

CCP 1-3 Judging Sheets Nov 2021

Level 1 UB		Fall Time 45s							
Pullover		Cast		Back hip Circle		Cast, Straddle-on Sole Circle Dsmt OR Underswing Dsmt			
0.6		0.4		0.4		0.6			
ex s/h/j bf pull	0.1e	incorr body align	↑0.2	fail main neut hd	↑0.1	ft btwn hds	0.2	fail main str/hlw bp	↑0.2
1 ft take-off	0.3	lack ctrl	↑0.1	fail main str/hlw bp	↑0.2	alt ft place	0.2	hips con bar	0.2
supp'l supp	0.3			fail main con w/ bar	↑0.2	lack ctrl in str	↑0.2	fail main neut hd	↑0.1
fail ext frt supp	↑0.1			lack continuity	↑0.1	fail main neut hd	↑0.1	insuff body extn	↑0.2
						insuff body extn	↑0.2	insuff amp flight	↑0.2
						insuff amp flight	↑0.2	insuff distance	↑0.1
						insuff distance	↑0.1		

Level 2 UB		Fall Time 45s									
Glide Swing and Return		Pullover		Cast		Cast		Back Hip Circle		Underswing Dsmt	
0.2		0.4		0.4		0.4		0.4		0.6	
fail TO simult	0.1	fail main hd con	0.1	incorr body align	↑0.2	incorr body align	↑0.2	fail main neut hd	↑0.1	fail main str/hlw bp	↑0.2
run out glide	0.3	ex s/h/j bf pull	0.1e	lack ctrl	↑0.1	lack ctrl	↑0.1	fail main str/hlw bp	↑0.2	hips con bar	0.2
fail lead w/ ft	↑0.1	1 ft take-off	0.3					fail main con w/ bar	↑0.2	fail main neut hd	↑0.1
insuff extn	↑0.2	supp'l supp	0.3					lack continuity	↑0.1	insuff body extn	↑0.2
fail to close legs	0.1	fail ext frt supp	↑0.1							insuff amp flight	↑0.2
bend legs bswg	↑0.3									insuff distance	↑0.1

Level 3 UB		Fall Time 45s													
Glide Swing and Return		Pullover		OR Straddle or Pike Glide Kip		Cast		Back Hip Circle		Back Hip Circle		Front Hip Circle Small Cast, return to FS		Cast, Squat on, Stretch jump dismount	
0.2		0.4		0.6		0.2		0.4		0.4		0.4		0.6	
start btwn bars	0.5	fail main hd con	0.1	start btwn bars	0.5	incorr BA	↑0.2	fail main neut hd	↑0.1	fail main neut hd	↑0.1	fail main str/hlw bp	↑0.2	alt ft place	0.2
fail TO simult	0.1	ex s/h/j bf pull	0.1e	fail TO simult	0.1	lack ctrl	↑0.1	fail main str/hlw bp	↑0.2	fail main str/hlw bp	↑0.2	fail sm cast	↑0.2	hip lift only	0.05
run out glide	0.3	1 ft take-off	0.3	run out glide	0.3			fail main con w/ bar	↑0.2	fail main con w/ bar	↑0.2	lack ctrl	↑0.1	fail main str/hlw bp	↑0.1
fail lead w/ ft	↑0.1	supp'l supp	0.3	fail lead w/ ft	↑0.1			lack continuity	↑0.1	lack continuity	↑0.1	fail return supp	0.5	touches hb	0.05
insuff extn	↑0.2	fail ext frt supp	↑0.1	insuff extn	↑0.2			lack continuity btwn circles	↑0.2						
fail to close legs	0.1			fail to close legs	0.1										
bend legs bswg	↑0.3														

General Deductions for Whole Exercise	
Insuff body amp (stretch/tight) during extended positions	↑0.2
Insuff external amp away from bar duing swinging/circling mvts	↑0.2
Insuff dynamics	↑0.2