

Run and Hurdle step with 2-footed take-off from springboard to land on 60cms platform  
 Girls (platform longways) – walk to end (not marked) – jump off from 2 feet to land with control  
 Boys (platform sideways) – immediate rebound jump off from 2 feet to land with control

PHASE	EXECUTION FAULTS	Small	Medium	Large	Falls
<b>Run-up (ALL)</b>	Slows before reaching springboard (shuffles)	0.10	0.30	0.50	
<b>Hurdle step on onto Springboard (ALL)</b>	Feet on SB before actual hurdle step  Runs up SB Double bounce on SB Bad placement of arms on SB Shoulders in front of feet	0.10 (one)	0.30 (both)  0.30 0.30	0.50	
<b>From SB to Block (ALL)</b>	Poor co-ordination of arms Rebound not immediate (stop) Rebound not from 2 feet Failure to maintain straight body position Lack of Height	0.10  0.10 0.10	0.30  0.30 0.30	0.50 0.50	
<b>Landing on Block (ALL)</b>	Legs apart Movements to maintain balance: Extra steps, slight hop (each) Very large steps Extra arm swings Additional trunk movements Deep squat Support on mats with 1 or 2 hands (fall)	0.10  0.10 0.10 0.10	0.30  0.30 0.30	0.50  0.50	1.00
<b>Jump from Block to Landing Mat (GIRLS)</b>	Deviation from straight body shape Landing faults Extra steps, slight hop Extra Arm Swings Deep Squat Fall against mat Failure to show final stretch position before moving away	0.10  0.10 0.10	0.30  0.30 0.30	0.50	1.00
<b>Rebound Jump from Block to landing mat (BOYS)</b>	Not immediate rebound Movements to maintain balance: extra steps, slight hops (each) Very large step Extra arm swings Body posture fault Deep squat Support on mat 1 or 2 hands (fall) Failure to show final stretch	0.10  0.10 0.10 0.10	0.30  0.30 0.30	0.50  0.50 0.50	1.00
<b>General (ALL)</b>	Insufficient Dynamics Lack of body tension in any phase Legs separated Arms or legs bent (each)	0.10 0.10 0.10 0.10	0.30 0.30 0.30 0.30	0.50  0.50	