**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Rope Level B**

 **Name Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number \_\_\_\_\_\_ Division \_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Circle the rope. Tilt head. | **1.0** |  |
| 2. Spin the rope. Twist the rope | **1.0** |  |
| 3. Figure 8s | **1.0** |  |
| 4 Overhead rotations | **1.0** |  |
| 5. Slide the hand to grasp the rope with two hands & raise overhead to the ending pose. | **1.0** |  |

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| --- | --- | --- |
| **Total Score** | **max 5.0** |  |

 Judge’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Ball Level B**

 **Name Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number \_\_\_\_\_\_ Division \_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Touch the ball to hips | **1.0** |  |
| 2. Frontal circle | **1.0** |  |
| 3. Twist the ball | **1.0** |  |
| 4. Roll the ball in & out the arms | **1.0** |  |
| 5. Touch the ball to shoulders. Toss with two hands & trap. Roll the ball out the arms. | **1.0** |  |

 Judge’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| **Total Score** | **max 5.0** |  |

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**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Clubs Level B**

 **Name Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number \_\_\_\_\_\_ Division \_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Shake the clubs | **1.0** |  |
| 2. Circle the clubs. Slide hands to grasp the head of the clubs. | **1.0** |  |
| 3. Roll the clubs | **1.0** |  |
| 4. Open the arms to the sides. Swing to the front. Tap clubs. | **1.0** |  |
| 5. Raise arms overhead. Lower right arm to the side. Change arms. Raise left arm overhead. Lower arms to the ending pose. | **1.0** |  |

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| --- | --- | --- |
| **Total Score** | **max 5.0** |  |

Judge’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Ribbon Level B**

 **Name Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number \_\_\_\_\_\_ Division \_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Spirals | **1.0** |  |
| 2. Swing the ribbon up. Horizontal snakes down in front of the body. | **1.0** |  |
| 3. Swings over the shoulders | **1.0** |  |
| 4. Overhead circles | **1.0** |  |
| 5. Overhead swings to the ending pose | **1.0** |  |

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| --- | --- | --- |
| **Total Score** | **max 5.0** |  |

Judge’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_