

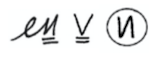












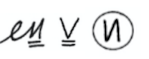





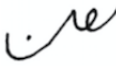


CCP 4-5 Judging Sheets Nov 2021

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 simult	0.1	amp of cast	↑0.3	alt ft placemt	0.2	swing not hor	↑0.2	amp of cast	↑0.3	fail main neut hd	↑0.1	fail main neut hd	↑0.1	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 str/hlw bp	↑0.2	fail main str/hlw bp	↑0.2	fail att str/hlw bp	↑0.2	fail att str/hlw bp	↑0.2
fail to lead w/ ft	↑0.1	lack ctrl	↑0.1							fail main con w/ bar	↑0.2	hip con bar	0.2	insuff amp	↑0.2	turn b/f 45°	↑0.2
insuff extn	↑0.2									lack continuity	↑0.1	hips min 30°	↑0.2	hips min 30°	↑0.2	fail comp 180°	↑0.2
fail to close legs	0.1											excessive pike	↑0.2	excessive pike	↑0.2	fail con free hd	0.3
												ft over lb in bswg	0.3	ft over lb in bswg	0.3		

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)	
0.6		0.4				0.6				0.6		0.2		0.6		0.4	
																	
fail TO simult	0.1	amp of cast	↑0.3	ex pike/arch dn	↑0.2	ex pike/arch dn	↑0.2	ex pike/arch dn	↑0.2	fail to lead w/ ft	↑0.1	alt ft placemt	0.2	swing not hor	↑0.2	amp of cast	↑0.3
run out glide	0.3	incorr BA	↑0.2	ex pike/arch up	↑0.2	ex pike/arch up	↑0.2	ex pike/arch up	↑0.2	insuff extn	↑0.2	hip lift only	0.05			incorr BA	↑0.2
fail to lead w/ ft	↑0.1			insuff amp	↑0.3	insuff amp	↑0.3	insuff amp	↑0.3	fail to close legs	0.1						
insuff extn	↑0.2			hips touch bar	0.6	weight in ft top br	0.6	supp in str L	0.6								
fail to close legs	0.1			lack ctrl glide	↑0.1	legs bend in cir	↑0.3	lack ctrl glide	↑0.1								
						lack ctrl glide	↑0.1										

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		0.6		0.6		0.6	
							
fail arch bot	0.1	fail con bar thgs	0.2	fail arch bot	0.1	fail arch bot	0.1
ex pike	↑0.2	fail main neut hd	↑0.1	fail att str/hlw bp	↑0.2	fail att str/hlw bp	↑0.2
fail main grip	0.3	fail main str/hlw bp	↑0.2	insuff amp	↑0.2	insuff rise salto	↑0.3
perform giant	1.0	hip con bar	0.2	hip not at 15°	↑0.2	insuff t/p/s	↑0.1
perf bhs after	ND	hips min 15°	↑0.2	excessive pike	↑0.2	insuff ex b/f land	↑0.1
		excessive pike	↑0.2	ft over lb in bswg	0.3	land too close to bar	0.1
		ft over lb in 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