

# JOGA

## Jersey Optional Gymnastics Association Skill Development Guidelines

### Requirements:

JOGA D athletes are no longer required to register with the JOGA League.

#### **A: Vaulting** – Total Points = (2 Tries, highest score counts)

	5 Point Skills		10 Point Skills
1	Handspring w/Mini-Tramp	1	Handspring w/ board
Bonus			

#### **B: Uneven Bars** – Total Possible Points = 75

	5 Point Skills	10 Point Skills	15 Point Skills
1	Pull Over		
2	Back Hip Circle	Front Hip Circle	
3		Squat onto LB	
4	Long Hang Pullover	Long Hang Kip	
5	Back Hip circle	Cast Away-Long Hang Pullover	
6	Sole Circle Dismount	Fly Away Dismount	
Bonus	Glide Kip		Glide Kip

#### **C: Balance Beam** – Total Possible Points = 100

(Skills done on medium height beam with matting, routine done in numerical sequence)

	5 Point Skills	10 Point Skills	15 Point Skills
1	Squat mount	Squat through to Clear Pike Hold	
2	½ Turn-Pivot Turn	360 degree Toe Turn	
3		Step-step-leap-sissone Series	
4	Scale (90-150 degrees)	Scale	
5	Cat Leap-Handstand	Cat leap-side handstand-straddle down	
6	Stretch jump-tuck jump	Stretch jump-1/2 turn-wolf jump	
7	Cartwheel	Back Walkover	
8	Round off Dismount	Barani Dismount	Cartwheel Dismount Timer
Bonus			

#### **D: Floor Exercise** – Total Possible Points = 100 (Skills done in numerical order)

	5 Point Skills	10 Point Skills	15 Point Skills
1	Handstand Roll (straight arms)	Back Extension Roll (Straight arms)	
2	Back Walkover	Front Walkover	
3	Catleap-RO-Straddle Jump (150 degrees)	Catleap-RO-Straddle Jump (150-180 deg)	
4	Round off, straddle jump	RO-2 back handsprings	RO-BHS-Back Salto
5	Leap-leap-side leap (150 degrees)	Leap-leap-side leap (180 degrees)	
6	Pirouette ½	Pirouette 1/1	
7	Front Handspring Step Out	Front Handspring (2 foot)	Flyspring
8	Tuck jump-stretch jump 1/1	Wolf jump-stretch jump 1 ½	
9	Dive Cartwheel	Side Aerial	Front Salto
Bonus			