VIDEO:

EVENT: Level 3
ATHLETE: 1

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration		
Improper arm position and swing action	.3	
No distinct lift of front knee and extension of back leg	.1	
Rhythm break during run (stutter-steps) or insufficient stride	.3	
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface		
Lack of tight body position from blocking surface	.1	
Straight Jump		
Front Salto		
Landing		

H =			
G =			
F =			
E =	Base = 9.7	E1 =.9	Dismount stuck = Y =
D =	Bonus =	E2 = .8	
C =	Start Value = 9.7	E3 =	
$\mathbf{B} =$		E4 =	D Panel - E Panel =
A =	Final Score= 8.85		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 3
ATHLETE: 2

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration		
Improper arm position and swing action	.3	
No distinct lift of front knee and extension of back leg		
Rhythm break during run (stutter-steps) or insufficient stride	.3	
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical	.1	
Lack of distinct lift or rise from blocking surface		
Lack of tight body position from blocking surface	.1	
Straight Jump		
Front Salto		
Landing		

H =			
G =			
F =			
E =	Base = 9.7	E1 = .8	Dismount stuck = Y =
D =	Bonus =	E2 = .8	
C =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 8.9		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 3
ATHLETE: 3

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration		
Improper arm position and swing action	.3	
No distinct lift of front knee and extension of back leg	.1	
Rhythm break during run (stutter-steps) or insufficient stride	.3	
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface		
Lack of tight body position from blocking surface		
Straight Jump		
Front Salto		
Landing		

H =			
G =			
F =			
E =	Base = 9.7	E1 =.6	Dismount stuck = Y =
D =	Bonus =	E2 = .6	
C =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 9.1		

D – **Panel Comments:**

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**

VIDEO: EVENT: 1

EVENT: Level 4
ATHLETE: 1

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration	.3	
Improper arm position and swing action	.1	
No distinct lift of front knee and extension of back leg		
Rhythm break during run (stutter-steps) or insufficient stride	.3	
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact	.1	
Diving or insufficient rotation to the blocking surface	.3	
Body position too arched or piked	.5	
Other	.1	step
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface		
Lack of tight body position from blocking surface		
Straight Jump		
Front Salto		
Londing		
Landing		

H =			
G =			
F =			
E =	Base = 9.7	E1 =1.3	Dismount stuck = Y =
D =	Bonus =	E2 = 1.3	
C =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 8.4	_	

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 4
ATHLETE: 2

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration		
Improper arm position and swing action	.1	
No distinct lift of front knee and extension of back leg	.1	
Rhythm break during run (stutter-steps) or insufficient stride	.3	
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface	+.01	Good Rise
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface		
Lack of tight body position from blocking surface		
Straight Jump		
Front Salto		
Landing		

H =			
G =			
F =			
E =	Base = 9.7	E1 =.6	Dismount stuck = Y =
D =	Bonus = .1	E2 = .6	
C =	Start Value = 9.8	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 9.2		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**

VIDEO: EVENT: Level 4

ATHLETE: 3

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration		
Improper arm position and swing action	.1	
No distinct lift of front knee and extension of back leg	.1	
Rhythm break during run (stutter-steps) or insufficient stride	.3	
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface		
Lack of tight body position from blocking surface		
Straight Jump		
Front Salto		
Landing		

H =			
G =			
F =			
E = D =	Base = 9.7	E1 =.6	Dismount stuck = Y =
D =	Bonus =	E2 = .7	
C =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 9.05		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 5
ATHLETE: 1

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration	.3	
Improper arm position and swing action		
No distinct lift of front knee and extension of back leg		
Rhythm break during run (stutter-steps) or insufficient stride	.3	
Hurdle does not stay on level plane as knees lift, insufficient knee lift	.1	
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical	.3	
Lack of distinct lift or rise from blocking surface	.3	
Lack of tight body position from blocking surface		
Post Flight	.1	
Landing	.3, .1	

H =			
H = G =			
F =			
E =	Base = 9.7	E1 =1.7	Dismount stuck = Y =
D =	Bonus =	E2 = 2.0	
C =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 7.85		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 5
ATHLETE: 2

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration		
Improper arm position and swing action		
No distinct lift of front knee and extension of back leg		
Rhythm break during run (stutter-steps) or insufficient stride	.1	
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface	.3	
Lack of tight body position from blocking surface	.1	
zateli oz vigite sou, posizion from storining surface		
Post Flight	.1	
Landing	.3	
Landing		

H =			
G =			
F =			
E =	Base = 9.7	E1 =.9	Dismount stuck = Y =
D =	Bonus =	E2 = .7	
D = C = B =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 8.9		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 5
ATHLETE: 3

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration	+.1	
Improper arm position and swing action		
No distinct lift of front knee and extension of back leg	+.1	
Rhythm break during run (stutter-steps) or insufficient stride		
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard	.1	
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface	.1	
Lack of tight body position from blocking surface		
Post Flight	.1	
Landing	.1	

H =			
G =			
F =			
E =	Base = 9.7	E1 =.4	Dismount stuck = Y =
D =	Bonus = .2	E2 = .4	
C =	Start Value = 9.9	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 9.5	_	

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 6
ATHLETE: 1

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration		
Improper arm position and swing action		
No distinct lift of front knee and extension of back leg		
Rhythm break during run (stutter-steps) or insufficient stride		
Hurdle does not stay on level plane as knees lift, insufficient knee lift Feet are behind hips on initial contact with springboard		
Arms overhead or arm swing not executed from back to front Body not at vertical upon completion of board contact	.1	
Diving or insufficient rotation to the blocking surface Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface	.1	
Lack of tight body position from blocking surface		
Post Flight	.1,.1	
Landing	.3, .1	

H = G =			
G =			
F =			
E =	Base = 9.7	E1 = .9	Dismount stuck = Y =
D =	Bonus =	E2 = 1.1	
D = C = B =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 8.7		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 6
ATHLETE: 2

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration	.1	
Improper arm position and swing action		
No distinct lift of front knee and extension of back leg		
Rhythm break during run (stutter-steps) or insufficient stride		
Hurdle does not stay on level plane as knees lift, insufficient knee lift Feet are behind hips on initial contact with springboard		
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact	.1	
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface	.1	
Lack of tight body position from blocking surface		
Post Flight	.3, .3,.1	
Landing	.1	

H = G =			
G =			
F =			
E =	Base = 9.7	E1 = 1.0	Dismount stuck = Y =
D =	Bonus =	E2 = .8	
D = C = B =	Start Value = 9.7	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 8.9		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill.

The top 10 counting skills are noted in **Bold & larger font.**

VIDEO:

EVENT: Level 6
ATHLETE: 3

Criteria	Execution Deduction	Comments
Run slows down, insufficient velocity/acceleration	+.1	
Improper arm position and swing action		
No distinct lift of front knee and extension of back leg		
Rhythm break during run (stutter-steps) or insufficient stride		
Hurdle does not stay on level plane as knees lift, insufficient knee lift		
Feet are behind hips on initial contact with springboard		
Arms overhead or arm swing not executed from back to front		
Body not at vertical upon completion of board contact		
Diving or insufficient rotation to the blocking surface		
Body position too arched or piked		
Other		
Repulsion not within 0° - 15° of vertical		
Lack of distinct lift or rise from blocking surface	+.1	Good Block
Lack of tight body position from blocking surface		
Post Flight	.1	
Landing		

H =			
G =			
F =			
E =	Base = 9.7	E1 = .2	Dismount stuck = Y =
D =	Bonus = 0.3	E2 = .3	
C =	Start Value = 10.0	E3 =	
B =		E4 =	D Panel - E Panel =
A =	Final Score= 9.75		

D – Panel Comments:

^{*} X = repeated skill or non-recognized skill. The top 10 counting skills are noted in **Bold & larger font.**