USA GYMNASTICS JR. OLYMPIC DANCE TECHNIQUE

**TUCK JUMP**
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

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<th>Up to .20</th>
<th>Diff. element</th>
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**PIKE JUMP**
Evaluation: Minimum of 90° hip angle required.
  - Insufficient pike up to 0.20
  - Greater than 135° hip angle - credit as stretched jump

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**WOLF HOP/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

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**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

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**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.
  - Rear foot at head height is required
  - Front leg should be a minimum of 45°
  - Insufficient arch up to 0.10

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**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

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