



GYMNASTICS – RHYTHMIC

RHYTHMIC GYMNASTICS

The Official Special Olympics Sports Rules for Rhythmic Gymnastics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Gymnastique (FIG) rules for rhythmic gymnastics found at <http://www.fig-gymnastics.com/>. FIG or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Rhythmic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Rhythmic Gymnastics shall apply.

SECTION A – OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Level A — Male & Female Athletes

- a. Rope
- b. Hoop
- c. Ball
- d. Ribbon
- e. All Around

Level A routines are compulsory routines that are performed seated.

2. Level B — Male & Female Athletes

- a. Rope
- b. Hoop
- c. Ball
- d. Ribbon
- e. All Around

Level B routines are compulsory routines that are performed standing. These routines are designed for lower level athletes. The emphasis is on developing body skills and apparatus skills separately.

3. Level 1 — Female Athletes

- a. Rope
- b. Hoop
- c. Ball
- d. Ribbon
- e. All Around

Level 1 routines are compulsory routines. At this level, athletes learn to integrate basic apparatus and body skills.

Level 1 Body Skills: body wave (forward), chaîné turn, chassé, circumduction, passé balance, tiptoe turn

4. Level 2 — Female Athletes

- a. Hoop
- b. Ball
- c. Clubs
- d. Ribbon
- e. All Around



GYMNASTICS – RHYTHMIC

Level 2 routines are compulsory routines. The apparatus and body skills at this level are more complex than in the Level 1 routines.

Level 2 Body Skills: arabesque balance, body wave (forward & side), catleap, chainé turn, chassé, grand battement, hitchkick, passé balance, 180° passé pivot, step hop, straight jump, tiptoe turn.

5. Level 3 — Female Athletes

- a. Rope
- b. Ball
- c. Clubs
- d. Ribbon
- e. All Around

Level 3 routines are compulsory routines. Athletes must have good technique with the hand apparatus and they must be capable of performing the body skills with good form and control.

Level 3 Body Skills: arabesque balance in relevé, chainé turn, circumduction, grand battement, passé balance in relevé, 360° passé pivot, stride leap

6. Level 4 — Female Athletes

- a. Hoop
- b. Ball
- c. Clubs
- d. Ribbon
- e. All Around

Level 4 routines are optional routines. Athletes perform original choreography to music of choice (following FIG guidelines for music). Optional routines should not be dances using the hand apparatus as props. Routines must contain 4 required body skills, 4 supplemental body skills and show correct rhythmic gymnastics handling skills with the apparatus. The body skills and apparatus handling for Level 4 routines should be more complex than that in the Level 3 routines. Composition requirements for both the body skills and apparatus handling are listed in the Special Olympics Sports Rules for Rhythmic Gymnastics.

7. Group Routines – The group routines are compulsory routines designed for teams of either 4 or 6 athletes, who may be of any level. Refer to the DVD of the Rhythmic Gymnastics Compulsory Routines 2008-2015 for the floor pattern and formations of the group routines.

- a. Group Rhythmic Floor Exercise
- b. Group Ball

SECTION B – ATTIRE AND EQUIPMENT

1. Attire

- a. Gymnasts should wear a leotard or unitard, any color. Long tights (down to the ankle) may be worn.
 - 1) Skirted leotards, with the skirt no longer than upper thigh, are acceptable.
 - 2) Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
 - 3) The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
 - 4) Any decoration added to the leotard, either loose or stuck to the garment (flowers, ribbons, etc.) must adhere to the leotard.
 - 5) Leotards must be non-transparent material. Lace or other sheer fabric should be lined in the area of the trunk.



GYMNASTICS – RHYTHMIC

- b. Bare feet, gymnastics slippers or rhythmic half-slippers (recommended) are acceptable.
- c. Hairstyles should be neat.
- d. For the safety of the gymnast, no jewelry is allowed.

2. Apparatus

The size of the apparatus can range from child size to senior equipment, based on the gymnast's size and skill level. Equipment should be color coordinated with the athlete's leotard. Equipment will be checked prior to competition, as well as during competition, as the gymnast leaves the floor after each routine. If the apparatus does not meet specifications, a deduction of 0.3 will be taken from the score on that event.

- a. Rope specifications
 - 1) Material: The rope may be of hemp or synthetic material, provided that it possesses the identical qualities of lightness and suppleness as rope made of hemp.
 - 2) Length: The length should be proportionate to the size of the gymnast.
 - 3) Ends: Handles of any kind are not allowed, but one or two knots are permitted at each end. At the ends (to the exclusion of all other parts of the rope), a maximum of 10 centimeters may be covered by an anti-slip material, either colored or neutral.
 - 4) Shape: The rope may be either of a uniform diameter or be progressively thicker in the center, provided that this thickness is of the same material as the rope.
 - 5) Color: The rope may be any color or combinations of colors.
- b. Hoop specifications
 - 1) Material: The hoop may be of wood or plastic, provided that the latter retains its shape during movement. Foreign particles should be removed from inside the hoop before use.
 - 2) Diameter: The interior diameter of the hoop should be from 60-90 centimeters.
 - 3) Weight: A minimum of 150-300 grams and up.
 - 4) Shape: The cross-section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc. The hoop may be smooth or ridged.
 - 5) Color: The hoop may be any color or combination of colors. The hoop may be partially or fully covered with tape to add colors.
- c. Ball specifications
 - 1) Material: The ball may be made of rubber or synthetic material (pliable plastic), provided that the latter possesses the same elasticity as rubber.
 - 2) Diameter: 14-20 centimeters.
 - 3) Color: The ball may be of any color.
- d. Clubs specifications – Insert Clubs after Ball specifications & before ribbon specifications
 - 1) Material: the clubs may be made of wood or synthetic material.
 - 2) Length: 25-50 centimeters from one end to the other.
 - 3) Shape: A shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head.
 - 4) Color: The clubs may be of a neutral color or may be colored (all or partially) with one or several colors.

**GYMNASTICS –
RHYTHMIC**

e. Ribbon specifications

1) Stick

- a) Material: wood, bamboo, plastic, fiberglass.
- b) Diameter: a maximum of 1 centimeter at its widest part.
- c) Shape: cylindrical or conical, or a combination of the two shapes.
- d) Length: 45-60 centimeters, including the ring, which permits the fastening of the ribbon to the stick. The bottom end of the stick may be covered by an adhesive, anti-slip tape or may have a rubber handle a maximum length of 10 centimeters at the level of the grip. The top of the stick where the ribbon will be attached may consist of:
 - i. A supple strap (string or nylon) held in place by a nylon thread wound around the stick for a maximum of 5 centimeters.
 - ii. A metal ring fixed directly onto the stick.
 - iii. A metal ring (vertical, horizontal or oblique) fixed to the stick by two metal pins held in place by nylon or metallic thread wound around the stick for a maximum of 5 centimeters.
 - iv. A metal ring (fixed, mobile or pivoting) or a supple strap fixed to a metal tip of no more than 3 centimeters.
 - v. A metal ring fixed by two metal pins held by a metal tip of 3 centimeters long, which is lengthened by nylon or metallic thread wound around the stick, adding up to a maximum length of 5 centimeters.
 - vi. Color: any choice.

2) Ribbon

- a) Material: satin or similar non-starched material.
- b) Color: any choice of a single color, two colors or multicolored.
- c) Width: 4-6 centimeters.
- d) Length: From one end to the other, the finished length of the ribbon should be a minimum of 2 meters to a maximum of 6 meters (for Levels A, B) and a minimum of 3 meters to a maximum of 6 meters (for Levels 1-4). This part must be in one piece.
 - i. The end which is attached to the stick is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum of 5 centimeters is authorized.
 - ii. This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or metal circle), to permit attaching the ribbon.

3) Attachment of the ribbon to the stick

- a) The ribbon is fixed to the stick by means of a supple attachment, such as thread, nylon cord, or a series of articulated rings.
- b) The length of this attachment is a maximum of 7 centimeters (not counting the strap or metal ring at the end of the stick where it will be fastened).

f. Floor

12 meters by 12 meters with a security zone of 1 meter around. A carpeted area may be used or a floor that is neither too tacky nor slippery. The ceiling height does not need to be 8 meters (26' 3"), but should be fairly high.



GYMNASTICS – RHYTHMIC

SECTION C – SAFETY CONSIDERATION

1. Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics rhythmic gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instructional skills.
2. Female athletes who have tested positive for Atlant-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform pre-acrobatic or acrobatic moves. If they do, the routine is void and the gymnast will be disqualified.

SECTION D – RULES OF COMPETITION

1. Only female athletes compete in Levels 1 – 4. Levels A and B are mixed gender.
2. Athletes must compete on the same level in all chosen individual events. (Either A, B, 1, 2, 3 or 4.)
3. Athletes may specialize by competing in one or more events at their chosen level. Gymnasts who do all four events at a level are considered All-Around. (i.e., Specialist: Level I Hoop and Ball; All-Around: Level I Floor, Hoop, Ball and Ribbon)
4. A gymnast may perform in one group routine in addition to individual routines.
5. **Unified Sports Rhythmic Gymnastics Events**
 - a. All rules and regulations apply equally to athletes and partners.
 - b. Unified competition is only in the Group events. There must be an equal number of athletes and partners in each group. (For a 4 person group, 2 athletes and 2 partners, etc.)
6. **Modifications for Blind Athletes**
 - a. In order to aid the athletes, the following types of assistance are permissible for all levels of competition without deductions:
 - 1) Audible cues, such as clapping, may be used in all routines.
 - 2) Music may be played at any close point outside of the mat, or the coach may carry the music source around the perimeter of the mat.
 - b. Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each event.
7. **Modifications for Deaf Athletes**
 - a. The athlete may receive a visual aid from the coach to begin her routine as the music starts.
 - b. Coaches must notify the meet director and judges of the athlete's hearing impairment before the competition and prior to each routine.
8. **Modifications for Other Disabilities**
 - a. If special adaptations of equipment are needed, the coach must submit a request with the athlete's entry and receive permission in writing prior to competition. Coaches should bring the notice of approval to the competition. (See form in the appendix)
 - b. Coaches must notify the meet director and judges of the equipment modifications prior to each event.
9. **Level A routines** have been written for athletes who are unable to stand on their own.
10. **Level B routines** have been written for athletes of lower ability level who can stand on their own.
11. The video of the compulsory routines is the official version. If a difference exists between the video and the written text, the video must be followed.
12. **Olympic order** for rhythmic gymnastics competition is rope, hoop, ball, clubs, ribbon.



GYMNASTICS – RHYTHMIC

13. Awarding of medals

- a. Medals are awarded for each event and for All-Around.
- b. Female gymnasts in Levels 1, 2, 3 & 4 may receive a maximum of six medals: one medal for each of the four events, one medal for All Around and one medal for group.
- c. Level A & B gymnasts may receive a maximum of five medals: One medal for each of the four events and one medal for All Around.

SECTION E – JUDGING

1. General Judging Concerns

- a. All gymnasts will be required to consider the head judge's table as side one.
- b. At the beginning of each routine, while standing outside the floor exercise boundary, the gymnast must present herself to the head judge. After acknowledging the green flag, the gymnast may take her starting position on the floor. At the end of each event, before leaving the floor, the gymnast must acknowledge the head judge.
- c. Prior to the routine and at the end of the routine, judges must acknowledge the self-presentation of the gymnast.
- d. For deductions relating to leaving the floor area during a routine, refer to FIG rules.
- e. For deductions concerning the apparatus (checking, loss of, replacement, broken, contact with ceiling), refer to FIG rules.
- f. For deductions relating to the discipline of coaches and athletes, refer to FIG rules.
- g. If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.

2. Neutral Deductions – Neutral deductions which are unique to Special Olympics are listed below. For all other neutral deductions, refer to FIG rules.

- a. Coach communicating to the athlete during a routine. The maximum deduction for assistance that may be taken is 3.0 for a routine:

Coach does the entire routine with the athlete	- 3.0
Coach assists through most of the routine	-2.0 – 2.9
Coach assists through half the routine	-1.0 – 1.9
Coach assists several times	-0.1 – 0.9
- b. If coaching assistance is needed, the coach must stand in a designated area where the judges can see them.
- c. Out of bounds – The maximum out of bounds deduction which may be taken for a routine is 1.0.

Apparatus out of bounds	-0.2 each time
Gymnast out of bounds	-0.2 each time
- d. If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event.

3. Judging Forms – The appropriate judging forms for all levels are in the Appendix.

4. Judging Level A & B Routines

Level A & B routines are judged by one panel. If there is more than one judge on the panel, the final score will be the average of all judges' scores. (Note: If there are four or more judges on the panel, the competition director and/or head judge may elect to drop the high and low scores and average the middle scores.) Neutral deductions are taken from the final average.



GYMNASTICS – RHYTHMIC

Maximum Value for Routine – 5.0

5 Segments each with a value of 1.0

For each Segment, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each Segment.

1.0 The Segment is performed perfectly, with excellent execution, amplitude, musicality and apparatus technique.

0.7-0.9 The Segment is performed with minor mistakes in execution, amplitude, musicality and apparatus technique.

0.5-0.6 The Segment is performed with major mistakes in execution, amplitude, musicality and apparatus technique.

0.3-0.4 The Segment is barely recognizable

0.1-0.2 The athlete is on the floor with the correct apparatus.

Note: General impression should be taken into consideration when awarding points for each Segment.

5. **Judging Compulsory Routines** – For Compulsory Routines (Levels 1-3), the judges separate into two panels: Technical (Exactness of Text) and Execution. To calculate the final score for each gymnast, the score from the Technical judge is added to the score from the Execution judge. If there is more than one judge on each panel, the average score from the judges on the Technical panel is added to the average score from the judges on the Execution panel. Neutral deductions are taken from the total.

Technical Panel (Exactness of Text) – 5.0

3.0 Difficulty

1.0 Connections

0.5 Floor pattern

0.5 Music

Difficulty (3.0) – 6 Identified Skills each with a value of 0.5

For each Identified Skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the skills.

0.5 Body skill and/or apparatus handling executed flawlessly.

0.4 Body skill and/or apparatus handling executed with minor mistakes.

0.3 Body skill and/or apparatus handling executed with significant mistakes.

0.2 Body skill and/or apparatus handling executed with major mistakes.

0.1 Body skill and/or apparatus skill executed, but barely recognizable.

0.0 Body skill and/or apparatus handling omitted or unrecognizable.

Note: If a gymnast drops the apparatus while performing an Identified Skill, you must deduct for the drop and possible rhythm breaks, but do not penalize her the full value of the difficulty if the skill is otherwise performed well.

Connections (1.0)

This category is to rate the gymnast on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

1.0 The routine is executed as written. With smooth connections between body skills, technically correct connections in apparatus handling and a flowing connection between the body skills and apparatus handling.

0.7-0.9 The routine is basically correct, with minor mistakes in the connections.



GYMNASTICS – RHYTHMIC

0.5-0.6 The routine is somewhat correct, with major mistakes in the connections.

0.3-0.4 The routine is barely recognizable.

0.1-0.2 The gymnast is on the floor with the correct apparatus.

Floor Pattern (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for Floor Pattern. Note: If a gymnast misses a change of direction which causes her to completely flip the floor pattern for the remainder of the routine, that error is to be considered one mistake.

0.5 Correct floor pattern for the entire routine.

0.4 One mistake in the floor pattern.

0.3 Several mistakes in the floor pattern.

0.2 Floor pattern is barely recognizable.

0.1 Gymnast creates her own floor pattern.

Music (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

0.5 The routine perfectly matches the music.

0.4 The routine basically matches the music, with one mistake.

0.3 The routine somewhat matches the music, with several mistakes.

0.2 The routine barely matches the music.

0.1 The routine has no connection with the music.

Execution Panel – 5.0

4.0 Execution and Amplitude

1.0 Elegance and General Impression

Execution and Amplitude (4.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which she excels and not be too harshly penalized for an area in which she may have limitations.

0.5 Minimum base score for being on the floor.

1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc.).

1.0 Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).

1.0 Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

0.1-0.2 Small faults

0.3 Medium faults

0.5 Major faults

Note: Drops of the apparatus are to be penalized as follows:

0.1 Immediate retrieval

0.3 Retrieval after 2-3 steps



GYMNASTICS – RHYTHMIC

0.5 Retrieval after 4 or more steps

Elegance and General Impression (1.0)

Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Good general impression is a performance with few errors. The gymnast must be full of confidence and perform with style and emotion.

6. **Judging Optional Routines** – Level 4 routines should be evaluated by 3 panels: Technical Value, Artistic Value, and Execution. If there is more than one judge on a panel, the final score for that panel will be the average of all judges' scores. If a panel consists of 4 or more judges, the head judge may elect to drop the high and low scores and average the middle scores of the judges on the panel. Level 4 routines are evaluated according to the following guidelines:

Technical Value: 3.0

- 1.6** * 4 Required Skills
Value - 0.4 each
- 1.2** 4 Supplemental Skills to be selected from the Special Olympics Skill List or the FIG Code of Points. Any skill listed in the FIG Code of Points will be valued as an Advanced Skill.
Value – Intermediate Skill - 0.2 each
Advanced Skill – 0.3 each
- 0.2** Bonus - Added at the judge's discretion if the athlete performs, with good execution and amplitude, at least 2 skills valued as Bs or higher in the FIG Code of Points. No bonus will be given if these skills are performed with static apparatus.

Artistic Value – 3.0

- 1.6** * 4 apparatus technical movements
(Required: one occurrence of each skill, performed in conjunction with a body movement.)
Value - 0.4 each
- 0.3** Connections & Apparatus technique
- 0.3** Musicality
- 0.2** Floor pattern & Use of space
- 0.4** General impression
- 0.2** Bonus - Added at the judge's discretion if the athlete performs, with good execution and amplitude, fast and intricate apparatus handling, including 2 high throws, with catches. One of the throws must be performed with either a rotating element underneath or with the throw or catch during a large jump/leap.

Execution – 4.0

*Required Skills

- 1) No credit will be given for skills performed with static apparatus.
- 2) For each difficulty, partial points may be awarded. See the Judges Guide for more details.
- 3) Leap – Split leap with 180° split of the legs. To receive credit, the leap must have at least 135° split of the legs.
- 4) Pivot – 360° pivot with the leg extended (front, side or back) at 45° or higher. To receive credit, a fixed position of the leg must be maintained for at least 270° of the pivot.
- 5) Balance – Leg extended (front, side or back) at 90° or higher. To receive credit, the balance must be held in relevé for at least 2 seconds.

**GYMNASTICS –
RHYTHMIC**

- 6) Flexibility – Choice of elements:
 - a) Back arch on knees. - Kneeling on both knees and showing a clear arched position. To receive credit, the arch must come close to horizontal.
 - b) Split (right, left or center). To receive credit, the split must show at least 135° split of the legs.

***Apparatus Technical Movements**

- 1) Four skills specific to each apparatus are listed below. Required: one occurrence of each skill.
- 2) To receive credit, all apparatus skills must be performed in conjunction with a body movement.
- 3) Each skill has a value of 0.4.
- 4) For each apparatus technical movement, partial points may be awarded. See the Judges Guide for details.

Hoop

- 1) High toss or throw
- 2) Rotations
- 3) Passing through
- 4) Swing

Ball

- 1) High toss or throw
- 2) Free roll on the body (without assistance on 1 or more parts of the body)
- 3) Active bounce
- 4) Balance on hand/swing

Clubs

- 1) High toss or throw
- 2) Mills
- 3) Small circles
- 4) Swings

Ribbon

- 1) High toss (small echappé toss does not fulfill this requirement)
- 2) Snakes
- 3) Spirals
- 4) Figure 8s/ swings/ large circles

**GYMNASTICS –
RHYTHMIC****Special Olympics Skill List**

- 1) Level 4 routines must have 4 supplemental difficulties.
- 2) Intermediate skills will be valued at 0.2 each.
- 3) Advanced skills will be valued at 0.3 each.
- 4) No credit will be given if the difficulty is performed with static apparatus.
- 5) Supplemental difficulties may be chosen from the list below or from the FIG Code of Points.
- 6) Any skill listed in the FIG Code of Points will be valued as an Advanced Skill.

Leaps

Intermediate

- 1) Any jump or leap with at least a 135° split of the legs
- 2) Any jump or leap with one leg extended at horizontal (front, side or back)
- 3) Any jump or leap turning 180°, with one or both legs at 45° to slightly below horizontal

Advanced

- 1) Any jump or leap with at least a 180° split of the legs
- 2) Any jump or leap turning 360°
- 3) Any jump or leap turning 180°, with one or both legs at or above horizontal

Pivots

Intermediate

- 1) Any 360° pivot with the free leg 45° to just below 90°. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- 2) 540° passé pivot

Advanced

- 1) Any 360° pivot with the free leg 90° or higher. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- 2) Any 720° pivot with the leg 45° or higher. Leg may be in an extended, passé, or attitude position.

Balances

Intermediate – Intermediate balances will be considered Advanced if 2 technical movements with the apparatus are performed during the balance.

- 1) Any unassisted balance (in relevé) with the free leg 90°. Leg may be extended (front, side or back) or bent in an attitude position (front or back).
- 2) Any assisted balance (flat) with the leg head high
- 3) Passé balance (turned out with the thigh at horizontal), in relevé, with 2 technical movements of the apparatus performed during the balance. Note – the passé balance will be given Intermediate credit only if performed with 2 technical movements. This balance may not be upgraded to an Advanced skill.

**GYMNASTICS –
RHYTHMIC**

Advanced

- 1) Any unassisted balance (in relevé) with the free leg higher than 90°
- 2) Any assisted balance (in relevé) with the leg head high
- 3) Any Intermediate balance (except passé) performed with 2 technical movements with the apparatus.

Flexibilities/Acros

Intermediate

- 1) Back arch to horizontal
- 2) Split (on the floor)
- 3) High kick with 135° split (front, side or back)
- 4) Front or back body wave with a contraction (hands reaching below the knees) and a back arch to horizontal
- 5) Passé with back arch to horizontal
- 6) Rolls (forward, backward, over the shoulder or head) – May not be performed by athletes who have Down syndrome and have been diagnosed with Atlanto-axial instability.
- 7) Any 360° promenade with the free leg in a passé position or with the free leg 45° to just below 90°.
- 8) Any 180° promenade with the free leg at 90° or above (the foot or leg may be held with the hand).

Advanced

- 1) Back arch below horizontal
- 2) High kick with 180° split (front, side or back)
- 3) Back arch to horizontal with straight leg kick to the front. Leg must kick to 90° or higher.
- 4) Illusion
- 5) Any acrobatic skill with hand or elbow support. Acrobatic skills with flight are not allowed. Acrobatic skills may not be performed by athletes who have Down syndrome and have been diagnosed with Atlanto-axial instability.
- 6) Any 360° promenade with the free leg at 90° or above (the foot or leg may be held with the hand)

7. Judging Group Routines:

For Group Routines, the judges separate into two panels: Technical (Exactness of Text) and Execution. To calculate the final score for each group, the score from the Technical judge is added to the score from the Execution judge. If there is more than one judge on each panel, the average score from the judges on the Technical panel is added to the average score from the judges on the Execution panel. Neutral deductions are taken from the total.

Neutral Deductions – Neutral deductions are the same for Group as they are for individual competition, with one addition: non-conforming leotard or apparatus. All gymnasts in a group must wear matching leotards, identical in shape and color. All gymnasts must use apparatus identical in weight, shape, and size: only the color can differ. The deduction for non-conforming leotards or apparatus are as follows:

- 0.1** Each leotard that does not match (maximum deduction is 0.3)
- 0.1** Each apparatus that does not match (maximum deduction is 0.3)

**GYMNASTICS –
RHYTHMIC****Group Floor Exercise****Technical Panel (Exactness of Text) – 5.0**

- 3.0 Difficulty
- 1.0 Connections
- 0.5 Uniformity of the group
- 0.5 Music

Difficulty (3.0) – 4 Identified Skills and 2 Formations, each with a value of 0.5

For each Identified Skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the Identified Skills in groups of either 4 or 6 gymnasts.

- 0.5 Body skill is executed flawlessly by all gymnasts.
- 0.4 Body skill is executed well by at least 3 gymnasts.
- 0.3 Body skill is executed with minor mistakes by 2 gymnasts.
- 0.2 Body skill is executed with major mistakes.
- 0.1 Body skill is executed, but barely recognizable.
- 0.0 Body skill is omitted or unrecognizable.

The following breakdown is a guideline to help determine the amount of credit given for each Formation in groups of either 4 or 6 gymnasts.

- 0.5 All gymnasts are in the exact formation.
- 0.4 1 gymnast is out of formation.
- 0.3 2 gymnasts are out of formation.
- 0.2 3 gymnasts are out of formation
- 0.1 Formation is barely recognizable.
- 0.0 Formation is unrecognizable.

Connections (1.0)

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 1.0 The routine is executed as written, with smooth connections between body skills, and fluidity in movements where gymnasts work together.
- 0.7-0.9 The routine is basically correct, with minor mistakes in the connections.
- 0.5-0.6 The routine is somewhat correct, with major mistakes in the connections.
- 0.3-0.4 The routine is barely recognizable.
- 0.1-0.2 The group is on the floor.

Uniformity of the Group – All gymnasts performing with precision (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- 0.5 All gymnasts working together with synchronization.
- 0.4 One mistake in synchronization.
- 0.3 Several mistakes in synchronization.

**GYMNASTICS –
RHYTHMIC**

0.2 Gymnasts work together sporadically.

0.1 Gymnasts are working independently.

Music (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

0.5 The routine perfectly matches the music.

0.4 The routine basically matches the music, with one mistake.

0.3 The routine somewhat matches the music, with several mistakes.

0.2 The routine barely matches the music.

0.1 The routine has no connection with the music.

Execution Panel – 5.0

4.0 Execution and Amplitude

1.0 Elegance and General Impression

Execution and Amplitude (4.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The group will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each group will be rewarded for areas in which the gymnasts excel and not be too harshly penalized for an area in which they may have limitations.

0.5 Minimum base score for being on the floor.

1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc.).

1.0 Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).

1.0 Body Position errors.

Note: Faults are penalized according to degree:

0.1-0.3 Small faults

0.3 Medium faults

0.5 Major faults

Elegance and General Impression (1.0)

Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Good general impression is a performance with few errors. The group must be full of confidence and perform with style and emotion.

Group Ball**Technical Panel (Exactness of Text) – 5.0**

3.0 Difficulty

1.0 Connections

0.5 Uniformity of the group

0.5 Music

Difficulty (3.0) – 2 Identified Skills, 2 Exchanges and 2 Formations, each with a value of 0.5

For each Identified Skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the Identified Skills in groups of either 4 or 6 gymnasts.



GYMNASTICS – RHYTHMIC

- 0.5 Body skill is executed flawlessly by all gymnasts.
- 0.4 Body skill is executed well by at least 3 gymnasts.
- 0.3 Body skill is executed with minor mistakes by 2 gymnasts.
- 0.2 Body skill is executed with major mistakes.
- 0.1 Body skill is executed, but barely recognizable.
- 0.0 Body skill is omitted or unrecognizable.

The following breakdown is a guideline to help determine the amount of credit given for each Exchange performed in groups of either 4 or 6 gymnasts.

- 0.5 Exchange is completed by all gymnasts.
- 0.4 1 gymnast drops the apparatus.
- 0.3 2 gymnasts drop the apparatus.
- 0.2 3 gymnasts drop the apparatus.
- 0.1 4 gymnasts drop the apparatus.
- 0.0 No attempt is made to exchange.

The following breakdown is a guideline to help determine the amount of credit given for each Formation in groups of either 4 or 6 gymnasts.

- 0.5 All gymnasts are in the exact formation.
- 0.4 1 gymnast is out of formation.
- 0.3 2 gymnasts are out of formation.
- 0.2 3 gymnasts are out of formation
- 0.1 Formation is barely recognizable.
- 0.0 Formation is unrecognizable.

Connections (1.0)

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 1.0 The routine is executed as written. With smooth connections between body skills, technically correct connections in apparatus handling and a flowing connection between the body skills and apparatus handling.
- 0.7-0.9 The routine is basically correct, with minor mistakes in the connections.
- 0.5-0.6 The routine is somewhat correct, with major mistakes in the connections.
- 0.3-0.4 The routine is barely recognizable.
- 0.1-0.2 The group is on the floor with the correct apparatus.

Uniformity of the Group – All gymnasts performing with precision (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- 0.5 All gymnasts working together with synchronization.
- 0.4 One mistake in synchronization.
- 0.3 Several mistakes in synchronization.
- 0.2 Gymnasts work together sporadically.
- 0.1 Gymnasts are working independently.



GYMNASTICS – RHYTHMIC

Music (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 0.5** The routine perfectly matches the music.
- 0.4** The routine basically matches the music, with one mistake.
- 0.3** The routine somewhat matches the music, with several mistakes.
- 0.2** The routine barely matches the music.
- 0.1** The routine has no connection with the music.

Execution Panel – 5.0

- 5.0** Execution and Amplitude
- 1.0** Elegance and General Impression

Execution and Amplitude (4.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The group will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each group will be rewarded for areas in which the gymnasts excel and not be too harshly penalized for an area in which they may have limitations.

- 0.5** Minimum base score for being on the floor.
- 1.5** Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 1.0** Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
- 1.0** Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

Note: Faults are penalized according to degree:

- 0.1-0.4** Small faults
- 0.3** Medium faults
- 0.5** Major faults

Elegance and General Impression (1.0)

Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Good general impression is a performance with few errors. The group must be full of confidence and perform with style and emotion.

**GYMNASTICS –
RHYTHMIC****SECTION F — COMPULSORY ROUTINES****Level A Rope****Music: Rag & Bone**

Starting Position: Sitting. Arms are extended forward at shoulder height with the rope on the horizontal plane, folded in quarters (knots & loop in right hand).

Counts

- 1-2 Hold
- 3-4 Twist the rope to the vertical plane by raising the right hand and lowering the left hand.
- 5-6 Reverse the rope by raising the left hand and lowering the right hand.
- 7-8 Return the rope to the horizontal plane.
- 1-2 Keeping the rope on the horizontal plane, at shoulder height, bend the arms in toward the chest.
- 3-4 Extend the arms.
- 5-8 Repeat counts 1-4.
- 1-8 Release the loop of the rope, raise the right hand and lower the left hand (directly under the right hand).
Rotations overhead.
- 1-4 Place the rope in the lap. Release the rope with the right hand and move the right hand to grasp the rope in an overgrip beside the left hand.
- 5-8 Slide the right hand on the rope to grasp the looped end. Arms extend forward to hold the doubled rope on the horizontal plane at shoulder height.
- 1-6 Circle the wrists to spin the rope forward.
- 7-8 Open the arms wider to stretch the rope.
- End Keeping the rope extended, raise the arms overhead. Place the rope behind the neck and release the ends.
Raise the arms diagonally overhead for the ending pose.

**GYMNASTICS –
RHYTHMIC****Level A Hoop****Music: Freeze Frame**

Starting Position: Sitting, with the right hand holding the top edge of the hoop on the right side of the body. The hoop rests on the floor in the sagittal plane.

Counts

- 1-4 Hold
- 5-8 Use the wrist to twist the hoop (on a vertical axis).
- 1-4 Continue twisting the hoop.
- 5-8 Lift the hoop and move it in front of the body to a frontal plane, grasping the opposite outside edge with the left hand. Keeping relaxed elbows, rest the bottom edge of the hoop on the thighs.
- 1-2 Keeping the hoop on the frontal plane, extend the arms slightly diagonally forward to the right.
- 3-4 Bend the elbows, moving the hoop in toward the body.
- 5-6 Repeat, extending the hoop slightly diagonally forward to the left.
- 7-8 Return the hoop to position.
- 1-8 Repeat the previous 8 counts.
- 1-2 Keeping the hoop on the frontal plane, extend the arms forward and rotate the hoop 4 times by first moving the right hand up and the left hand down, then, reversing.
- 3-4 Continue rotating the hoop.
- 5 Keeping the hoop on the frontal plane, extend the arms forward.
- 6 Relax the elbows and place the bottom edge of the hoop on the thighs.
- 7-8 Slide the hands slightly lower toward the bottom edge of the hoop.
- End Extend the arms forward to hold the hoop on the horizontal plane.
Tap the hoop on the floor 2 times diagonally to the right.
Tap the hoop on the floor 2 times diagonally to the left.
Raise the hoop overhead for the ending pose.

**GYMNASTICS –
RHYTHMIC****Level A Ball****Music: Twist & Shout**

Starting Position: Sitting, hold the ball with 2 hands, arms extended forward at shoulder height.

Counts

1-8 Hold.

Toss the ball with 2 hands. Keeping the elbows lifted and the arms parallel, bend the elbows to trap the ball in the arms.

Extend the arms to roll the ball out to catch with 2 hands.

Note: On the DVD, the front and back views of this routine show different timing for the first 8 counts. Either is acceptable.

1-2 Holding the ball at shoulder height, bend the arms in toward the chest.

3-4 Extend the arms forward.

5-6 Bend the arms in toward the chest.

7-8 Extend the arms forward.

1-8 Repeat the previous 8 counts.

1-8 Keeping the arms extended at shoulder height, twist the ball 8 times, by first moving the right hand up and the left hand down, then continue by reversing the hands.

1-4 Lower the arms to place the ball on the legs close to the knees. Use 2 hands to roll the ball on the legs, in toward the body.

5-8 Use 2 hands to roll the ball on the legs, out toward the knees.

1-8 Repeat ball roll in and out.

End Pick up the ball in 2 hands to hold in front of the body at shoulder height.

Bend the elbows, bringing the ball in toward the chest, & shake the ball between the palms of both hands.

Holding the ball with 2 hands, extend the arms forward to the ending pose.

**GYMNASTICS –
RHYTHMIC****Level A Ribbon****Music: Hamster Dance**

Starting Position: Sitting. Hold the ribbon stick in the right hand in front of the body. The ribbon is resting on the floor.

Counts

- 1-20 Extend the right arm to the front, pointing the stick slightly downward, to do horizontal snakes with the ribbon.
- 21 Keeping the arm at shoulder height, swing the right arm and the ribbon to the right side.
- 1-4 Overhead swing to the left.
- 5-8 Overhead swing to the right.
- 1-8 Spirals with the ribbon, keeping the right arm extended to the right side at shoulder height.
- 1-5 Overhead swing to the left.
- 5-8 Overhead swing to the right.
- 1-10 Spirals with the ribbon, keeping the right arm extended to the side at shoulder height.
- 1-4 Swing the ribbon up to the front and overhead.
- 5-8 Horizontal snakes down in front of the body.
- 1-8 Repeat
- 1-8 Repeat
- 1-8 Repeat
- 1-16 Bend the elbows and move the forearms in front of the body, with the ribbon stick pointing upward. Keeping the forearms parallel, 16 small swings to the right and left with the ribbon.
- End Swing the arms diagonally overhead for the ending pose.

**GYMNASTICS –
RHYTHMIC****Level B Rope****Music: Hello Cheeky**

Starting Position: With feet together, stand in the center of the mat, facing Side 1.

Holding one knot in each hand, extend the arms diagonally forward to hold the rope in a U-shape.

Counts

- 1-4 Hold
- 5-8 2 knee bends
- 1-8 Keeping the rope in a U-shape, swing right, left, right, left.
- 1-4 Place both knots in the right hand. With the left hand, grasp the rope in an overgrip beside the right hand.
- 5-8 Slide the left hand along the rope to grasp the looped end, holding the rope on a horizontal plane in front of the body at shoulder height.
- 1-8 Keeping the rope extended, raise the arms overhead.
360° tiptoe turn right.
- 1-2 Keeping the rope extended and on a horizontal plane, lower the arms in front to shoulder height.
- 3-4 Circle the wrists to spin the rope forward.
- 5-6 Open the arms wider to extend the rope.
- 7-8 Extend the right heel diagonally to the side and tilt the body to the right for the ending pose.

**GYMNASTICS –
RHYTHMIC****Level B Hoop****Music: Man, I Feel Like a Woman****Starting Position:** With feet together, stand in the center of the mat, facing Side 1.

Hold the hoop in an undergrip, on the frontal plane, with the bottom edge of the hoop resting on the floor.

Counts

- 1-8 Hold
- 1-16 4 knee bends
- 1-16 Keeping the hoop on the frontal plane, swing right, left, right, left.
- 1-8 Place the bottom edge of the hoop on the floor, slightly to the left of the body. Extend the right arm on a high diagonal to the right.
- 1-8 Use the hands to roll the hoop on the floor to the right (assisted roll), with the hoop finishing slightly to the right of the body. Extend the left arm on a high diagonal to the left.
- 1-4 Use the hands to roll the hoop on the floor to the left (assisted roll), with the hoop finishing directly in front of the body.
- 5-8 Holding the hoop in an undergrip with both hands, raise overhead.
- 1-8 360° tiptoe turn right
- 1-8 Lower the hoop in front by sliding the right hand. Finish with the hoop in the frontal plane, hands on opposite edges in an outside grip, elbows relaxed.
- 1-4 Extend the arms and the right heel forward. Bend the elbows and close the right foot to the left foot.
- 5-8 Extend the arms and the left heel forward. Bend the elbows and close the left foot to the right foot.
- 1-end Extend the arms and right heel forward. Bend the elbows and close the foot.
Jump the feet apart and extend the arms forward for the ending pose.

**GYMNASTICS –
RHYTHMIC****Level B Ball****Music: Two Guitars**

Starting Position: With feet together, stand in the center of the mat, facing Side 1. Hold the ball with 2 hands, low in front of the body.

Counts

- 1-8 Hold
- 1-8 Holding the ball in 2 hands, move the arms in a counter-clockwise direction (starting to the right) in a large frontal circle.
- 1-8 Moving the ball to rest on the chest (elbows wide), walk forward 3 steps - right, left, right. Close the feet together.
- 1-8 Extending the arms forward at shoulder height, walk backwards 3 steps – right, left, right. Close the feet together.
- 1-4 With 2 hands, bounce and catch the ball.
- 5-8 Roll the ball in the arms toward the chest and out the arms to catch in 2 hands.
- 1-8 Repeat the previous 8 counts.
- 1-4 With 2 hands, toss and catch the ball.
- 5-8 Roll the ball in the arms toward the chest and out the arms to catch in 2 hands.
- 1-4 With 2 hands, toss and catch the ball.
- 5-8 Roll the ball in the arms. Cross the forearms to hold the ball by the chest. Twinkle the fingers.
- End 360° tiptoe turn right.
Extend the right heel diagonally to the side and tilt the body to the right for the ending pose.

**GYMNASTICS –
RHYTHMIC****Level B Ribbon****Music: Don't Worry, Be Happy**

Starting Position: With feet together, stand in the center of the mat, facing Side 1.

Hold the ribbon stick in the right hand, with the right arm extended forward at shoulder height. Hold the left arm to the side at shoulder height.

Counts

- 1-8 Clockwise spirals in front of the body
- 1-8 360° tiptoe turn right. Open the arm to the right to do a large overhead circle with the ribbon.
- 1-16 Repeat spirals and 360° tiptoe turn.
- 1-8 4 overhead swings - left, right, left, right.
- 1-8 4 swings low in front of the feet – left, right, left, right.
- 1-16 4 large clockwise frontal circles. Plié (bend the knees) on each down swing of the ribbon.
- 1-4 Straight jump. Swing the ribbon forward and up, finishing with the right arm extended upward by the right ear and the ribbon behind the back.
- 5-8 Horizontal snakes down in front of the body.
- End Straight jump. Swing the ribbon forward and up.
Step back right, lifting the toes of the left foot in front. Lean slightly forward. Swing the ribbon down and back for the ending pose.

**GYMNASTICS –
RHYTHMIC****Level 1 Rope****Music: Jump in the Line**

Starting Position: Facing Side 1, stand in the center of the mat, with the right foot in front stepping on the rope, and the left foot behind. Holding one knot in each hand, extend the arms to the sides.

Counts

- 1-4 Hold
- 5-8 Shake hips 2 times.
- 1-4 Moving through a parallel passé position, point the left foot forward.
- 5-8 Moving through a parallel passé position, step back on the left foot.
- 1-4 Pass the right foot by the left ankle and close beside the left foot.
- 5-12 **Body circumduction** left, leading with the right arm and following with the left arm to circle the rope around the body.
- 13-16 Keeping the rope in a U-shape, **step forward over the rope** (right, left) and close the feet together.
Step backward over the rope (right, left) and close the feet together.
Note: The steps may be small jumps over the rope, as shown on the DVD.
- 1-4 Keeping the rope in a U-shape, swing overhead and behind the body, stopping the rope behind the legs.
- 5-8 Bend the knees and cross the arms in front of the body.
- 1-8 Swing the rope in a U-shape overhead and forward.
Step back right – left, sliding the rope on the floor to trap the rope under the right foot.
- 1-8 Step onto the right foot (releasing the rope) and close the left foot to the right foot. Put both knots of the rope in the right hand. Begin clockwise rotations on the frontal plane.
- 1-8 Continuing rotations with the rope, **chassé** sideways to the left 2 times.
Step left and close the right foot to the left. Swing the rope to the left.
- 1-8 Open the right arm to the side and move upward by the ear to begin overhead rotations with the rope. 360° **tiptoe turn** right, continuing overhead rotations.
- 1-8 Lower the right arm and **pass the rope around** the body (behind the back) to change hands. Finish with the knots in the left hand.
In front of the body, grasp the rope with the right hand in an undergrip beside the left hand. Slide the right hand to the center of the rope and begin forward rotations (on the side) with the looped end of the rope.
- 1-8 Continuing rotations, walk forward 4 steps (right, left, right, left)
- 1-8 Lift the right knee and point the toes of the right foot by the left knee - parallel **passé balance**.
Close the right foot to the left foot. Slide the right hand to hold the looped end of the rope, stretching the rope on the horizontal plane at shoulder height.
- End Jump the feet apart as the arms move overhead with the rope extended on the horizontal plane. Place the rope behind the neck and release the ends.
Shift the weight to the left, lifting the toes on the right foot. Open the arms and tilt the body to the right for the ending pose.

**GYMNASTICS –
RHYTHMIC****Identified Skills**

- 1-Circumduction
- 2-Steps over the rope
- 3-Chassés
- 4-Tiptoe turn
- 5-Pass the rope around
- 6-Passé balance

**GYMNASTICS –
RHYTHMIC****Level 1 Hoop****Music: At the Hop**

Starting Position: Facing Side 1, with feet together, stand in the center of the mat, inside the hoop. Hold the hoop with an overgrip, on the horizontal plane.

Counts

- 1-8 Hold
- 1-8 Twist, bending and straightening the knees.
- 1-8 **Chainé turn** right (stepping right, left, right to complete a 360° turn). Close the left foot to the right foot.
- 1-8 Raise the hoop overhead in the horizontal plane. Lower the hoop.
- 1-8 **Chainé turn** left (stepping left, right left to complete a 360° turn). Close the right foot to the left foot.
- 1-8 Raise the hoop overhead in the horizontal plane. Lower the hoop.
- 1-8 Release the hoop with the left hand, moving the left arm to a high side diagonal. Jump sideways out of the hoop (left, right) as the side edge of the hoop lowers to the floor.
Lift the left heel, bending the left knee. Lift the right heel, bending the right knee.
- 1-8 With the right hand on the top of the hoop, spin the hoop to the right on a vertical axis. Walk around the spinning hoop (right, left, right, left). Finish facing Side 7, holding the hoop on the sagittal plane on the right side of the body.
- 1-4 **Swing** the hoop forward and up on the sagittal plane on the right side of the body.
- 5-8 While bending the knees, **swing** the hoop down and back.
- 1-4 Repeat the **swing** forward and up.
- 5-8 While bending the knees, **swing** the hoop down and back to change hands behind the back.
- 1-4 **Swing** the hoop forward and up on the sagittal plane on the left side of the body.
- 5-8 While bending the knees, **swing** the hoop down and back.
- 1-4 Repeat the **swing** forward and up.
- 5-8 While bending the knees, swing the hoop down and back to change hands behind the back. Finish with the bottom edge of the hoop resting on the floor on the right side of the body.
- 1-8 **Step sideways into the hoop** with the right foot. Making a quarter turn right to face Side 1, close the left foot to the right foot.
Holding the hoop with 2 hands, raise overhead and lower to the front to finish on a horizontal plane.
- 1-2 Step right in plié, shift the weight to the right foot and point the left foot to the side. Holding in an undergrip, swing the hoop on the horizontal plane to the right.
- 3-4 Repeat to the left.
- 5-6 Step right. Close the left foot to the right foot. Hold the hoop in front on a horizontal plane.
- 7-8 Raise the hoop overhead.
- 1-4 Lower the top edge of the hoop behind the body to rest on the floor. Step back out of the hoop with the right foot. Close the left foot to the right foot.
- 5-8 As the hoop slides on the floor in front of the body, take 2 steps backward (right, left). Close the right foot to the left foot.

**GYMNASTICS –
RHYTHMIC**

- 1-4 Step right in plié, shift the weight to the right foot and point the left foot to the side. Use the hands to roll the hoop on the floor to the right (**assisted roll**), with the hoop finishing slightly to the right of the body. Extend the left arm on a high diagonal to the left.
- 5-8 Repeat **assisted roll** to the left.
- 1-4 Repeat **assisted roll** to the right.
- 5-8 Lift the left knee and point the toes of the left foot by the right knee – **passé balance** (with the knee turned out).
Close the left foot to the right foot.
- 1-8 Holding the hoop with the right hand in the frontal plane, circle in a counter-clockwise direction to change hands overhead. Continue the circle with the left hand to place the bottom edge of the hoop on the floor in front of the feet
Holding the hoop with 2 hands, step into the hoop with the right foot. Close the left foot to the right foot.
- 1-8 Stand inside the hoop by lifting the back edge of the hoop to a horizontal plane, sliding the right hand on the hoop to hold with the hands opposite each other in an overgrip.
Shake the hoop.
- 1-8 Continue to shake the hoop. 2 right **chassés** forward.
- 1-8 Step forward right and close the left foot to the right foot.
Release the hoop with the left hand. Lower the edge of the hoop to rest on the floor by the left foot. Extend the left arm to a high side diagonal.
- 1-8 Step sideways to the left out of the hoop. Place the right knee on the floor behind the left foot. Close the left knee to the right knee.
Circle the hoop to the front on the body on the horizontal plane.
- 1-8 Pass the hoop to the left hand and continue the circle toward the left around the body, changing to the right hand behind the back.
- End Grasp the hoop in an undergrip with 2 hands in front of the body. Raise the hoop overhead for the ending pose.

Identified Skills

- 1-Chainé turns
- 2-Swings
- 3-Step through the hoop
- 4-Assisted rolls
- 5-Passé balance
- 6-Chassés

**GYMNASTICS –
RHYTHMIC****Level 1 Ball****Music: Chim Chim Cheree**

Starting Position: With feet together, stand in the center of the mat, facing Side 1.

Hold the ball with 2 hands, low in front of the body.

Counts

- 1-8 Hold
- 1-8 With 2 hands, **roll** the ball up the body to the chest. Extend the arms forward to roll the ball out the arms. Catch with 2 hands.
- 1-8 Raise the ball overhead. Lift the right knee and point the toes of the right foot by the left knee – **passé balance** (with the knee turned out).
Close the right foot to the left foot. Lower the arms to front middle.
- 1-4 Step right in plié, shift the weight to the right foot and point the left foot to the side. Swing the ball down in front, then to the right, finishing in a high diagonal.
- 5-8 Plié and shift the weight to the left foot. Point the right foot to the side. Swing the ball down in front, then to the left, finishing in a high diagonal.
- 1-4 Side **chassé** right. Holding the ball in 2 hands, move the arms in a counter-clockwise direction (starting down and to the right) in a large frontal circle. Step right and point the left foot to the side. Finish the arm circle in a high diagonal.
- 5-8 Side **chassé** left. Circle the arms in a clockwise direction (starting down and to the left). Step left and point the right foot to the side. Finish the arm circle in a high diagonal.
- 1-4 Facing Corner 8, close the right foot to the left foot.
Holding the ball in the right hand, swing the ball down and back on the sagittal plane. The left arm remains high diagonal.
- 5-8 Lower the left arm to front middle as the ball swings forward and up, stopping in front of the body at shoulder height.
- 1-8 Open the right arm to the side and turn to face Side 1. With both arms extended to the sides, 360° tiptoe **turn** right.
- 1-8 Move both arms to front middle, passing the ball to the left hand. Open both arms to the sides.
- 1-8 Move both arms to front middle, passing the ball to the right hand. Open both arms to the sides. Move both arms to front middle and hold the ball with 2 hands.
- 1-4 **Bounce** the ball and catch with 2 hands.
- 5-8 **Bounce** the ball and catch with 2 hands.
- 1-8 While rolling the ball in the arms to the chest and out the arms to catch in 2 hands, step back right, left. Close the right foot to the left foot.

**GYMNASTICS –
RHYTHMIC**

- 1-8 Bend the elbows, bringing the ball in toward the chest, and shake the ball between the palms of both hands. With relaxed knees, 360° **tiptoe turn** right. Extend the arms to front middle.
- 1-8 **Toss and catch** the ball with 2 hands.
Lean slightly forward to hold the ball between the stomach and thighs. Extend the left arm to a high diagonal for the ending pose.

Identified Skills:

- 1-Roll
- 2-Passé balance
- 3-Chassés
- 4-Tiptoe turn
- 5-Bounces
- 6-Toss and catch

**GYMNASTICS –
RHYTHMIC****Level 1 Ribbon****Music: Goody Goody**

Starting Position: With feet together, stand in the center of the mat, facing Side 1.

With both arms overhead, hold the end of the ribbon stick in the right hand and the end of the stick near the attachment in the left hand. The ribbon hangs down on the left side of the body.

Counts

- Intro Circle the knees.
- 1-8 With overhead swing to the right, step sideways to the right. Touch the left foot beside the right foot.
With overhead swing to the left, step sideways to the left. Touch the right foot beside the left foot.
- 1-8 180° **tiptoe turn** right with spirals.
- 1-8 Facing Side 5, with overhead swing to the right, step sideways to the right. Touch the left foot beside the right foot.
With overhead swing to the left, step sideways to the left. Touch the right foot beside the left foot.
- 1-8 180° **tiptoe turn** right with spirals.
- 1-8 2 knee bends with large counter-clockwise circles on the frontal plane.
- 1-8 2 side **chassés** right with large counter-clockwise circles on the frontal plane. Step sideways to the right and close the left foot to the right foot.
Swing the ribbon to the right.
- 1-8 2 knee bends with large clockwise circles on the frontal plane.
- 1-8 2 side **chassés** left with large clockwise circles on the frontal plane.
Step sideways to the left and close the right foot to the left foot.
Swing the ribbon to the left.
- 1-8 With a large overhead circle to the right, **chainé turn** right (stepping right, left, right to complete a 360° turn), finishing with the toes of the left foot beside the right foot.
- 1-8 Swing the ribbon to the right and begin spirals on the side.
With 2 overhead swings, lift the right heel, bending the right knee and then, lift the left heel, bending the left knee.
- 1-8 With horizontal snakes in front, step back left, pointing the right foot in front. Step back right, pointing the left foot in front.
- 1-8 Continuing horizontal snakes in front, lift the left knee and point the toes of the left foot by the right knee – **passé balance** (with the knee turned out).
Close the left foot to the right foot.
- 1-8 Large figure-8 (left, right), bending the knees on the downswings of the ribbon.
Continue the figure-8, bending the knees and crossing both arms in front on the circle to the left. **Body wave** during the circle on the right.
Finish with the right arm extended upward by the ear and the ribbon behind the back.
- 1-4 With horizontal snakes behind the back, run forward 4 steps (right, left, right, left). Close the right foot to the left foot.

**GYMNASTICS –
RHYTHMIC**

- 5-8 Horizontal snakes down in front of the body.
- 1-8 **Straight jump.** Raising both arms up, swing the ribbon forward and up, finishing with the arms extended upward by the ears and the ribbon behind the back.
Lowering both arms, horizontal snakes down in front of the body.
- 1-8 Repeat the **straight jump.** Raising both arms up, swing the ribbon forward and up, finishing with the arms extended upward by the ears and the ribbon behind the back.
Lowering both arms, horizontal snakes down in front of the body.
- 1-8 Standing with feet together, 2 large overhead circles left.
Step forward on the right foot and place the left knee on the floor in back.
- 1-8 While swinging the ribbon to the left, close the right knee to the left knee.
Vertical snakes moving to the right across in front of the body.
For the ending pose, swing the ribbon left and overhead to grasp the end of the stick near the attachment with the left hand.

Identified Skills:

- 1-180° tiptoe turns with spirals
- 2-Chassés
- 3-Chainé turn
- 4-Passé balance
- 5-Body wave
- 6-Straight jumps

**GYMNASTICS –
RHYTHMIC****Level 2 Hoop****Music: These Boots Are Made for Walking**

Starting Position: Near Corner 6, standing with feet together, facing Corner 6. Hold the hoop slightly to the left of the body, at shoulder height, on the horizontal plane. The right hand is in an overgrip and the left hand is in an undergrip.

Counts

- 1-8 Hold
- 1-8 While passing the hoop around the body to the right, turn to the right (small steps on the toes, with relaxed knees). Finish facing Side 1 holding the hoop in an undergrip on the horizontal plane.
- 1-8 Flip toss with 180° rotation (around a horizontal axis).
Extend the right heel diagonally to the side. Close the right foot to the left foot.
- 1-8 Flip toss with 180° rotation (around a horizontal axis).
Extend the left heel diagonally to the side. Close the left foot to the right foot.
- 1-8 Tap the front edge of the hoop on the floor diagonally to the right 2 times.
Tap the front edge of the hoop on the floor diagonally to the left 2 times.
- 1-4 Slide the right hand to hold the hoop on the frontal plane in an outside grip.
- 5-8 Knee bend.
- 1-8 Holding the hoop on the frontal plane, take 4 stylized steps forward, starting with the right foot (lift the right knee to a parallel passé position and twist left to step across in front of the left foot, lift the left knee to a parallel passé position and twist right to step across in front of the right foot, repeat both steps). Close right foot to left foot.
- 1-8 Lower the bottom edge of the hoop to the floor and **catleap** (right, left) to stand inside the hoop.
Slide the right hand to hold the hoop on the horizontal plane, with an outside grip.
- 1-8 While raising the hoop overhead on the horizontal plane, **chainé turn** right (stepping right, left, right to complete a 360° turn). Close the left foot to the right foot.
- 1-8 While lowering the hoop, **chainé turn** left (stepping left, right, left to complete a 360° turn). Close the right foot to the left foot.
- 1-8 Release the hoop with the right hand, moving the right arm to a high side diagonal. Jump sideways out of the hoop (right, left) as the side edge of the hoop lowers to the floor.

While turning to face Corner 2, spin the hoop on a vertical axis to pass the hoop in front of the body to the right hand.
- 1-4 While swinging the hoop forward and up on the sagittal plane, step forward left and **grand battement** (high kick) with the right leg.
- 5-8 While swinging the hoop down and back on the sagittal plane, step forward right and close the left foot to the right foot.
- 1-4 While swinging the hoop forward and up on the sagittal plane, step forward right and **hop** with the left leg in a parallel passé position.

**GYMNASTICS –
RHYTHMIC**

- 5-8 While swinging the hoop down and back on the sagittal plane, step forward left and **hop** with the right leg in a parallel passé position.
- 1-8 Step forward right and close the left foot to the right foot.
Toss the hoop by swinging forward and up on the sagittal plane. Catch the hoop with 2 hands (right arm high and left arm low).
- 1-8 While turning left to face Side 1 (small steps on the toes with relaxed knees), rotate the hoop around the body on a vertical axis. Finish with the arms extended forward on a low diagonal, with the front edge of the hoop resting on the floor.
- 1-12 Pulling the hoop, with the front edge on the floor, step back right, left. Trap the hoop under the right foot.
Move the right hand to the top of the hoop and extend the left arm on a high side diagonal.
- 1-8 Extend the right arm, pushing the top edge of the hoop forward.
Bend the right arm, returning the hoop to the frontal plane.
Close the right foot to the left foot.
- 1-8 Place the left hand on the top of the hoop and release the right hand.
While rolling the hoop on the floor on the frontal plane (from the left hand to the right hand), step sideways to the right and close the left foot to the right foot.
- 1-8 Holding the hoop on the floor in the frontal plane, slightly to the right of the body, left the left leg behind in an **arabesque balance**. The left arm is on a high side diagonal.
Close the left foot to the right foot. Use the right hand to spin the hoop to the right (on a vertical axis) on the floor. Stop the hoop on the sagittal plane.
- 1-8 Step sideways to the left and bend the right knee. Place the top edge of the hoop on the right hip, with the right hand on the right thigh.
Circle the left arm in front of the body to finish on a high side diagonal for the ending pose.

Identified Skills:

- 1-Catleap
- 2-Chainé turn
- 3-Grand battement
- 4-Step hops
- 5-Toss
- 6-Arabesque balance

**GYMNASTICS –
RHYTHMIC****Level 2 Ball****Music: Mambo Italiano**

Starting Position: Standing in the center of the mat on the right foot with the left foot pointed to the side. With the left arm rounded, hold the ball in the left hand in front, lightly resting on the body. The right arm is extended to a high side diagonal.

Counts

- 1-4 Shifting the weight to the left, through plié, **side body wave**. Change the ball to the right hand in front of the body. The left arm extends to a high side diagonal.
- 5-8 Shifting the weight to the right, through plié, **side body wave**. Change the ball to the left hand in front of the body. The right arm extends in a high side diagonal.
- 1-4 Turning right to face Corner 2, close the left foot to the right foot in plié. Hold the ball with 2 hands, close to the body. Then, extend the arms forward.
- 5-8 Straighten the legs and roll the ball in the arms. Cross the forearms to hold the ball against the chest.
- 1-8 Holding the ball with 2 hands (arms crossed), bend the knees and move the hands in toward the body to lower the ball. Straighten the arms (still crossed) on a low diagonal in front of the body. Straighten the legs and toss the ball. Uncross the arms and catch the ball with 2 hands.
- 1-8 **Chainé turn** right (stepping right, left, right to complete a 360° turn) passing the ball around the waist, changing the ball to the left hand behind the back. Facing Side 1, close the left foot to the right foot, holding the ball between the top of the right hand and the palm of the left hand (palms of both hands facing down). Elbows are lifted to the sides.
- 1-4 Step in front and across to the right with the left foot, lifting the right foot behind. Then, step down in place on the right foot (ball change). Close the left foot to the right foot. On the ball change, move the hands to cross each other (left hand moves right and right hand moves left) and return to the original position when the feet close together. The ball will roll slightly on top of the right hand.
- 5-8 Knee bend while circling the hands one time (left hand moves forward to begin the circle) , rolling the ball between the hands.
- 1-8 Repeat the previous 8 counts.
- 1-8 Extend the arms upward to toss the ball. Let the ball bounce and then catch with 2 hands.
- 1-8 Walk forward 4 steps (right, left, right, left). During the steps, use 2 hands to roll the ball up the body to the chest and then, extend the arms forward to roll the ball out the arms. Catch the ball with 2 hands.
- Turning left to face Corner 8, close the right foot to the left foot.
- 1-8 Step left toward Corner 8. **Catleap** (right, left), bending the arms to bring the ball to the chest. While extending the arms forward, close the right foot to the left foot.
- 1-4 **Bounce the ball** with the right hand and catch with 2 hands.
- 5-8 Small toss, turning the hands over to catch the ball on the backs of the hands.
- Small toss, turning the hands over to catch the ball in the palms of the hands.
- 1-4 Bending the knees, bend and extend the arms to circle the ball on the horizontal plane in a counter-clockwise chest and then, extend the arms forward to roll the ball out the arms. Catch the ball with 2 hands.

**GYMNASTICS –
RHYTHMIC**

- 5-8 With the body contracted forward, hold the ball in front and turn left to face Corner 2 (small steps on the toes with relaxed knees).
- 1-8 Step forward with the right foot toward Corner 2. Open the arms to the sides with the ball in the right hand and lift the left leg behind – **arabesque balance**.
Close the left foot to the right foot, returning both arms to the front to hold the ball briefly in 2 hands.
- 1-8 Hold the ball in the left hand. Bending and straightening the knees, swing the ball back and down on the sagittal plane on the left side of the body. Bending and straightening the knees, swing forward to **toss** the ball with the left hand and **catch** with 2 hands.
- End With the ball in the right hand, open the arms, while stepping forward on the right foot to kneel on the left knee.
Place the ball on the floor on the right side of the body. Roll the ball under the right leg.
Turning to face Corner 8, close the right knee to the left knee. Sit back on the feet and catch the ball with the left hand. The right arm moves to a high back diagonal.
Putting the hands on the floor on either side of the ball, place the chest on the ball. Roll forward on the ball by extending the legs. Straighten the arms for the ending pose.

Identified Skills:

- 1-Side bodywaves
- 2-Chainé turn
- 3-Catleap
- 4-Bounce and catch
- 5-Arabesque balance
- 6-Toss and catch

**GYMNASTICS –
RHYTHMIC****Level 2 Clubs****Music: Sailor's Hornpipe**

Starting Position: In the back center of the mat, close to Side 5, stand on the left foot with the right foot crossed in front. Bend the left elbow to hold both clubs in the left hand behind the back. Salute with the right hand.

Counts

- 1-8 Hold
- 1-4 While extending both arms to the sides, close the right foot to the left foot.
- 5-8 Cross the right arm in front of the body to grasp one club in the right hand.
- 1-6 With one club in each hand, move the arms downward to begin a large arm circle in a counter-clockwise direction, on the frontal plane. Plié as the arms pass the legs at the beginning of the circle. Finish the arm circle with the arms extended down in front.
- 7-8 Tap the clubs 2 times.
- 1-8 Swinging the arms forward and up, walk forward 3 steps (right, left, right). On the third step, **hop** with the left leg in a parallel passé position. Tap the clubs overhead on the **hop**.
- 1-8 Swinging the arms downward and back, walk forward 3 steps (left, right, left). On the third step, **hop** with the right leg in a parallel passé position. Tap the clubs low behind the back on the **hop**. Close the right foot to the left foot.
- 1-4 Circle the right arm in a clockwise direction on the sagittal plane. Bend the knees at the end of the arm circle.
- 5-8 Circle the left arm in a counter-clockwise direction on the sagittal plane. Bend the knees at the end of the arm circle.
- 1-2 Extend the arms and the clubs forward.
- 3-8 Step forward with the left foot. **Hitchkick** (right, left). Close the left foot to the right foot.
- 1-8 Small horizontal circle outward over the arms with the clubs. While opening the arms to the sides, step side ways right and touch the left heel to the left side.
- 1-8 Small horizontal circle inward over the arms with the clubs. While moving the arms to the front, step onto the left foot and touch the right heel to the right side. Tap the clubs in front of the body.
- 1-4 Step toward Corner 2 into a right lunge. Extend both arms forward.
- 5-8 Bend the elbows and place the hands on the waist. Open the elbows so the body of the clubs rests on the upper arms.
- 1-8 **180° passé pivot** right to face Corner 6.
Close the left foot to the right foot.
- 1-8 Facing Corner 6, step diagonally right and hop (small) with the left leg extended back in a low arabesque.
Step diagonally left and hop (small) with the right leg extended back in a low arabesque.
- 1-4 Turning to face Side 1, step on the right foot in relevé. Close the left foot to the right foot in relevé.
- 5-8 Lower the heels. Bend and straighten the knees.
- 1-16 Extend the arms and clubs forward. Lift the right knee and point the toes of the right foot by the left knee – **passé balance** (with the knee turned out). Tap the clubs 2 times in front.
Lowering the arms, close the right foot to the left foot.

**GYMNASTICS –
RHYTHMIC**

- 1-8 While swinging the clubs to the right on the frontal plane, step sideways to the right and touch the toes of the left foot to the side.
- While swinging the clubs down and to the left on the frontal plane, step sideways to the left and touch the toes of the right foot to the side.
- 1-8 While circling the arms counter-clockwise on the frontal plane, side **chassé** right. Continuing the circle, swing the arms to the right. Step sideways on the right foot and touch the toes of the left foot to the side.
- 1-8 While swinging the clubs down and to the left on the frontal plane, step sideways to the left and touch the toes of the right foot to the side.
- While swinging the clubs down and to the right on the frontal plane, step sideways to the right and touch the toes of the left foot to the side.
- 1-8 While circling the arms clockwise on the frontal plane, side **chassé** left. Continuing the circle, swing the arms to the left. Step sideways on the left foot and touch the toes of the right foot to the side.
- 1-8 While closing the right foot to the left foot in plié, bend the arms in with the elbows by the sides and the forearms and the clubs pointing upward.
- Relevé and extend the arms upward.
- 1-8 360° **tiptoe turn** right.
- 1-8 With a slight contraction forward, take 3 steps backward (right, left, right) as the arms lower in front. Close the left foot to the right foot.
- 1-8 Jump the feet apart, extending the arms to the sides, with the wrists bent so the hands and clubs point downward.
- 1-8 Jump the feet together as the arms lower to the sides.
- 1-4 Step forward right, slightly on a diagonal. With the right hand, toss the club (180° rotation) and catch the body of the club.
- 5-8 Step forward left, slightly on a diagonal. With the left hand, toss the club (180° rotation) and catch the body of the club.
- End Small jump forward onto the right foot, lowering the left knee behind, while the arms circle down, backward and over to tap the head of the clubs on the floor.
- Close the right knee to the left knee. Swing the clubs overhead and tap the neck of the clubs 2 times. Hold, with the clubs crossed overhead for the ending pose.

Identified Skills:

- 1-Step hops
- 2-Hitchkick
- 3-180° passé pivot
- 4-Passé balance
- 5-Chassés
- 6-Tiptoe

turn

**GYMNASTICS –
RHYTHMIC****Level 2 Ribbon****Music: We Go Together**

Starting Position: With feet together, stand in the center of the mat, facing Side 1. Arms are on a high side diagonal, holding the ribbon stick in the right hand and the ribbon in the left hand. Hold the ribbon in front of the body in a U-shape off the floor.

Counts

- 1-4 Hold
- 5-6 Bend the knees quickly 2 times while bending slightly at the waist to the left (right arm raises and left arm lowers).
- 7-8 Bend the knees quickly 2 times while bending slightly at the waist to the right (left arm raises and right arm lowers).
- 1-4 Bending the knees on the downswing of the ribbon, (still holding the ribbon in the left hand) figure-8 by crossing and uncrossing the arms.
Release the ribbon with the left hand.
- 5-8 Horizontal snakes down in front of the body.
Circle the right arm back and up on the sagittal plane.
- 1-4 Large figure-8 (left, right), bending the knees on the downswings of the ribbon.
- 5-8 While doing vertical snakes, run 3 steps kicking the heels up behind (right, left, right), turning 360° right.
Close the left foot to the right foot.
- 1-8 Repeat the previous 8 counts.
- 1-4 Circle the ribbon overhead to the left while turning to face Corner 2.
- 5-8 Vertical snakes in front (holding the stick with 2 hands), while walking backward (right, left) toward Corner 6.
Close the right foot to the left foot.
- 1-4 Step forward into a right lunge, circling the ribbon overhead to the left. Swing the ribbon to finish on the left side of the body.
- 5-8 **180° passé pivot** right with vertical snakes.
Close the left foot to the right foot while circling the ribbon overhead to the right.
- 1-4 Jump turn right to face Side 1, swinging the ribbon to the right.
Begin spirals on the right side.
- 5-8 2 small jumps on the toes, turning the knees right, left.
- 1-4 Side **chassé** left with a large clockwise circle on the frontal plane.
Step left and close the right foot to the left foot. Swing the ribbon to the left.
- 5-8 Side **chassé** right with a large counter-clockwise circle on the frontal plane.
Step right and close the left foot to the right foot, turning to face Corner 2.
- 1-4 Swinging the ribbon overhead, **straight jump**.
Changing hands in front, swing the ribbon forward, down and back to the left side of the body.
- 5-8 Swinging the ribbon overhead, **straight jump**.
Changing hands in front, swing the ribbon forward, down and back to the right side of the body.

**GYMNASTICS –
RHYTHMIC**

- 1-8 Relevé, swinging the ribbon up and overhead. Begin horizontal snakes behind the back.
Right chassé toward Corner 2. Step right, left. **Hitchkick** (right, left). Step forward right and close the left foot to the right foot.
- 1-4 Turn left to face Side 1. With horizontal snakes down in front, walk backwards 2 steps (right, left) and close the right foot to the left foot.
- 5-8 Bending the knees on the downswing of the ribbon, large clockwise circle on the left side of the body in the sagittal plane.
To complete the figure-8, large counter-clockwise circle with both arms on the right side of the body in the sagittal plane – **body wave**.
- End With spirals on the right side, lift the left leg behind – **arabesque balance**.
Close the left foot to the right foot.
Step forward right to kneel on the left knee. Circle the ribbon overhead to the left.
For the ending pose, grasp the end of the stick near the attachment and hold the arms overhead.

Identified Skills:

- 1-180° passé pivot
- 2-Chassés
- 3-Straight jumps
- 4-Hitchkick
- 5-Body wave
- 6-Arabesque balance

**GYMNASTICS –
RHYTHMIC****Level 3 Rope****Music: Crocodile Rock**

Starting Position: Standing in a left lunge in Corner 6, facing Side 1. The left foot is on the center of the rope. One knot of the rope is held in the left hand and the end of the rope with the other knot is extended toward Corner 6. The arms are open to the sides.

Counts

- 1 Move the toes of the right foot beside the left foot. Move both arms to the front to pass the knot of the rope to the right hand.
- 2 Open arms to the sides, stepping forward over the rope to a right lunge.
- 3 Turning to face Corner 2, jump the feet together (high on toes, relaxed knees).
Left arm wave to the side.
- 4-8 Walk 3 steps forward toward Corner 2 (right, left, right). Close the left foot to the right foot.
Swing the rope forward with the right hand. Catch the knot on the free end of the rope in the left hand.
Step back left and drag the center of the rope on the floor to trap under the right foot.
Open arms to the sides.
- 1-8 Standing in a right lunge, bend the left knee to move the foot over the rope, and point the left foot forward.
Bend the left knee to move the foot backward over the rope, and point the left foot in back. Lower the left heel into a lunge.
- 1-4 Bring the arms together in front of the body to change hands with the knots. Open the arms to the sides.
- 5-8 Raise and lower the right heel 2 times.
- 1-8 Step forward left. Keeping the rope on the right foot, **grand battement** (high kick) with the right leg.
Step forward right, putting both knots of the rope in the right hand.
Step forward left, taking the right foot out of the rope.
- 1-8 While doing clockwise (backward) rotations in the sagittal plane on the right side of the body, step forward right and lift the left leg behind into an **arabesque balance in relevé**.
Close the left foot to the right foot.
- 1-8 Continuing the rotations, right chassé forward. Run 2 steps (right, left) to a right **stride leap**.
Step forward left and close the right foot to the left foot.
While bending the knees, cross the right arm in front of the body to circle the rope one time in a counter-clock wise direction in the sagittal plane on the left side of the body. Circle the rope one time in a clockwise direction in the sagittal plane on the right side of the body (backward figure-8).
Taking one knot in each hand, swing the rope in a U-shape overhead and behind the body, stopping the rope on the backs of the legs.
Pose, bending the knees and bringing the hands together in front of the body.
- 1-6 Opening the arms to the sides, turn right to face Side 7 (small steps on the toes, with relaxed knees).
Straighten the legs in relevé with feet together.
Step forward left. 3 **skips (jump over with the right foot, step left) through the forward turning rope**.
- 1-8

**GYMNASTICS –
RHYTHMIC**

- 1-16 Turning right to face Side 1, close the right foot to the left foot. Swing the rope in a U-shape to the left.
Body **circumduction** to the right (the rope circles with the body).
Finish with the right arm extended to the right side and the left arm bent in front of the body with the left hand by the right shoulder. The rope hangs in a U-shape.
- 1-8 Turning the rope forward to wrap around the right arm, run forward 4 steps (right, left, right, left). Close the right foot to the left foot.
- 1-8 Turning the rope backward to unwrap the arm, run backwards 4 steps (left, right, left, right). Close the left foot to the right foot.
- 1-4 Swing the rope overhead and behind the body in a U-shape. Straight jump backwards over the turning rope.
- 5-8 Continue to swing the rope overhead in a U-shape. Bending the knees, stop the rope on the backs of the legs.
Bring the hands together in front of the body, then straighten the legs and open the arms to the sides.
- 1-8 Jump backwards over the rope (right, left).
Put both knots in the right hand. Grasp the rope in an overgrip with the left hand beside the right hand. Slide the left hand to stretch the rope on a horizontal plane.
Keeping the rope extended, bend the knees and move the arms diagonally back to the left.
- 1-4 Release the looped end of the rope with the left hand and begin overhead rotations to the right.
- 5-8 With small jumps, bend the right leg, keeping the knees close and kicking the right foot to the side. Close the feet together.
Repeat the kick with the left foot and close the feet together.
- 1-6 Pass the rope around the waist to the right. Finish with the knots in the left hand.
Grasp the rope in an overgrip with the right hand beside the left hand. Slide the right hand to stretch the rope on a horizontal plane.
- 7-8 Step forward with the right foot into a lunge. Keeping the rope extended, move the arms to the left.
- 1-8 Raising the arms overhead with the rope stretched on a horizontal plane, **360° passé pivot** right. Close the left foot to the right foot.
Placing the rope behind the neck, jump back on the left foot.
Moving the hands forward, extend the right heel forward for the ending pose.

Identified Skills:

- 1-Grand battement
- 2-Arabesque balance in relevé
- 3-Stride leap
- 4-Skips through rope
- 5-Circumduction
- 6-360° passé pivot

**GYMNASTICS –
RHYTHMIC****Level 3 Ball****Music: Air of Spring**

Starting Position: Near Corner 6, facing Side 1, stand on the left foot with the right foot pointed behind in a curtsy position.

Holding the ball in 2 hands close to the floor, the upper body leans forward.

Counts

- 1-4 Hold
- 5-6 Stepping sideways to the right, as the body extends, raise the ball overhead.
- 7-8 Point the left foot behind the right foot in a curtsy position. As the body leans forward, lower the ball toward the floor.
- 1-8 While swinging the ball to the left, step sideways to the left and touch the toes of the right foot beside the left foot.
- Swinging the ball in a large frontal circle to the right, chainé turn right.
- While closing the left foot to the right foot, swing the ball to the right in the right hand. The left arm moves to a high side diagonal.
- 1-4 Toward Corner 3, step diagonally back (in plié) on the left foot, lifting the toes of the right foot. Bounce and catch the ball with the right hand.
- Close the left foot to the right foot.
- 5-8 Toward Corner 8, walk 2 steps in relevé (left, right) while tossing the ball forward with the right hand and catching with the left hand.
- Close the left foot to the right foot.
- 1-8 Step sideways toward Corner 6 with the left foot. Standing with the feet apart, hold the ball with 2 hands. Contracting the body forward, bend and extend the arms to circle the ball on the horizontal plane in a counterclockwise direction (in toward the body and continue around to the front).
- Continue circling the ball to the left and around the body, arching backward – body **circumduction**.
- Close the left foot to the right foot, swinging the ball to the right in the right hand.
- 1-8 **Roll** the ball in the right arm and catch with the left hand by the right shoulder. Holding the ball on the chest with 2 hands, **tiptoe turn** left to face Corner 2.
- Roll** the ball out the left arm and catch in the left hand.
- 1-4 Stepping forward on the left foot toward Corner 2, hold the ball with 2 hands in front of the body.
- Swinging the ball overhead, **grand battement** (high kick) with the right leg.
- Step forward right and close the left foot to the right foot.
- 5-8 Leaning the upper body forward, place the ball on the back of the neck. Release the ball to roll down the back. Catch with 2 hands.
- 1-4 Bringing the ball to the front of the body in the right hand, step toward Corner 2 in a right lunge.
- 5-8 Raising the ball overhead in 2 hands, **360° passé pivot** right. Close the left foot to the right foot.
- 1-8 Moving toward Corner 2, right chassé, holding the ball to the right side in the right hand. Run right, left. Right **stride leap**, holding the ball against the chest with the right hand.
- Step forward left and close the right foot to the left foot.
- While bending and straightening the knees, arm wave left.

**GYMNASTICS –
RHYTHMIC**

- 1-4 While bending and straightening the knees, roll the ball out the arms and catch in 2 hands.
- 5-8 Facing Side 1, step sideways on the left foot and step crossing the right foot behind. Small toss, turning the hands over to catch the ball on the backs of the hands.
Step sideways left and step crossing the right foot in front. Small toss, turning the hands over to catch the ball in the palms of the hands.
- 1-4 Tiptoe turn left, while circling the hands to roll the ball between the hands.
- 5-8 Step sideways to the left and point the right foot on the floor to the right, opening the arms to the sides with the ball in the right hand.
- 1-4 While raising the ball overhead to hold in 2 hands, lift the right knee and point the toes of the right foot beside the left knee – **passé balance in relevé** (with the knee turned out).
Close the right foot to the left foot in relevé.
- 5-8 Step sideways to the left and place the right knee on the floor behind the left foot, lowering the ball to the left side of the body in the left hand.
- 1-8 Place the ball on the floor and roll the ball under the left leg.
Turning to face Corner 2, close the left knee to the right knee and catch the ball with the right hand.
Sit on the left hip and bring the feet around to the right to finish in a tuck sitting position.
Toss the ball and trap the ball in the lap with the arms.
Facing Side 1, lower the knees to the left (stag sit), allowing the ball to rest on the floor.
Place the left hand on the floor and arm wave right for the ending pose.

Identified Skills:

- 1-Circumduction
- 2-Ball roll with tiptoe turn
- 3-Grand battement
- 4-360° passé pivot
- 5-Stride leap
- 6-Passé balance in relevé



GYMNASTICS – RHYTHMIC

Levels 3 Clubs

Music: Tango

Starting Position: Stand near Corner 6, facing Side 1, in a side lunge with the right leg bent and the left foot pointed to the side. Holding one club in each hand, the right arm is bent (with the elbow lifted) in front of the body, pointing the club toward Side 7. The left arm is extended to the side at shoulder height, with the club pointing toward Side 7. (Tango arms)

Counts

- 1-6 Raising the arms overhead with the clubs pointed upward, step onto the left foot in relevé and cross the right foot in front in relevé. Turn left (soutenu turn) to face Corner 2.
- 1-8 Traveling toward Corner 2, right chassé forward, swinging the clubs back and down. Swinging the clubs forward and up, run 2 steps (right, left) to a right **stride leap**, with both arms continuing the circle backward on the sagittal plane.
- Step forward left and close the right foot to the left foot. The arms continue the circle to finish extended forward toes of the left foot to the side.
- 1-4 While bending and straightening the knees, 2 small backward vertical circles outside the arm with the right club.
- 5-8 While bending and straightening the knees, 2 small backward vertical circles outside the arm with the left club.
- 1-4 4 marching steps (right, left, right, left) turning left to face Side 1. Tap the body of the clubs in front on each step.
- 1-4 While swinging the clubs down and to the right on the frontal plane, step sideways to the right and touch the toes of the left foot to the side.
- While swinging the clubs down and to the left on the frontal plane, step sideways to the left and touch the toes of the right foot to the side.
- 5-8 While circling the arms counter-clockwise on the frontal plane, side **chassé** right. Continuing the circle, swing the arms to the right. Step sideways on the right foot and touch the toes of the left foot to the side.
- 1-4 While swinging the clubs down and to the left on the frontal plane, step sideways to the left and touch the toes of the right foot to the side.
- While swinging the clubs down and to the right on the frontal plane, step sideways to the right and touch the toes of the left foot to the side.
- 5-8 While circling the arms clockwise on the frontal plane, side **chassé** left. Continuing the circle, swing the arms to the left. Step sideways on the left foot and touch the toes of the right foot to the side.
- 1-8 With tango arms (like the beginning pose), walk in a circle to the right with 2 slow steps (right, left) and 3 quick steps (right, left, right), finishing in a right lunge facing Corner 8.
- 1-8 **360° passé pivot** right with the arms extended overhead, clubs pointing upward.
- Close the left foot to the right foot, tapping the body of the clubs overhead 2 times.
- 1-8 While bending and straightening the knees, **opposition arm circle**, with the left arm moving forward and the right arm moving backward on the sagittal plane to begin the arm circle.
- 1-8 Walk 2 steps (right, left) toward Corner 8 with a back body wave, circling the arms backward on the sagittal plane.
- Close the right foot to the left foot in plié.
- Straighten the knees and cross the neck of the clubs in front of the chest.
- 1-4 Turning the right knee inward, touch the ball of the right foot on the floor to the right.
- Turning the right knee forward, touch the ball of the right foot on the floor beside the left foot.
- Relevé, pulling both elbows back, to finish with the hands by the waist and the clubs pointing forward.

**GYMNASTICS –
RHYTHMIC**

- 5-8 Step forward on the left foot and point the right foot on the floor to the back. Arms extend forward at shoulder height.
- 1-5 **Arabesque balance in relevé**, with a backward vertical circle outside the arm with the right club.
Close the right foot to the left foot.
- 1-8 Turning to face Corner 4, waltz step (right, left, right) with a side body wave. Arms (parallel) swing downward shoulder height.
Close the left foot to the right foot.
- 1-8 Circle the right arm backward on the sagittal plane to finish down by the right leg.
While bending and straightening the knees, backward windmill arms, finishing with the right arm extended overhead. Continue circling the left arm to finish extended overhead.
Turn to face Side 1.
- 1-8 Arms circle on the frontal plane (right arm counter-clockwise, left arm clockwise), crossing in front of the body to finish extended to the sides at shoulder height.
Lift the right knee and point the toes of the right foot by the left knee – **passé balance in relevé** (with the knee turned out). During the balance, a small horizontal circle inward over the arms with the clubs. Tap the body of the clubs in front.
Close the right foot to the left foot.
- End Facing Corner 2, small jump onto the right foot to kneel on the left knee. Swing the arms forward.
Small toss, with 360° rotation, and catch. (Note – the toss may be performed with either hand.)
Tap both clubs on the floor. Raise the right arm overhead, finishing with the club horizontal, pointing to the left and bend the left arm in front of the body, with the club horizontal, pointing to the right.
Shift the weight forward for the ending pose.

Identified Skills:

- 1-Stride leap
- 2-360° passé pivot
- 3-Opposition arm circle
- 4-Arabesque balance in relevé
- 5-Passé balance in relevé
- 6-Toss and catch



GYMNASTICS – RHYTHMIC

Level 3 Ribbon

Music: El Triste

Starting Position: Standing with the feet together near Corner 6, facing Corner 2. The arms are extended to the sides, holding the stick in the right hand and the end of the ribbon in the left hand. The ribbon rests on the floor in front of the body.

Counts

Intro Hold 3 counts.

Holding the end of the ribbon in the left hand, circle the right arm to swing the ribbon in an overhead circle to the left, finishing with the ribbon behind the body. – body **circumduction** to the left.

1-4 Traveling diagonally toward Side 3, step with the left foot, crossing in front of the right foot. 2 side catleaps over the ribbon (right, left with the left foot stepping across in front of the right foot). Windmill the arms during each catleap (still holding the ribbon in the left hand), with the right arm leading in a counter-clockwise circle on the sagittal plane on the right side of the body. The left arm follows with a clockwise circle on the sagittal plane on the left side of the body.

1-4 Release the ribbon from the left hand and with vertical snakes, 6 running steps (starting with the right foot) in a small circle to the right. Facing Corner 2, close the right foot to the left foot.

1-4 Swing the ribbon in a large overhead circle to the right. Swing the ribbon to the right and pass behind the back to change hands.

Swing the ribbon to the front and begin horizontal snakes.

1-2 4 running steps backwards (right, left, right, left) toward Corner 6. Close the right foot to the left foot.

3-4 Lift the left hand and toss the ribbon stick to the right hand – **echappé toss**. Move the left arm to a high diagonal.

Swing the ribbon to the left.

1-2 Swinging the ribbon to the right, small jump to the right to face Corner 8. Point the left foot behind in a curtsy.

Begin spirals on the right side of the body.

1 With a large overhead circle to the left, lower the left heel behind into a lunge position.

1-2 **360° passé pivot** right with vertical snakes.

Facing Side 1, close the left foot to the right foot in plié. Continue vertical snakes across in front of the body.

3-4 While swinging the ribbon overhead to begin spirals on the left side of the body, step sideways to the right and point the left foot behind in a curtsy.

1-2 Continuing spirals, bourrée (small steps on the toes with the right foot in front of the left foot) to the right toward Side 3.

3-4 Bourrée turn right. (Tiptoe turn)

1-2 With a large counter-clockwise circle on the sagittal plane on the right side of the body, step sideways over the ribbon with the right foot.

With spirals, step across in front with the left foot and point the right foot behind in a curtsy.

3-4 Repeat the previous 2 counts.

1-4 With a large counter-clockwise frontal circle, step sideways to the right.

With horizontal snakes in front of the body, lift the left knee and point the toes of the left foot by the right knee – **passé balance in relevé** (with the knee turned out).

Close the left foot to the right foot.

**GYMNASTICS –
RHYTHMIC**

- 1-2 Turning to face Corner 8, plié with a large clockwise circle on the sagittal plane on the left side of the body.
- 3-4 Right chassé forward toward Corner 8 with 2 large clockwise circles on the sagittal plane on the right side of the body.
Step forward right.
- 1-2 Left chassé forward toward Corner 8 with 2 large clockwise circles on the sagittal plane on the left side of the body.
Step forward left.
- 3-4 Close the right foot to the left foot. Figure-8 with both arms (right, left), bending the knees on the downswings of the ribbon.
- 1-2 Large clockwise circle on the sagittal plane on the right side of the body. Follow the ribbon, turning right to face Corner 4.
- 3-4 Relevé with spirals in front.
- 1-2 Continuing spirals, 2 steps backwards in relevé (right, left) toward Corner 8.
Close the right foot to the left foot.
- 3-4 With an overhead circle to the right, step sideways to a side lunge with the left foot pointed to the side.
- 1-2 Close the left foot to the right foot.
Relevé with spirals on the left side of the body.
- 1-4 With the right arm extended in front, holding the ribbon stick pointing upward, 2 **chainé turns** right, toward Corner 4.
- 1-4 With an overhead circle to the right, step forward right and close the left foot.
Plié, swinging the ribbon behind the back.
Open the ribbon to the right and continue in an overhead circle to the left, finishing with snakes behind the back.
- 1-4 Relevé.
Continuing snakes behind the back, right chassé toward Corner 4. Run right, left. Right **stride leap**.
- 1-4 2 steps forward (left, right)
With horizontal snakes down in front of the body, kneel on the left knee.
Turning to face Side 1, with 2 overhead circles to the left, close the right knee to the left knee.
- End Sitting back on the heels, swing the ribbon to the right and pass behind the back to change hands.
Swing the ribbon in front of the body right, left, right.
Raise the right arm (rounded) overhead for the ending pose.

Identified Skills:

- 1-Circumduction
- 2-Echappé toss
- 3-360° passé pivot
- 4-Passé balance in relevé
- 5-Chainé turns
- 6-Stride leap

**GYMNASTICS –
RHYTHMIC****Group Rhythmic Floor Exercise****Music: Lollipop, Lollipop****Starting Position:** Facing Side 1, stand with feet together, arms down and wrists flexed.**Floor Pattern & Formations:** Refer to DVD of the routine

Counts

- 1-2 Hold
- 3-4 2 knee bends
- 5-8 With arms rounded in front, step forward on the right foot, pointing the left foot on the floor in back. While raising the arms to a high diagonal, lift the left leg behind in an **arabesque balance**. Close the left foot to the right foot.
- 1-4 Forward **body wave**, finishing in relevé with the arms rounded overhead.
- 5-8 Tiptoe turn right to face partner. While bending and straightening the knees, arm wave to the sides.
- 1-4 2 side chassés right. Step sideways to the right and close the left foot to the right foot. Plié and clap the hands on the thighs.
- 5-8 2 side chassés left. Step sideways to the left and close the right foot to the left foot. Plié and clap the hands on the thighs.
- 1-8 Traveling in a circular pattern to a straight line, 6 forward chassés right. Step forward right and close the left foot to the right foot.
- 1-4 With hands on the waist, place the right heel forward and close. Place the left heel forward and close.
- 5-8 Turn to face partner. Bend the elbows and raise the forearms in front of the body. With 4 knee bends, move the arms side to side (right, left, right, left).
- 1-4 **Chainé turn** right (stepping right, left, right to complete a 360° turn). Close the left foot to the right foot. Clap hands.
- 5-8 **Chainé turn** left (stepping left, right, left to complete a 360° turn). Close the right foot to the left foot. Clap hands.
- 1-4 **Straight jump**.
- 5-end Hold hands with partner and run in a circle. Place the front heel toward Side 1, leaning so the front arm is low and the back arm high for the ending pose.

Identified Skills:

- 1-Arabesque balance
- 2-Body wave
- 3-Chainé turns
- 4-Straight jump

Formations:

- 1-Square (groups of 4) or rectangle (groups of 6)
- 2-Straightline

**GYMNASTICS –
RHYTHMIC****Group Ball****Music: Classical View**

Starting Position: With feet together, stand with partner, one gymnast facing Side 1 and the other gymnast facing Side 5. The right arm is extended to the side with the right hand holding the ball. Left arms are extended to the side and locked together.

Floor Pattern & Formations: Refer to DVD of the routine

Counts

- 1-8 With left arms locked together, walk forward in relevé around a circle to change places.
Face partner, extending the right arm forward at shoulder height.
- 1-4 **Exchange (toss)** -Plié while swinging the ball downward on the sagittal plane. Straighten the knees while tossing the ball to partner. Catch with 2 hands.
- 5-8 Turn to face Side 1 and lower the ball in front of the body.
- 1-8 With 2 hands, roll the ball up the body to the chest. Extend the arms forward to roll the ball out the arms.
Catch with 2 hands.
- 1-4 Step forward on the right foot, pointing the left foot on the floor in back. Bounce the ball and catch with 2 hands.
- 5-8 Holding the ball in the right hand, open the arms to the sides while lifting the left leg behind in an **arabesque balance**.
Close the left foot to the right foot.
- 1-4 Raise both arms overhead to pass the ball to the left hand. Lower the arms to the sides.
- 5-8 Raise both arms overhead to pass the ball to the right hand. Lower the arms to the sides.
- 1-8 Walk in relevé to a star formation. Hold the balls together in the center of the star.
- 1-8 In relevé, walk forward in a circle around the star. Complete a full circle.
- 1-4 Turn to face the center of the star and hold the ball with 2 hands.
- 5-8 Raise the ball overhead. 360° tiptoe turn right. Lower the ball back to the center of the star.
- 1-8 One gymnast at a time, 180° tiptoe turn right to finish with backs to the center of the star.
- 1-8 Raising the ball overhead, **step hop** in a parallel passé position.
Walk to face partner, holding the ball in the right hand with the right arm extended forward at shoulder height.
- 1-4 **Exchange (bounce)** – Bounce the ball to partner. Catch with 2 hands.
- 5-8 Toss the ball with 2 hands. Keeping the elbows lifted and the arms parallel, bend the elbows to trap the ball in the arms.
- 1-4 Face Side 1.
Extend the arms to roll the ball out to catch with 2 hands.
- 5-8 While raising the ball overhead, lift the right knee and point the toes of the right foot by the left knee – passé balance (with the knee turned out).
Close the right foot to the left foot. Lower the ball to the front at shoulder height.
- 1-4 Extend the arms and the right heel diagonally to the right. Bend the elbows and close the right foot to the left foot.
Extend the arms and the left heel diagonally to the left. Bend the elbows and close the left foot to the right foot.

**GYMNASTICS –
RHYTHMIC**

- 5-8 Alternating arms and legs 4 times: Twist the ball (by first moving the right hand up and the left hand down, then continue by reversing the hands) while bending one knee and lifting the heel (right, left, right, left).
- 1-4 Face partner and kneel.
- 5-end Exchange (roll) – Roll the ball on the floor to partner. Catch with 2 hands. Putting the hands on the floor on either side of the ball, place the chest on the ball. Roll forward on the ball by extending the legs. Straighten the arms, bend one leg so the foot points upward, and look to Side 1 for the ending pose.

Identified Skills:

- 1-Arabesque balance
- 2-Passé hop

Formations:

- 1-Straight line (groups of 4) or triangle (groups of 6)
- 2-Star

Exchanges:

- 1-Toss
- 2-Bounce

**GYMNASTICS –
RHYTHMIC****APPENDIX: FORMS****Level A**

Form A-1: **Level A Rope**

Form A-2: **Level A Hoop**

Form A-3: **Level A Ball**

Form A-4: **Level A Ribbon**

Level B

Form B-1: **Level B Rope**

Form B-2: **Level B Hoop**

Form B-3: **Level B Ball**

Form B-4: **Level B Ribbon**

Level 1

Form 1-A: **Level 1 Rope**

Form 1-B: **Level 1 Hoop**

Form 1-C: **Level 1 Ball**

Form 1-D: **Level 1 Ribbon**

Level 2

Form 2-A: **Level 2 Hoop**

Form 2-B: **Level 2 Ball**

Form 2-C: **Level 2 Clubs**

Form 2-D: **Level 2 Ribbon**

Level 3

Form 3-A: **Level 3 Rope**

Form 3-B: **Level 3 Ball**

Form 3-C: **Level 3 Clubs**

Form 3-D: **Level 3 Ribbon**

**GYMNASTICS –
RHYTHMIC****Level 4**

Form 4-A: **Level 4 Body Skills**

Form 4-B: **Level 4 Technical Value**

Form 4-C: **Level 4 Hoop Artistic Value**

Form 4-D: **Level 4 Ball Artistic Value**

Form 4-E: **Level 4 Clubs Artistic Value**

Form 4-F: **Level 4 Ribbon Artistic Value**

Form 5: **Request for Equipment Modification**

Form 6-A: **Group Floor Exercise**

Form 6-B: **Group Ball**

Form 6-C: **Group Execution**

Form 6-D: **Group Final Score**

Form 7-A: **Execution (Levels 1, 2 & 3)**

Form 7-B: **Execution (Level 4)**

Form 7-C: **Final Score Tabulation (Levels 1, 2 & 3)**

Form 7-D: **Final Score Tabulation (Level 4)**

**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	
Total Score	max 5.0	

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	
Total Score	max 5.0	

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	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form B-1
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level B Rope****Athlete's Name:** _____ **Number** ____ **Level B****Delegation:** _____**Division:** _____

Identified Skills	Value	Score
1. 4 knee bends.	1.0	
2. Swing rope right and left - 2 times.	1.0	
3. Put knots in 1 hand and double the rope.	1.0	
4. Tiptoe turn.	1.0	
5. Spin rope in front. Pose with heel out.	1.0	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form B-2
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level B Hoop**

Athlete's Name: _____ **Number** ____ **Level B**
Delegation: _____
Division: _____

Identified Skills	Value	Score
1. Twist hoop.	1.0	
2. Swing right and left - 2 times.	1.0	
3. Assisted rolls to right and center.	1.0	
4. Tiptoe turn.	1.0	
5. 3 heel steps. Jump to pose.	1.0	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form B-3
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level B Ball****Athlete's Name:** _____ **Number** ____ **Level B****Delegation:** _____**Division:** _____

Identified Skills	Value	Score
1. Counterclockwise circle.	1.0	
2. Walks forward (arm extended). Walks backward (arms bend).	1.0	
3. Bounce ball, roll in and out arms- 2 times.	1.0	
4. Toss ball, roll in and out arms- 2 times (finish in).	1.0	
5. Tiptoe turn.	1.0	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form B-4
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level B Ribbon****Athlete's Name:** _____ **Number** ____ **Level B****Delegation:** _____**Division:** _____

Identified Skills	Value	Score
1. Ribbon spirals. Tiptoe with overhead circle. 2 times.	1.0	
2. Walk forward with 4 overhead swings. 4 low swings.	1.0	
3. Walk backward with 4 overhead swings. 4 low swings.	1.0	
4. Jump, swinging ribbon up. Snakes down in front. 2 times.	1.0	
5. Swing ribbon back to ending pose.	1.0	
Total Score	max 5.0	

Judge's Signatures _____



**GYMNASTICS –
RHYTHMIC**

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

Athlete's Name: _____ **Number** ____ **Level** 1

Delegation: _____

Division: _____

Identified Skills	Value	Score
1. Circumduction	0.5	
2. Steps over rope	0.5	
3. Chassés	0.5	
4. Tiptoe Turn	0.5	
5. Pass the rope around	0.5	
6. Passé balance	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 1-B
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 1 Hoop****Athlete's Name:** _____ **Number** ____ **Level** 1**Delegation:** _____**Division:** _____

Identified Skills	Value	Score
1. Chainé turns	0.5	
2. Swings	0.5	
3. Step through hoop	0.5	
4. Assisted rolls	0.5	
5. Passé balance	0.5	
6. Chassés	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



**GYMNASTICS –
RHYTHMIC**

**Form 1-C
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 1 Ball**

Athlete's Name: _____ **Number** ____ **Level** 1

Delegation: _____

Division: _____

Identified Skills	Value	Score
1. Roll	0.5	
2. Passé balance	0.5	
3. Chassés	0.5	
4. Tiptoe Turn	0.5	
5. Bounces	0.5	
6. Toss and catch	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 1-D
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 1 Ribbon****Athlete's Name:** _____ **Number** ____ **Level** 1**Delegation:** _____**Division:** ____

Identified Skills	Value	Score
1. 180° tiptoe turns with spirals	0.5	
2. Chassés	0.5	
3. Chainé turn	0.5	
4. Passé balance	0.5	
5. Body wave	0.5	
6. Straight jumps	0.5	

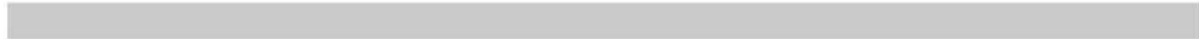
Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



**GYMNASTICS –
RHYTHMIC**

**Form 2-A
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 2 Hoop**



Athlete's Name: _____ **Number** ____ **Level** 2

Delegation: _____

Division: _____



Identified Skills	Value	Score
1. Catleap	0.5	
2. Chainé turn	0.5	
3. Grand battement	0.5	
4. Step hops	0.5	
5. Toss	0.5	
6. Arabesque balance	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



**GYMNASTICS –
RHYTHMIC**

**Form 2-B
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 2 Ball**



Athlete's Name: _____ **Number** ____ **Level 2**

Delegation: _____

Division: _____

Identified Skills	Value	Score
1. Side bodywaves	0.5	
2. Chainé turn	0.5	
3. Catleap	0.5	
4. Bounce and catch	0.5	
5. Arabesque balance	0.5	
6. Toss and catch	0.5	

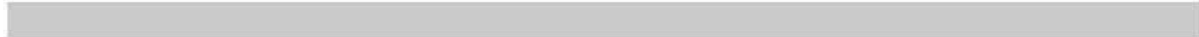
Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



**GYMNASTICS –
RHYTHMIC**

**Form 2-C
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 2 Clubs**



Athlete's Name: _____ **Number** ____ **Level 2**

Delegation: _____

Division: _____

Identified Skills	Value	Score
1. Step hops	0.5	
2. Hitchkick	0.5	
3. 180° passé pivot	0.5	
4. Passé balance	0.5	
5. Chassés	0.5	
6. Tiptoe turn	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



GYMNASTICS – RHYTHMIC

Form 2-D RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET Level 2 Ribbon

Athlete's Name: _____

Number ____

Level 2

Delegation: _____

Division: _____

Identified Skills	Value	Score
1. 180° passé pivot	0.5	
2. Chassés	0.5	
3. Straight jumps	0.5	
4. Hitch kick	0.5	
5. Body wave	0.5	
6. Arabesque balance	0.5	

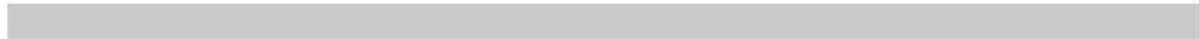
Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



GYMNASTICS – RHYTHMIC

Form 3-A RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET Level 3 Rope



Athlete's Name: _____ **Number** ____ **Level 3**

Delegation: _____

Division: _____



Identified Skills	Value	Score
1. Grand battement	0.5	
2. Arabesque balance in relevé	0.5	
3. Stride leap	0.5	
4. Skips through rope	0.5	
5. Circumduction	0.5	
6. 360° passé pivot	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



**GYMNASTICS –
RHYTHMIC**

**Form 3-B
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 3 Ball**

Athlete's Name: _____

Number ____

Level 3

Delegation: _____

Division: _____

Identified Skills	Value	Score
1. Circumduction	0.5	
2. Ball roll with tiptoe turn	0.5	
3. Grand battement	0.5	
4. 360° passé pivot	0.5	
5. Stride leap	0.5	
6. Passé balance in relevé	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 3-C
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 3 Clubs****Athlete's Name:** _____ **Number** ____ **Level 3****Delegation:** _____**Division:** _____

Identified Skills	Value	Score
1. Stride leap	0.5	
2. 360° passé pivot	0.5	
3. Opposition arm circle	0.5	
4. Arabesque balance in relevé	0.5	
5. Passé balance in relevé	0.5	
6. Toss and catch	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 3-D
RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
Level 3 Ribbon****Athlete's Name:** _____ **Number** ____ **Level 3****Delegation:** _____**Division:** _____

Identified Skills	Value	Score
1. Circumduction	0.5	
2. Echappé toss	0.5	
3. 360° passé pivot	0.5	
4. Passé balance in relevé	0.5	
5. Chainé turns	0.5	
6. Stride leap	0.5	

Exactness of Text	Value	Score
Identified Skills (from chart above)	3.0	
Connections	1.0	
Floor Pattern	0.5	
Music	0.5	
Total Score	max 5.0	

Judge's Signatures _____



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 _____

**GYMNASTICS –
RHYTHMIC****Form 5****REQUEST FOR EQUIPMENT MODIFICATIONS**

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

Delegation: _____ **Coach** _____

Division: _____

Contact Information: _____

Address: _____

E-mail: _____

Phone Numbers: _____

Apparatus	Modification	Reason
Rope		
Hoop		
Ball		
Ribbon		

This form must be submitted with the athlete's entry. Please bring a copy of the request with you to the competition.

Coaches' Signatures _____



**GYMNASTICS –
RHYTHMIC**

Form 6-A

GROUP EXACTNESS OF TEXT JUDGING SHEET

Exactness of Text

Floor Exercise

Delegation: _____

Team Name: _____

Name: _____ **Number** _____

Name: _____ **Number** _____

Name: _____ **Number** _____

Name: _____ **Number** _____

Name: _____ **Number** _____

Name: _____ **Number** _____

Division: _____

Identified Skills	Value	Score
1. Arabesque	0.5	
2. Bodywave	0.5	
3. Chaine turns right & left	0.5	
4. Straight jump	0.5	
Formations	Value	Score
1. Square (Groups of 4)	0.5	
1a. Rectangle or Triangle (Groups of 6)	0.5	
2. Straight line	0.5	
Exactness of Text	Value	Score
Identified Skills, Formations & Exchanges (from above chart)	3.0	
Connections	1.0	
Uniformity of Group	0.5	
Music	0.5	
TOTAL SCORE	Max 5.0	

Judge's Signatures _____



GYMNASTICS – RHYTHMIC

Form 6-B

GROUP EXACTNESS OF TEXT JUDGING SHEET

Exactness of Text
Group Ball

Delegation: _____

Team

Name: _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Division: _____

Identified Skills	Value	Score
1. Arabesque	0.5	
2. Passé hop	0.5	
Formations	Value	Score
1. Straight line (Groups of 4)	0.5	
1a. Triangle	0.5	
2. Star	0.5	
Exchanges	Value	Score
1. Toss	0.5	
2. Bounce	0.5	
Exactness of Text	Value	Score
Identified Skills, Formations & Exchanges (from above chart)	3.0	
Connections	1.0	
Uniformity of Group	0.5	
Music	0.5	
TOTAL SCORE	Max 5.0	

Judge's Signatures _____



GYMNASTICS – RHYTHMIC

Form 6-C GROUP JUDGING SHEET

Execution



Delegation: _____

Team Name: _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Division: _____

Execution	Value	Score
Execution Amplitude Flexibility	4.0	
Elegance General Impression	1.0	
TOTAL SCORE	max. 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 6-D
GROUP JUDGING SHEET
Final Score Tabulation**

Delegation: _____

Team Name: _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Name: _____ Number _____

Division: _____

Execution	Score
Exactness of Text	
Execution	(+)
TOTAL (Max 10)	
Neutral Deductions	(-)
TOTAL SCORE	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 7-A
RHYTHMIC EXECUTION JUDGING SHEET
Levels 1, 2, & 3**

Athlete's Name: _____

Number ____ Level ____

Delegation: _____

Division: _____

Execution	Value	Score
Execution Amplitude Flexibility	4.0	
Elegance General Impression	1.0	
TOTAL SCORE	Max. 5.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 7-B
RHYTHMIC EXECUTION JUDGING SHEET
Level 4**

Athlete's Name: _____

Number ____ Level ____

Delegation: _____

Division: _____

Execution	Value	Score
Execution Amplitude Flexibility	3.0	
Elegance General Impression	1.0	
TOTAL SCORE	Max. 4.0	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 7-C****RHYTHMIC OPTIONAL ROUTINE JUDGING SHEET**
Final Score Tabulation (Levels 1, 2 and 3)**Athlete's Name:** _____ **Number** _____ **Level** _____**Delegation:** _____**Division:** _____

Execution	Score
Exactness of Text	
Execution	(+)
TOTAL (max 10.0)	
Neutral Deductions	(-)
FINAL SCORE	

Judge's Signatures _____

**GYMNASTICS –
RHYTHMIC****Form 7-D****RHYTHMIC OPTIONAL ROUTINE JUDGING SHEET**
Final Score Tabulation (Level 4)**Athlete's Name:** _____ **Number** _____ **Level** _____**Delegation:** _____**Division:** _____

Execution	Score
Technical	
Artistic Value	(+)
Execution	(+)
TOTAL	
Neutral Deductions	(-)
FINAL SCORE	

Judge's Signatures _____