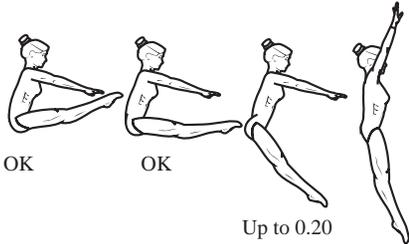
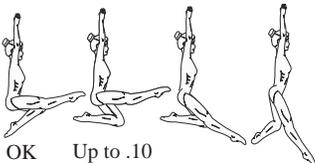
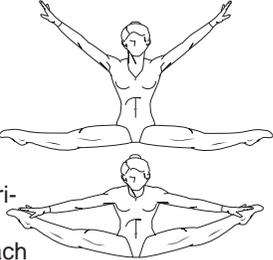
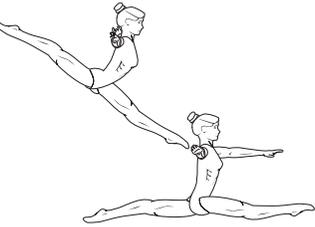
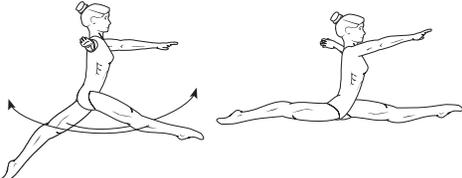
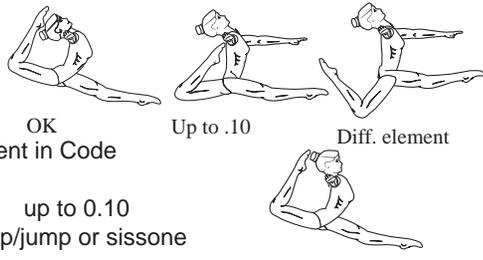
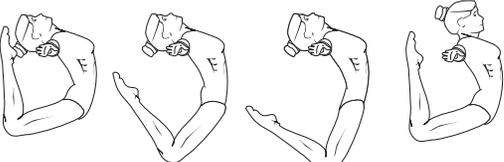


USA GYMNASTICS JR. OLYMPIC DANCE TECHNIQUE

revised 2/09/11

<p>TUCK JUMP</p>  <p>Evaluation: 90° Hip and knee angle required</p> <ul style="list-style-type: none"> - Insufficient tuck position up to 0.20 - Greater than 135° angle at the hips - credit as stretched jump with abstract leg position <p>OK Up to .20 Diff. element</p>	<p>PIKE JUMP</p>  <p>Evaluation: Minimum of 90° hip angle required.</p> <ul style="list-style-type: none"> - Insufficient pike up to 0.20 - Greater than 135° hip angle - credit as stretched jump <p>OK OK Up to 0.20 Stretched jump</p>
<p>WOLF HOP/JUMP</p>  <p>Evaluation: Both extended leg and thigh of bent leg at horizontal or above</p> <ul style="list-style-type: none"> - below horizontal with either leg up to 0.10 each - Greater than 135° angle - credit as stretched jump <p>OK Up to .10 Up to .10 each leg Credit as straight jump</p>	<p>CAT LEAP</p>  <p>Evaluation:</p> <p>Thighs at horizontal with 90° hip angle and knees bent</p> <ul style="list-style-type: none"> - Failure to reach horizontal with both legs up to 0.10 each - Incorrect leg position (lack of knee bend) up to 0.20 - Lack of alternated leg lift - credit as tuck jump
<p>SIDE SPLIT JUMP/STRADDLE PIKE JUMP</p> <p>Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split</p> <ul style="list-style-type: none"> - Insufficient split up to 0.20 - Legs not parallel to beam/floor up to 0.20 - Less than 135° split - recognize as different element  <p>Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked</p> <ul style="list-style-type: none"> - Failure to reach horizontal with both legs up to 0.10 each 	<p>SISSONE/SPLIT JUMP</p> <p>Evaluation:</p> <p>Sissone - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45°</p> <p>Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split</p> <ul style="list-style-type: none"> - Insufficient split up to 0.20 - Legs not parallel to beam/floor in split jump up to 0.20 - Less than 135° split - recognize as different element 
<p>SWITCH-LEG LEAP</p>  <p>Evaluation:</p> <ul style="list-style-type: none"> -If the swing leg is bent (never extends) or is less than 45° before the switch * credit as Split leap (provided at least 135° split achieved after leg change) - Insufficient split after leg change up to 0.20 - Less than 135° split after leg change - recognize as different element 	<p>RING LEAP/JUMP</p> <p>Evaluation:</p> <ul style="list-style-type: none"> - Head release backward past the vertical line is required. If no head release - credit as another element in Code - Rear foot at head height is required <ul style="list-style-type: none"> Rear foot at shoulder or upper back up to 0.10 Rear foot at hip height - credit as a split leap/jump or sissone with bent back leg - Front leg should be a minimum of 45° up to 0.10 - Insufficient arch up to 0.10  <p>OK Up to .10 Diff. element</p> <p>Diff. element - due to no Head Release = Split leap or jump with bent back leg</p>
<p>SHEEP JUMP</p> <p>Evaluation:</p> <ul style="list-style-type: none"> - Head release backward past the vertical line is required. - Feet expected to be at head height <ul style="list-style-type: none"> Feet at shoulder or upper back up to 0.10 Feet at hip height or no backward head release (regardless of leg height), credit as a jump with bent leg = A - Insufficient arch up to 0.10  <p>OK Up to .10 Diff. element - insufficient leg height Diff. element - due to no Head Release</p>	