

JUNIOR HIGH SCHOOL _____

Minimum 4/maximum 16 with NMT differential of 4 less in compulsory round

Round 1/compulsory 1:30 / 10 count drill / 4 skills

competitors _____

(Check uniform, jewelry, nails...)

Precision (2 staggered lines/3 for more than 12, face judges) Start with *feet together*, fists on hips, facing forward.

Start: Hands on hips, fingers in front, facing forward, *feet together*.

1. Lift arms to high V, hands in fists, *feet together*.
2. Swing both arms in front of body (swing out 1 1/2) ending in low V (fists). *Feet together*.
3. Bring hands in front of chest w fingertips at chin level. Audible clap with hands in clap position. *Feet together*.
4. Shoot out to full T with hands in fists. *Feet together*.
5. Break into broken T. *Bring left leg to lib; arch of lt foot should be in line w rt. knee, lt toe pointed toward floor, laces front.* Fists.
6. Break down w both arms crossing **left over right** at wrists (low rocket). **Bring left foot down w feet together.** Fists.
7. Swing out to high V with blades while *poping feet shoulder width apart*.
8. Slap sides with open hands (blades). *Feet hop together*.
9. Bring arms in front of body with hands in fists and elbows to sides (daggers). *Legs in small squat w knees and feet together*.
10. Break right arm up to fight position. Bring left fist back to hip. *Pop feet shoulder width apart.* Fists.

4 Skills One skill from each category; NMT 3 12-pt, or 2 12-pt & 1 14-pt skills

- | | | | |
|----------|---|---|---|
| 1. _____ | F | J | T |
| 2. _____ | F | J | T |
| 3. _____ | F | J | T |
| 4. _____ | F | J | T |

Round 2/open 2:30 / 4 formations/ first jump in unison

competitors _____

(Check uniform, jewelry, nails...)

SPOTTER not required for shoulder sit – ALL SHOULDER AND ABOVE REQUIRE SPOTTER

NO suspended rolls, flairs to cradle at extension level, no flairs at extension level, no inverted entrances.

Extension requires 2 bases & 2 spotters (1 front, 1 back) – **NO** flairs (including walking/moving)

Note: **Show n Go** needs 1 spotter, can have 1 ft, can go above head momentarily/lib OK, kick illegal

Four formations: 1. _____ 2. _____ 3. _____ 4. _____

Unison jump: _____

Exit or mat violations: _____

2.0 Falls / 3 or more: _____

