JUMP OFF SCORE SHEET

Category	Description	Points	Score
DIFFICULTY	Highest Difficulty 8-10 points: Toe Touch; Front Hurdle; Pike Mid-Range Difficulty 5-7 points: Right/Left Hurdle Low Difficulty 1-4 points: T-Jump; Tuck Jump; Spread Eagle	10	
TECHNIQUE	Pointed Toes - 2 points Arm Placement - 2 points Height - 2 points Landing - 2 points Head and Chest placement - 2 points	10	
OVERALL	Based on overall score as well as overall creativity and poise.	5	
TOTAL POSSIBLE		25	

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