

CCP 4-5 Judging Sheets Nov 2021

Level 4 FX																					
Back Walkover (150°)		Front handspring step out		Cartwheel		Straight Arm Bwd Roll to Handstand		Stretch Jump with 1/2 (180°) Turn		Straight Leg Leap (120°)		Straddle Jump (120°)		Forward Split		1/1 (360°) Turn in Forward Passe		Round-off		Flic-Flac to Two Feet	
0.4		0.6		0.4		0.4		0.4		0.6		0.4		0.2		0.4		0.4		0.6/0.6	
fail con leg lift	↑0.1	alt hd placement	↑0.1	incorr hd placemt	0.1	hds FX b/f roll	0.3	fail kp legs join	↑0.1	bend fr leg	↑0.1	uneven leg sep	↑0.2	fail split 180°	↑0.2	incorr leg pos	0.1	fail go thru vert	↑0.3	squat in ff	↑0.3e
incor hd placmt	0.1	join legs	0.1	fail pass thru vert	↑0.3	hds > shdlr wid	↑0.1	fail ld ft simult	0.1	uneven leg sep	↑0.2	fail ld ft simult	0.1	heel-snap tech	0.3	fail ld ft simult	0.1	fail ld ft simult	0.1	fail rebound	0.1
insuff split	↑0.2	flight b/f hd con	↑0.2	fail keep hd align	↑0.1	fail go thru vert	↑0.3	fail ld ft closed	↑0.1	fail ld ft closed	↑0.1	fail ld ft closed	↑0.1							fail pause in stk	0.05
		fail step out	0.2			perf bwd roll	0.4													lack of acceleration in series	↑0.2
		fast fwo	ND																		

Level 5 FX																					
Forward Salto Tucked		OR Ariel Cartwheel		OR Front Ariel		Front handspring step out		Front handspring step out		Cartwheel		Straight Arm Bwd Roll to Handstand		Stretch Jump with 1/1 (360°) Turn		Straight Leg Leap (150°)		OR Switch Leap		Straddle Jump (120°)	
		0.6				0.6		0.6		0.4		0.4		0.4		0.6				0.4	
incorr bp	↑0.6	fail go thru vert	↑0.3	see general faults		alt hd placement	↑0.1	alt hd placement	↑0.1	incorr hd placemt	0.1	hds FX b/f roll	0.3	fail kp legs join	↑0.1	bend fr leg	↑0.1	bend fr leg	↑0.1	uneven leg sep	↑0.2
insuff bend knees	↑0.2					join legs	0.1	join legs	0.1	fail pass thru vert	↑0.3	hds > shdlr wid	↑0.1	fail ld ft simult	0.1	uneven leg sep	↑0.2	fail swg 45°	0.1	fail ld ft simult	0.1
insuff bend hips	↑0.2					flight b/f hd con	↑0.2	flight b/f hd con	↑0.2	fail keep hd align	↑0.1	fail go thru vert	↑0.3	fail ld ft closed	↑0.1			uneven leg sep	↑0.2	fail ld ft closed	↑0.1
						fail step out	0.2	fail step out	0.2			perf bwd roll	0.4								
						lack acc	↑0.2	lack acc	↑0.2												
						fast fwo	ND	fast fwo	ND												

Forward Split		1/1 (360°) Turn in Forward Passe		Round-off		Flic-Flac		Backward salto tucked	
0.2		0.4		0.4		0.4		0.6	
fail split 180°	↑0.2	incorr leg pos	0.1	fail pass thru vert	↑0.3	squat in ff	↑0.2	incorr bp	↑0.6
		heel-snap tech	0.3	fail land ft simult	0.1	fail land ft simult	0.1	fail ext b/f land	↑0.2
								fail pause in stick	0.05
								lack of acceleration in series	↑0.2

General Deductions for Whole Exercise	
Insufficient amp on non-VP	↑0.1
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
Incorrect footwork/form in exercise	↑0.3
Incorrect body alignment during con	↑0.3
Insufficient dynamics	↑0.2
Not in time with the music	↑0.3