



# The OCJA Judge Update

## PROGRESSION CHART:

3.1 - 4						
2 different in range or above level skills AND 1 dismount is required from in range or above						
Inversion	Release	Twist	Partner Stunts	Stunts	Tosses	Dis. nts
Non-released inversion TO 1-foot extended stunt	Twist/switch up to extended 1 foot stunt	Full twist to 2-foot extended stunt	Assisted from hands/prep level to 1-foot extended stunt from hands/prep level	1-foot extended group stunt FRONT variation (stretch, bow, etc.) or BACK variation (scorpion, scale, etc.)	Single skill toss with twist	Full twist dismount from 1-foot (lib/ torch/arabesque)
Plank release to two foot extended stunt	Release to 1-foot extended group stunt	1/2 twist to 1-foot extended stunt	Assisted or unassisted variation from ground to 2-foot extended stunt			Full twist (non-released) from 1-foot extended stunt
Hand in hand inversion to prep level	High (extended) to low (prep level) release tie to prep 1-foot stunt	Full around from any prep level stunt to 2-foot extended stunt				Full twist dismount from stunt at hands/prep level partner stunt
Round off OR handspring released inversion to 2-foot prep level						Straight cradle from extended FRONT variation (stretch, bow, etc.) or BACK variation (scorpion, scale)
Suspended roll with full twist	Horizontal release move with 1/2 twist to extended level group stunt					
	Horizontal release move with full twist to prep level group stunt					

Remember to use the **progression chart WITH the difficulty sheet** as you are choreographing stunts in your routine. As you add skills, what pushes you through the range is skills that are IN or ABOVE the range you are stunting in. Also the pace in which you stunt as well!

Have a question about the progression chart?  
Reach out!

### STUNT DIFFICULTY

0.6 - 1
2 different in range or above level skills AND an in range dismount OR 3 different in range or above level skills
1.1 - 2
2 different in range or above level skills AND 1 dismount is required from in range or above
2.1 - 3
2 different in range or above level skills AND 1 dismount is required from in range or above
3.1 - 4
2 different in range or above level skills AND 1 dismount is required from in range or above
4.1 - 5
2 different in range level skills AND 1 dismount is required in range



*How can I ask a question about my scoresheet or safety?*

Fill out the **GOOGLE FORM** at the link to the right ----->

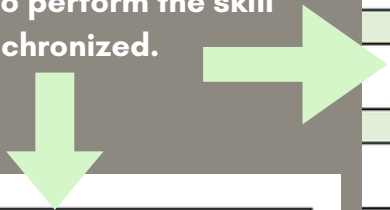
Please allow up to 3 days for a response.



# MAXIMIZING THE JUMP SCORESHEET

The language of the jump rubric has changed, see what is listed in **RED**.

Please note that majority for your jumps is 75% of the athletes on the mat AND they have to perform the skill synchronized.



JUMP DIFFICULTY	
1	
Synchronized single jump - such as straight jumps, tucks, stars, etc.	
2	
Synchronized double jump combo with no variety.	
3	
Synchronized double jump combo with variety.	
4	
Synchronized triple jump combo with no variety OR synchronized double jump combo with no variety +1 additional synchronized jump.	
5	
Synchronized triple jump combo with variety OR synchronized double jump combo with variety +1 additional synchronized jump.	
<p>*MAJORITY for jumps is 75%. Jumps cannot be recycled to get into a specific difficulty range.</p> <p>*The point ranges are for specific skill sets performed by a MAJORITY of the team. If a team fails to do one component in a difficulty range, their score will drop to the next lowest difficulty range.</p> <p>*Variety means at least two different jumps. In order to be considered connected, a whip (continuous) approach must be used (no pause).</p>	

Jump Majority Cheat Chart	
The number below reflects the 75% needed to get the team into the difficulty range.	
# of Athletes	# of Jumpers
4	3
5	4
6	5
7	6
8	6
9	7
10	8
11	9
12	9
13	10
14	11
15	12
16	12
17	13
18	14
19	15
20	15
21	16
22	17

## Execution Tips:

Watch athlete arm placement as a team

Lift-LAND-Lift in double jumps

Pay attention to feet placement in between double jumps

## Coaching Tips:

Choose jumps that highlight your team, not just one or two athletes

Video tape your team jumping and have them watch themselves as a whole unit



Click the OCCA logo to check out the 23-24 scoresheets and rubrics!

Questions? Email the OCJA at the following address: [ocjacommunications@gmail.com](mailto:ocjacommunications@gmail.com)