

JO 4-5 Judging Sheets Nov 2020

**JO 4&5 VT**

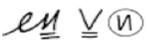
**Vault Height:** 105, 115, or 125cm for all age categories

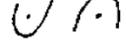
**Mats:** mandatory 10cm. Max 20cm.

JO4 - Aid of coach during first flight, support, or second flight	<u>2.00</u>
JO5 - Aid of coach during first flight, support, or second flight	VOID
Performing incorrect vault	VOID
Aid of coach upon landing	<u>0.50</u>
1st balk	no ded
Performing a 2nd or 3rd balk	VOID
Chief Judge - Touch of only one hand on vault table	<u>1.00</u>
No hand support on vault table	VOID

			Name		Name		Name		Name		Name	
			VT 1	VT 2								
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	bent arms	↑0.5										
	head contacts vault	<u>2.00</u>										
	shoulder alignment	↑0.3										
	too long in sup	↑0.5										
	alternate repulsion	↑0.2										
	angle of repulsion: 1°-45°	0.05-0.50										
	46°-89°	0.55-1.00										
add'l hand placements (max 0.3)	<u>0.1e</u>											
Second Flight	insuff height	↑0.5										
	insuff distance	↑0.3										
	brush, touch, hit body on table	<u>0.3</u>										
	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	ld w/ ft HW or closer no join ft	<u>0.05</u>										
	ld w/ ft staggered	↑0.1										
	ld ft further than shoulders	<u>0.1</u>										
	slight hop/adjustment of ft	↑0.1										
	extra arm swings	↑0.2										
	add'l trunk mvts to main balance	↑0.2										
	incorr body posture on landing	↑0.2										
	step after landing (max 0.4)	<u>0.1e</u>										
	very large step/jump (max 0.4)	<u>0.2e</u>										
	squat upon landing	↑0.3										
	brush, touch, hit vault	↑0.3										
	supp against vault	<u>0.5</u>										
	fail land feet first	<u>2.00</u>										
finishes on top of vault table	<u>2.50</u>											
General Faults	deviation from straight dir	↑0.3										
	insuff dynamics	↑0.3										
			Ded									
			J1									
			J2									
			J3									
			J4									
			AVG									
			FS									

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JO Level 4 UB		Fall Time 45s															
Straddle or Pike Glide Kip		Cast to Horizontal & return to Front Support		Cast, Squat or Pike On, OR Cast 360° Sole BWDS		Jump to Long Hang Kip		Cast to Horizontal		Back Hip Circle		Underswing, First Counterswing (min 30° below horizontal, allowed to str in backswing)		Tap swing forward, Second Counterswing (min 30° below horizontal, allowed to str in backswing)		Tap Swing Forward with 1/2 (180°) turn Dsmt	
0.6		0.4		0.2		0.6		0.4		0.4		0.6		0.6		0.6	
																	
fail TO simut	0.1	amp of cast	↑0.3	alt ft placemt	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
insuff extn	↑0.2											hips min 30°	↑0.2	hip not at 30°	↑0.2	fail comp 180°	↑0.2
fail to close legs	0.1											excessive pike	↑0.2	excessive pike	↑0.2	no con free hd	0.3
												open hips bswg	0.3	open hips bswg	0.3		

JO Level 5 UB		Fall Time 45s																							
Straddle or Pike Glide Kip		Cast to Above Horizontal (allowed to straddle)		Clear Hip Circle to Above Horizontal		OR BWD Sole Circle to Clear Front Support		OR BWD Stalder Circle to Clear Front Support		Straddle or Pike Glide Kip		Cast, Squat or Pike On, OR Cast 360° Sole BWDS		Jump to Long Hang Kip		Cast to Above Horizontal (allowed to straddle)		Long Hang Pullover		Underswing, First Counterswing (min 15° below horizontal, allowed to str in backswing)		Tap Swing Forward, Second Counterswing (min 15° below horizontal, allowed to str in backswing)		Tap Swing Forward to Flyaway (Tuck, Pike or Stretched) Dsmt	
0.6		0.4		0.6		0.6		0.6		0.6		0.2		0.6		0.4		0.6		0.6		0.6		0.6	
																									
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	↑0.3	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	↑0.1
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	↑0.1	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	excessive pike	↑0.2	insuff t/p/s	↑0.1
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	open in bswg	0.3	insuff ex b/f land	↑0.1
																		open in bswg	0.3						

General Deductions for Whole Exercise	
Mov't lacking dynamics	↑0.2
Incorrect body alignment during con	↑0.3

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JO Level 4 BB		Time Limit 1:05		Fall Time 30s											
Leg Swing Mount with 1/2 (180°) Turn		Cartwheel (90°) Turn Inward		Scale(horizontal)/ Rond de Jambé 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	
0.2		0.6		0.4		0.6		0.6		0.4/0.4		0.4		0.6	
lack 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 pass vert	↑0.3	fail main leg ht	0.1	fail pause	0.05	fail attain vert	↑0.3	fail ld ft simult	0.1	heel-snap tech	0.3	fail reach vertical	↑0.3
				fail ps in arab	0.05			fail join legs	0.1	insuff con btwn	↑0.2			fail hold 1s	↑0.1
				fail lift leg hor	↑0.2			fail hold 1s	↑0.1	fail ld ft simult	0.1			turn incomp	↑0.1
				fail hold 1s	↑0.1									fail to turn	0.2
														lift hds b/f vert	↑0.1

JO Level 5 BB		Time Limit 1:10		Fall Time 30s															
Leg Swing Mount with 1/2 (180°) Turn		Back Walkover		OR BWD Roll to Minimum 3/4 Handstand		OR Flic-Flac Step-out		Scale(horizontal)/ Rond de Jambé 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	
0.2				0.6				0.5		0.6/0.4		0.6		0.4/0.2		0.4		0.6	
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	incor hd placmt	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 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			fail hold 1s	↑0.1
								fail lift leg hor	↑0.2			fail hold 2s	↑0.2	insuff lift bk leg	↑0.1			turn incomp	↑0.1
								fail hold 1s	↑0.1					fail pause	0.05			fail to turn	0.2
																		lift hds b/f vert	↑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 perfm 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 amp on non-VP	↑0.1
Lack of sureness	↑0.2

JO 4-5 Judging Sheets Nov 2020

JO Level 4 FX																	
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	
0.4/0.4		0.6		0.4		0.2		0.6		0.4		0.4		0.4		0.6/0.6	
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
fail kp legs join	↑0.1	flight b/f fx con	↑0.2	hds > shdlr wid	↑0.1					heel-snap tech	0.3	incorr hd placmt	0.1	fail go thru vert	↑0.3	fail ld ft simult	0.1e
fail ld ft closed	↑0.1	incorr hd placmt	0.1	fail go thru vert	↑0.3									fail ld ft simult	0.1	fail rebound	0.1
		lack replusion	0.6	perf bwd roll	0.4											fail pause in stk	0.05
		fail ld ft simult	0.1														
		fail rebd imm	0.1														

JO Level 5 FX																			
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	
0.4/0.4		0.6		0.6		0.6		0.4		0.2		0.6				0.4		0.4/0.4/0.6	
fail ld 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
fail kp 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 swg 45°	0.1	heel-snap tech	0.3	fail pass thru vert	↑0.3
fail ld ft closed	↑0.1	flight b/f fx con	↑0.2	flight b/f fx con	↑0.2	insuff bend hips	↑0.2	fail pass thru vert	↑0.3									fail land ft simult	0.1
		incorr hd placmt	0.1	incorr hd placmt	0.1			perf bwd roll	0.4									squat in ff	↑0.2
		lack replusion	0.6	lack replusion	0.6													fail land ft simult	0.1
		join b/f step-out	0.1	fail land ft simult	0.1													incorr bp	↑0.6
		fail step-out	0.2	fail rebound imm	0.1													fail ext b/f land	↑0.2
																		fail pause in stick	0.05

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 perm 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 amp on non-VP	↑0.1
Not in time with the music	↑0.2