

## CHOREOGRAPHY & IMPRESSION

GYMNAST _____	LEVEL _____	APPARATUS _____
<b>Intermediary Dance Steps</b>		<b>/4</b>
Judges look for difficulty of steps, variety of movement types and execution of the choreographed steps.		
<b>Head, Arms, and Body movements</b>		<b>/4</b>
Gymnast should demonstrate a variety of well-coordinated movements, and integrated with the apparatus choreography.		
<b>Levels and Floor Space</b>		<b>/4</b>
Choreography should include movement on a variety of levels. Gymnast should use the entire floor space throughout the routine.		
<b>Musicality</b>		<b>/4</b>
Judges evaluate the choice of music and how the movement and choreography fit to the music. Gymnast should be in rhythm with the music and demonstrate the style of music with the movement choice.		
<b>Overall Impression</b>		<b>/4</b>
Judges mark their overall impression of the routine based on presentation of the gymnast, difficulty level and crowd appeal.		
<b>CHOR &amp; IMPR POINT TOTAL</b>		<b>/20</b>

## CHOREOGRAPHY & IMPRESSION

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<b>Head, Arms, and Body movements</b>		<b>/4</b>
Gymnast should demonstrate a variety of well-coordinated movements, and integrated with the apparatus choreography.		
<b>Levels and Floor Space</b>		<b>/4</b>
Choreography should include movement on a variety of levels. Gymnast should use the entire floor space throughout the routine.		
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Judges evaluate the choice of music and how the movement and choreography fit to the music. Gymnast should be in rhythm with the music and demonstrate the style of music with the movement choice.		
<b>Overall Impression</b>		<b>/4</b>

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Judges mark their overall impression of the routine based on presentation of the gymnast,  
difficulty level and crowd appeal.

**CHOR & IMPR POINT TOTAL      /20**

## DESIGNATED BODY SKILLS

Level A & B – 2 leap, 2 pivot, 2 balance, 2 flexibility/acro  
 Level C – 1 comb. + 7 skills; Level D – 2 comb. + 6 skills; Level E – 3 comb. + 5 skills

GYMNAST	LEVEL	APPARATUS	SYMBOL	DIFF. LEVEL	DESCRIPTION	SCORE
						/5
						/5
						/5
						/5
						/5
						/5
						/5
						/5
						/5
						/5*
						/5*
<b>BODY SKILLS POINT TOTAL</b>						<b>/40</b>

*\*Check with technical director before computing scores.*

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Level A & B – 2 leap, 2 pivot, 2 balance, 2 flexibility/acro  
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GYMNAST	LEVEL	APPARATUS	SYMBOL	DIFF. LEVEL	DESCRIPTION	SCORE
						/5
						/5
						/5
						/5
						/5
						/5
						/5
						/5
						/5
						/5*
						/5*

<b>BODY SKILLS POINT TOTAL</b>	<b>/40</b>
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*\*Check with technical director before computing scores.*

## APPARATUS HANDLING - ROPE

GYMNAST \_\_\_\_\_ LEVEL \_\_\_\_\_

TECHNIQUE	# REQ.	OCCURENCES	COMMENTS	SCORE
Passing through the rope	1 series 2 other			/8
Rotations and handling	3			/8
Release of one end	2			/8
Throws and catches	2			/8
Overall Apparatus Handling: Difficulty, Variety, Risk, Originality				/8
<b>APPARATUS HANDLING POINT TOTAL</b>				<b>/40</b>

## APPARATUS TECHNIQUE - HOOP

GYMNAST \_\_\_\_\_ LEVEL \_\_\_\_\_

TECHNIQUE	# REQ.	OCCURENCES	COMMENTS	SCORE
Rolls (over the body, on the floor)	3			/8
Rotations and/or other handling	3			/8
Passing through or over the hoop	2			/8
Throws and catches	2			/8
Overall Apparatus Handling: Difficulty, Variety, Risk, Originality				/8

<b>APPARATUS HANDLING POINT TOTAL</b>	<b>/40</b>
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## APPARATUS TECHNIQUE - BALL

GYMNAST \_\_\_\_\_ LEVEL \_\_\_\_\_

TECHNIQUE	# REQ	OCCURENCES	COMMENTS	SCORE
Free rolls over the body	3			/8
Handling with one hand	3			/8
Bounces	2			/8
Throws and catches	1 w/ one hand + 1 other			/8
Overall Apparatus Handling: Difficulty, Variety, Risk, Originality				/8
<b>APPARATUS HANDLING POINT TOTAL</b>				<b>/40</b>

## APPARATUS TECHNIQUE - CLUBS

GYMNAST \_\_\_\_\_ LEVEL \_\_\_\_\_

TECHNIQUE	# REQ	OCCURENCES	COMMENTS	SCORE
Mills and small circles	3			/8
Handling and/or tapping	3			/8
Small tosses with rotation	2			/8
Throws and catches	2			/8
Overall Apparatus Handling: Difficulty, Variety, Risk, Originality				/8
<b>APPARATUS HANDLING POINT TOTAL</b>				<b>/40</b>

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<b>TOTAL</b>	
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## APPARATUS TECHNIQUE - RIBBON

GYMNAST \_\_\_\_\_ LEVEL \_\_\_\_\_

TECHNIQUE	# REQ	OCCURENCES	COMMENTS	SCORE
Spirals	3			/8
Snakes	3			/8
Large pattern and/or eschappe	2			/8
Throws and catches	2			/8
Overall Apparatus Handling: Difficulty, Variety, Risk, Originality				/8
<b>APPARATUS HANDLING POINT TOTAL</b>				<b>/40</b>

## ROUTINE TECHNIQUE – RFX – Levels A & B only

GYMNAST \_\_\_\_\_ LEVEL \_\_\_\_\_

TECHNIQUE	# REQ	OCCURENCES	COMMENTS	SCORE
Use of torso (swings, waves, circumductions)	3			/8
Intermediary dance steps	3			/8
Choreographic use of arms	2			/8
Change of levels	2			/8
Overall Apparatus Handling: Difficulty, Variety, Risk, Originality				/8

<b>APPARATUS HANDLING POINT TOTAL</b>	<b>/40</b>
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Gymnast \_\_\_\_\_ Level \_\_\_\_\_

APPARATUS	BODY SKILL	DESCRIPTION	Body (7 pts)	Apparatus (2 pts)	Integration (1 pt)	TOTAL SCORE (10 points)
ROPE – passing thru	Jump or Leap					
ROPE – circles	Jump or Leap					
BALL – bounce(s)	Flexibility					
BALL – roll or balance	Flexibility					
CLUBS – mills	Balance					
CLUBS – technical movements	Balance					
RIBBON – spirals or snakes	Flot					
RIBBON – large pattern	Flot					
HOOP	Toss # 1					
HOOP	Toss # 2					
			<b>FINAL SCORE</b>			
			<b>(100 points total)</b>			

Gymnast \_\_\_\_\_ Level \_\_\_\_\_

APPARATUS	BODY SKILL	DESCRIPTION	Body (7 pts)	Apparatus (2 pts)	Integration (1 pt)	TOTAL SCORE (10 points)
ROPE – passing	Jump or Leap					

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ROPE – circles	Jump or Leap					
BALL – bounce(s)	Flexibility					
BALL – roll or balance	Flexibility					
CLUBS – mills	Balance					
CLUBS – technical movements	Balance					
RIBBON – spirals or snakes	Flex					
RIBBON – large pattern	Flex					
HOOP	Toss # 1					
HOOP	Toss # 2					
			<b>FINAL SCORE</b>			
			<b>(100 points total)</b>			

## FINAL SCORE CALCULATION

<b>GYMNAST</b>		<b>LEVEL</b>
<b>JURY</b>	<b>CATEGORY</b>	<b>SUBTOTAL</b>
JURY 1	BODY SKILLS	/40
JURY 2	APPARATUS HANDLING	/40
JURY 3	CHOREOGRAPHY AND IMPRESSION	/20
<b>FINAL POINT TOTAL</b>		<b>/100</b>

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<b>GYMNAST</b>		<b>LEVEL</b>
<b>JURY</b>	<b>CATEGORY</b>	<b>SUBTOTAL</b>
JURY 1	BODY SKILLS	/40
JURY 2	APPARATUS HANDLING	/40
JURY 3	CHOREOGRAPHY AND IMPRESSION	/20
<b>FINAL POINT TOTAL</b>		<b>/100</b>

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<b>GYMNAST</b>		<b>LEVEL</b>
<b>JURY</b>	<b>CATEGORY</b>	<b>SUBTOTAL</b>
JURY 1	BODY SKILLS	/40
JURY 2	APPARATUS HANDLING	/40
JURY 3	CHOREOGRAPHY AND IMPRESSION	/20
<b>FINAL POINT TOTAL</b>		<b>/100</b>