

USA GYMNASTICS JR. OLYMPIC DANCE TECHNIQUE

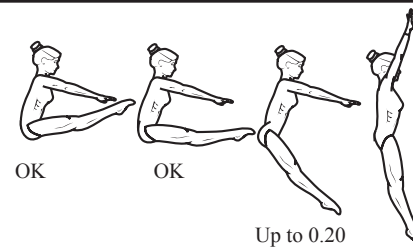
TUCK JUMP



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

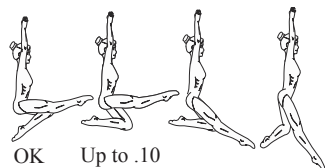
PIKE JUMP



OK OK Up to 0.20 Stretched jump

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

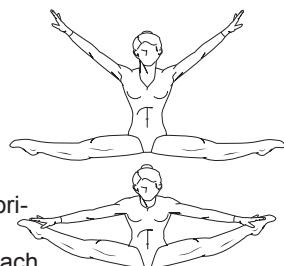


- Evaluation:
- Thighs at horizontal with 90° hip angle and knees bent
 - Failure to reach horizontal with both legs up to 0.10 each
 - Incorrect leg position (lack of knee bend) up to 0.20
 - Lack of alternated leg lift - credit as tuck jump

SIDE SPLIT JUMP/STRADDLE PIKE JUMP

Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split

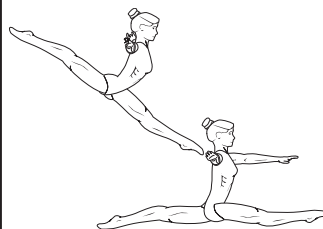
- Insufficient split up to 0.20
- Legs not parallel to beam/floor up to 0.20
- Less than 135° split - recognize as different element



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

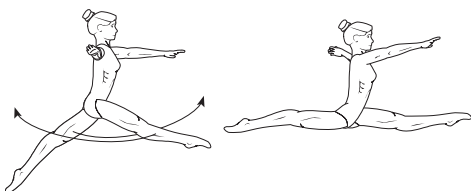


Evaluation:

- 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

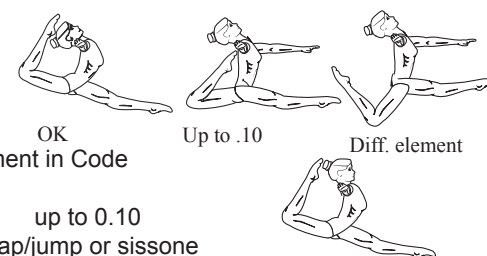
SWITCH-LEG LEAP



Evaluation:

- If the swing leg is bent (never extends) credit as Split leap (provided at least 135° split achieved after leg change)
- If the swing leg is less than 45° before the switch, award VP as listed & deduct
 - Insufficient Height of Leg Swing up to 0.10
 - Insufficient split after leg change up to 0.20
- Less than 135° split after leg change - recognize as different element

RING LEAP/JUMP



Evaluation:

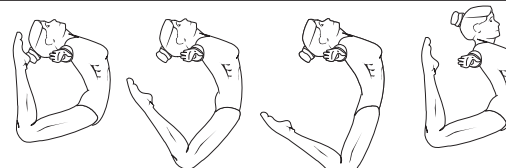
- Head release backward past the vertical line is required.
 - If no head release - credit as another element in Code
- Rear foot at head height is required
 - Rear foot at shoulder or upper back up to 0.10
 - Rear foot at hip height - credit as a split leap/jump or sissone with bent back leg
- Front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

Diff. element - due to no Head Release = Split leap or jump with bent back leg

SHEEP JUMP

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



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