

# 2009-2010 MOTION/DANCE/JUMPS/TOSSES GRID

| JUMPS*   |                                                                                                                          | MOTIONS/DANCE |                                                                                  |
|----------|--------------------------------------------------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------|
|          | DIFFICULTY                                                                                                               |               | DIFFICULTY                                                                       |
| 4.0-5.0  | Any non-connected basic jump(s)                                                                                          | 4.0-5.0       | Basic<br>Simple in movement                                                      |
| 5.0-6.0  | One advanced jump/<br>2 or more connected basic jumps                                                                    | 5.0-6.0       | Below average in movement<br>No transitions<br>Little to no footwork/ground work |
| 6.0-7.0  | 2 or more non-connected advanced jumps                                                                                   | 6.0-7.0       | Little to no level changes<br>1 transition<br>Some footwork/ground work          |
| 7.0-8.0  | 2 or more connected advanced jumps (variety will increase your score within range)                                       | 7.0-8.0       | Basic level changes<br>2 transitions<br>Average footwork/ground work             |
| 8.0-9.0  | 3 advanced jumps within a combination, at least 2 of which are connected (variety will increase your score within range) | 8.0-9.0       | Various level changes<br>3 transitions<br>Above average footwork/ground work     |
| 9.0-10.0 | 3 or more connected advanced jumps (variety will increase your score within range)                                       | 9.0-10.0      | Excellent level changes<br>4+ transitions<br>Excellent footwork/ground work      |

### 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

- For **DIFFICULTY**, all the skills are to be performed by the **MAJORITY** (half plus 1) of the team. If the skills are **NOT** performed by the majority of the team, then the score will be placed in the lower scoring bracket.
- Poorly executed skills can lower your score within each range

\*Jumps connected to any standing tumbling skill will raise your score within that range.



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