**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Rope Level C**

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

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Circle the rope. Shake hips. Circle the rope. Step backwards off the rope & hold the rope in a U-shape. | **1.0** |  |
| 2. Swings in a U-shape | **1.0** |  |
| 3. Double the rope. Straight jump | **1.0** |  |
| 4. Tiptoe turn | **1.0** |  |
| 5. Quadruple the rope. Rotations on the frontal plane. Ending pose. | **1.0** |  |

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

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

**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Hoop Level C**

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

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Spin the hoop | **1.0** |  |
| 2. Walk forward, raising the hoop overhead. Tiptoe turn | **1.0** |  |
| 3. Side bends | **1.0** |  |
| 4. Straight jump | **1.0** |  |
| 5. Hoop swings to ending pose | **1.0** |  |

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

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

**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Ball Level C**

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

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Shake hips. Frontal circle. | **1.0** |  |
| 2. Tiptoe turn. Roll the ball in & out the arms | **1.0** |  |
| 3. Touch the ball to shoulders. Bounce & catch with two hands. Straight jump. | **1.0** |  |
| 4. Marching steps | **1.0** |  |
| 5. Toss & catch with two hands. Ending pose. | **1.0** |  |

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

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

**RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**

**GY Rhythmic Ribbon Level C**

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

|  |  |  |
| --- | --- | --- |
| **Segments** | **Value** | **Score** |
| 1. Spirals & knee bends | **1.0** |  |
| 2. Swing the ribbon up. Horizontal snakes down in front of the body. Straight jump | **1.0** |  |
| 3. Knee bends with swings over the shoulders | **1.0** |  |
| 4. Overhead circle & swing. Tiptoe turn | **1.0** |  |
| 5. Walks with overhead swings. Circle to the ending pose | **1.0** |  |

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

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