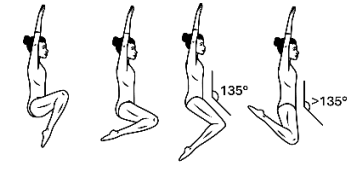
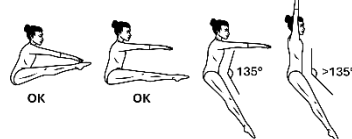


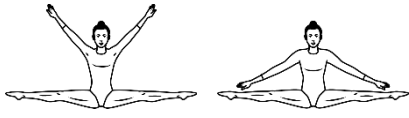


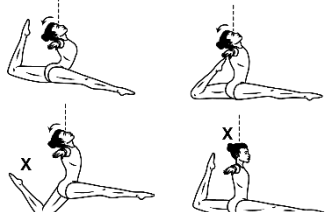
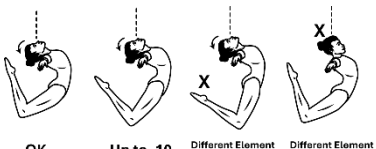


**2026 – 2030 DANCE TECHNIQUE**

<p><b>TUCK JUMP</b></p>  <p>OK      Up to .20      Different Element</p>	<p><b>Evaluation:</b> 90° Hip and knee angle required.</p> <ul style="list-style-type: none"> <li>• Greater than 135° angle at the hips, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Insufficient tuck position      Up to 0.20</p>
<p><b>PIKE JUMP</b></p>  <p>OK      OK      &gt;135°</p>	<p><b>Evaluation:</b> Thighs at horizontal with 90° hip angle.</p> <ul style="list-style-type: none"> <li>• Greater than 135° angle at the hips, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Insufficient pike position      Up to 0.20 (91° - 135°)</p>
<p><b>WOLF JUMP/HOP</b></p>  <p>OK      Up to .10 each leg      Award as applicable</p>	<p><b>Evaluation:</b> Both extended leg and thigh of bent leg at horizontal or above.</p> <ul style="list-style-type: none"> <li>• Greater than 135° angle at the hips, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Leg/thigh below horizontal      Ea. Up to 0.10 with either leg</p>
<p><b>CAT LEAP</b></p> 	<p><b>Evaluation:</b> Thighs at horizontal with 90° hip angle and knees bent in turn-out or parallel.</p> <ul style="list-style-type: none"> <li>• Lack of alternate leg lift, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Failure to reach horizontal      Ea. Up to 0.10 with both legs Incorrect leg position      Up to 0.20 (lack of knee bend)</p>
<p><b>SIDE SPLIT/STRADDLE JUMP</b></p> 	<p><b>Evaluation:</b> Side split jump: legs required to be parallel to beam/floor with 180° split. Straddle pike jump: legs required to be at horizontal and slightly forward with hips piked.</p> <ul style="list-style-type: none"> <li>• Less than 135° split, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Insufficient split      Up to 0.20 Legs not parallel to BB/FX      Up to 0.20 Failure to reach horizontal      Ea. Up to 0.10</p>
<p><b>SISSONNE/SPLIT JUMP</b></p> 	<p><b>Evaluation:</b> Sissonne: take-off from 2 ft/land on 1 foot; legs in a diagonal position with 180° split. Front leg a minimum of 45°. Split Jump: take-off and land on 2 feet; legs parallel to BB/FX with 180° split.</p> <ul style="list-style-type: none"> <li>• Less than 135° split, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Insufficient amplitude of front leg (45°) (Sissonne)      Up to 0.10 Insufficient split      Up to 0.20 Legs not parallel to BB/FX (Split Jump)      Up to 0.20</p>
<p><b>SWITCH-LEG LEAP</b></p> 	<p><b>Evaluation:</b> First leg should swing forward to minimum of 45° prior to swinging backward. 180° split following leg change.</p> <ul style="list-style-type: none"> <li>• Less than 135° split after leg change, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Insufficient split      Up to 0.20 Legs not parallel to BB/FX      Up to 0.20 Insufficient height of leg swing (45°) prior to leg change      Up to 0.10</p>
<p><b>RING LEAP/JUMP</b></p> 	<p><b>Evaluation:</b> Head release backward past vertical line is required. Rear foot at head height is required.</p> <ul style="list-style-type: none"> <li>• If no head release or rear foot is at hip height, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Insufficient amplitude of front leg (45°)      Up to 0.10 Insufficient arch      Up to 0.10 Rear foot at shoulder/upper back      Up to 0.10 Insufficient split      Up to 0.20</p>
<p><b>SHEEP JUMP</b></p>  <p>OK      Up to .10      Different Element Insuff. leg height      Different Element No Head Release</p>	<p><b>Evaluation:</b> Head release backward past vertical line is required. Feet at head height is required.</p> <ul style="list-style-type: none"> <li>• If no head release or feet are at hip height, award VP performed (if applicable)</li> </ul>	<p><b>Deductions:</b> Insufficient arch      Up to 0.10 Feet at shoulder/Upper back      Up to 0.10</p>