

# Level 1 Jumps

## Start Value

- 3.0 Single Jump (s)
- 5.0 Jump/Jump Combo
- 7.0 Jump/Jump Combo with additional Jump(s)
- 9.0 Triple Jump Combo with additional Jump(s) –OR- Two Jump/Jump Combos
- 11.0 Triple Jump Combo AND additional Jump/Jump or Jump/Tumble Combo
- 13.0 Triple Jump/Tumble Combo AND additional Jump/Jump Combo or Jump/Tumble Combo. Must show a minimum of 3 body positions.

**\*\*Must be performed by Majority of Athletes to qualify for range.**

**\*\*Jumps in combination with Level Appropriate Standing Tumbling Skills will have an additional 0.5 start value.**

**\*\*Jumps performed by all athletes will have an additional 0.5 start value.**

## Level Permitted Skills:

**LTM Maj. All**

Walkover/Cartwheel/Roll

Jumps Performed by All Athletes

## Performance Elements:

- Pace
- Variety
- Unique Incorporations

**Difficulty Score** (15)

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**Execution Score** (15)

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GOOD

POOR

Showmanship & Crowd Appeal (10)	Creativity	
	Use of Skills	
	Flow	
	Variety	
Transitions, Formations & Flow of Routine (10)	Energy Level	
	Facial Expression	
Choreography & Creativity (10)	Use of Floor	
	Transitions	
	Formations/Spacing	
Overall Effect (10)	Execution of Routine	
	Overall Performance	

Comments:



**Total Score** (70)

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