

Summary of Additional Revisions to High School WAG COP 2018-19

- VT -

Clarified:

Jump to Handstand to Flat Back... reworded to:

Jump to Handstand, Fall to Straight Flat Back Position... - (p. 3)

Corrected:

“Handspring to back on stacked mats, beat board only” modified accordingly to “Jump to handstand to back on stacked mats, beat board only” Level 2 column - (p. 7)

~~Min. height for handspring to back: 125cm~~ - (p. 7)

Added:

A beatboard may be used for the last step before a handspring with mini tramp vault. – (p. 7)

Corrected:

Level 1 Vault Column: Min. height for all vaults 110cm (Max. height 125 cm) - (p. 7)

- UB -

Clarified:

Level 3 Jump to front/back hip circle mounts on LB do not fulfill circling element requirement – (p. 13)

Clarified:

No deduction for insufficient amplitude of cast will apply prior to a squat/stoop/straddle to LB (with or without a sole circle), jump to grasp HB. Insufficient backward swing prior to squat on (-0.05) – (p. 9, 13)

Added:

Evaluation and diagrams of cast, circling, and handstand requirements – (p. 23, 24)

- BB -

Added:

Handstand mount, Cartwheel to side handstand mount – (p. 17)

Clarified:

Level 1 “Jump” dismounts and starting position of forward rolls – (p. 17)

- FX -

Clarified:

Level 1, 2, 3 Rebounding out of the last skill (flighted, with hand support) in the acro series – (p. 21)

Clarified:

Level 4 Back tumbling layout criteria and front tumbling criteria – (p. 22). Added “+” superscript to the back tumbling requirement on p. 19 for corresponding notation.

- General –

Clarified: Reference to previous version JO Code of Points, new 2018-2022 JO Code will be used for the High School 2019-2020 season.

Clarified: Minimum split degree requirement for leaps/jumps on BB/FX – (p. 17, 18, 21)

Added: Landing deduction clarifications for vaults, dismounts, landings – (p. 4, 6, 10, 21)

Added: Evaluation and diagrams of level-specific split elements and turns – (p. 25)

- Minor Formatting Changes -

(p. 6) – “yamashita” capitalized correctly to “Yamashita”

(Throughout) increased font size of subscript & superscript notations

(Throughout) changed highlight to grey shading for purposes of black+white printer-friendly versions – if still coming out too dark, please email alexyang3556@gmail.com to notify and request an alternative copy