

2010 MOTION/DANCE/JUMPS/TOSSES GRID

| | JUMPS | | | TOSSES | | | MOTIONS/DANCE | |
|-----------------|--|--|-----------------|--|---|-----------------|--|--|
| | DIFFICULTY | TECHNIQUE | | DIFFICULTY | TECHNIQUE | | DIFFICULTY | TECHNIQUE |
| 4.0-5.0 | Any non-connected basic jump(s) | | 4.0-5.0 | N/A | | 4.0-5.0 | Basic Simple in movement | |
| 5.0-6.0 | One advanced jump/ 2 or more connected basic jumps | Below level jumps Squad flexed toes Squad legs not together on landing Chest down on jump and landing | 5.0-6.0 | Straight ride tosses not by majority | No body control Poor height | 5.0-6.0 | Below average in movement No transitions Little to no footwork/ground work | No technique Poor motion placement Not sharp |
| 6.0-7.0 | 2 or more non-connected advanced jumps | Sub-standard level jumps Majority flexed toes Majority Legs not together on landing | 6.0-7.0 | Straight ride tosses by majority | Little body control Below average height | 6.0-7.0 | Little to no level changes 1 transition Some footwork/ground work | Below average technique Below average motion placement Below average sharpness |
| 7.0-8.0 | 2 connected advanced jumps (variety will increase your score within range) | Level jumps Some flexed toes in jumps Some legs apart on landing | 7.0-8.0 | Single twisting and/or 1 skill tosses | Average body control Average height | 7.0-8.0 | Basic level changes 2 transitions Average footwork/ground work | Average technique Average motion placement Average sharpness |
| 8.0-9.0 | 3 advanced jumps within a combination, at least 2 of which are connected (variety will increase your score within range) | Above level jumps Good toe point in jumps Good landings with feet together | 8.0-9.0 | Any 3 skill non-twisting tosses and/or Double twisting tosses and/or any 1 skill twisting tosses | Good body control Above average height | 8.0-9.0 | Various level changes 3 transitions Above average footwork/ground work | Good technique Good motion placement Good overall sharpness |
| 9.0-10.0 | 3 or more connected advanced jumps (variety will increase your score within range) | Hyper-extended jumps Excellent toe point Excellent landings with feet together and chest upright | 9.0-10.0 | Speciality double twisting tosses and/or any 3 skill tosses | Excellent body control Excellent height | 9.0-10.0 | Excellent level changes 4+ transitions Excellent footwork/ground work | Excellent technique Excellent motion placement Excellent overall sharpness |

Basic Jumps:

- Tuck Jump
- Right/Left Side Hurdler
- Spread Eagle (defined as a jump where knees are facing forward and hips are not rotated upward)

Advanced Jumps:

- Pike Jump
- Right/Left Front Hurdler
- Toe Touch



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