based on ring shape spectrum above</p>	
		

Attempted	Performed	Possible Downgrade
	Foot or another segment of the leg is more than a 10° deviation from the tolerated ring position, downgrade based on ring shape spectrum above	
		
		
		
		
		
		
		
		
		
		
		
		

**Concept #4 – Jump Difficulties with back bend of the trunk– downgrade when only the head and/or shoulders participate (not considered back bend of the trunk)**

Spectrum for Valid Shape and Downgrade, and Invalid Shape with no downgrade possible



	Only the head and/or shoulders participate – downgrade based on spectrum above	
		
		
		

Attempted	Performed	Possible Downgrade
	Only the head and/or shoulders participate – downgrade based on spectrum above	

**Concept #5 – Jump/Leap Difficulties: Split with Ring or Stag with Ring – split position is not performed or front leg insufficiently bent in the case of stag positions**

	Less than 180° split position, but foot or another segment of the leg close to the head	
	Front leg is insufficiently bent, but foot or another segment of the leg close to the head	

**Concept #6 – Ring with Both Legs – Downgrade to Jump with arch when the feet are not close to the head, but an arch is performed**

	Feet not close to head, but arch performed – Downgrade based on spectrum above	
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**Concept #7– Jumps with whole foot higher than the head – downgrade when when heel is no longer in line with the top of the head**








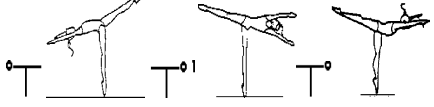
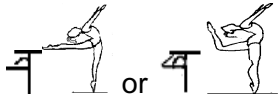




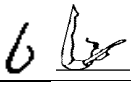




	Heel is no longer in line with the top of the head, but bottom leg is in the correct position	
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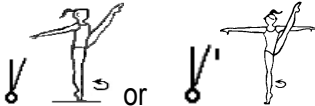
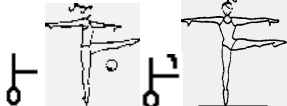
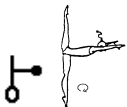
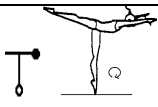
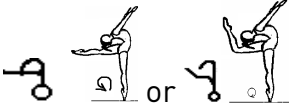
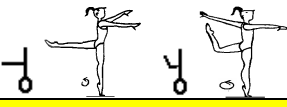

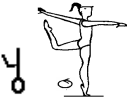


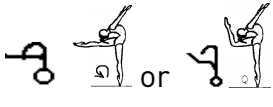
**Concept #8 – Jumps with the body at horizontal – body is above horizontal**

	Body above horizontal, but legs in the correct position	
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**Concept #9– Successive split leaps with change of take-off foot – one or more leaps are more than a 10° deviation from the 180° split position**

	Split position (within 10°) shown in only one leap	
	Split position (within 10°) shown in the first and second OR second and third leaps	
	Split position (within 10°) shown in the first and third leaps	

Attempted	Performed	Possible Downgrade
<b>Concept #10 – Switch Leaps – Downgrade to base shape in the case that switch of the legs is not clearly performed</b>		
 <p>(Note : This concept applies for all leaps with switch of the legs)</p>	Switch of the legs is not clearly performed; base shape is correctly performed	
<b>Concept #11 – Downgrading based on multiple concepts in one difficulty (example only)</b>		
	Leg switch is not clearly performed and backbend of the trunk is insufficient. In the final position, front leg is tucked with split between the legs.	
<b>BALANCE DIFFICULTIES</b>		
<b>Concept #1 – Split without Hand Support– Downgrade to horizontal when heel is no longer in line with the top head (when trunk is at vertical) or when deviation is more than 10° from the split position (when trunk is at horizontal).</b>		
	Heel is no longer in line with the top of head; shape is fixed with a stop position	
	Deviation is more than 10° from the split position; shape is fixed with a stop position	
<b>Concept #2 – Balances with back bend of the Trunk - downgrade when only the head and/or shoulders participate (not considered back bend of the trunk)</b>		
	Only the head and/or shoulders participate; shape is fixed with leg at horizontal in a stop position	
<b>Concept #3 – Ring without Hand Support – Downgrade to attitude when a segment of the foot/leg is not close to the head</b>		
	Foot or another part of the leg is not close to the head; shape is fixed with leg at or above horizontal in a stop position	
<b>Concept #4 – Change of Level/Fouette/Dynamic Balances – one or more shapes are not well defined</b>		
	Position on the stomach is not well defined; position on the chest is well defined	
	Position on the stomach is well defined; position on the chest is not well defined	
 <p>U<sub>3</sub></p>	Only the first and second OR second and third shapes are well defined	 <p>U<sub>2</sub></p>

Attempted	Performed	Possible Downgrade
<b>Concept #5 – Balances with Slow Turn/Rotation – Downgrade to base shape when 180° rotation is not completed</b>		
Balances on the Foot with Slow Turn on Flat Foot	180° rotation not completed; initial or final shape well defined and clearly fixed with a stop position on flat foot	-0.1 from attempted value
Balances on the Foot with Slow Turn on Releve	180° rotation not completed; initial or final shape well defined and clearly fixed with a stop position on releve	-0.2 from attempted value
ROTATION DIFFICULTIES		
<b>Concept #1 – Split without Hand Support – Downgrade to horizontal when heel is no longer in line with the top of the head (with trunk at vertical) or when deviation is more than 10° from the split position (with trunk at horizontal).</b>		
	Heel is no longer in line with the top of the head; shape is well defined with leg above horizontal	
	Deviation is more than 10° from the split position; shape is well defined with leg above horizontal	
<b>Concept #2 – Pivots with Backbend of the Trunk - downgrade when only the head and/or shoulders participate (not considered back bend of the trunk)</b>		
	Only the head and/or shoulders participate; shape well defined with leg at horizontal	
<b>Concept #3 – Ring without Hand Support – Downgrade to attitude when a segment of the foot/leg is not close to the head</b>		
	Foot or another segment of the leg is not close to the head; shape is well defined with leg at or above horizontal	
<b>Concept #4 – Toneau – sufficient wave is not performed</b>		
	Insufficient wave is performed; shape of the leg is well defined in passe	
<b>Concept #5 – Pivots with Backbend of the Trunk –leg is below horizontal</b>		
	Leg is below horizontal; shape is well defined with trunk bent backward	