

JO Level 4 UB

Fall Time 45s

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| Straddle or Pike Glide Kip | Cast to Horizontal & return to Front Support | Cast, Squat on or Pike on | Jump to Long Hang Kip | Cast to Horizontal | Back Hip Circle | Underswing, First Counterswing (min 30° below horizontal) | Tap Swing Forward, Second Counterswing (min 30° below) | Tap Swing Forward with 1/2 (180°) turn Dsmt | General Deductions for Whole Exercise | | | | | | | | |
| 6 | 4 | 2 | 6 | 4 | 4 | 6 | 6 | 6 | Mov't lacking dynamics | ↑0.2 | | | | | | | |
| | | | | | | | | | Incorrect body alignment during con | ↑0.3 | | | | | | | |
| fail TO simult | 0.1 | amp of cast | ↑0.3 | alt ft placem | 0.2 | swing not hor | ↑0.2 | amp of cast | ↑0.3 | hollow bp | ↑0.2 | hollow bp | ↑0.2 | fail arch bot | 0.1 | fail arch bot | 0.1 |
| run out glide | 0.3 | incorr BA | ↑0.2 | hip lift only | 0.05 | | | incorr BA | ↑0.2 | fail main hip con | ↑0.2 | neutral hd | ↑0.1 | hw bp top | ↑0.2 | hw bp top | ↑0.2 |
| fail to lead w/ ft | ↑0.1 | lack ctrl | ↑0.1 | | | | | lack continuity | ↑0.1 | hip con bar | 0.2 | insuff amp | ↑0.2 | turn b/f 45° | ↑0.2 | fail comp 180° | ↑0.2 |
| insuff extrn | ↑0.2 | | | | | | | | | hips min 30° | ↑0.2 | hip not at 30° | ↑0.2 | fail comp 180° | ↑0.2 | no con free hd | 0.3 |
| fail to close legs | 0.1 | | | | | | | | | excessive pike | ↑0.2 | excessive pike | ↑0.2 | | | | |
| | | | | | | | | | | open hips bswg | 0.3 | open hips bswg | 0.3 | | | | |

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| JO Level 4 BB | | Time Limit 1:05 | | Fall Time 30s | | | | | | | | | | General Deductions for Whole Exercise | | | |
|--------------------------------------|-----------------------------|---|------|--------------------------|-------|-----------------|------|---------------------------------|------|----------------------------------|------|--|-----|---------------------------------------|------|---------------------------------------|-------|
| Leg Swing Mount with 1/2 (180°) Turn | Cartwheel (90°) Turn Inward | Scale(horizontal)/ Rond de Jambe to Arabesque/Scale | | Straight Leg Leap (120°) | | Cross Handstand | | Split Jump (120°) /Stretch Jump | | 1/2 (180°) Turn in Forward Passe | | Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt | | Mov't lacking dynamics | ↑0.2 | | |
| 2 | 6 | 4 | | 6 | | 6 | | 4/4 | | 4 | | 6 | | Incorrect body alignment during con | ↑0.3 | | |
| | | | | | | | | | | | | | | Incorrect footwork/form in exercise | ↑0.3 | | |
| lk cont in turn | ↑0.1 | incor hd placmt | 0.1 | fail lift leg 45° | ↑0.1e | bend fr leg | ↑0.1 | incor hd placmt | 0.1 | fail ld ft closed | ↑0.1 | incorr leg pos | 0.1 | incor hd placmt | 0.1 | Fail to perfm steps/pivot turns in HR | ↑0.2 |
| fail pass vert | ↑0.3 | fail main leg ht | 0.1 | fail ps in arab | 0.05 | fail pause | 0.05 | fail attain vert | ↑0.3 | fail ld ft simult | 0.1 | heel-snap tech | 0.3 | fail reach vertica | ↑0.3 | Mov't lacking artistry, consider: | ↑0.3 |
| | | fail lift leg hor | ↑0.2 | fail join legs | 0.1 | fail hold 1s | ↑0.1 | insuff con btwn | ↑0.2 | fail ld ft simult | 0.1 | | | fail hold 1s | ↑0.1 | mov't reflect style of choreo | ↑0.15 |
| | | fail hold 1s | ↑0.1 | | | | | | | | | | | turn incomp | ↑0.1 | expression | ↑0.15 |
| | | | | | | | | | | | | | | fail to turn | 0.2 | Insufficient amp on non-VP | ↑0.1 |
| | | | | | | | | | | | | | | lift hds b/f vert | ↑0.1 | Lack of sureness | ↑0.2 |

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JO Level 4 FX

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|--|---|---|---|---|---|---|---|---|--|-------------------|------|-------------------|------|-------------------|------|-------------------|-------|-----------------------------|-------|
| Straddle Jump (120°)/Stretch Jump with 1/2 (180°) Turn | Front Handspring to Two Feet | Straight Arm Bwd Roll to Handstand | Forward Split | Straight Leg Leap (120°) | 1/1 (360°) Turn in Forward Passe | Back Walkover (150°) | Round-off | Flic-Flac to Two Feet | General Deductions for Whole Exercise | | | | | | | | | | |
| 4/4 | 6 | 4 | 2 | 6 | 4 | 4 | 4 | 6 each | Mov't lacking dynamics | ↑0.2 | | | | | | | | | |
|   |  |  |  |  |  |  |  |  | Incorrect body alignment during con | ↑0.3 | | | | | | | | | |
| fail ld ft closed | ↑0.1 | fail arms by ear | ↑0.1 | hds FX b/f roll | 0.3 | fail split 180° | ↑0.2 | bend fr leg | ↑0.1 | incorr leg pos | 0.1 | fail con leg lift | ↑0.1 | lack accel | ↑0.2 | squat in ff | ↑0.2e | mov't reflect s/m of choreo | ↑0.15 |
| fail kp legs join | ↑0.1 | flight b/f fx con | ↑0.2 | hds > shdlr wid | ↑0.1 | heel-snap tech | 0.3 | incor hd placmt | 0.1 | fail go thru vert | ↑0.3 | fail ld ft simul | 0.1e | fail go thru vert | ↑0.3 | fail ld ft simul | 0.1e | expression | ↑0.15 |
| fail ld ft closed | ↑0.1 | incor hd placmt | 0.1 | fail go thru vert | ↑0.3 | | | | | fail ld ft simul | 0.1 | fail rebound | 0.1 | fail ld ft simul | 0.1 | fail rebound | 0.1 | Insufficient amp on non-VP | ↑0.1 |
| | | lack replusion | 0.6 | perf bwd roll | 0.4 | | | | | | | fail pause in stk | 0.05 | | | fail pause in stk | 0.05 | Not in time with the music | ↑0.2 |
| | | fail ld ft simul | 0.1 | | | | | | | | | | | | | | | | |
| | | fail rebd imm | 0.1 | | | | | | | | | | | | | | | | |

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| JO Level 5 UB | | Fall Time | | 45s | | Cast to Above | | Clear Hip Circle to | | OR BWD Sole Circle | | OR BWD Stalder | | Straddle or Pike Glide | | Cast, Squat or Pike | | Jump to Long Hang | | Cast to Above | | Long Hang Pullover | | Underswing, First | | Tap Swing Forward | | Tap Swing Forward to | | General Deductions for Whole Exercise | | | |
|--------------------|------|-----------------|------|-----------------|------|-----------------|------|---------------------|------|--------------------|------|----------------|------|------------------------|------|---------------------|------|-------------------|------|-------------------|------|--------------------|------|--------------------|------|-------------------|--|---------------------------------|--|---------------------------------------|--|------|--|
| 6 | | 4 | | 6 | | 6 | | 6 | | 2 | | 6 | | 4 | | 6 | | 6 | | 6 | | 6 | | 6 | | 6 | | 6 | | Mov't lacking dynamics | | ↑0.2 | |
| L | | e | | l | | P | | X | | L | | en V (W) | | P | | e | | P | | P A | | U A | | e | | | | Incor body alignment during con | | ↑0.3 | | | |
| fail take-off sim | 0.1 | insuff amp cast | ↑0.3 | ex pike/arch dn | ↑0.2 | ex arch up | ↑0.2 | ex arch up | ↑0.2 | fail to lead w/ ft | ↑0.1 | alt ft placemt | 0.2 | swing not hor | ↑0.2 | insuff amp | ↑0.3 | fail arch bot | 0.1 | fail con bar thgs | 0.2 | fail arch bot | 0.1 | fail arch bot | 0.1 | | | | | | | | |
| run out glide | 0.3 | incorr ba | ↑0.2 | ex pike/arch up | ↑0.2 | insuff amp | ↑0.3 | insuff amp | ↑0.3 | insuff extn | ↑0.2 | hip lift only | 0.05 | | | incorr ba | ↑0.2 | ex pike | ↑0.2 | neutral hd | ↑0.1 | hw bp top | ↑0.2 | hw bp top | ↑0.2 | | | | | | | | |
| fail to lead w/ ft | ↑0.1 | | | insuff amp | ↑0.3 | jump to glide | 0.6 | end legs in str L | 0.6 | fail to close legs | 0.1 | | | | | | | fail main grip | 0.3 | hollow bp | ↑0.2 | insuff amp | ↑0.2 | insuff rise salto | ↑0.3 | | | | | | | | |
| insuff extn | ↑0.2 | | | hips touch bar | 0.6 | legs bend | ↑0.3 | lack ctrl glide | ↑0.1 | | | | | | | | | perform giant | 1.0 | hip con bar | 0.2 | hip not at 15° | ↑0.2 | insuff t/p/s | ↑0.2 | | | | | | | | |
| fail to close legs | 0.1 | | | lack ctrl glide | ↑0.1 | lack ctrl glide | ↑0.1 | | | | | | | | | | | | | hip not at 15° | ↑0.2 | excessive pike | ↑0.2 | insuff ex b/f land | ↑0.2 | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | excessive pike | ↑0.2 | open in bswg | 0.3 | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | open in bswg | 0.3 | | | | | | | | | | | | |

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| JO Level 5 BB | | Time Limit 1:10 | | Fall Time 30s | | Scale(horizontal)/ Rond de Jambe to Arabesque/Scale | | Straight Leg Leap (150°) /Stretch Jump | | Cross Handstand | | Split Jump (150°)/Sissone | | 1/1 (360) Turn in Forward Passe | | Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt | | General Deductions for Whole Exercise | |
|---|--|------------------------|--|--|--|---|--|---|--|-------------------------|--|------------------------------|--|------------------------------------|--|--|--|---|--|
| Leg Swing Mount with 1/2 (180°) Turn | | Back Walkover | | OR BWD Roll to Minimum 3/4 Handstand | | OR Flic-Flac Step-out | | | | | | | | | | | | Mov't lacking dynamics | |
| 2 | | 6 | | 4 | | 6/4 | | 6 | | 4/2 | | 4 | | 6 | | | | Incorrect body alignment during connections | |
| | | | | | | | | | | | | | | | | | | | |
| lack cont in turn ↑0.1 | | fail con leg lift ↑0.1 | | fail 3/4 hstd ↑0.2 | | fail step-out 0.2 | | fail main leg ht 0.1 | | bend fr leg ↑0.1 | | incorr hd placemt 0.1 | | fail land ft closed ↑0.1 | | incorr leg pos 0.1 | | incorr hd placemt 0.1 | |
| incorr hd placemt 0.1 | | perform bwd roll 0.6 | | fail lift leg min 45° ↑0.1 | | insuff con btwn ↑0.2 | | fail lift leg min 45° ↑0.1 | | insuff con btwn ↑0.2 | | fail attain vert ↑0.3 | | fail land ft simult. 0.1 | | heel-snap tech 0.3 | | fail reach vertical ↑0.3 | |
| insuff leg sep ↑0.2 | | | | fail pause in arab 0.05 | | fail land ft simult 0.1 | | fail join legs 0.1 | | insuff con btwn ↑0.2 | | insuff lift fr leg ↑0.1 | | fail hold 2s ↑0.2 | | turn incomp ↑0.1 | | fail hold 2s ↑0.2 | |
| | | | | fail lift leg hor ↑0.2 | | | | fail hold 2s ↑0.2 | | insuff lift fr leg ↑0.1 | | insuff lift bk leg ↑0.1 | | fail to turn 0.2 | | lift hds b/f vert ↑0.1 | | Insufficient amplitude on non-VP | |
| | | | | fail hold 1s ↑0.1 | | | | | | fail pause 0.05 | | | | | | | | Lack of sureness | |
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| JO Level 5 FX | | | | | | | | | | General Deductions for Whole Exercise | |
|--|---|---|---|---|---|---|---|---|---|---|-------|
| Straddle Jump (150°)/Stretch Jump with 1/1 (360°) Turn | Front Handspring Step out | Front Handspring to Two Feet Rebound | Forward Salto Tucked | Straight Arm Bwd Roll to Handstand, Kneel Pose | Forward Split | Straight Leg Leap (150°) | OR Switch Leap | 1/1 (360°) Turn in Forward Passe | Round-off/Flic-Flac/BWD salto tucked | Mov't lacking dynamics | ↑0.2 |
| 4/4 | 6 | 6 | 6 | 4 | 2 | 6 | | 4 | 4/4/6 | Incorrect body alignment during connections | ↑0.3 |
|   |  |  |  |  |  |  |  |  |  | Incorrect footwork/form in exercise | ↑0.3 |
| fail land ft closed ↑0.1 | lack accel ↑0.2 | lack accel ↑0.2 | incorr bp ↑0.6 | hds on FX b/f roll 0.3 | fail split 180° ↑0.2 | bend fr leg ↑0.1 | bend fr leg ↑0.1 | incorr leg pos 0.1 | lack accel ↑0.2 | mov't reflect s/m of choreo | ↑0.15 |
| fail keep legs join ↑0.1 | fail arms by ears ↑0.1 | fail arms by ears ↑0.1 | insuff bend knees ↑0.2 | hds > shdlr width ↑0.1 | fail pass thru vert ↑0.3 | fail swg 45° 0.1 | heel-snap tech 0.3 | fail pass thru vert ↑0.3 | fail pass thru vert ↑0.3 | expression | ↑0.15 |
| fail land ft closed ↑0.1 | flight b/f fx con ↑0.2 | flight b/f fx con ↑0.2 | insuff bend hips ↑0.2 | perf bwd roll 0.4 | | | | fail land ft simult 0.1 | fail land ft simult 0.1 | Insufficient amplitude on non-VP | ↑0.1 |
| | incorr hd placemt 0.1 | incorr hd placemt 0.1 | | | | | | squat in ff ↑0.2 | squat in ff ↑0.2 | Not performing in time with the music | ↑0.2 |
| | lack replusion 0.6 | lack replusion 0.6 | | | | | | fail land ft simult 0.1 | fail land ft simult 0.1 | | |
| | join b/f step-out 0.1 | fail land ft simult 0.1 | | | | | | incorr bp ↑0.6 | incorr bp ↑0.6 | | |
| | fail step-out 0.2 | fail rebound imm 0.1 | | | | | | fail ext b/f land ↑0.2 | fail ext b/f land ↑0.2 | | |
| | | | | | | | | fail pause in stick 0.05 | fail pause in stick 0.05 | | |

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