

**GYMNASTICS –  
RHYTHMIC**

**Form A-1**  
**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**  
**Level A Rope**

**Athlete's Name:** \_\_\_\_\_ **Number** \_\_\_\_\_ **Level A**

**Delegation:** \_\_\_\_\_

**Division:** \_\_\_\_\_

Identified Skills	Value	Score
1. Twist rope 2 times in vertical plane. Finish in horizontal plane.	1.0	
2. Bend and extend arms - 2 times.	1.0	
3. Overhead rotations	1.0	
4. Grasp and spin double rope	1.0	
5. Raise rope overhead and place behind neck	1.0	
<b>Total Score</b>	<b>max 5.0</b>	

**Judge's Signatures** \_\_\_\_\_

**GYMNASTICS –  
RHYTHMIC****Form A-3  
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET  
Level A Ball****Athlete's Name:** \_\_\_\_\_ **Number** \_\_\_\_\_ **Level A****Delegation:** \_\_\_\_\_**Division:** \_\_\_\_\_

Identified Skills	Value	Score
1. Toss ball, trap in arms, roll out.	1.0	
2. Bend and extend arms - 2 times.	1.0	
3. Twist the ball.	1.0	
4. Roll ball out & in the legs - 2 times.	1.0	
5. Shake the ball.	1.0	
<b>Total Score</b>	<b>max 5.0</b>	

Judge's Signatures \_\_\_\_\_

**GYMNASTICS –  
RHYTHMIC****Form A-4  
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET  
Level A Ribbon****Athlete's Name:** \_\_\_\_\_ **Number** \_\_\_\_\_ **Level A****Delegation:** \_\_\_\_\_**Division:** \_\_\_\_\_

Identified Skills	Value	Score
1. Vertical snakes in front.	1.0	
2. Swing ribbon to the right.	1.0	
3. Overhead swings to spirals on the side - 2 times.	1.0	
4. Swing ribbon up, snakes down in front - 4 times.	1.0	
5. Swings in front.	1.0	
<b>Total Score</b>	<b>max 5.0</b>	

Judge's Signatures \_\_\_\_\_