

# BSGA Rhythmic Gymnastics National Competition

## Level 1 – Set and Optional Routines

*All sequences should be performed to a piece of music of your choice as per BSGA rules.*

*Mark schemes for all routines are at the end of this booklet.*

*Diagrams for all body moves are available in the BSGA Competition Handbook*

### Under 9

#### Solo Hoop and Ball Set Sequence

TEN Skills in each Sequence (5 Body + 5 Apparatus) each worth 1 mark:

##### Hoop

Dance Step  
Skip through hoop  
Spin hoop  
Passé Balance  
Swing hoop  
Chainé Turn  
Kneeling Backbend  
Roll hoop  
Cat Leap  
Rotate Hoop

##### Ball

Dance Step  
Bounce ball  
Roll ball on arms  
Passé Balance  
Swing Ball  
Chainé Turn  
Kneeling Backbend  
Roll ball  
Cat Leap  
Tosses of ball

Additionally, 10 Marks are awarded for Overall Impression.

#### Hoop

Suggested count of eight for each of the sections listed below

START: Feet together, knees bent slightly & feet twisted to R side, Hoop held vertically in both hands, out to L side in door plane

1. Jump twisting feet to L side, moving Hoop across & out to R side, jump feet to face front, Hoop in front, arms bent.  
Repeat to other side, then repeat ALL again (8 counts)
2. 8 spring jetés, (jogs) R – L – R – L – R – L – R – L turning on spot 360° to R, Hoop held flat above head, and tilted up and down
3. 4 Skips forward through Hoop towards front – 8 counts  
(skip, step – skip, step – skip, step – skip, step)
4. Spin Hoop on floor in front of body & Passé Balance. Collect Hoop
5. Step & swing with knee bend down and out to side R, Hoop held in both hands in door plane (vertically). Repeat swing to L side.  
Repeat again to R side, releasing L hand, & pass Hoop overhead from R to L hand, finish with Hoop out to R side in both hands
6. Repeat all of No. 5 starting with swing to L side
7. Run round in curve to R (clockwise) holding Hoop in 2 hands in table plane (horizontally) just below shoulder height.
8. Step sideways R foot towards front of area & chainé turn, Hoop held in two hands above head in table plane. Squat down, bringing Hoop over body & flat onto floor, then place hands on floor & bunny jump to side out of Hoop
9. From squat, move onto L knee, placing L hand on the floor over edge of Hoop, stretch R leg out sideways and Arch (bend) sideways/slightly backwards with free (R) arm overhead.
10. Recover from side bend, stand up, and prepare for roll of Hoop
11. Roll Hoop towards side/front corner, run several steps & do a Cat Leap alongside Hoop. Collect Hoop
12. Travel sideways to R with 3/4 Grapevine Steps, rotating Hoop on one or two hands in door plane

FINISH in position (pose) of choice

#### Ball

Suggested count of eight for each of the sections listed below

START: Feet together, knees bent slightly & feet twisted to R side, Ball held in both hands, up resting in front of L shoulder

1. Jump twisting feet to L side, moving Ball across & out to R side, jump feet to face front, Ball in front of chest, arms bent  
Repeat to other side, then repeat ALL again (8 counts)
2. 8 spring jetés, (jogs) R – L – R – L – R – L – R – L turning on spot 360° to R, Ball rotating forwards between two hands
3. 6 Side Gallops towards front, R foot, bouncing Ball 1 or 2 hands (1 bounce on each gallop). Catch Ball, feet together facing front
4. Step forward & Roll Ball up chest with two hands, stretch arms forward & let Ball roll down to hands whilst doing Passé Balance

5. Step & swing with knee bend down and out to side R (door plane) Ball balanced on R hand. Repeat swing to L side. Repeat again to R side, & pass Ball overhead from R to L hand, finish with Ball on L hand, arm across body out to R side.
6. Repeat all of No. 5 starting with swing to L side
7. Run round in curve to R (clockwise) holding Ball on R hand, taking arm from across body out to R side in table plane
8. Step sideways R foot towards front of area & chainé turn, passing Ball behind waist from R hand to L & back to R  
Squat down, then move forward onto knees whilst placing Ball onto front of R shoulder with R hand & hold it there
9. Place L hand to side on floor & stretch R leg out straight to side.  
Arch (bend) sideways/backwards, keeping Ball on shoulder.
10. Recover from side bend, stand up, and prepare for roll of Ball
11. Roll Ball towards side/front corner, run several steps & do a Cat Leap alongside Ball. Collect Ball (one hand if possible)
12. Grapevine Steps to R side, tossing Ball 3/4 times, 1 or 2 hands

**FINISH** in position (pose) of choice

### Hoop Group Set Sequence (4-20 gymnasts)

Set Hoop routine as stated for Individuals and as set out below. For Group apply the blue text to create different formations and patterns with group members.

Suggested count of eight for each of the eight sections listed below

**START:** Feet together, knees bent slightly & feet twisted to R side, Hoop held vertically in both hands, out to L side in door plane

*Group starts in centre of floor space, fairly close together, choice of group formation, and which direction each individual is facing.*

1. Jump twisting feet to L side, moving Hoop across & out to R side, jump feet to face front, Hoop in front, arms bent  
Repeat to other side  
4 spring jetés, R – L – R – L turning on spot 360° to R, Hoop held in door plane (vertically) in front  
*Group perform No. 1 in UNISON*
2. 4 Skips forward through Hoop towards front  
(skip, step – skip, step – skip, step – skip, step)  
*All group members perform skips travelling outwards away from centre, either to various sides/corners or all to same side/corner*
3. Spin Hoop on floor in front of body & Passé Balance. Collect Hoop  
*All/each member choose which direction to face and perform  
No. 3 in UNISON or CANON*
4. Step & swing to side L, Hoop held in both hands & swinging down & out to side in door plane (vertically)  
Repeat swing to R side  
Repeat again to L side, releasing R hand, & passing Hoop overhead from L hand to R hand, finish with Hoop extended to L side in both hands  
*Perform No. 4 in CANON, choice of 1 or more gymnasts at a time.  
Face whichever way you like.  
Whilst waiting for turn, take-up/show pose or small movement*
5. Run round in semi-circle curve to R (clockwise) holding Hoop in 2 hands, table plane (horizontally) just below shoulder height  
Step sideways R foot towards front of area & chainé turn, Hoop held in two hands above head in table plane  
*On run round, group members run clockwise into small or large circle.  
Choose which direction for each gymnast to perform Chainé turn*
6. Squat down, bringing Hoop over body & flat onto floor  
Place hands on floor & bunny jump to side out of Hoop  
From squat, move onto one knee, placing nearest hand on the floor over edge of Hoop, stretch other leg out sideways and Arch (bend) sideways/slightly backwards with free arm overhead.  
*Choose which direction for each gymnast to face for No. 6*
7. Stand up with Hoop, Roll Hoop towards side/front corner, run several steps & do a Cat Leap alongside Hoop. Collect Hoop  
*Hoop to be rolled in different directions so that gymnasts cross over each other, can be performed in Unison or in Canon.*
8. Travel sideways to R with 3/4 Grapevine Steps, rotating Hoop on one or two hands in door plane  
*As performing grapevine, gymnasts to work their way into a straight line – line can be front/back, side/side, diagonal  
Perform own movement of choice whilst in the line showing changes of level.  
Move into group shape for finish in position of choice*

**FINISH** in group position (pose) of choice

## Under 11 Solo Ribbon Set Sequence

TEN Skills in Ribbon Sequence (5 Body + 5 Apparatus) each worth 1 mark:

Passé Balance  
Dance Steps  
Scissor Leap  
Body Wave  
Double Chainés Turns

Snakes of the ribbon  
Coils (small circles) of the ribbon  
Swings (horizontal side to side)  
Figure of 8 holding ribbon end in one hand  
Toss and catch of ribbon stick

Additionally, 10 Marks are awarded for Overall Impression.

Suggested count of eight for each of the sections listed below

START: Kneeling on R knee, sitting back on heel, L foot on floor beside R knee. R hand palm upwards holding ribbon stick beside R hip, stick and ribbon behind body (back by R foot), head down

1. Slowly rise up onto toes of both feet, then lift one foot up into Passé Balance, whilst bringing R arm forward and up above head, with horizontal snakes, wrist moving side to side
2. 8 jogs (springs, jetés) on the spot with 360° turn to R, R arm forwards and snaking vertically, wrist moving up and down
3. Repeat above with 360° turn to L
4. Few running steps (or chasse) forwards into Scissor Leap, swing R arm forwards, up and back full circle, finishing arm in front
5. Pause on toes, both feet together, R arm high above head, with fingers pointing down and performing coils with the Ribbon in front & to side of body L arm stretched sideways, shoulder height
6. Step to side R swinging R arm across front of body and out to R side at shoulder height (table plane) leaving L foot pointed on floor at side. Transfer weight across to L swinging R arm across front of body and out to L side at shoulder height (table plane). Swing again to R side into 360° turn to R with 3 steps: R – L – R allowing ribbon to float horizontally around at shoulder height on turn. Finish weight on R foot, arm out to R
7. Repeat the swings starting to the L and on turn to the L, circle R arm overhead. Finish weight on L foot, R arm across body to L
8. Immediately place finger & thumb of L hand lightly around the end of the stick, & the swivel, and swinging the R arm out to R side with a quarter R turn (to face sideways on to front) feet together, pull the ribbon through the fingers & thumb until the end of Ribbon is caught and gripped in the L hand, straight into a Figure of Eight i.e. – with L arm at shoulder height in front and holding ribbon end, swing R arm down and back on R side into full circle up and over the top of the L arm and down to L side, Repeat Figure of Eight once more
9. Perform two more Figure Eights together with a Body Wave
10. Still holding Ribbon end, turn quarter L to face front swinging R arm underneath L arm and toss Ribbon Stick up and over L arm to catch again in R hand
11. Step side R into chainé turn to R x 2, circling ribbon outwards overhead on each turn
12. Stretching R arm forwards and low, coil the Ribbon outwards whilst running backwards on toes, and into a slight curve to L. Turn half turn to R with swing of R arm down in front of body and up to finish with flick of ribbon over R shoulder, weight on R foot, L foot placed beside R on toes, heel lifted, L hand on hip, head turned to R

## Solo Hoop Sequence with Optional Skills

TEN Skills in Hoop Sequence (5 Body + 5 Apparatus) each worth 1 mark:

**Construct your own sequence** choosing one body skill from each of the five listed categories, in the order they are listed. YOU choose which Leap, Balance, Turn and Bend. YOU make up your own Dance Steps and Travel Steps.

You can link any Apparatus Skill from the list given with any of the Body Skills, so therefore can perform the Apparatus Skills in any order, but you must show each of the FIVE Apparatus Skills at some point – either with or without a Body Skill. You are allowed to repeat Apparatus Skills, but must show variety.

Dance Steps & Travelling steps must be included but you can use more than one and also use other link moves of choice.

### BODY SKILLS

1. **Leaps** – choose one from:  
a) Stag Leap                      b) Scissors Leap              c) Jump Turn 360°
2. **Balances** – choose one from:  
a) Passé Balance                  b) Front Leg Lift              c) Knee Balance
3. **Turns** – choose one from:  
a) Passé Pivot                      b) Double Chainés            c) Mushroom Pivot

4. **Bends/Waves** – choose one from:  
 a) Front Body Wave                      b) Front or Side Splits c) Kneeling Bend

5. **Dance/Travel Steps** – at least two series of your own choice

HOOP SKILLS

- Rotations – at side, in front, or overhead
- Boomerang Roll
- Spin on Floor with hand contact
- Swings (horizontal side to side) into turn & pass behind
- Throw & Catch of the Hoop

*Both the Body Skills and the Apparatus Skills allow you plenty of choice. You can select your own movements and you can decide how to put them together. Try to make a flowing sequence whereby movements are continuous and link easily from one into the next.*

*It will help if you try to work in counts of eight for each part.*

*It will also help greatly if you listen to the music and try to keep in time with it by performing appropriate moves with the beats or accents in the music, and move accordingly with the slow or fast parts of the music. This will result in good marks for musical expression and interpretation.*

**Ribbon Group Set Sequence (4-20 gymnasts)**

Set Hoop routine as stated for Individuals and as set out below. For Group apply the blue text to create different formations and patterns with group members.

Suggested count of eight for each of the sections listed below

START: Kneeling on R knee, sitting back on heel, L foot on floor beside R knee. R hand palm upwards holding ribbon stick beside R hip, stick and ribbon behind body (back by R foot), head down

*Group starts in a straight line – either side/side, front/back or diagonal*

1. Slowly rise up onto toes of both feet, then lift one foot up into Passé Balance, whilst bringing R arm forward and up above head, with horizontal snakes, wrist moving side to side  
*Perform No. 1 in CANON, one or more gymnasts at a time starting to rise up*
2. 8 jogs (springs, jetés) on the spot with 360° turn to R, R arm forwards and snaking vertically, wrist moving up and down  
*Perform No. 2 in UNISON*
3. Repeat above with 360° turn to L  
*Perform No. 2 in Unison but each gymnast moving slightly out of the line into a different group formation*
4. Few running steps (or chasse) forwards into Scissor Leap, swing R arm forwards, up and back full circle, finishing arm in front  
*Choose direction of travel – can be the same, or different for different gymnasts*
5. Pause on toes, both feet together, R arm high above head, with fingers pointing down and performing coils with the Ribbon in front & to side of body L arm stretched sideways, shoulder height  
*Perform No. 5 in unison in arrival place following the travel, but with each gymnast taking up a different pose (position) to perform the coils*
6. Step to side R swinging R arm across front of body and out to R side at shoulder height (table plane) leaving L foot pointed on floor at side. Transfer weight across to L swinging R arm across front of body and out to L side at shoulder height (table plane). Swing again to R side into 360° turn to R with 3 steps: R – L – R allowing ribbon to float horizontally around at shoulder height on turn. Finish weight on R foot, arm out to R  
*Perform No. 6 and No. 7 in any order, can be the same or different for different gymnasts, facing any direction or each other, can be performed in Unison or in Canon*
7. Repeat the swings starting to the L and on turn to the L, circle R arm overhead. Finish weight on L foot, R arm across body to L
8. Immediately place finger & thumb of L hand lightly around the end of the stick, & the swivel, and swinging the R arm out to R side with a quarter R turn (to face sideways on to front) feet together, pull the ribbon through the fingers & thumb until the end of Ribbon is caught and gripped in the L hand, straight into a Figure of Eight i.e. – with L arm at shoulder height in front and holding ribbon end, swing R arm down and back on R side into full circle up and over the top of the L arm and down to L side, Repeat Figure of Eight once more  
*All gymnasts face the same way to perform the Figure Eight second half No. 8 and the Body Wave No. 9. Extra swings might be needed to get into step together*
9. Perform two more Figure Eights together with a Body Wave
10. Still holding Ribbon end, turn quarter L to face front swinging R arm underneath L arm and toss Ribbon Stick up and over L arm to catch again in R hand  
*Gymnasts face direction of choice for toss*
11. Step side R into chainé turn to R x 2, circling ribbon outwards overhead on each turn

Perform No.11 in CANON, choose direction of travel, some/all may turn to R or L

12. Stretching R arm forwards and low, coil the Ribbon outwards whilst running backwards on toes, and into a slight curve to L.  
Turn half turn to R with swing of R arm down in front of body and up to finish with flick of ribbon over R shoulder, weight on R foot, L foot placed beside R on toes, heel lifted, L hand on hip, head turned to R  
All gymnasts running backwards towards the centre and towards each other (not TOO close) finish facing direction of choice and position of choice in group formation

## Over 11 Solo Rope Set Sequence

TEN Skills in Rope Sequence (5 Body + 5 Apparatus) each worth 1 mark:

Back Bend on Knees	One-end Release of ROPE
Skips on Spot with ROPE	Turning Cat Leap
Travelling Skips with ROPE	Two-fold ROPE work
Mushroom Pivot Turn	Front Leg Lift Balance
Swings of ROPE	Dance Steps

Additionally, 10 Marks are awarded for Overall Impression.

Suggested count of eight for each of the sections listed below

- START: Facing R diagonal front kneeling on both knees, sitting on heels and curled forwards over knees, Rope folded in 3 lying across knees, arms outstretched sideways, fingertips on floor
1. Uncurling top half of body, lift arms up sideways to overhead (5<sup>th</sup> position), bend arms & bring them down to place on centre of folded Rope on knees. Slide hands along Rope and grip ends
  2. Kneel up (open knees slightly) and stretching arms up overhead lean back and arch into back bend
  3. Recover to upright position on knees, stand up retaining knot of Rope in each hand release centre loop, swing two-fold Rope in Figure of Eight down on R side then L side, then again R & L
  4. Open Rope and perform eight boxer skips (jogging one foot to other) on the spot, then eight more with arms crossing on 5<sup>th</sup>, open on 6<sup>th</sup>, cross on 7<sup>th</sup>, open on 8<sup>th</sup>
  5. Travel forwards with four slow skips, with a Pas de Bas (3 step pattern) on each skip, arms stretching high overhead each time
  6. Continue high arm swing overhead and place R foot forward on heel, toe lifted high then trap Rope under R foot, bend R knee in preparation for Pivot, R arm forwards, L arm sideways holding tension on Rope. Mushroom Pivot holding both arms forwards/sideways and keeping tension on Rope  
Immediately at end of Pivot, release Rope from R foot opening arms sideways, Rope in U shape in front of body.
  7. Step and swing to side L (pendulum swing) with L arm up, R arm down keeping arc of the Rope, repeat swing to R, then to L again into 360° turn to L swinging Rope overhead keeping arc of the Rope, finishing with swing to L
  8. Repeat the above swings and turn, starting with swing to R first and turn to R
  9. At end of turn and on swing to R, release end of Rope from L hand, and with quarter turn to L, run forwards with Rope trailing on floor behind in R hand, perform a high hop in passé position pulling R arm through from behind to front to flick end of Rope up in front and catch end in L hand
  10. Immediately (as end of Rope is caught) swing both arms down on R side of body with half turn to R opening arms out sideways into four slow backward skips on the spot, feet together, two jumps on each rope turn, arms doing full extended circle overhead.
  11. On last back circle, stop feet, bend knees a little and lift the heels to trap Rope under the heels, slight pause, then swing Rope up from behind and as arms come overhead, put both knots into the R hand and swing Rope inwards overhead to perform helicopter circles overhead
  12. Turn L and run in curve to L and chassé L foot leading into turning cat leap to L, finish facing sideways on to front
  13. Perform a Balance on the toes of one foot, free leg extended straight forwards, Rope performing three helicopter swings overhead
  14. Catch the loop of the Rope in L hand, with quarter turn to face front and jump over (skip through) two-fold Rope
  15. Let go of loop from L hand and whilst making another helicopter swing overhead keep hold of folded Rope in R hand but grip one knot in L hand and pull it downwards through the R hand to finish Rope in three – one third single and vertical in front and 2/3 double Rope overhead.  
Continue helicopters with 2/3 Rope and perform a dance step : spring to side R onto R foot, close L to R, spring again to side R and place L heel on floor at side, repeat step to L, then again to R, jump feet together with knee twist to R, repeat jump with knee twist to L
  16. Catch loop of Rope in L hand (Rope now three-fold) and place the folded Rope around the neck and perform either a Cartwheel or a Forward or Backward or Scramble Roll.  
Finish in a position of choice on the floor, in contact with Rope

## Solo Ribbon Sequence with Optional Skills

TEN Skills in Ribbon Sequence (5 Body + 5 Apparatus) each worth 1 mark:

Construct your own sequence choosing one body skill from each of the five listed categories, in the order they are listed. YOU choose which Leap, Balance, Turn and Bend. YOU make up your own Dance Steps and Travel Steps.

You can link any Apparatus Skill from the list given with any of the Body Skills, so therefore can perform the Apparatus Skills in any order, but you must show each of the FIVE Apparatus Skills at some point – either with or without a Body Skill. You are allowed to repeat Apparatus Skills, but must show variety.

Dance Steps & Travelling steps must be included but you can use more than one and also use other link moves of choice.

### BODY SKILLS

1. **Leaps** – choose one
  - a) Jump Turn 360°
  - b) Cabriole
  - c) Cossack Leap
2. **Balances** – choose one
  - a) Arabesque
  - b) Front or side Leg Lift
  - c) Knee Balance
3. **Turns** – choose one
  - a) Double Passé Pivot
  - b) Mushroom Pivot
  - c) Front Leg lift
4. **Bends/Waves** – choose one
  - a) Back Body Wave
  - b) Fouetté Half Turn
  - c) Kneeling or standing Bend
5. **Dance/Travel Steps** – at least two series of your own choice

### RIBBON SKILLS

Snakes of the Ribbon with the Pivot Turn  
Coils (small circles) of the Ribbon with one set of Dance Steps  
Swings (side to side, Ribbon either vertical or horizontal)  
Fig. 8 with spirals (Ribbon circle horizontal inwards overhead & underneath in front)  
Toss / small throw & Catch of Ribbon Stick

*Both the Body Skills and the Apparatus Skills allow you plenty of choice. You can select your own movements and you can decide how to put them together. Try to make a flowing sequence whereby movements are continuous and link easily from one into the next.*

*It will help if you try to work in counts of eight for each part.*

*It will also help greatly if you listen to the music and try to keep in time with it by performing appropriate moves with the beats or accents in the music, and move accordingly with the slow or fast parts of the music. This will result in good marks for musical expression and interpretation.*

## Rope Group Set Sequence

Set Rope routine as stated for Individuals and as set out below. For Group apply the blue text to create different formations and patterns with group members.

Suggested count of eight for each of the sections listed below

START: Facing R diagonal front kneeling on both knees, sitting on heels and curled forwards over knees, Rope folded in 3 laying across knees, arms outstretched sideways, fingertips on floor

*Start in Group formation of choice, at centre back of floor space, all facing R front corner*

1. Uncurling top half of body, lift arms up sideways to overhead (5<sup>th</sup> position), bend arms & bring them down to place on centre of folded Rope on knees. Slide hands along Rope and grip ends  
*Perform No. 2 and No. 3 in UNISON*
2. Kneel up (open knees slightly) and stretching arms up overhead lean back and arch into back bend
3. Recover to upright position on knees, stand up retaining knot of Rope in each hand release centre loop, and keeping wrists close together swing two-fold Rope in Figure of Eight down on R side then L side, then again R & L  
*As stand up, group split into two sub groups, one facing front R corner one facing front L corner*
4. Open Rope and perform four boxer skips (jogging one foot to other) on the spot, then four more with arms crossing on 5<sup>th</sup>, open on 6<sup>th</sup>, cross on 7<sup>th</sup>, open on 8<sup>th</sup>  
*In CANON - one group performs all of No. 4 whilst the other group continues with the Figure of Eight swings on the R & L sides, then sub groups swap skills*
5. Travel forwards with four slow skips, with a Pas de Bas (3 step pattern) on each skip, arms stretching high overhead each time

- In UNISON, each of the two sub groups travels to the corner they are facing
6. Continue high arm swing overhead and place R foot forward on heel, toe lifted high then trap Rope under R foot, bend R knee in preparation for Pivot, R arm forwards, L arm sideways holding tension on Rope. Mushroom Pivot holding both arms forwards and keeping tension on Rope Immediately at end of Pivot, release Rope from R foot opening arms sideways, Rope in U shape in front of body.  
Choose which direction to face to perform No. 6
  7. Step and swing to side L (pendulum swing) with L arm up, R arm down keeping arc of the Rope, repeat swing to R, then to L again into 360° turn to L swinging Rope overhead keeping arc of the Rope, finishing with swing to L  
Perform No. 7 and No. 8 in any order, each group going the same or different ways
  8. Repeat the above swings and turn, starting with swing to R first and turn to R
  9. At end of turn and on swing to R, release end of Rope from L hand, and with quarter turn to L, run forwards with Rope trailing on floor behind in R hand, perform a high hop in passé position pulling R arm through from behind to front to flick end of Rope up in front and catch end in L hand  
Two sub groups run towards each other with Rope trailing on floor into hop and catch end of Rope, meeting up to face a partner (not too close)
  10. Immediately (as end of Rope is caught) swing both arms down on R side of body with half turn to R opening arms out sideways into four slow backward skips on the spot, feet together, two jumps on each rope turn, arms doing full extended circle overhead.  
Face partner and Mirror each other on backward skips
  11. On last back circle, stop feet, bend knees a little and lift the heels to trap Rope under the heels, slight pause, then swing Rope up from behind and as arms come overhead, put both knots into the R hand and swing Rope inwards overhead to perform Helicopter circles overhead  
Face and Match partner getting into and performing Helicopters
  12. Turn L and run in curve to L and chassé L foot leading into turning cat leap to L, finish facing sideways on to front  
In own space with partner, run round each other with chassé and cat leap to swap places and finish one behind the other (not too close) facing direction of choice
  13. Perform a Balance on the toes of one foot, free leg extended straight forwards, Rope performing three helicopter swings overhead  
Rear gymnast perform No. 13, front gymnast performs a Knee Balance with the same Helicopters
  14. Catch the loop of the Rope in L hand, with quarter turn to face front and jump over (skip through) two-fold Rope  
Front gymnast stands and both perform No. 14 in CANON
  15. Let go of loop from L hand and whilst making another helicopter swing overhead keep hold of folded Rope in R hand but grip one knot in L hand and pull it downwards through the R hand to finish Rope in three – third single vertical in front and 2/3 double Rope overhead.  
Continue helicopters with 2/3 Rope and perform a dance step : spring to side R onto R foot, close L to R, spring again to side R and place L heel on floor at side, repeat step to L, then again to R, jump feet together with knee twist to R, repeat jump with knee twist to L  
Whole group perform Dance Step in UNISON, then add travelling steps of choice to move into a different group formation
  16. Catch loop of Rope in L hand (Rope now three-fold) and place the folded Rope around the neck and perform either a Cartwheel or a Forward or Backward or Scrabble Roll.  
Perform acrobatic skill in direction of choice  
Finish in a position and group formation of choice showing different levels, everyone in contact with one or more Ropes, separately or inter-twined.

Under 9 Judging Sheets

Hoop Solo

School:

Gymnasts Name:

	Marks		Score
<b>SKILLS</b>	<b>10</b>	<i>During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed</i>	
Dance Step	1	Feet together on jumps, feet & ankles stretched throughout, light and bouncy	
	0.5	Feet apart on the jumps and/or feet & ankles not stretched, heavy footwork	
	0	Dance steps not recognisable or not performed.	
Skip through HOOP	1	Skips through smooth & clean, toes pointed, Hoop not touching feet or floor	
	0.5	Skips performed hesitantly and/or hoop touches feet or floor during skips	
	0	Skips not performed or hoop is dropped.	
Spin HOOP	1	Hoop stays on the same spot, remains vertical, shows at least two clear rotations	
	0.5	Hoop shows at least 1 clear rotation but moves off the spot and/or begins to drop	
	0	Hoop does not complete one clear rotation.	
Passé Balance	1	Balance is held, on the toes, for at least the duration of 1 Hoop rotation	
	0.5	Balance is held for only part of a rotation and/or is performed on a flat foot	
	0	Balance not performed, or fall out of balance, or shape is not recognisable	
Swing HOOP	1	Smooth swing, Hoop stays in plane throughout, arms extended sideways on swings	
	0.5	Hoop not staying in plane throughout, swing jerky, arms bent	
	0	Hoop not in plane and arms not stretched, and/or Hoop touches the floor or dropped	
Chainé Turn	1	Turn is performed feet together, on toes, Hoop held flat above head, arms straight	
	0.5	Turn is performed with feet apart or not on toes, and/or Hoop at angle, arms bent	
	0	Turn is not performed or is less than 180° or Hoop is lost during turn	
Kneeling Bend	1	Leg stretched, in line with body, bend of body, support arm straight, head back	
	0.5	Bent leg, not in line with body and /or no bend of body or support arm bent	
	0	Position not shown, or fall out of position	
Roll HOOP	1	Hoop rolled smoothly in straight line, no bounces or wobbles, picked up in 1 hand	
	0.5	Hoop rolled without control and bounces or wobbles and/or is picked up in 2 hands.	
	0	Hoop rolled too fast & too far, or too slowly & less than 2m, or roll not performed	
Cat Leap	1	Knees up in front to chest level, toes pointed, both arms circle forward & up	
	0.5	Knees low, toes not pointed, or heavy landing, and/or without arm circle	
	0	Cat leap not performed, or is not recognisable, Hoop dropped or not picked up	
Rotate HOOP	1	Rotations are on the hand, smooth, Hoop stays in door plane and vertical	
	0.5	Rotations shown but jerky, or Hoop travels up the arm and/or Hoop not vertical	
	0	Rotations not performed, or Hoop is lost, or Hoop goes above elbow	
<b>OVERALL Impression</b>	<b>10</b>	<i>At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.</i>	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness/stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
		Routine is performed with confidence, good posture, head up, and a smile!	
<b>TOTAL</b>	<b>20</b>		



## Ball Solo

School:

Gymnasts Name:

	Marks		Score
<b>SKILLS</b>	<b>10</b>	<i>During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed</i>	
Dance Step	1	Feet together on jumps, feet & ankles stretched throughout, light and bouncy	
	0.5	Feet apart on the jumps and/or feet & ankles not stretched, heavy footwork	
	0	Dance steps not recognisable or not performed.	
Bounce BALL	1	Bounce ball with one hand, light fingers, with control, above hip height.	
	0.5	Ball bounced with 2 hands or with 1 hand below hip level, or slapping with hand.	
	0	Ball not under control and/or Ball lost.	
Roll BALL on arms	1	Smooth roll of Ball up chest and down stretched arms, and Ball caught in the hands.	
	0.5	Roll is attempted but is not clear, or is jerky and/or stops in the arms.	
	0	Roll is not performed or Ball is dropped.	
Passé Balance	1	Balance is held, on the toes, for the duration of the roll of the ball down the arms	
	0.5	Balance is held for only part of the roll of the ball and/or is performed on a flat foot	
	0	Balance not performed, or fall out of balance, or shape not recognisable or Ball lost	
Swing BALL	1	Smooth swing, Ball stays in plane throughout, arms extended sideways on swings	
	0.5	Ball not staying in plane throughout, swing jerky, arms bent	
	0	Ball is lost or the swings are performed with the Ball in 2 hands.	
Chainé Turn	1	Feet tight together, on toes, ball passed smoothly from 1 hand to other behind back	
	0.5	Turn is performed with feet apart, or not on toes, and/or Ball not passed smoothly	
	0	Turn is not performed or is less than 180° or Ball is lost during turn	
Kneeling Bend	1	Leg stretched, in line with body, slight side/back bend of body, support arm straight	
	0.5	Bent leg, not in line with body and /or no bend of body or support arm bent	
	0	Position not shown, or fall out of position, or ball is lost	
Roll BALL	1	Ball rolled smoothly in straight line, no bounces or wobbles, picked up in 1 hand	
	0.5	Ball rolled without control and bounces or wobbles and/or is picked up in 2 hands.	
	0	Ball rolled too fast & too far, or too slowly & less than 2m, or roll not performed	
Cat Leap	1	Knees up in front to chest level, toes pointed, both arms circle forward & up	
	0.5	Knees low, toes not pointed, or heavy landing, and/or without arm circle	
	0	Cat leap not performed, or is not recognisable, Ball dropped or not picked up	
Tosses of BALL	1	All tosses continuous, approx. head height, smooth light catches	
	0.5	2 tosses are less than 10 cms. high and/or jerky or heavy catch	
	0	The Ball is dropped during any of the tosses or the tosses are not performed.	
<b>OVERALL Impression</b>	<b>10</b>	<i>At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.</i>	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
		Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
		Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
		Performance shows good musical interpretation, expression and rhythm	
		Routine is performed with confidence, good posture, head up, and a smile!	
<b>TOTAL</b>	<b>20</b>		

## Group Hoop Routine

School:

<b>COMPOSITION</b>	<b>Max. Score</b>	<b>Score</b>
<i>During the performance, award 0.5, 0.3, 0.1, 0 as best fits each skill when seen, according to the criteria :</i>		
<i>0.5 ALL members perform the skill cleanly, clearly evident, controlled</i>		
<i>0.3 Most members perform the skill, some errors or drops</i>		
<i>0.1 Many errors, drops, majority not perform the skill</i>		
<i>0 Skill not performed, all members have errors or drops</i>		
<b>SKILLS</b> 10 skills, up to 0.5 each (5 marks)		
Snakes of RIBBON	0.5	
Passé Balance	0.5	
Dance Steps	0.5	
Scissor Leap	0.5	
Coils of RIBBON	0.5	
Swing of RIBBON	0.5	
Figure Eight of RIBBON	0.5	
Body Wave	0.5	
Toss & Catch of RIBBON STICK	0.5	
Chainés Turns	0.5	
<i>At the end, award up to 1 or 2 marks for each of the following :</i>		
Use of all Floor space, & different directions	1	
Show interesting & varied group shapes & formations	2	
Movements fit and interpret music	2	
<b>COMPOSITION TOTAL</b>	<b>10</b>	

<b>OVERALL IMPRESSION</b>		
BODY work neat, controlled, stretched, pointed toes, light footwork	2	
APPARATUS work smooth, clean changes of grip, no drops	2	
FORMATIONS and shapes of group clear and tight	2	
SYNCHRONIZATION and timing of group movements clear	2	
MUSICAL EXPRESSION & interpretation evident	2	
<b>OVERALL IMPRESSION TOTAL</b>	<b>10</b>	
<b>TOTAL</b>	<b>20</b>	

## Under 11 Judging Sheets

### Ribbon Solo

School:

Gymnast Name:

	Marks		Score
<b>SKILLS</b>	<b>10</b>	<i>During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed</i>	
Snakes of RIBBON	1	Snakes continuous, at least 6, same size, clear shape, no tangle, no touching body	
	0.5	Uneven size/shape of snakes, less than 3 snakes shown, and/or Ribbon brushed body	
	0	Snakes not shown, Ribbon tangled	
Passé Balance	1	Balance is held, on the toes, whilst Ribbon snakes at least 6 times	
	0.5	Balance held for only a couple of snakes and/or performed on flat foot	
	0	Balance not performed and/or fall out of balance or shape not clear, or Ribbon tangled	
Dance Steps	1	Footwork light, stretched, legs close together, Ribbon continuous, clear snakes	
	0.5	Feet & ankles not stretched on springs, legs slightly apart, and/or snakes uneven	
	0	Dance steps not recognisable or not performed, Ribbon completely knotted	
Scissor Leap	1	Both legs swing up in front, both straight, toes pointed, land lightly on one foot	
	0.5	Performed with one or both legs low and/or knees bent, heavy landing	
	0	Scissor Leap not performed or is not recognisable	
Coils of RIBBON	1	Coils continuous, at least 6, same size, clear rounded shape, no tangle or touching body	
	0.5	Uneven size/shape of coils, less than three coils shown, Ribbon brushes body	
	0	Coils not shown, Ribbon tangled and/or stick dropped	
Swing of RIBBON	1	Ribbon stays at shoulder height, off floor, in smooth curve, and arms stretched	
	0.5	Swings are not smooth, Ribbon drops to floor during or between turns, arm/s bent	
	0	Turn is not performed, Ribbon loses shape or gets tangled, or wrapped round body	
Fig.Eight of RIBBON	1	Ribbon stays in Plane at side of body, shows large smooth circles, arm stretched	
	0.5	Ribbon not in Plane, touches body and/or circles too small	
	0	Figure of Eights not shown, and/or Ribbon tangled or stick dropped	
Body Wave	1	Wave through whole body, controlled finish on toes, Ribbon smooth with clear shape	
	0.5	Partial Body Wave, and/or Ribbon out of shape or uncontrolled finish	
	0	No Body Wave, and/or Ribbon tangled, or stick dropped	
Toss & Catch STICK	1	Strong Toss of stick, above head height, Ribbon curved, catch handle with one hand	
	0.5	Toss low and/or not overhead, or Ribbon tangled	
	0	Toss not performed, or Ribbon completely tangled or Stick dropped	
Chainés Turns	1	Turns smooth, no stops, feet together, on toes, Ribbon in smooth large circle overhead	
	0.5	Stop between turns, or feet apart or not on toes, and/or Ribbon not overhead & smooth	
	0	One or two turns not performed, and/or Ribbon tangled and not circling, or stick dropped	
<b>OVERALL Impression</b>	<b>10</b>	<b><i>At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.</i></b>	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
		Routine is performed with confidence, good posture, head up, and a smile!	
<b>TOTAL</b>	<b>20</b>		

## Hoop Solo

School:

Gymnast Name:

	<b>Marks</b>		<b>Score</b>
<b>SKILLS</b>	<b>10</b>	<i>During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed</i>	
Leap / Jump	1	Strong take-off, good elevation, clear & extended body shape, soft landing	
	0.5	Lacks elevation, and/or poor body shape, or heavy and/or uncontrolled landing	
	0	Skill not performed or not recognisable and/or apparatus dropped or lost	
Balance	1	Balance stable and held for 2 seconds, body & legs tight, clear body shape	
	0.5	Balance not held/fall out of balance, poor body shape, apparatus not controlled	
	0	Balance not shown or apparatus dropped and/or lost	
Turn	1	Turn/s complete, controlled, on toes, clear body shape	
	0.5	Turn/s incomplete and/or lack control, not on toes, apparatus not controlled	
	0	Turn/s not shown, apparatus dropped and/or lost	
Bend /Wave	1	Clear bend or wave of body shown with control, apparatus controlled	
	0.5	Incomplete bend or wave and/or lacks control, or apparatus uncontrolled	
	0	Skill not performed, or apparatus lost or dropped	
Dance / Travel Steps	1	Step pattern clear, light footwork, stretched ankles & toes, apparatus moving	
	0.5	Dance step not clear, footwork heavy, toes not pointed, and/or apparatus static	
	0	Dance step not performed, and/or apparatus dropped or lost	
HOOP Rotations	1	Rotations on the hand, smooth, Hoop stays in plane, performed with body movement	
	0.5	Rotations jerky, loss of plane, and/or less than 3 rotations shown	
	0	Rotations not performed, and/or Hoop is dropped or lost	
Boomerang Roll HOOP	1	Hoop rolls smoothly, in straight line, returns to gymnast, body movement shown	
	0.5	Roll is incomplete or jerky and/or Hoop falls and/or body movement not clear	
	0	Hoop does not return and/or boomerang is not linked with a body movement	
Spin HOOP	1	Hoop spins continuously, at least 3 times, on floor, fingers in contact, clean pick up	
	0.5	Spinning is jerky or less than 3 spins and/or Hoop touches body or collection is fumbled	
	0	Spin not shown and/or Hoop is dropped	
Swing HOOP	1	Hoop stays in plane, arms extended, smooth change of grip, turn smooth and on toes	
	0.5	Hoop not stay in plane, and/or change of grip fumbled, or turn not smooth, not on toes	
	0	Hoop dropped or lost, and/or turn not complete 360°	
Throw/Catch HOOP	1	Swing & throw with stretched arm/s, smooth throw up & in front of head, stretched follow-through, clean catch with one or two hands	
	0.5	Throw lacks height, swing jerky and/or arm bent, Hoop too far forward or behind	
	0	Hoop not caught and/or gymnast has to run to retrieve Hoop	
<b>OVERALL Impression</b>	<b>10</b>	<i>At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.</i>	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
	.	Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
	.	Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
	.	Performance shows good musical interpretation, expression and rhythm	
.	Routine is performed with confidence, good posture, head up, and a smile!		
<b>TOTAL</b>	<b>20</b>		

## Ribbon Group

School: \_\_\_\_\_

<b>COMPOSITION</b>	<b>Max. Score</b>	<b>Score</b>
<i>During the performance, award 0.5, 0.3, 0.1, 0 as best fits each skill when seen, according to the criteria :</i>		
<i>0.5 ALL members perform the skill cleanly, clearly evident, controlled</i>		
<i>0.3 Most members perform the skill, some errors or drops</i>		
<i>0.1 Many errors, drops, majority not perform the skill</i>		
<i>0 Skill not performed, all members have errors or drops</i>		
<b>SKILLS</b> 10 skills, up to 0.5 each (5 marks)		
Dance Step	0.5	
Skip thro' HOOP	0.5	
Spin HOOP	0.5	
Passé Balance	0.5	
Swing HOOP	0.5	
Chainé Turn	0.5	
Kneeling Bend	0.5	
Roll HOOP	0.5	
Cat Leap	0.5	
Rotate HOOP	0.5	
<i>At the end, award up to 1 or 2 marks for each of the following :</i>		
Use of all Floor space, & different directions	1	
Show interesting & varied group shapes & formations	2	
Movements fit and interpret music	2	
<b>COMPOSITION TOTAL</b>	<b>10</b>	
<b>OVERALL IMPRESSION</b>		
BODY work neat, controlled, stretched, pointed toes, light footwork	2	
APPARATUS work smooth, clean changes of grip, no drops	2	
FORMATIONS and shapes of group clear and tight	2	
SYNCHRONIZATION and timing of group movements clear	2	
MUSICAL EXPRESSION & interpretation evident	2	
<b>OVERALL IMPRESSION TOTAL</b>	<b>10</b>	
<b>GRAND TOTAL</b>	<b>20</b>	

## Over 11 Judging Sheets

### Rope Solo

School: \_\_\_\_\_

Gymnast Name: \_\_\_\_\_

	Marks		Score
<b>SKILLS</b>	<b>10</b>	<i>During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed</i>	
Back Bend on Knees	1	Continuous curve of body, fingers/apparatus touch floor, controlled bend and recovery	
	0.5	Bend of body uneven or incomplete, and/or loss of balance on bend or recovery	
	0	Bend not shown or complete loss of balance or Rope dropped	
Skips on spot with ROPE	1	Footwork light & springy, stretched feet & arms, Rope continuous and smooth, no trips	
	0.5	Skips not continuous, or feet & ankles not stretched, small trip in Rope	
	0	Skips not performed and/or several trips in the Rope	
Travelling Skips with ROPE	1	Clear pas-de-bas, pointed toes, travel at least 4m. arms stretched, Rope continuous	
	0.5	Ankles not stretched, travel less than 4m. and/or arms bent or small trip in Rope	
	0	No travel shown, and/or several trips in Rope, or Rope dropped	
Mushroom Pivot	1	Turn complete 360°, controlled, on toes, clear body shape, arms stretched Rope taut	
	0.5	Turn incomplete and/or lack control, not on toes, Rope not controlled or not taut	
	0	Turn not shown, and/or Rope not under foot or Rope dropped	
Swings with ROPE	1	Rope stays in plane, smooth arc overhead, arms extended, turn smooth and on toes	
	0.5	Rope not staying in plane, or Rope kinks or drops, or turn not smooth and not on toes	
	0	Rope dropped, and/or turn not completed	
Release of ROPE	1	Light drop of Rope, smooth curve on swing though, clean catch, and high Hop	
	0.5	Rope bangs on floor and/or has kinks on swing through, or fumbled catch or Hop low	
	0	Rope is dropped or not caught, or Hop is not performed	
Turning Cat Leap	1	Full 360° turn, knees high, legs change & light landing, Rope horizontal overhead	
	0.5	Turn incomplete and/or leg change not evident or knees low, Rope not stay in Plane	
	0	Cat Leap not performed or Rope dropped or tangled with body	
Twofold ROPE work	1	Rope stays horizontal overhead, clean catch of loop, clean jump over	
	0.5	Rope loses plane overhead and/or catch fumbled or slight trip in Rope on jump over	
	0	Rope dropped, and/or jump over not completed	
Front Leg Balance	1	Balance held for at least 2 seconds, body & legs tight, on toes, clear body shape	
	0.5	Balance not held/fall out of balance, poor body shape, apparatus not controlled	
	0	Balance not shown or apparatus dropped and/or lost	
Dance Steps	1	Step pattern clear, light footwork, pointed toes, in contact with & moving apparatus	
	0.5	Dance step not clear, footwork heavy, toes not pointed, and/or apparatus static	
	0	Dance step not performed, and/or apparatus dropped or lost	
<b>OVERALL Impression</b>	<b>10</b>	<i>At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.</i>	
	.	Routine is performed neatly with stretched legs, pointed toes, light footwork	
		Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
		Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
		Performance shows good musical interpretation, expression and rhythm	
		Routine is performed with confidence, good posture, head up, and a smile!	
<b>TOTAL</b>	<b>20</b>		

## Ribbon Solo

School:

Gymnast Name:

	Marks		Score
<b>SKILLS</b>	<b>10</b>	<i>During the performance, award 1, 0.5 or 0 as best fits each skill when seen, according to the criteria listed</i>	
Leap / Jump	1	Strong take-off, good elevation, clear & extended body shape, soft landing	
	0.5	Lacks elevation, and/or poor body shape, or heavy and/or uncontrolled landing	
	0	Leap not performed or not recognisable and/or apparatus dropped or lost	
Balance	1	Balance stable and held for 2 seconds, body & legs tight, clear body shape	
	0.5	Balance not held/fall out of balance, poor body shape, apparatus not controlled	
	0	Balance not shown or apparatus dropped and/or lost	
Turn	1	Turn complete, and controlled, on toes, clear body shape	
	0.5	Turn/s incomplete and/or lack control, not on toes, apparatus not controlled	
	0	Turn/s not shown, apparatus dropped and/or lost	
Bend / Wave	1	Smooth bend (curve) of body, control in and out of bend, head back	
	0.5	Bend of body uneven or incomplete or lacks control and/or apparatus not controlled	
	0	Bend not shown or apparatus dropped	
Dance / Travel Steps	1	Step pattern clear, light footwork, pointed toes, body contact with moving apparatus	
	0.5	Dance step not clear, footwork heavy, toes not pointed, and/or apparatus static	
	0	Dance step not performed, and/or apparatus dropped or lost	
Snakes of RIBBON	1	Snakes continuous, at least 6, same size/shape, no tangle of Ribbon, no touching body	
	0.5	Uneven size/shape snakes, less than three snakes shown and/or tangle or touch body	
	0	Snakes not shown, Ribbon tangled or wrapped around body	
Coils of RIBBON	1	Coils continuous, at least 6, same size / shape, no tangle of Ribbon, no touching body	
	0.5	Uneven size/shape of coils, less than 6 coils shown, Ribbon brushes body	
	0	Coils not shown, Ribbon tangled or Stick dropped	
Swings of RIBBON	1	Ribbon continuous, off floor throughout, smooth curve, arms stretched	
	0.5	Swings are not smooth and/or Ribbon drops to floor or touches body, or arms bent	
	0	Ribbon loses shape or gets tangled or stick is dropped	
Figure Eight of RIBBON	1	Ribbon stays in Plane horizontally, clear of body, large smooth circles, arm stretched	
	0.5	Ribbon not in Plane and/or circles too small or Ribbon touches body	
	0	Figure of Eights not shown, and/or Ribbon tangled or stick dropped	
Toss & Catch STICK	1	Strong Toss of stick, above head height, Ribbon curved, one hand catch of handle	
	0.5	Toss low and/or not overhead, or Ribbon tangled	
	0	Toss not performed, or Ribbon completely tangled or Stick dropped	
<b>OVERALL Impression</b>	<b>10</b>	<i>At the end of the routine award up to 2 whole marks as per each of the five aspects listed for Overall Impression.</i>	
		Routine is performed neatly with stretched legs, pointed toes, light footwork	
		Performance is smooth and flowing, no jerkiness or stops, apparatus & body together	
		Apparatus handling smooth, clean changes of grip & changes of Plane, no drops	
		Performance shows good musical interpretation, expression and rhythm	
		Routine is performed with confidence, good posture, head up, and a smile!	
<b>TOTAL</b>	<b>20</b>		

## Rope Group

School:

<b>COMPOSITION</b>	<b>Marks</b>	<b>Score</b>
<i>During the performance, award 0.5, 0.3, 0.1, 0 as best fits each skill when seen, according to the criteria :</i>		
<i>0.5 ALL members perform the skill cleanly, clearly evident, controlled</i>		
<i>0.3 Most members perform the skill, some errors or drops</i>		
<i>0.1 Many errors, drops, majority not perform the skill</i>		
<i>0 Skill not performed, all members have errors or drops</i>		
<b>SKILLS</b> 10 skills, up to 0.5 each (5 marks)		
Back Bend on Knees	0.5	
Skips on spot with ROPE	0.5	
Travelling Skips with ROPE	0.5	
Mushroom Pivot	0.5	
Swings with ROPE	0.5	
Release of ROPE	0.5	
Turning Cat Leap	0.5	
Twofold ROPE work	0.5	
Front Leg Balance	0.5	
Dance Steps	0.5	
<i>At the end, award up to 1 or 2 marks for each of the following :</i>		
Use of all Floor space, & different directions	1	
Show interesting & varied group shapes & formations	2	
Movements fit and interpret music	2	
<b>COMPOSITION TOTAL</b>	<b>10</b>	
<b>OVERALL IMPRESSION</b>		
BODY work neat, controlled, stretched, pointed toes, light footwork	2	
APPARATUS work smooth, clean changes of grip, no drops	2	
FORMATIONS and shapes of group clear and tight	2	
SYNCHRONIZATION and timing of group movements clear	2	
MUSICAL EXPRESSION & interpretation evident	2	
<b>OVERALL IMPRESSION TOTAL</b>	<b>10</b>	
<b>GRAND TOTAL</b>	<b>20</b>	