

JO 1-5 Bars for 2020-2021
UPDATED: October 15, 2020

| | Current Code | New Code | Brief Description of Changes |
|-------------------|--|---|--|
| JO Level 1 | <ul style="list-style-type: none"> • Pull over • Cast • Back hip circle • Dismount: Straddle sole circle OR under swing | <ul style="list-style-type: none"> • Pull over • Cast • Back hip circle • Dismount: Straddle sole circle OR under swing | <ul style="list-style-type: none"> • NO CHANGE |
| JO level 2 | <ul style="list-style-type: none"> • Pullover • Cast • Back hip circle • Single leg cut forward • Forward stride circle OR single leg basket swing • Single leg swing backward • Cast squat on, pike sole circle dismount OR Cast under swing dismount | <ul style="list-style-type: none"> • Glide swing, return to stand • Pull over • Cast (no angle requirement) • Cast (no angle requirement) • Back hip circle • Under swing dismount | <ul style="list-style-type: none"> • Glide swing added to pull over mount (same as current Level 3) • 2 casts performed before back hip circle • Let cut, mill circle/basket swing and backward leg swing have been deleted • Go from back hip circle directly to dismount |
| JO level 3 | <ul style="list-style-type: none"> • Glide swing and return, back hip pull over OR straddle or pike kip • Front hip circle, small cast return to support • Cast single leg squat through • Forward stride circle OR single leg basket swing • Single leg cut backward • Cast • Back hip circle • Under swing dismount | <ul style="list-style-type: none"> • Mount: glide swing to stand; pullover OR glide kip (both 10.0 SV) • Cast (no angle requirement) • Back hip circle • Back hip circle • Front hip circle • Cast (no angle requirement), return to support • Cast, squat on, stretch jump dismount | <ul style="list-style-type: none"> • Deletion of mill circle • Squat on dismount to prepare for level 4 skills • Perform 2 back hip circles in a row |
| JO level 4 | <ul style="list-style-type: none"> • Straddle or pike glide kip • Cast horizontal and return to front support • Cast, squat on or pike on • Jump to long hang kip • Cast horizontal • Back hip circle • U-swing, counter swing 30° below horizontal • Tap swing, 2nd counter swing 30° below horizontal • Tap swing ½ turn dismount | <ul style="list-style-type: none"> • Straddle or pike glide kip • Cast to horizontal, return to support (legs together) • Cast squat/pike on, OR squat/pike on, tuck sole circle, jump to high bar • Long hang kip • Cast to horizontal (legs together) • Back hip circle • Under swing • Counter swing to 30° below horizontal (straddle on backswing ok) • Tap swing forward • Counter swing to 30° below horizontal (straddle on backswing ok) • Dismount: tap swing forward with ½ turn | <ul style="list-style-type: none"> • Allowed to perform sole circle, jump to high bar after their squat or pike on • Allowed to straddle on the back swing during their counter swings |
| JO Level 5 | <ul style="list-style-type: none"> • Straddle or pike glide kip • Cast to above horizontal • Clear hip circle above horizontal OR backward sole circle to clear front support OR backward staldler circle to clear front support • Straddle or pike glide kip • Cast squat or pike on or cast 360° backward sole circle • Jump to long hang kip • Cast to above horizontal • Long hang pull over • U-swing 1st counter swing • Tap swing 2nd counter swing • Tap swing to fly away dismount (tuck, pike or stretched) | <ul style="list-style-type: none"> • Straddle or pike glide kip • Cast above horizontal (straddle cast ok at Level 5 ONLY) • Clear hip circle above horizontal OR sole circle to clear support OR staldler to clear support • Glide kip, squat/pike on OR squat/pike on tuck sole circle jump to HB • Long hang kip • Cast above horizontal (straddle cast ok at Level 5 ONLY) • Long hang pullover • Under swing • Counter swing 15° below horizontal (straddle on backswing ok) • Tap swing forward • Counter swing 15° below horizontal (straddle on backswing ok) • Tuck, pike, or layout flyaway | <ul style="list-style-type: none"> • Structure stays the same, now allowed to perform a straddle cast for either or both of their casts • Allowed to straddle on the backswing of their counter swings (just like level 4 routine) |