USA GYMNASTICS JR. OLYMPIC DANCE TECHNIQUE

August 1, 2013

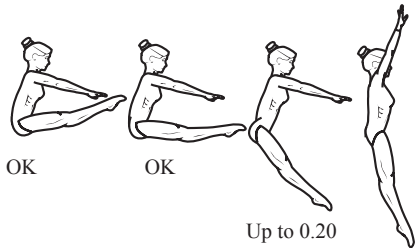
TUCK JUMP

OK Up to .20 Diff. element

Evaluation: 90° Hip and knee angle required
- Insufficient tuck position up to 0.20
- Greater than 135° angle at the hips- credit as stretched jump with abstract leg position

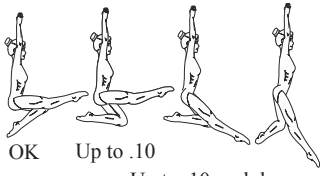
PIKE JUMP

Evaluation: Minimum of 90° hip angle required.
- Insufficient pike up to 0.20
- Greater than 135° hip angle - credit as stretched jump



OK OK Up to 0.20 Stretched jump

WOLF HOP/JUMP



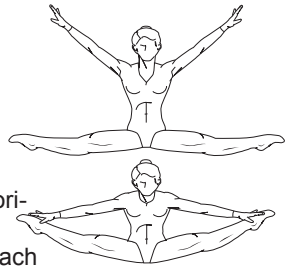
OK Up to .10 Up to .10 each leg Credit as straight jump

Evaluation: Both extended leg and thigh of bent leg at horizontal or above
- below horizontal with either leg up to 0.10 each
- Greater than 135° angle - credit as stretched jump

CAT LEAP

Evaluation:
Thighs at horizontal with 90° hip angle and knees bent
- Failure to reach horizontal with both legs up to 0.10 each
- Incorrect leg position (lack of knee bend) up to 0.20
- Lack of alternated leg lift - credit as tuck jump

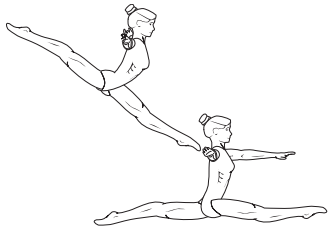
SIDE SPLIT JUMP/STRADDLE PIKE JUMP



Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split
- Insufficient split up to 0.20
- Legs not parallel to beam/floor up to 0.20
- Less than 135° split - recognize as different element

Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked
- Failure to reach horizontal with both legs up to 0.10 each

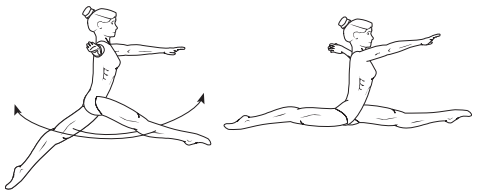
SISSONNE/SPLIT JUMP



Evaluation:
Sissonne - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45°
Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split

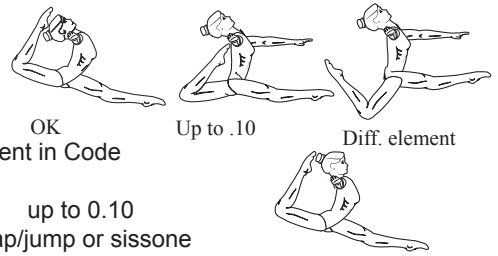
- Insufficient split up to 0.20
- Legs not parallel to beam/floor in split jump up to 0.20
- Less than 135° split - recognize as different element

SWITCH-LEG LEAP



Evaluation:
-If the swing leg is bent (never extends) or is less than 45° before the switch
* credit as Split leap (provided at least 135° split achieved after leg change)
- Insufficient split after leg change up to 0.20
- Less than 135° split after leg change - recognize as different element

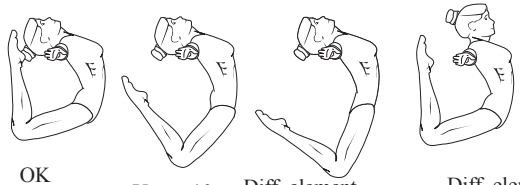
RING LEAP/JUMP



OK Up to .10 Diff. element Diff. element - due to no Head Releasse = Split leap or jump with bent back leg

Evaluation:
- Head release backward past the vertical line is required.
If no head release - credit as another element in Code
- Rear foot at head height is required
Rear foot at shoulder or upper back up to 0.10
Rear foot at hip height - credit as a split leap/jump or sissone with bent back leg
- Front leg should be a minimum of 45° up to 0.10
- Insufficient arch up to 0.10

SHEEP JUMP



OK Up to .10 Diff. element - insufficient leg height Diff. element - due to no Head Release

Evaluation:
- Head release backward past the vertical line is required.
- Feet expected to be at head height
Feet at shoulder or upper back up to 0.10
Feet at hip height or no backward head release (regardless of leg height), credit as a jump with bent leg = A
- Insufficient arch up to 0.10