




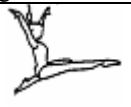
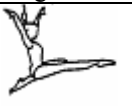
















# USA Gymnastics Junior Olympic Program

## Additional Body Skills

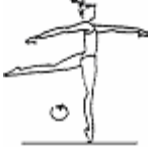

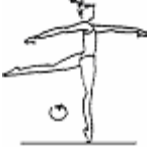






### Leaps/Jumps

	Pre – A	A	B
Split Leap	 Legs at least 160°	 Legs at least 170°	 Legs 180°
Stag Leap	 Legs at least 160°	 Legs 180°	
Cossack	 At least 70°	 90°	
Ring Jump	 Legs at least 130°		
Scissor Jump	 Front or Back Legs at least 70°	 Front or Back Legs 90°	
Sissone	 Sissone jump Legs at least 70°		
Front Horizontal Vertical Jump	 At least 70° No Rotation	 At least 90° No Rotation	 90° With 180° Rotation














# Balances

	Pre – A	A	B
Arabesque (Front/Side/Back)	 Leg At least 70°	 Leg At least 80°	 Leg 90°
Back Attitude	 Leg At least 70°	 Leg At least 80°	 Leg 90°

# Pivots

	Pre – A	A	B
Arabesque (Front/Side/Back)	  180° Arabesque (Front/Side/Back) Leg At least 70°	  180° Arabesque (Front/Side/Back) Leg At least 80°	  360° Arabesque (Front/Side/Back) Leg 90°
Back Attitude	 180° Back Attitude Leg At least 70°	 360° Back Attitude Leg At least 80°	 360° Back Attitude Leg 90°

# Flexibilities

	Pre – A	A	B
Passe Promenade on Flat	 180° Passe Promenade	 360° Passe Promenade	
Arabesque Promenade on Flat	 180° Arabesque Promenade (Front/Side/Back) Leg At least 70°	 360° Arabesque Promenade (Front/Side/Back) Leg At least 80°	
Splits & Rollover	 Slide to split from standing	 360° forward Split roll over	
Passe Back Arch		 Passe Arch back  Body below horizontal Knee at vertical	
Back Scale		 Back Scale Legs At least 170°	 180° Back Scale
Penche	 Penche kick – two hands on the floor Legs At least 170°	 Penche – two hands on floor in fixed position Not At least 170°	 180° Penche chest down – no hands on the floor
Elbow Stand		 Elbow stand in stag position Leg below horizontal	
Bodywave	Front, Side, Back Body wave		

