


TUCK JUMP

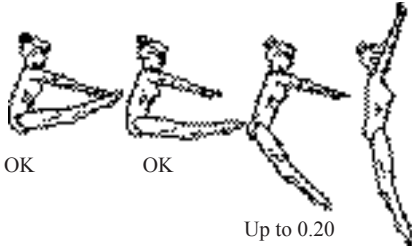


Evaluation: 90° Hip and knee angle required

- Insufficient tuck position up to 0.20
- Greater than 135° angle at the hips - credit as stretched jump with abstract leg position

OK Up to .20 Diff. element

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




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

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

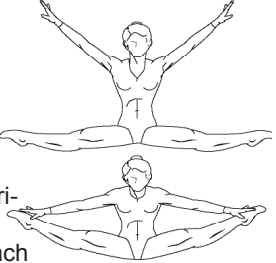
CAT LEAP



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



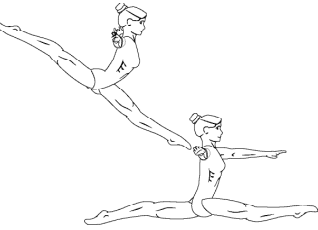
Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split

- 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

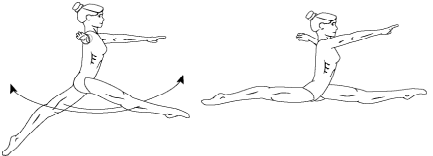
SISSONNE/SPLIT JUMP



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 - **Award "A" VP** - **Insufficient leg separation** up to 0.20

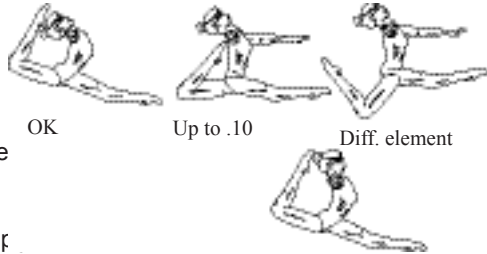
SWITCH-LEG LEAP



Evaluation:

- If the swing leg is bent (never extends), credit as **Stag-Split leap ("A" VP)**
- 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 - **award "A" VP** - **Insufficient leg separation** up to 0.20


RING LEAP/JUMP



Evaluation:

- Head release backward past the vertical line is required. If no head release - credit as another element
- Rear foot at head height is required
- Rear foot at shoulder or upper back
- Rear foot at hip height - credit as a split leap 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
- Diff. element - due to no Head Release