

# USA GYMNASTICS JR. OLYMPIC DANCE TECHNIQUE

5/26/09

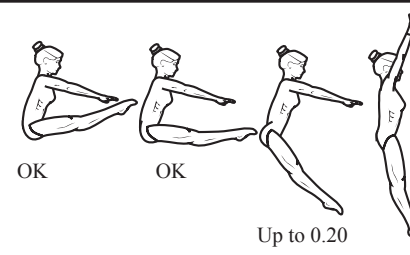
## TUCK JUMP



OK Up to .20 Diff. element

Evaluation: 90° Hip and knee angle required  
 - Insufficient tuck position up to 0.20  
 - Greater than 135° angle at the hips - credit as stretched jump with abstract leg position

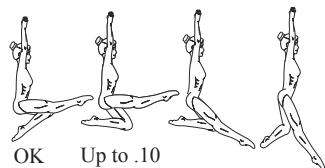
## PIKE JUMP



OK OK Up to 0.20 Straight jump

Evaluation: Minimum of 90° hip angle required.  
 - Insufficient pike up to 0.20  
 - 135° or greater hip angle - credit as straight jump

## WOLF HOP/JUMP



OK Up to .10 Up to .10 each leg Credit as straight jump

Evaluation: Both extended leg and thigh of bent leg at horizontal or above  
 - below horizontal with either leg up to 0.10 each  
 - 135° or greater hip angle - credit as straight jump

## CAT LEAP

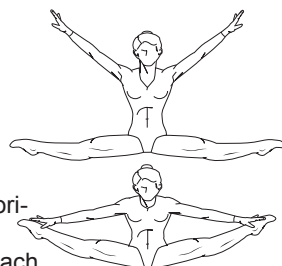


Evaluation:  
 Thighs at horizontal with 90° hip angle and knees bent  
 - Failure to reach horizontal with both legs up to 0.10 each  
 - Incorrect leg position (lack of knee bend) up to 0.20  
 - Lack of alternated leg lift - credit as tuck jump

## SIDE SPLIT JUMP/STRADDLE PIKE JUMP

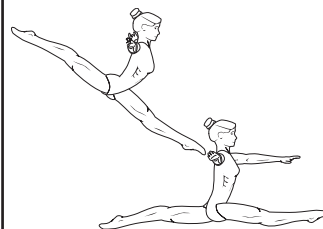
Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split

- Insufficient split up to 0.20
- Legs not parallel to beam/floor up to 0.20
- Less than 135° split - recognize as different element



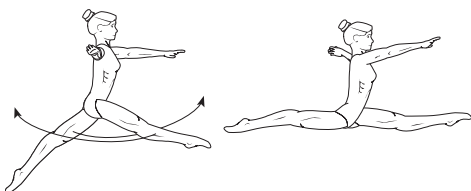
Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked  
 - Failure to reach horizontal with both legs up to 0.10 each

## SISSONE/SPLIT JUMP



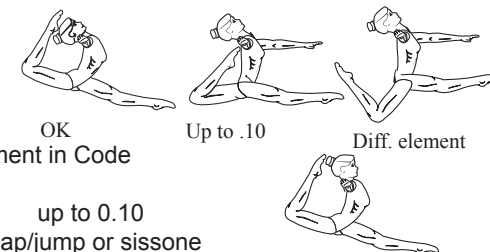
Evaluation:  
 Sissone - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split  
 Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split  
 - Insufficient split up to 0.20  
 - Legs not parallel to beam/floor in split jump up to 0.20  
 - Less than 135° split - recognize as different element

## SWITCH-LEG LEAP



Evaluation:  
 -If the swing leg is less than 45° before the switch or is bent (never extends) - credit as Split leap  
 - Insufficient split after leg change up to 0.20  
 - Less than 135° split after leg change - recognize as different element

## RING LEAP/JUMP

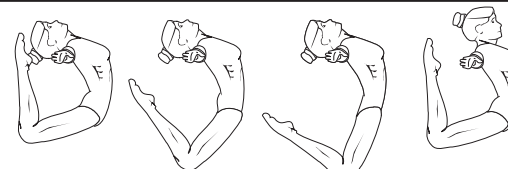


Evaluation:  
 - Head release backward past the vertical line is required.  
 If no head release - credit as another element in Code  
 - Rear foot at head height is required  
 Rear foot at shoulder or upper back up to 0.10  
 Rear foot at hip height - credit as a split leap/jump or sissone with bent back leg  
 - Front leg should be a minimum of 45°  
 - Insufficient arch up to 0.10

Diff. element - due to no Head Release = Split 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 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



OK Up to .10 Diff. element - insufficient leg height Diff. element - due to no Head Release