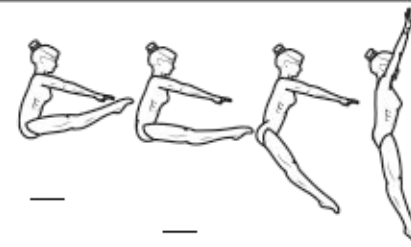


TUCK JUMP



Evaluation: ___° Hip and knee angle required
 - Insufficient tuck position _____
 - Greater than ___° angle at the hips - credit as _____ with abstract leg position

PIKE JUMP



Evaluation: Minimum of ___° hip angle required.
 - Insufficient pike _____
 - Greater than ___° hip angle - credit as _____

WOLF HOP/JUMP



Evaluation: Both extended leg and thigh of bent leg at horizontal or above
 - below horizontal with either leg _____
 - Greater than ___° angle - credit as _____

CAT LEAP

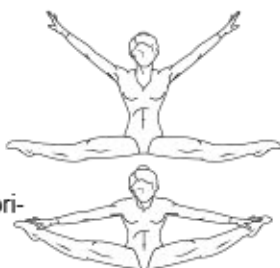


Evaluation:
 Thighs at horizontal with ___° hip angle and knees bent
 - Failure to reach horizontal with both legs _____
 - Incorrect leg position (lack of knee bend) _____
 - Lack of alternated leg lift - credit _____

SIDE SPLIT JUMP/STRADDLE PIKE JUMP

Evaluation-Side split jump: Legs required to be parallel to beam/floor with ___° split

- Insufficient split _____
- Legs not parallel to beam/floor _____
- Less than ___° split - recognize as _____



Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked
 - Failure to reach horizontal with both legs _____

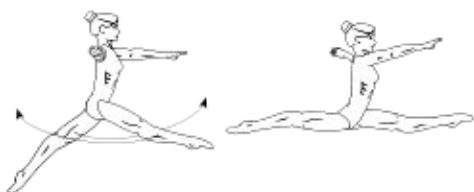
SISSONNE/SPLIT JUMP



Evaluation:
 Sissonne - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with ___° split - Front leg should be a minimum of ___°
 Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with ___° split

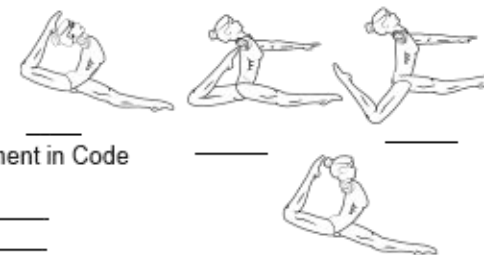
- Insufficient split _____
- Legs not parallel to beam/floor in split jump _____
- Less than ___° split - recognize as _____ element

SWITCH-LEG LEAP



Evaluation:
 -If the swing leg is bent (never extends) or is less than ___° before the switch * credit as _____ leap (provided at least ___° split achieved after leg change)
 - Insufficient split after leg change _____
 - Less than ___° split after leg change - recognize as _____

RING LEAP/JUMP



Evaluation:
 - 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
 Rear foot at shoulder or upper back _____
 Rear foot at hip height - credit as a _____ with bent back leg
 - Front leg should be a minimum of ___° _____
 - Insufficient arch _____

Diff. element - due to no Head Release = _____ leap or jump with bent back leg

SHEEP JUMP

Evaluation:
 - Head release backward past the vertical line is required.
 - Feet expected to be at head height
 Feet at shoulder or upper back _____
 Feet at hip height or no backward head release (regardless of leg height), credit as a _____
 - Insufficient arch _____

