

2018-20 NFHS Girls Gymnastics

DANCE CRITERIA / TECHNIQUE

TUCK JUMP

- Expectation: Thighs horizontal, knees bent to 90°
- Insufficient tuck (thighs up to 44° below horizontal) - up to .2
 - Thighs >44° below horizontal - recognize as different element



CAT LEAP

- Expectation: Thighs horizontal, alternated leg lift
Knees bent, legs turned out
- Thighs up to 44° below horizontal - up to .1 ea
 - Thighs >44° below horizontal - recognize as different element



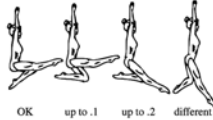
STRADDLE PIKE JUMP

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



WOLF JUMP

- Expectation: Thighs horizontal, one knee bent to 90°
- Thighs up to 44° below horizontal - up to .1 ea
 - Thighs >44° below horizontal - recognize as different element



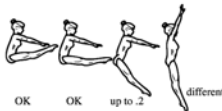
SIDE SPLIT (straddle) JUMP

- Expectation: 135° or 180° split required
- Split missing up to 44° - up to .2
 - Split less than 91° - recognize as different element



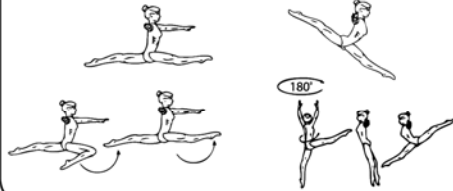
PIKE JUMP

- Expectation: 90° closure, legs straight
- Closure 91° - 134° - up to .2
 - Closure >134° - recognize as different element



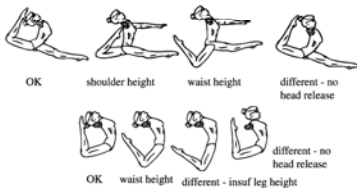
SPLIT / STAG SPLIT / SISSONE / TOUR JETE

- 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 if at least hip height
 - Head height required - up to .2 if 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



Tuck, Cat, Wolf, Straddle Pike, Hitchkick

- **horizontal expected**
- If up to 44° below horiz - deduct up to 0.2
- If > 44° below horizontal - credit different element
- horizontal
- 45° below horiz

Pike Jump

- **90° closure expected**
- If 91°-134° closure - deduct up to 0.2
- If > 134°, - credit as stretched jump
- 90°
- 135°

Split Leaps/Jumps

- **135° or 180° split expected**
- 180°
- 135°
- 90°
- If up to 44° is missing - deduct up to 0.2
- If > 44° is missing, - credit different element

Dance Turns and Leaps/Jumps w/ Twists

(1/1 or more)

- 1° - 44° deduct .05 - .1
- 45° - 89° deduct .15 - .2
- If >89° is missing, - credit different element

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