

Min 16 " matting

1st balk performing a 2nd or 3rd balk no ded VOID

			Name		Name		Name		Name	
			VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2
Stretch Jump onto Minimum 16 "Matting										
Approach	fail main speed to board	↑0.3								
	excessive fwd lean on board	↑0.3								
	additional jumps on board	0.3e								
	run to board and step to mat	5.00								
Stretch Jump from Board to Mat	lack of height on str jump	↑0.5								
	fail main str body: pike	↑0.5								
	tuck	↑0.5								
	arch	↑0.3								
	incorr arm and head align	↑0.3								
	legs separated	↑0.2								
	incorrect foot form	↑0.1								
	fail to land w/ ctrl & bp	↑0.5								
	land ft HW or closer no join ft	0.05								
	lands ft wider than HW	0.10								
lands ft staggered	↑0.1									
General	incorr dir	↑0.3								
	fall after landing str jump ft 1st	0.5								
Handstand, Fall to Straight Lying Position										
Approach	fail to main arms by ears	↑0.2e								
	fail to use lever action	↑0.1								
	extra kick up to hstd	0.5e								
Second Flight	bent arms	↑0.5								
	bent legs	↑0.3								
	legs separated	↑0.2								
	incorr align in hstd: pike	↑0.5								
	shoulder angle	↑0.3								
	arch	↑0.3								
	add'l hd placements (max 0.3)	0.1e								
	incorr foot form	↑0.1								
Landing	fail to land in str lying pos	↑1.00								
			Ded							
			J1							
			J2							
			AVG							
			FS							

JO Level 1 UB		Fall Time 45s						General Deductions for Whole Exercise	
Pullover		Cast		Back hip Circle		Straddle on Underswing Dsmt		OR Unswing Dsmt	
6		4		4		6		Mov't lacking dynamics ↑0.2	
									
1 ft take-off	0.3	incorr body align	↑0.2	fail main hollow bp	↑0.2	ft btwn hds	0.2	fail main hollow bp	↑0.2
supp'l supp	0.3	lack ctrl	↑0.1	fail main hip con	↑0.2	alt ft place	0.2	fail main hip con	0.2
fail frt supp	↑0.1			lack continuity	↑0.1	lack ctrl in str	↑0.2	fail main neut hd	↑0.1
						fail main hollow bp	↑0.2	insuff body extn	↑0.2
						fail main neutral hd	↑0.1	insuff distance	↑0.1
						insuff body extn	↑0.2	insuff amp flight	↑0.2
						insuff distance	↑0.1		
						insuff amp flight	↑0.2		
Name				J1	J2	FS			
Name				J1	J2	FS			
Name				J1	J2	FS			
Name				J1	J2	FS			

JO Level 1 BB		Time Limit 30s		Fall Time 30s										General Deductions for Whole Exercise			
Jump to Front Support	Pike Lying Position	Releve Balance	Arabesque (30°)	Forward Leg Swings	Lever	Leg Balance in Forward Passe	Stretch Jump	Cartwheel to 3/4 Side Hdstd Dsmt							Mov't lacking dynamics	↑0.2	
2	4	2	4	2 each	6	2	4	6							Incorrect body alignment during con	↑0.3	
															Incorrect footwork/form in exercise	↑0.3	
															Fail to perform steps/pivot turns in HR	↑0.2	
															Mov't lacking artistry, consider:	↑0.3	
no extrn in supp	↑0.1	no 90° hip angle	↑0.2	fail hold 2s	↑0.2	fail lift leg min 30°	↑0.1	see General Faults	fail reach hor	↑0.2	incorr leg pos	0.1	fail land ft simult	0.1	incorr hd placemt	0.1	
lack cont in turn	↑0.1					fail pause	0.05		fail hold 1s	↑0.1			lift hds b/f land	0.1		mov't reflect style of choreo	↑0.15
																expression	↑0.15
																Insufficient amplitude on non-	↑0.1
																Lack of sureness	↑0.2

Name	J1	J2	FS
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JO Level 1 FX		Cartwheel, 90° Turn inward		Back Roll Tucked		Candlestick		Forward Roll Tucked		Forward Passe Balance		Forward Chasse		Split Jump (30°)		General Deductions for Whole Exercise	
3/4 Handstand	4	6	6	2	4	4	2	4	2	4	Mov't lacking dynamics		↑0.2				
3/4									Incorrect body alignment during con		↑0.3		Incorrect footwork/form in exercise		↑0.3		
see General Faults	incorr hd placemt	0.1	hds on FX b/f roll	0.3	fail maint tk to FX	↑0.2	fail main tk in roll	↑0.2	incorr leg pos	0.1	fail pass thru DP	0.05e	fail land ft simul	0.1	Fail to perform steps/pivot turns in HR		↑0.2
	fail pass thru vert	↑0.3	fail maint tk to FX	↑0.2			push off FX to std	0.3			fail close legs in air	↑0.1	fail land ft closed	↑0.1	Mov't lacking artistry, consider:		↑0.3
	fail keep hd align	↑0.1									fail squ hips on LS	0.05	fail hold releve 1s	↑0.1	mov't reflect s/m of choreo		↑0.15
															expression		↑0.15
															Insufficient amplitude on non-VP		↑0.1
															Not performing in time with the music		↑0.2

Name	J1	J2	FS
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