

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	
					incorrect body alignment during con	↑0.3	

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

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







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	
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	Mov't lacking artistry, consider:	↑0.3
lack cont in turn	↑0.1					fail pause	0.05		fail hold 1s	↑0.1							mov't reflect style of choreo	↑0.15
																	expression	↑0.15
																	Insufficient amplitude on non-	↑0.1
																	Lack of sureness	↑0.2

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JO Level 1 FX								General Deductions for Whole Exercise								
3/4 Handstand	Cartwheel, 90° Turn inward	Back Roll Tucked	Candlestick	Forward Roll Tucked	Forward Passe Balance	Forward Chasse	Split Jump (30°)	Mov't lacking dynamics	↑0.2							
4	6	6	2	4	4	2	4	Incorrect body alignment during con	↑0.3							
								Incorrect footwork/form in exercise	↑0.3							
see General Faults	incorr hd placem	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	fail squ hips on LS	0.05	fail hold releve 1s	↑0.1	Mov't lacking artistry, consider:	↑0.3
	fail keep hd align	↑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	

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Assistance of coach after gymnast achieves hand support on the mat 2.00
 Performing incorrect vault: rest/sup on mat w/o pass thru vert VOID
 Assistance of coach from board to mat stack VOID
 1st balk no ded
 Performing a 2nd or 3rd balk VOID

			Name		Name		Name		Name	
			VT 1	VT 2	VT 1	VT 2	VT 1	VT 2	VT 1	VT 2
Run and Board Contact	insuff run acceleration	↑0.3								
	fail main speed to board	↑0.3								
	excessive fwd lean on board	↑0.3								
First Flight	arch	↑0.3								
	pike	↑0.5								
	legs bent	↑0.3								
	legs separated	↑0.2								
	incorrect foot form	↑0.1								
	incorrect head align	↑0.1								
Support Phase	arch	↑0.3								
	pike	↑0.5								
	legs bent	↑0.3								
	legs separated	↑0.2								
	incorrect foot form	↑0.1								
	incorrect head align	↑0.1								
	bent arms	↑0.5								
	head contacts mat	2.00								
	shoulder alignment	↑0.3								
	fail to show inverted vert pos	↑2.00								
	con mat stack after vert: 1°-45°	0.05-0.50								
	46°-89°	0.55-1.00								
	fail to place hands in zone: both	0.50								
one hand	0.20									
additional hand placements	0.1e									
fail to contact mat w/ both hds	3.00									
Second Flight	arch	↑0.3								
	pike	↑0.5								
	legs bent	↑0.3								
	legs separated	↑0.2								
	incorrect foot form	↑0.1								
	incorrect head align	↑0.1								
Landing Phase	arch	↑0.3								
	pike	↑0.5								
	legs bent	↑0.3								
	legs separated	↑0.2								
	incorrect foot form	↑0.1								
	incorrect head align	↑0.1								
	fail to finish in straight lying pos	↑1.00								
General Faults	deviation from straight dir	↑0.3								
	insuff dynamics	↑0.3								
Ded										
J1										
J2										
AVG										
FS										

JO Level 2 UB		Fall Time 45s										General Deductions for Whole Exercise						
Pullover		Cast		Back Hip Circle		Single Leg Cut FWD		Forward Stride Circle/Single Leg Basket		Single Leg Swing BWD		Cast, Squat on, Pike Sole Circle Dsmt		OR Underswing Dsmt		Mov't lacking dynamics	↑0.2	
6		4		4		2		6		2		6				Incorrect body alignment during con	↑0.3	

1 ft take-off	0.3	incorr body align	↑0.2	fail main hw bp	↑0.2	leg/ft hit bar	↑0.2	no clear sup begin	↑0.2	leg/ft hit bar	↑0.2	ft outside hds	0.2	fail main hw bp	↑0.2
supp'l supp	0.3	lack ctrl	↑0.1	fail main hip con	↑0.2	lack ctrl in regrasp	↑0.1	no clear sup end	↑0.2	fail finish w/ ctrl	↑0.2	alt ft place	0.2	fail main hip con	0.2
fail frt supp	↑0.1			lack continuity	↑0.1	leg swing not cut	0.2			leg cut not swing	0.2	lack ctrl in squat	↑0.2	fail main neut hd	↑0.1
												no tuck	↑0.1	insuff body extn	↑0.2
												fail main hw bp	↑0.2	insuff distance	↑0.1
												fail main neut hd	↑0.1	insuff amp flight	↑0.2
												insuff body extn	↑0.2		
												insuff distance	↑0.1		
												insuff amp flight	↑0.2		

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JO Level 2 BB		Time Limit 35s		Fall Time 30s										General Deductions for Whole Exercise			
Jump to Front Support	Whip Swing to Push-up Position, Jump to Tuck Stand	Arabesque (30°)	Forward Leg Swing, Backward Leg Swing	Releve	Lever to Beam	Leg Balance in Forward Passe	Pivot Turn (180°)	Stretch Jump	Cartwheel to Side Hdstd Dsmt	Mov't lacking dynamics	↑0.2	Incorrect body alignment during con	↑0.3	Incorrect footwork/form in exercise	↑0.3		
2	6	4	2 each	2	6	2	2	4	6	Fail to perform steps/pivot turns in HR	↑0.2	Mov't lacking artistry, consider:	↑0.3	mov't reflect style of choreo	↑0.15		
										expression	↑0.15	Insufficient amplitude on non-VP	↑0.1	Lack of sureness	↑0.2		
no extn in supp	↑0.1	lk amp on whip	↑0.1	fail lift leg 30°	↑0.1	fail swg leg 45°	↑0.1	fail touch beam	0.1	incorr leg pos	0.1	lack sharpness	↑0.1	fail land ft simult	0.1	incorr hd plcmt	0.1
lack cont in turn	↑0.1	no PU pos	0.2	fail hold 1s	↑0.1	fail hold 2s	↑0.2			fail reach vert	↑0.3						
		fail land balls ft	↑0.1							lift hds b/f land	0.1						

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JO Level 2 FX

Handstand	Round-off	Back roll to Pike Stand	Candlestick	Bridge, Back Kick -over	Straight Leg Leap (60°)	(90°+90°) Turns in Forward Passe (Heel-Snap)	Split Jump (60°)
4	6	4	2	4	6	4	4
fail attain vertical ↑0.3	fail pass thru vert ↑0.3	hds on FX b/f roll 0.3	fail maint tk to FX ↑0.2	Shdlrs not over hds ↑0.2	bend fr leg ↑0.1	fail lower heel 0.05e	fail land ft simul 0.1
fail close legs 0.1	fail land ft simul 0.1	fail maint tk to FX ↑0.2	Extra kicks-overs 0.3e			incorr leg pos 0.1	fail land ft closed ↑0.1
fail hold 1s ↑0.1							

General Deductions for Whole Exercise	
Mov't lacking dynamics	↑0.2
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
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

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