2018-20 NFHS Girls Gymnastics

**DANCE CRITERIA / TECHNIQUE**

**Tuck Jump**
- Expectation: Thighs horizontal, knees bent to 90°
- Insufficient tuck (thighs up to 45° below horizontal) - up to .2
- Thighs >45° below horizontal - recognize as different element

**Cat Leap**
- Expectation: Thighs horizontal, alternated leg lift
- Knees bent, legs turned out
- Thighs up to 45° below horizontal - up to .1 ea
- Thighs >45° below horizontal - recognize as different element

**Wolf Jump**
- Expectation: Thighs horizontal, one knee bent to 90°
- Thighs up to 45° below horizontal - up to .1 each
- Thighs >45° below horizontal - recognize as different element

**Straddle Pike Jump**
- Expectation: Thighs horizontal, 135° split
- Thighs up to 45° below horizontal - up to .2
- Split missing up to 44° - up to .2
- Thighs >45° below horizontal or split <91° - recognize as different element

**Side Split (straddle) Jump**
- Expectation: 135° or 180° split required
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element

**SPLIT / STAG SPLIT / SISSONE / TOUR JETE**
- Expectation: 135° or 180° split required
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element

**Ring Leap or JUMP / Sheep Jump**
- Expectation: Head release backward past vertical line
- Foot at waist or head height required
- No head release - recognize as different element
- Waist height required - up to .2 at least hip height
- Head height required - up to .2 at least shoulder height

**Switch Leg Leaps**
- Expectation: 135° or 180° split required after switch
- Leg swing before switch to at least 45°
- Leg swing below 45° - recognize as different element
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element

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**Tuck, Cat, Wolf, Straddle Pike, Hitchkirk**
- Horizontal expected
- If up to 44° below horizontal - deduct up to .2
- If >44° below horizontal - credit different element

**Pike Jump**
- 90° closure expected
- If 91°-134° closure
  - deduct up to .2
  - If = 134°
  - credit as stretched jump
- If >134°
  - 90°

**Split Leaps/Jumps**
- 135° or 180° split expected
- If up to 44° is missing
  - deduct up to .2
- If >44° is missing
  - credit different element

**Dance Turns and Leaps/Jumps w/ Twists**
- 0.5-0.10
- 11-44°
- 45°-89°

Tours are complete when heel drops.
Twists are complete when feet land.