

CCP 1-3 Judging Sheets Nov 2021

Level 1 BB		Time Limit 35s		Fall Time 30s											
Jump to Front Support		Needle Leg Kick		Releve Balance		Forward Passe Balance		Stretch Jump		Arabesque (30°)		Forward Leg Swings		Cartwheel to 3/4 Side Hdstd Dsmt	
0.2		0.4		0.2		0.2		0.4		0.4		0.2/0.2		0.6	
fail extn in supp	↑0.1	lack cont sit to std	↑0.1	fail hold 2s	↑0.2	incorr leg pos	0.1	fail land ft simul	0.1	fail lift leg min 30°	↑0.2	see General Faults		incorr hd placemnt	0.1
lack cont in turn	↑0.1	fail kick min hor	↑0.1					fail land ft closed	↑0.1	fail mark pos	0.05			lift hds b/f land	0.1

Level 2 BB		Time Limit 40s		Fall Time 30s											
Jump to Front Support		Single Leg Kick up to Stand		Forward Passe Balance		Stretch Jump		Arabesque (30°)		Forward Leg Swing, Backward Leg Swing		Pivot Turn (180°)		Cartwheel to Side Hdstd Dsmt	
0.2		0.4		0.2		0.4		0.4		0.2/0.2		0.2		0.6	
fail extn in supp	↑0.1	lack cont sit to std	↑0.1	incorr leg pos	0.1	fail land ft simul	0.1	fail lift leg min 30°	↑0.2	fail swg leg 45°	↑0.1	lack sharpness	↑0.1	incorr hd plcmt	0.1
lack cont in turn	↑0.1	fail foot leave bb	0.2					fail land ft closed	↑0.1	fail mark pos	0.05	lk con in seq	↑0.1	fail attain vert	↑0.3
														lift hds b/f land	0.1

Level 3 BB		Time Limit 55s		Fall Time 30s													
Jump to Front Support, fish pose mount		Cross Handstand		1/2 (180°) Turn in Forward Passe (Heel-Snap Turn)		Stretch Jump; Stretch Jump		Arabesque (45°)		Straight Leg Leap (90°)		Two 1/2 (180°) Pivot Turns		Cartwheel to Side Hdstd, 1/4 (90°) Turn Dsmt			
0.2		0.6		0.4		0.4/0.4		0.4		0.6		0.2/0.2		0.6			
fail extn in supp	↑0.1	fail join legs	0.1	incorr leg pos	0.1	fail land ft simul	0.1	fail lift leg 45°	↑0.2	bend fr leg	↑0.1	lack sharpness	↑0.1	incorr hd placmt	0.1		
lack cont in turn	↑0.1	incorr hd placmt	0.1	fail lower heel	0.05	fail land ft closed	↑0.1	fail hold 1s	↑0.1	uneven leg sep	↑0.2						
perf knee scale	0.3	fail attain vert	↑0.3	fail use hs tech	0.3	insuff con btwn	ND					fail ps in arab	0.05	fail reach vert	↑0.3		
														con broken	0.05	fail to turn	0.2
																turn incomp	↑0.1
																lift hds b/f vert	↑0.1

General Deductions for Whole Exercise	
Insufficient amp on non-VP	↑0.1
Fail to perm steps/pivot turns in HR	↑0.2
Insufficient sureness	↑0.2
Mov't lacking artistry, consider:	↑0.3
* mov't reflect s/m of choreo	↑0.15
* expression	↑0.15
Incorrect footwork/form in exercise	↑0.3
Incorrect body alignment during con	↑0.3
Insufficient dynamics	↑0.2