



**GYMNASTICS –
RHYTHMIC**

**Form 4-A
BODY SKILLS
Rhythmic Optional Routines (Level 4)**

Athlete's Name: _____ **Number** ____ **Level 4**

Delegation: _____

Division: _____

Does the athlete have Down Syndrome?

If so, has the athlete been diagnosed with having Atlanto-axial instability?

* List skills in the order in which they will occur in the routine. **REQUIRED SKILLS - Value: 0.4 each**

Skills	Comments	Score
1. Split leap		/0.4
2. 360° pivot with free leg extended at 45° or higher		/0.4
3. Balance in relevé with free leg extended at 90° or higher.		/0.4
4. Check one: <input type="checkbox"/> Back arch on Knees <input type="checkbox"/> Split		/0.4
Total		/1.6

Supplemental Skills - Value: Intermediate 0.2 each Advanced 0.3 each

Symbol	Description	Comments	Score
1 .			
2 .			
3 .			
4 .			
Total			
TECHNICAL VALUE TOTAL			/2.8

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 4-B
RHYTHMIC OPTIONAL ROUTINE JUDGING SHEET
Technical Value (Level 4)****Athlete's Name:** _____ **Number** ____ **Level 4****Delegation:** _____**Division:** _____

Body Skills	Value	Score
Difficulty (from the gymnast's Body Skills form)	2.8	
Bonus	0.2	
TOTAL	max. 3.0	

Judge's Signatures



GYMNASTICS – RHYTHMIC

Form 4-C
RHYTHMIC OPTIONAL ROUTINE JUDGING SHEET
Hoop Artistic Value



Athlete's Name: _____ **Number** ____ **Level 4**

Delegation: _____

Division: _____

Artistic Value	Value	Score
1. Connections and Apparatus Technique	0.3	
2. Musicality	0.3	
3. Floor Pattern and Use of space	0.2	
4. General Impression	0.4	
5. Bonus	0.2	
Apparatus Skills	Value	Score
1. Toss/throw	0.4	
2. Rotations	0.4	
3. Passing through	0.4	
4. Swing	0.4	
TOTALS	Value	Score
Artistic Value (from chart above)	1.4	
Apparatus Skills (from chart)	1.6	
TOTAL SCORE	max. 3.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 4-D
RHYTHMIC OPTIONAL ROUTINE JUDGING SHEET
Ball Artistic Value****Athlete's Name:** _____ **Number** ____ **Level 4****Delegation:** _____**Division:** _____

Artistic Value	Value	Score
1. Connections and Apparatus Technique	0.3	
2. Musicality	0.3	
3. Floor Pattern and Use of space	0.2	
4. General Impression	0.4	
5. Bonus	0.2	
Apparatus Skills	Value	Score
1. Toss/throw	0.4	
2. Roll on the body	0.4	
3. Active Bounce	0.4	
4. Balance on hand/swing	0.4	
TOTALS	Value	Score
Artistic Value (from chart above)	1.4	
Apparatus Skills (from chart	1.6	
TOTAL SCORE	max. 3.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 4-E
RHYTHMIC OPTIONAL ROUTINE JUDGING SHEET
Clubs Artistic Value****Athlete's Name:** _____ **Number** ____ **Level 4****Delegation:** _____**Division:** _____

Artistic Value	Value	Score
1. Connections and Apparatus Technique	0.3	
2. Musicality	0.3	
2. Floor Pattern and Use of space	0.2	
2. General Impression	0.4	
2. Bonus	0.2	
Apparatus Skills	Value	Score
1. Toss/throw	0.4	
2. Mills	0.4	
3. Small circles	0.4	
4. Swing	0.4	
TOTALS	Value	Score
Artistic Value (from chart above)	1.4	
Apparatus Skills (from chart	1.6	
TOTAL SCORE	max. 3.0	

Judge's Signatures _____



**GYMNASTICS –
RHYTHMIC**

**Form 4-F
RHYTHMIC OPTIONAL ROUTINE JUDGING SHEET
Ribbon Artistic Value**

Athlete's Name: _____ **Number** ____ **Level 4**

Delegation: _____

Division: _____

Artistic Value	Value	Score
1. Connections and Apparatus Technique	0.3	
2. Musicality	0.3	
3. Floor Pattern and Use of space	0.2	
4. General Impression	0.4	
5. Bonus	0.2	
Apparatus Skills	Value	Score
1. Release/toss	0.4	
2. Snakes	0.4	
3. Spirals	0.4	
4. Figure 8's/swings/large circles	0.4	
TOTALS	Value	Score
Artistic Value (from chart above)	1.4	
Apparatus Skills (from chart	1.6	
TOTAL SCORE	max. 3.0	

Judge's Signatures _____