


# USA GYMNASTICS JR. OLYMPIC DANCE TECHNIQUE

revised 2/09/11

### TUCK JUMP

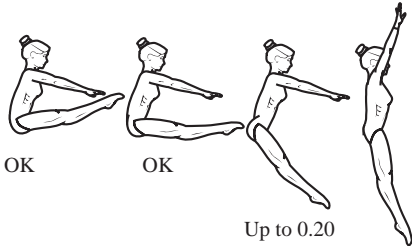


Evaluation: 90° Hip and knee angle required

- Insufficient tuck position up to 0.20
- Greater than 135° angle at the hips - credit as stretched jump with abstract leg position

OK    Up to .20    Diff. element

### PIKE JUMP

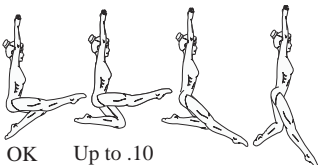


Evaluation: Minimum of 90° hip angle required.

- Insufficient pike up to 0.20
- Greater than 135° hip angle - credit as stretched jump

OK    OK    Up to 0.20    Stretched jump

### WOLF HOP/JUMP




Evaluation: Both extended leg and thigh of bent leg at horizontal or above

- below horizontal with either leg up to 0.10 each
- Greater than 135° angle - credit as stretched jump

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

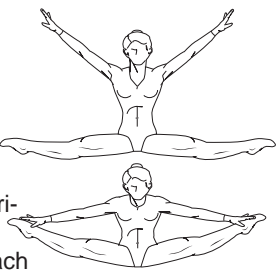
### CAT LEAP



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



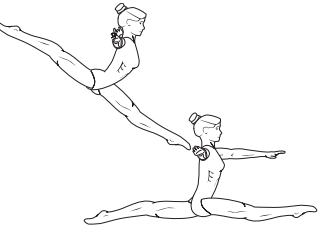
Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split

- 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

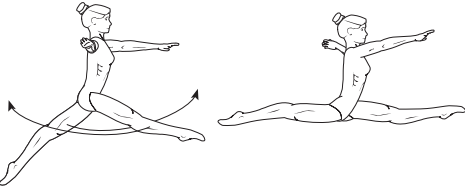
### SISSONE/SPLIT JUMP



Evaluation:

- Sissone - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45°
- 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

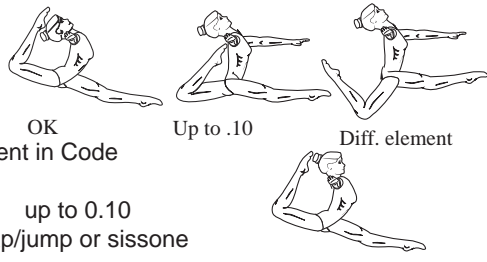
### SWITCH-LEG LEAP



Evaluation:

- If the swing leg is 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

### RING LEAP/JUMP



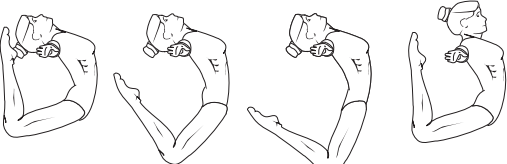
Evaluation:

- 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° up to 0.10
- Insufficient arch up to 0.10

OK    Up to .10    Diff. element

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