


# 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

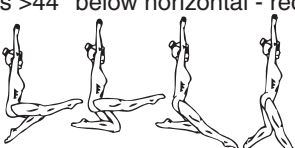


OK      up to .2      different

### WOLF JUMP

Expectation: Thighs horizontal, one knee bent to 90°

- Thighs up to 44° below horizontal - up to .1 each
- Thighs >44° below horizontal - recognize as different element

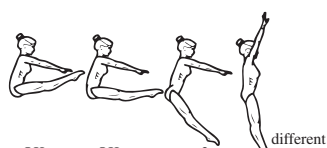


OK      up to .1      up to .2      different

### PIKE JUMP

Expectation: 90° closure, legs straight

- Closure 91° - 134° - up to .2
- Closure >134° - recognize as different element

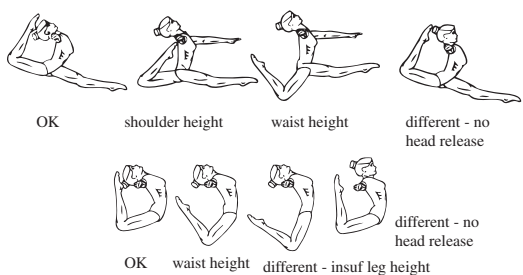


OK      OK      up to .2      different

### 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




OK      shoulder height      waist height      different - no head release

OK      waist height      different - insuf leg height

### CAT LEAP

Expectation: Thighs horizontal, alternated leg lift  
Knees bent, legs turned out

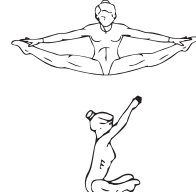
- Thighs up to 44° below horizontal - up to .1 ea
- Thighs >44° below horizontal - recognize as different element



### 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



### SIDE SPLIT (straddle) JUMP

Expectation: 135° or 180° split required

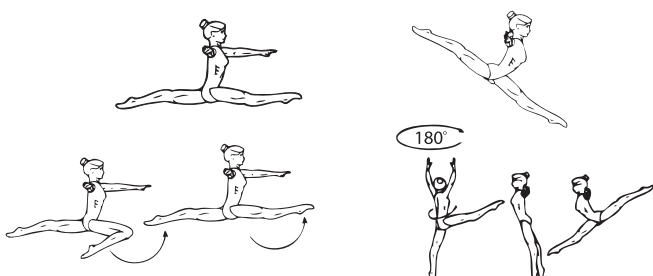
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element



### SPLIT / STAG SPLIT / SISSONE / TOUR JETE

Expectation: 135° or 180° split required

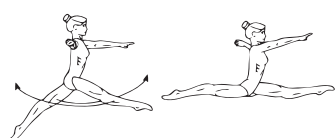
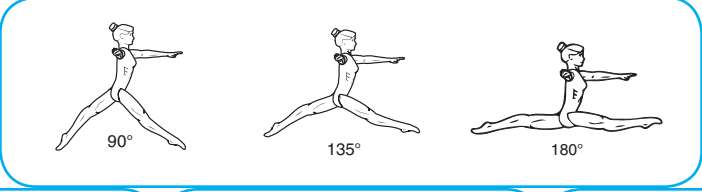
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element



### SWITCH LEG LEAPS

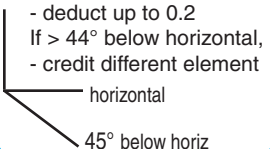
Expectation: 135° or 180° split required after switch  
Leg swing before switch to at least 45°

- 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

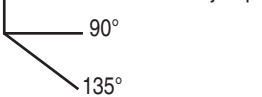
• **horizontal expected**  
If up to 44° below horiz, - deduct up to 0.2  
If > 44° below horizontal, - credit different element



horizontal  
45° below horiz

### Pike Jump

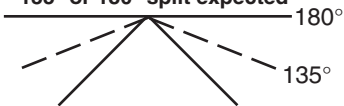
• **90° closure expected**  
If 91°-134° closure, - deduct up to 0.2  
If > 134°, - credit as stretched jump



90°                      135°

### Split Leaps/Jumps

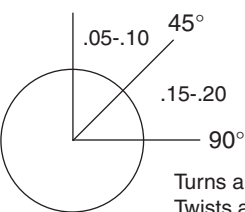
• **135° or 180° split expected**



180°                      135°

If up to 44° is missing, 90° - deduct up to 0.2  
If > 44° is missing, - credit different element

### Dance Turns and Leaps/Jumps w/ Twists



.05-.10      45°  
.15-.20      90°

(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.