**NFHS GYMNASTICS 2022-24**

**GROUP 1 LEAPS THAT QUALIFY FOR THE DANCE PASSAGE**

Modified 10/04/22

A leap must take off from one foot and land on the opposite foot or lands on 2 feet. A Switch leap that lands on the same foot may also qualify as a leap. An element is considered a jump if it takes off from both feet, ie., sissonne. The cross or side split position is determined by the extension of the front leg. The front leg must be completely extended. The rear leg may be bent into the ring position. The following Group 1 leaps qualify for the Dance Passage on Floor Exercise. Jumps do not qualify for the Dance Passage. If a box has a “lp/jp” listed in the description, only the leap (lp) may be used for the Dance Passage – not the jump (jp). Jumps can be used in the Dance Passage as one of the two required Group 1 elements but not as the required leap. Additionally, stags and double stags do not count.

1.106a 1.206a 1.306 Only the leaps not the jumps or stags

1.206c

1.107 1.207 Only the leaps, not the jumps

1.109 1.209 1.309 1.409 All of the switch leg leaps in this row count

1.111b 1.211a 1.311a 1.411a All of the tour jetes count but not the sissonne

1.211b 1.311b 1.411b

1.112 1.212 Only the ring leaps in this row, not the jumps or stags