Level 3 Non Tumbling

Jumps | | 10

- Jumps score higher when athletes keep their chests up and bring their legs to their arm motion.
- Flexed feet. Focus on pointng toes.
- Keep legs straight in jumps.
- Lack of flexibility
- Height in jumps. too high or too low show weak jumps rather than highlight the strong jumpers.

Dance / Motions | | 5

- Lock out arm motions.
- Snap your motions into place.
- Make sure arms are not "loose" or "soft".
- Work on making motion placement uniform.
- Motions in the same place on the same count.
- Add formations
- Add level changes

Technique | | 10

TOTAL | | 25