



# NZCAF

2018/19 NSAC Technical Regulations  
Description of Sport Aerobic Skill Moves  
for the  
New Zealand Schools Aerobics Competition

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## PART 1 – DESCRIPTION OF SPORT AEROBIC SKILL MOVES

### 1.1 Group One – Static Strength Skill Moves

**NB:** In all static strength moves the body is supported and held for 2 counts of the music

#### 1.1.1 2 Arm Straddle Press

A balance, starting from a seated position with the legs on the floor in an open ‘V’. Hands can be between the legs at the front or one in front and one behind – both hands must remain on the floor. The elbows extend to completely support the body off the floor. At the same time the legs are lifted horizontally and parallel with the floor (straddle position).

**Option: Turning held position turning 180° or 360°**

#### 1.1.2 2 Arm Pike Press

A balance, starting from a seated position with legs on the floor extended straight out to the front. Feet are together. Elbows extend to support the body as legs lift horizontally and parallel off the floor.

**Option: Feet remain on floor and lift bottom only. Turning held position turning 180° or 360°**

#### 1.1.3 2 Arm Tuck Press

A balance, starting in a seated position on the floor with the legs and hips flexed in a tucked position. Legs are lifted in front of the body and elbows are extended to support the body off the floor maintaining the tucked position.

**Option: Knees can be parallel to the floor, or feet crossed**

#### 1.1.4 2 Arm Side Press

A balance, starting with arms in a tricep push up position where the hands are under the torso, and elbows are flexed. Both feet lift off the floor with knees bent and the underneath leg is supported in a lateral position by one arm on the elbow. Both the knees and feet are in a horizontal, parallel position to the floor.

**Options: One leg flexed and one straight variations**

**Both legs straight**

**Both legs straight with one arm in-between legs**

#### 1.1.5 Supported Planche

A balance from a modified push up position where one or two elbows are inverted to the waist and the body's weight is taken on flexed elbow(s) and the legs are lifted off the floor. The body and legs are extended in a horizontal position (i.e. shoulder and hips and feet should be square to the floor and not asymmetrical). This move can be done with feet apart or together.

#### 1.1.6 Split Planche (2 Arm Supported Single Wensen Planche)

This is the same as the 2 arm Supported Planche except one leg is extended forward and rests on the shoulder. The back foot is off the floor.

#### 1.1.7 V Press

A balance hold, starting in a seated position both legs are extended in the front of the body. The hips are fully flexed and brought forward in front of the body. Legs and feet are in front of the face in a narrow 'V' position (i.e. held apart). Elbows extend as the body is supported off the floor.

**Option: Can be done with legs together = V press closed**

## 1.2 Group Two – Push Up Skill Moves

### 1.2.1 2 Arm Push Up

Starting position is with the body fully extended in the prone position off the floor. Hands and feet are on the floor with hands shoulder width apart. Elbows are extended and fingers point forwards. Elbows flex as chest is lowered to the floor forming a minimum of 90° at the elbow joints. Elbows are then extended to raise body to the starting position. Back/shoulder/hip alignment must remain horizontal throughout the movement.

**Option: Can be performed with one hand placed forward of the shoulder while the other remains at the shoulder. As long as it is not a compulsory push up variations in position of the feet are permitted. e.g. 1 leg off the floor**

### 1.2.2 2 Arm Tricep Push Up

As for a 2 Arm push up but the starting position is modified so that the hands are placed on the floor, at the side of the torso, under the shoulder which keeps the elbows close to the body throughout the entire movement.

### 1.2.3 Variations on Basic 2 Arm Push Ups

#### 1.2.3.1 Circular/Rolling Push Up

A push up where the body perform a circular motion forward or backward or laterally during the push up movement i.e. forward, down, back up.

### **1.2.3.2 Split Push Up**

A push up where one leg is brought forward to rest on one shoulder.

### **1.2.3.3 Flying Push Up**

A push up where one or both hands remains on the floor, and the elbows are flexed in a standard push up position of 90°. As the elbows extend the feet are kicked or propelled to form a low 'V' with the legs in the air and land in the push up position. The body and legs stay parallel to the floor.

### **1.2.4 1 Arm Push Up**

A push up where the weight is supported on one hand. Starting position is the same as the standard push up or a tricep push up. The legs and can be wide or close together. One hand is released, the supporting elbow is flexed to a minimum of 90° and the chest is lowered towards the floor. The supporting elbow is then extended and the body raised to the starting position. Alignment of shoulders/hip/back must be maintained throughout the movement.

**Option: Can be performed with free arm close to body or in laid out position**

### **1.2.5 Variations on 1 Arm Push Up**

#### **1.2.1.1 1 Arm Triceps Push Up**

A one arm push-up in which the supporting arm is held perpendicular (i.e. at 90° to the floor), a push up movement is performed during which the elbow of the supporting arm is held close to the body.

### **1.2.6 2 Arm Hinge Push Up**

A push up where the shoulders move laterally to one side at the bottom of the movement. If the body moves to the right then the right elbow will lower to just off the floor. The shoulders then move back to the centre before returning to the start position.

### **1.2.7 Variations on 2 Arm Hinge Push Up**

#### **1.2.7.1 2 Arm Tricep Hinge Push Up**

The body moves backwards as the elbows lower to just off the floor, i.e. down, back, forwards and up. The body then moves back to the centre before extending elbows and returning to the start position (ankles and elbows act as hinges).

**Option: Can be performed with feet together or apart**

### **1.2.8 Freefall to Push Up Landing**

From a standing position with the feet together, the body remains straight and falls down into a push up landing with the elbows flexed. The landing position can be either in a triceps or pectoralis position and is followed by the extension of the elbows with the arms straight.

## **1.3 Group Three – Aerial Skill Moves**

**NB:** The following moves are LEAPS - these are aerial moves which DO travel

### **1.3.1 General execution criteria for Jumps/Aerials**

All Aerial elements must demonstrate strength and power in the legs. Each element must clearly show the take-off, the position and movement in the air and the landing. The main criteria for aerial evaluation are the elevation of the hips while in the air and control of the entire movement.

### **1.3.2 General criteria for Combination of Jumps**

Both jumps in a combination must be executed one after the other without a transition between, e.g. Straddle jump followed directly by a Pike jump or a Straddle jump followed directly by a Straddle jump to Push up landing. Full value for the combination will only be awarded if both elements are executed correctly.

### **1.3.3 General criteria for turning Jumps**

The degree of the turn is determined by the starting position of the take-off and where the competitor lands. For example, a full turn (360°) requires the feet to finish exactly where they started the jump and the entire rotation must be done in mid-air.

### **1.3.4 General execution criteria for Jumps landing**

#### **1.3.4.1 Aerial to front split landing**

An aerial, which lands in a front split position with simultaneous contact of the legs/feet on the floor. The gluteus, quadriceps/ hamstrings, and abductors/adductors engage to cushion the impact of a front drop split. The abdominals contract to maintain an erect upper body in the front split landing.

#### **1.3.4.2 Aerial to prone straddle split landing**

An aerial which lands in a straddle split position with the hips flexed and a distance of 170°- 180° between the legs. The torso leans forward no more than 45° towards the floor and the upper body is supported by the hands. The legs/feet make contact with the floor and are followed quickly by contact with the hands. The legs are straight and knees face the ceiling while in the split position.

#### **1.3.4.3 Aerial to prone straddle sit landing**

An aerial which lands in a straddle sit position with the hips flexed and a distance of 135°- 170° between the legs. The torso leans forward no more than 45° towards the floor, from the upright position, and the upper body is supported by the hands. The legs/feet make contact with the floor and are followed quickly by contact with the hands. The legs are straight and knees face the ceiling while in the sit position.

**Note: the difference between prone straddle split and prone straddle sit landings is the position of the legs/feet.**

#### **1.3.4.4 Aerial Landing to one or two feet**

An aerial that lands on one or two feet. A two-foot landing must be with the feet together. The finish position of a jump with a take-off from two feet, must be in the same place as the take off. Good balance must be shown in all landings.

#### **1.3.4.5 Aerial to two arm push up landing**

An aerial which lands in a pectoralis or triceps push up position with the hands and feet contacting the floor simultaneously. The elbows flex, pectorals contract and the biceps/triceps engage to absorb the impact. When the elbows flex, athletes should control the landing to avoid the chest, hips or knees having any contact with the floor. Abdominals contract to avoid "sagging" in the lower back. To gain full value for the two arm push up landing, the legs and feet must be together in the final position.

### **1.3.5 Front Jete**

Starting in a standing position, leap from one leg to the other where the legs move through a front split position in the air.

### *1.3.6 Straddle Jete JETE*

Starting in a standing position, a sideways leap from one leg to the other where the legs move through a straddle (side) split before landing.

### *1.3.7 Front Switch Jete*

Starting in a standing position, leap from one leg to the other where the legs move into a front split position then quickly switch to split the opposite leg leading before landing.

### *1.3.8 ½ Switch Jete*

Starting in a standing position, leap from one leg to the other where the front leg bends as it switches to the opposite leg leading before landing.

**NB:** The following moves are JUMPS - these are aerial moves which **DO NOT** travel

### *1.3.9 Airjack*

Starting in a standing position, jump vertically from two feet. Whilst in the air the legs abduct (lift out to the side) and return together again before landing with both feet together.

### *1.3.10 Tuck Jump*

Starting in a standing position, jump vertically from two feet. The knees lift up to the chest and return before landing with both feet together.

### *1.3.11 Stag Jump / Leap*

Starting in a standing position, jump vertically from two feet. The front leg is bent in front and the other leg is lifted bent or straight behind before landing with the front foot then the back foot.

### *1.3.12 Split Jump*

Starting in a standing position, jump vertically from two feet. The legs quickly lift to a front split position, parallel to the floor, before landing with both feet together.

### *1.3.13 Straddle Jump*

Starting in a standing position, jump vertically from two feet. The legs lift to a straddle split position, the hands reach for the toes before landing with both feet together.

### *1.3.14 Single Pirouette Jump*

Starting in a standing position, jump vertically from two feet. The body completes a 360° (single) turn in the air before landing with both feet together.

### *1.3.15 Wolf Switch*

A leap from one leg in which the other leg kicks straight to a 90° hip flexion position then bends to a tuck position, while the 'take-off' leg kicks up to a pike (90° hip flexion) position. The torso flexes forward toward the straight leg and the landing is on two feet.

### *1.3.16 Wolf Jump (Cossack)*

A pike jump with one leg extended horizontal to the ground, the other leg flexed at the hip (90°) with the knee bent. Landing and take-off are on two feet simultaneously. Arms and torso flex forward toward legs. One leg kicks to a

horizontal position with knee extended and 90 degrees of hip flexion and the other leg is in a tuck position

### *1.3.17 Pike Jump*

A jump from two feet, in which the legs quickly lift to a horizontal pike position before landing with feet together simultaneously. From a standing position, jump vertically from two feet, flex hips, and kick both legs up to a horizontal position with the knees extended and feet together. Arms and torso flex forward toward the legs in mid-air. Perfect execution requires 45° of torso flexion and 90° of hip flexion, legs in a horizontal position, with legs/feet together.

### *1.3.18 Stretch / Pencil Jump*

Starting with feet together, a two foot take off with body vertical and fully extended, landing with feet together.

### *1.3.19 Pike Leap*

A vertical jump from one foot, in which the legs quickly lift to a horizontal pike position. The torso flexes toward the legs in mid-air showing 45° of torso flexion and 90° of hip flexion.

The legs are in a horizontal position to the floor with the knees straight and feet together. (The landing is to two feet, when landing in the standing position.)

### *1.3.20 Wolf Leap*

A vertical jump from one foot, in which the legs quickly lift to a horizontal pike position. The torso flexes toward the legs in mid-air showing 45° of torso flexion and 90° of hip flexion.

One leg is extended horizontal to the ground, the other leg flexed at the hip (90°) with the knee bent.

## **1.4 Group Four – Flexibility Skill Moves**

**NB:** The following moves are DYNAMIC FLEXIBILITY MOVES – which are NOT held and are executed in an upright body position.

### *1.4.1 Hitchkick or Scissor Kick*

A small leap from one foot to another where the supporting leg momentarily tucks up to the chest prior to the kick and the non-landing leg is kicked straight up to the front of the body. A variation is a scissor kick with the supporting leg is instead kicked straight, followed by the non-landing leg kicked straight up to the front of the body.

### *1.4.2 Hitch and Hold*

A small leap from one foot to another where the supporting leg momentarily tucks up to the chest prior to the kick and the non-landing leg is kicked straight up to the front of the body and held up by the hands.

### *1.4.3 Standing Fan Kick*

A kick where one leg is swept in a fan movement crossing in front of the body and continuing to circle outward to the side. This can also be done with the fan movement circling inward.

### *1.4.4 Supine Fan*

Same as for the standing fan kick, except you are lying on your back.

### *1.4.5 Needle Point*

A split in a standing position on one leg with the other one lifted behind with the body dropped forwards onto the supporting leg. Support may be given by one or both hands. Minimum angle made by legs in split should be 160°.

### *1.4.6 Illusion*



A split standing on one leg the other leg lifted up behind with the body dropped forward onto the supporting leg. The whole body rotates through a 180° (or 360°) turn during the movement. Minimum angle made by legs in split should be 160°.

**Options:**                    ***Both hands give support on the floor***

***One hand gives support on the floor***

***Unsupported – no hands***

**NB: The following are SPLIT MOVES – which are executed on the floor**

### ***1.4.7 Front Split***

A split with one leg flexed straight forward from the hip and the other extended straight behind in an upright position.

### ***1.4.8 Variations of Front Split***

#### **1.4.8.1 Prone Front Split**

Front split with body lying on the front leg

#### **1.4.8.2 Supine Front Split**

Front split lying on the back holding the top leg

#### **1.4.8.3 Side Lying Side Split**

A split lying on the side where the top leg is lifted up to the side and overhead.

### ***1.4.9 Straddle Split***

A split, where both legs are in a very wide straddle position seated on the floor and the body is in an upright position.

### ***1.4.10 Variations of Straddle Split***

#### **1.4.10.1 Pancake**

A straddle split with the chest to the floor between the legs.

#### **1.4.10.2 Supine Straddle Split**

A straddle split lying on the back with the legs open and feet to the floor in line with the head

#### **1.4.10.3 Sit Through**

Starting in a straddle split on the floor, with the body upright. The chest is lowered to the floor and the legs are moved in a backward direction to come together. This can also be done in reverse.

### ***1.4.11 Split Rotation***

A dynamic seated split which rotates from a right or left front split to a straddle split and then rotates to the other side in a front split. Can be done with or without hands on the floor. Correct execution requires three discernible split positions (front, straddle and front) with full range of motion of the hips between front and straddle split, knees fully extended for the entire element. Legs stay at split angle of 180° throughout the entire element. Hips are square

throughout the entire skill.

#### ***1.4.12 Standing Front Split***

A standing split balancing on one leg while the other leg is held in a front split position by the hands. The heel of the support leg should remain on the floor while the unsupported leg is raised into a vertical front split of 180°. The head and neck must be in line with the spine and the shoulders square and in line with each other. The support leg fully extended at the hips with knees fully extended. Knees are fully extended on both legs at the peak of the split. Legs are held static for two counts minimum.

## PART 2 – DESCRIPTION OF CONTRAINDICATED MOVES

**NB:** The following moves are **NOT** allowed as they may cause injury:

### *2.1.1 Straight Leg Sit-Ups*

From lying on your back, sitting all the way up then going back down again. This can cause a lot of strain on the spine.

### *2.1.2 Double Leg Raises, Bicycle and Scissor Kicks*

From lying on your back raising and holding both legs off the floor or crisscrossing or cycling the legs in this position. This can cause a lot of strain on the spine.

### *2.1.3 Full Squats, Deep Knee Bends or Grand Plies*

From a standing bending knees to an angle below 90 degrees then returning to standing. This can cause excessive strain on the knees.

### *2.1.4 Plough*

From lying on the back position, and feet are raised back over behind the head to balance on the neck and shoulders. This can cause a lot of strain on the spine.

### *2.1.5 Side Leg Lifts*

From a hands and knees position, raising and lowering a bent or straight leg to the side of the body. This can cause a lot of strain on the spine.

### *2.1.6 Hurdlers Stretch*

From a seated position with one leg extended forward and the other leg turned out to the side of the body and flexed at 90 degrees or more can cause a lot of strain on the knee.

### *2.1.7 Windmill*

From a standing position flexing forward at the hips to and rotating, as in touching alternate feet. This can cause a lot of strain on the spine.

### *2.1.8 Back Hyperextension*

From any position, and where the back is over arched. This can cause a lot of strain on the spine.

### *2.1.9 Colesnap*

From a squat standing position a jump backwards landing on the arms with extended elbows and hips fully flexed, forming an open 'V' in the air.

## PART 3 – EXECUTION ERRORS OF SKILL MOVES

These are intended to highlight common errors in skill moves which may affect the ranking of a routine.

### 3.1 STATIC STRENGTH SKILL MOVES

Family	Minor Errors	Major Errors
ALL	Bent knees (greater than 10°)	Bent knees (greater than 45°)
	Hyperextension or hyperlordosis of neck/back	
	Not held for 4 counts	Not static/held (uncontrolled position)
		Sitting on hands
		Touching any body part to the floor except fingers/palms
	Final quarter of turn not complete	Final half or more of turn not complete
V press	Legs are 10-20° away from vertical	Legs are 21°+ away from vertical
Straddle position	Legs are wider than 90°	Legs are wider than 135° or narrower than 45°
Planche	Any part of body is not parallel to floor but is within 20°	Body greater than 20° parallel to floor

### 3.2 PUSH UP SKILL MOVES

Family	Minor Errors	Major Errors
ALL	Head, torso and legs are not in one straight line	
	Hyperextension or hyperlordosis of neck/back	
	Bent knees (greater than 10°)	Bent knees (greater than 45°)
		Legs are wider than 90°
		Feet are not held on the toes
		Movement of arms are unequal (one arm is doing more work than the other)
		Start and finish positions are not executed with elbows extended
		Chest touches the floor
		Angle at elbow joint is greater than 90° in down position
	Hands are not in line with shoulders	
		Body is supported by elbow(s) in the down

		position
Freefall		The down position of the push up is not clearly demonstrated
Tricep		Elbow is angled away from the body more than 45°
Tricep hinge		Elbow(s) is angled away from the body more than 45°
		Elbow, forearm and palm are not simultaneously in contact with the floor
		There is no noticeable shift of the centre point of the body in the forward, backward and down positions
Circular hinge		There is not noticeable shift of the centre point of the body in the side, back and down positions
		The hinge is performed only to one side
		Elbow, forearm and palm are not simultaneously in contact with the floor
One arm		Arm not performing the push up touches the floor before full push up movement is completed
	Slight body twist through core area but body still moves up & down as if it were one part	Significant body twist (where body parts are disjointed and not moving as one)
Split		Leg departs from shoulder before full push up movement is completed
Flying	Movement is jerky or disjointed	

### 3.3 AERIAL SKILL MOVES

Family	Minor Errors	Major Errors
ALL	Only a little elevation of the hips (lack of power)	No noticeable elevation of hips
	Hyperextension or hyperlordosis of neck/back	
	Bent knees (greater than 10°)	Bent knees (greater than 45°)
	Off balance landing	
	Feet wider than shoe width on take-off or landing	Feet wider than hip width on take off or landing
	Landing away from place of take off (for jumps only)	
		Landing with more than 45° knee flexion

Front split landing		Feet do not contact the floor before the split position
		Hands do not support landing
Prone straddle sit landing	Upper body (torso) is leaning forward less than 45° towards the floor	
	Straddle range of motion is 160-179°	Straddle range of motion is less than 160°
		Feet do not contact the floor before the split position
		Hands do not support landing
Straddle split landing	Upper body (torso) leaning forward more than 45° towards the floor	
	Straddle range of motion is 160-179°	Straddle range of motion is less than 160°
		Feet do not contact the floor before the split position
		Hands do not support landing
Push up landing		Landing on legs before hands
		Landing one arm before the other
		Touching any part of the body other than hands and feet
	Body is not in alignment	
Turns	Up to a quarter of the turn not completed in take-off ('cheating the turn') or landing	Up to half of the turn not completed in take-off ('cheating the turn') or landing
Air jack	Legs do not reach 90° (legs are between 46° and 89°)	Legs do not reach 45°
Tuck	Knees are not together in air position	
	Knees are lower than horizontal	
Stag	Range of motion between bent upper leg and back leg is less than 90°	Range of motion between bent upper leg and back leg is less than 45°
Wolf (cossack)	Knees are not together in air position	
	Extended leg is within 20° below horizontal	Extended leg is greater than 20° below horizontal
Pike	Legs are not together during the whole movement	
	Legs are within 20° below horizontal	Legs are greater than 20° below horizontal

Jete		Landing on both feet together
Split	Range of motion is 160-179°	Range of motion is less than 160°
	Legs are uneven (front or back leg is lower than the other)	
Straddle	Legs are within 20° below horizontal	Legs are lower than 20° of horizontal
		Straddle range of motion between legs is less than 135°
	Legs are uneven (one leg is lower than the other)	
Switch jete		Switch leg does not pass in front of other leg

### 3.4 FLEXIBILITY SKILL MOVES

Family	Minor Errors	Major Errors
ALL	Bent knees (greater than 10°)	Bent knees (greater than 45°)
	Hyperextension or hyperlordosis of neck/back	
		Position is not held static for 2 counts
	Range of motion between legs is 160-179°	Range of motion is less than 160°
Front split	Back leg is turned out or turned in	Back leg and hip joint are turned out
	Body twist or tilt	
Straddle sit	Knees are turned in or turned out	
Supine		Both buttocks are not on the floor
Prone		Chest does not touch the floor
Side lying split		Supporting leg lifts from the floor
	Body is not in a straight line, body is twisted	
Sit through	Forward motion - movement is not finished with legs together Backward motion - movement is not begun with legs together	
		Chest does not touch the floor
		Both legs do not perform the motion simultaneously
Needle point	Off balance during the movement	
	Not finishing with feet together	
		Supporting foot is not placed flat on the floor

Kick skills	Not finishing with feet together	
	Off balance during movement	
	Supporting heel is up	
Standing split	Supporting heel is up	
	Off balance during the movement	
Illusion	360° turn not completed	Less than 300° turn completed
	Flexion of torso occurs before the lifting of the unsupported leg	
	Off balance during the movement	
	Not finishing with feet together	
Split rotation		Each position (3 splits) is not held static
	Front split - back leg is turned out or turned in	Front split - back leg and hip joint are turned out
	Body twist or tilt	
	Straddle split - knees are turned in or turned out	