

OHSAA 2011-2012

(JO composition revised for HS 9/11 K. Edwards)

Bars SR (4 SR @ .20 ea.)	Beam SR (4@ .20 ea.)	Floor SR (4@ .20 ea.)
<ul style="list-style-type: none"> ◦1 Bar Change ◦1 "B" Fl. Or B turn (not mt. or dsmt.) ◦Min. B from 3/6/7 ◦Min. A dismount 	<ul style="list-style-type: none"> ◦Acro Series 2 or more elements, one of which must have flight ◦One leap or jump w/180°split ◦Min. 1/1 turn or more one foot ◦Min. A dsmt. 	<ul style="list-style-type: none"> ◦Acro series w/2 saltos or 2 directly connected saltos ◦3 dif. Saltos w/l routine ◦Dance Passage ◦Min. A salto performed as last isolated salto or in last salto connection
<p>Composition</p> <p>Insufficient distribution of VP ^ .10</p> <p>Insufficient Change of direction ^ .10</p> <p>Uncharacteristic elements ea. <u>.10</u></p> <p>¾ fwd. Giant circle (w/or w/o grip change) ea. <u>.10</u></p> <p><u>Choice of elements:</u> Max ^ .25</p> <ul style="list-style-type: none"> • Failure to perform fwd. & Backwd. <u>.05</u> • Circles and releases • Lack variety in ele. & conn. ^ .10 • Choice of elements not ^ comp level (OHSAA) ^ .10 <p>Lack of elements that achieve (or pass thru) vertical ^ .20</p> <p>More than 1 element before mount <u>.20</u></p> <p>Execution</p> <p>Landing to close to bars on dismount <u>.10</u></p> <p>Swing fwd. or bwd under horiz. ea <u>.10</u></p> <p>Touch/Brush of foot on apparatus/mat ^ .10</p> <p>Under-rotation of release/flight element ^ .10</p> <p>Precision of handstand positions throughout ^ .10</p> <p>Insuff. Ext. of glides/swing into kips ^ .10</p> <p>Poor rhythm in elements ^ .10</p> <p>Hesitation in jump or swing to HS ^ .10</p> <p>Insuff. Amplitude of elements ea. ^ .20</p> <p>Insufficient Dynamics ^ .20</p> <ul style="list-style-type: none"> • Insuff. Swingful execution throughout • Energy maintained throughout exercise • Makes difficult look effortless <p>Hit foot on :</p> <ul style="list-style-type: none"> • Apparatus <u>.20</u> • Mat <u>.30</u> <p>Insufficient height of salto dismount ^ .30</p> <p>Grasp on apparatus to avoid a fall <u>.30</u></p> <p>Intermediate (Extra) Swing <u>.30</u></p> <p>Failure to remove board/spotting block after release ele. (CJ) <u>.30</u></p>	<p>Composition –</p> <p>No attempt at acro series <u>.30</u></p> <p>Missing Acro bwd.&fwd. or swd. ea. <u>.10</u></p> <ul style="list-style-type: none"> • If only in dsmt. <u>.05</u> <p>Spatially – insuff. Use of entire beam ^ .10</p> <p>Insufficient dist. Of VP ^ .10</p> <p>Insufficient level changes ^ .10</p> <p>Failure to show movement/choreo. In diff. directions (fwd/swd/bckwd) ^ .10</p> <p>More than 2 pivot turns throughout exercise <u>.10</u></p> <p>More than 2 dance elements of same shape ea. type <u>.10</u></p> <p>More than 1 leap/jump to front support ea. <u>.10</u></p> <p>More than 1 element before mount <u>.20</u></p> <p>Lack of dance series (min. 2 dance ele. From gr. 1/2/3) <u>.20</u></p> <p>Acro not up to comp. level (OHSAA State Meet) ^ .20</p> <p>Lack of balance btwn. Acro & dance VP ^ .20</p> <p>Execution</p> <p>Failure to land feet together on jumps/leaps/hop side pos. ^ .10</p> <p>Landing too close to beam on dismount <u>.10</u></p> <p>Concentration pause (more than 2 sec.) ea <u>.10</u></p> <p>Incor. rythm during exec.of acro /dance/mixed conn . ea. ^ .20</p> <p>Hesitation in jum/press/swing to HS ^ .10</p> <p>Incorrect body pos. in dance element ^ .10</p> <p>Support of 1 leg against side of BB <u>.20</u></p> <p>Insufficient split when required (dance/acro ele.) ^ .20</p> <p>Legs not parallel to beam in split or straddle pike ^ .20</p> <p>Insufficient dymnatics ^ .20</p> <p>Insuff. Height of leaps/jumps/jumps ea. ^ .20</p> <p>Insuff. Height of acro flights, aerials & saltos ea. ^ .20</p> <p>Grasp of beam to avoid fall <u>.30</u></p> <p>Insuff. Height of salto dismount ^ .30</p> <p>Additional movement to maintain balance ^ .30</p> <p>Direction on gainer dsmt – off end of beam ^ .30</p> <p>Insufficient sureness of performance – throughout ^ .20</p> <p>Insuff. Vaiation in rhythm/tempo – throughout ^ .20</p> <p>Relaxed/incorr. footwork in non-value parts throughout ^ .20</p> <p>Relaxed/incorr/insuff leg pos./body posture/& flexibility ^ .30</p> <p>In non-value parts throughout</p> <p>Artistry/Presentation ^ .30</p> <ul style="list-style-type: none"> • Originality/creativity of choreograp ^ .10 • Quality of movement reflects personal ^ .10 • Quality of Expression ^ .10 <p>Failure to prfm VP turns in high releve ^ .10</p>	<p>Composition</p> <p>Failure to perform saltos in 2 dif. Directions (bwd. & fwd. or swd) <u>.10</u></p> <p>Insufficient dist. of VP ^ .10</p> <p>Space (use of entire floor area) & direction ea. ^ .10</p> <p>More than 2 dance elements of same shape (tuck/wolf or straddle) ea. type <u>.10</u></p> <p>More than 1 leap/jump to prone ea. <u>.10</u></p> <p>Lack of balance btwn. acro & dance VP ^ .20</p> <p>Acro not up to competitive level (OHSAA State) ^ .20</p> <p>Lack of turn on 1 foot, min. B <u>.20</u></p> <p>Lack of min. of B salto <u>.30</u></p> <p>Execution</p> <p>Failure to land feet together on jumps/leaps/hops that land on two feet ^ .10</p> <p>Incorrect rhythm during exec. of direct conn. ea. ^ .10</p> <p>Incorrect body pos. in dance element ea. ^ .10</p> <p>Concentration pause (more than 2 sec.) ea. <u>.10</u></p> <p>Legs not parallel to floor in split or straddle pike ^ .20</p> <p>Insuff. Height of leaps/jumps/hops ea. ^ .20</p> <p>Insuff. Height of acro flights & aerials ea. ^ .20</p> <p>Insuff. Split on VP elements ^ .20</p> <p>Insuff. Dynamics ^ .20</p> <p>Insuff. Variation in rhythm/tempo throughout ^ .20</p> <p>Relaxed/incorr. footwork in non-value parts throughout ^ .20</p> <p>Failure to prfm VP turns in high releve ^ .10</p> <p>Insuff. Height of saltos ea. ^ .30</p> <p>Relaxed/incorr./insuff. Leg pos./body posture& Flexibility in non-value parts throughout ^ .30</p> <p>Artistry/Presentation ^ .30</p> <ul style="list-style-type: none"> • Originality/creativity of horeography ^ .10 • Quality of movement reflects personal ^ .10 • Quality of expression ^ .10 <p>Missing synchronization of movement & musical beat ^ .30</p> <ul style="list-style-type: none"> • Each time <u>.05</u> • Exercise not ended with mu <u>.10</u> <p>Poor relationship of music & movement throughout ^ .20</p> <p>Music with voice or no music (CJ) <u>1.00</u></p> <p>Coach on Floor <u>.50</u></p>

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Landing to close to bars on dismount <u>.10</u> Swing fwd. or bwd under horiz. ea <u>.10</u> Touch/Brush of foot on apparatus/mat <u>^ .10</u> Under-rotation of release/flight element <u>^ .10</u> Precision of handstand positions throughout <u>^ .10</u> Insuff. Ext. of glides/swing into kips <u>^ .10</u> Poor rhythm in elements <u>^ .10</u> Hesitation in jump or swing to HS <u>^ .10</u> Insuff. Amplitude of elements ea. <u>^ .20</u> Insufficient Dynamics <u>^ .20</u> <ul style="list-style-type: none"> • Insuff. Swingful execution throughout • Energy maintained throughout exercise • Makes difficult look effortless Hit foot on : <ul style="list-style-type: none"> • Apparatus <u>.20</u> • Mat <u>.30</u> Insufficient height of salto dismount <u>^ .30</u> Grasp on apparatus to avoid a fall <u>.30</u> Intermediate (Extra) Swing <u>.30</u> Failure to remove board/spotting block after release ele. (CJ) <u>.30</u>	Landing too close to beam on dismount <u>.10</u> Concentration pause (more than 2 sec.) ea <u>.10</u> Incor. rythm during exec.of acro /dance/mixed conn . ea <u>^ .20</u> Hesitation in jum/press/swing to HS <u>^ .10</u> Incorrect body pos. in dance element <u>^ .10</u> Support of 1 leg against side of BB <u>.20</u> Insufficient split when required (dance/acro ele.) <u>^ .20</u> Legs not parallel to beam in split or straddle pike <u>^ .20</u> Insufficient dymnamics <u>^ .20</u> Insuff. Height of leaps/jumps/jumps ea. <u>^ .20</u> Insuff. Height of acro flights, aerials & saltos ea. <u>^ .20</u> Grasp of beam to avoid fall <u>.30</u> Insuff. Height of salto dismount <u>^ .30</u> Additional movement to maintain balance <u>^ .30</u> Direction on gainer dsmt – off end of beam <u>^ .30</u> Insufficient sureness of performance – throughout <u>^ .20</u> Insuff. Vaiation in rhythm/tempo – throughout <u>^ .20</u> Relaxed/incorr. footwork in non-value parts throughout <u>^ .20</u> Relaxed/incorr/insuff leg pos./body posture/& flexibility <u>^ .30</u> In non-value parts throughout Artistry/Presentation <u>^ .30</u> <ul style="list-style-type: none"> • Originality/creativity of choreograp <u>^ .10</u> • Quality of movement reflects personal <u>^ .10</u> • Quality of Expression <u>^ .10</u> Failure to prfm VP turns in high releve <u>^ .10</u>	Incorrect rhythm during exec. of direct conn. ea. <u>^ .10</u> Incorrect body pos. in dance element ea. <u>^ .10</u> Concentration pause (more than 2 sec.) ea. <u>.10</u> Legs not parallel to floor in split or straddle pike <u>^ .20</u> Insuff. Height of leaps/jumps/hops ea. <u>^ .20</u> Insuff. Height of acro flights & aerials ea. <u>^ .20</u> Insuff. Split on VP elements <u>^ .20</u> Insuff. Dynamics <u>^ .20</u> Insuff. Variation in rhythm/tempo throughout <u>^ .20</u> Relaxed/incorr. footwork in non-value parts throughout <u>^ .20</u> Failure to prfm VP turns in high releve <u>^ .10</u> Insuff. Height of saltos ea. <u>^ .30</u> Relaxed/incorr./insuff. Leg pos./body posture& Flexibility in non-value parts throughout <u>^ .30</u> Artistry/Presentation <u>^ .30</u> <ul style="list-style-type: none"> • Originality/creativity of horeography <u>^ .10</u> • Quality of movement reflects personal <u>^ .10</u> • Quality of expression <u>^ .10</u> Missing synchronization of movement & musical beat <u>^ .30</u> <ul style="list-style-type: none"> • Each time <u>.05</u> • Exercise not ended with mu <u>.10</u> Poor relationship of music & movement throughout <u>^ .20</u> Music with voice or no music (CJ) <u>1.00</u> Coach on Floor <u>.50</u>