

Degree of Difficulty Guidelines for Jumps

Revised August 2003

JUMPS	
5	All athletes do 3 out of the 5 advanced jumps level or better. Jumps MUST be level and must be one of the following: Toe Touch, Right or Left Side Hurdler, Right or Left Front Hurdler, Double Nine (left leg straight and right leg bent knee facing the crowd), and Pike. Around the World (pike to toe touch) will be counted as one advanced jump. The three chosen jumps must be a variety, for example right and left side hurdler will be counted as only one jump, teams must choose a variety of jumps to score the maximum points in this category.
4	All athletes do 2 out of the 5 advanced jumps level or better. Jumps MUST be level and must be one of the following: Toe Touch, Right or Left Side Hurdler, Right or Left Front Hurdler, Double Nine (left leg straight and right leg bent knee facing the crowd), and Pike. Around the World (pike to toe touch) will be counted as one advanced jump. The two chosen jumps must be a variety, for example right and left side hurdler will be counted as only one jump, teams must choose a variety of jumps to score the maximum points in this category.
3	All athletes do 1 advanced jump level or better. Jump MUST be level and must be one of the following: Toe Touch, Right or Left Side Hurdler, Right or Left Front Hurdler, Double Nine (left leg straight and right leg bent knee facing the crowd), and Pike. Around the World (pike to toe touch) will be counted as one advanced jump.
2	Some athletes do advanced jumps (Toe Touch, Right or Left Side Hurdler, Right or Left Front Hurdler, Double Nine (left leg straight and right leg bent knee facing the crowd), and Pike. Around the World (pike to toe touch) will be counted as one advanced jump). The rest do beginning jumps or all do beginning jumps (Tuck, Spread eagle, Double Hook, and 'Herkie'.
1	Limited jumps- less than whole team jumping