



<b>Jump Off Scoresheet</b>	
Name	
Division/Age	

<b>Difficulty</b>	10		<b>Execution- Arm Placement</b>	5							
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">0-3.9</td> <td>Performs 1 jump.</td> </tr> <tr> <td>4.0-6.9</td> <td>Performs 2 connected jumps.</td> </tr> <tr> <td>7.0-10</td> <td>Performs 3 connected jumps.</td> </tr> </table>	0-3.9	Performs 1 jump.	4.0-6.9	Performs 2 connected jumps.	7.0-10	Performs 3 connected jumps.			<ul style="list-style-type: none"> <li>- Approach</li> <li>- Consistent entry</li> <li>- Swing/ Prep</li> <li>- Arm position within jump(s)</li> <li>- Connection of pass/skills</li> </ul>		
0-3.9	Performs 1 jump.										
4.0-6.9	Performs 2 connected jumps.										
7.0-10	Performs 3 connected jumps.										
<b>Execution- Leg Placement</b> <ul style="list-style-type: none"> <li>- Straight legs</li> <li>- Pointed toes</li> <li>- Hip placement/ rotation</li> <li>- Hyperextension</li> <li>- Height</li> </ul>	5		<b>Execution- Landings</b> <ul style="list-style-type: none"> <li>- Legs/ feet together</li> <li>- Chest placement</li> <li>- Body control</li> </ul>	5							

Comments:

**Total Points Earned  
(MAX 25)**

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