

JURY 1 - BODY SKILLS and EXECUTION Levels C & D

Required Skills – 2 Jump/Leap, 2 Pivot, 2 Balance or Flexibility, 2 Additional
Level C must use B and C level skills
Level D must use C and D or higher skills

	GYMNAST	LEVEL	APPARATUS	SCORE
	SYMBOL	DIFF. LEVEL	DESCRIPTION	
1		B C D or higher		/4
2		B C D or higher		/4
3		B C D or higher		/4
4		B C D or higher		/4
5		B C D or higher		/4
6		B C D or higher		/4
7		B C D or higher		/4
8		B C D or higher		/4
BODY SKILLS SUB-TOTAL				/32
General Execution				
Evaluate the gymnast's ability to work with straight legs, pointed feet, body alignment, head and arm placement.				/8
Amplitude and Dynamics				
Evaluate the gymnast's ability to show sufficient <i>amplitude</i> (height, length and stretch of skills) and <i>dynamic</i> movement (speed and rhythm of skills).				/5
Difficulty of Choreography				
Evaluate the gymnast's routine difficulty with respect to skill connections, complexity of dance steps, and variety of body shapes.				/5
EXECUTION SUB-TOTAL				/18
JURY 1 TOTAL				/50

Final Score = Jury 1 _____ **+ Jury 2** _____ **=** _____

SPECIAL ATHLETE LEVEL – GENERAL IMPRESSION

JURY 2 SCORE SHEET

Add score from this sheet to score from main SO score sheet.

GYMNAST _____	LEVEL _____	APPARATUS _____
Effort and Execution Evaluate the gymnast’s effort and ability to work with straight legs, pointed feet, body alignment, head and arm placement.		/10
Amplitude and Apparatus Evaluate the gymnast’s ability to show <i>amplitude</i> (height, length and stretch of skills) and <i>dynamic</i> movement (speed and rhythm of skills).		/10
Musicality Evaluate the gymnast’s movement as related to the rhythm and character of the accompanying musical selection.		/10
Body and Facial Expression Evaluate the gymnast’s use of face and body movements to demonstrate appropriate expression.		/10
Crowd Appeal Evaluate the gymnast’s ability to involve and excite the audience.		/10
JURY 2 TOTAL		/50

Final Score = Jury 1 _____ + Jury 2 _____ = _____

JURY 2 - APPARATUS - ROPE

GYMNAST _____ LEVEL _____

TECHNIQUE	# REQ.	OCCURENCES (1 point each)	EXECUTION (evaluate the overall execution of ALL occurrences)	SCORE (Occurences + Execution)
Passing through the rope	1 series 2 other	/3	/5	/8
Rotations and handling	3	/3	/5	/8
Release of one end	2	/2	/5	/7
Throws and catches	2	/2	/5	/7
HANDLING GROUPS SUB-TOTAL				/30
Apparatus Evaluate the difficulty, risk, variety, and execution of the gymnast's apparatus choreography.				/10
Integration Evaluate how the apparatus work is integrated with the routine's choreography.				/5
Musicality and Overall Impression Evaluate the choice and fit of music and choreography. Evaluate the gymnast's ability to express rhythm through choreography. Evaluate the overall impression with respect to the gymnast's presentation and crowd appeal.				/5
IMPRESSION SUB-TOTAL				/20
JURY 2 TOTAL				/50

JURY 2 - APPARATUS - HOOP

GYMNAST _____ LEVEL _____

TECHNIQUE	# REQ.	OCCURENCES (1 point each)	EXECUTION (evaluate the overall execution of ALL occurrences)	SCORE (Occurences + Execution)
Rolls (over the body, on the floor)	3	/3	/5	/8
Rotations and/or other handling	3	/3	/5	/8
Passing through or over the hoop	2	/2	/5	/7
Throws and catches	2	/2	/5	/7
HANDLING GROUPS SUB-TOTAL				/30
Apparatus Evaluate the difficulty, risk, variety, and execution of the gymnast's apparatus choreography.				/10
Integration Evaluate how the apparatus work is integrated with the routine's choreography.				/5
Musicality and Overall Impression Evaluate the choice and fit of music and choreography. Evaluate the gymnast's ability to express rhythm through choreography. Evaluate the overall impression with respect to the gymnast's presentation and crowd appeal.				/5
IMPRESSION SUB-TOTAL				/20
JURY 2 TOTAL				/50

JURY 2 - APPARATUS - BALL

GYMNAST _____ LEVEL _____

TECHNIQUE	# REQ.	OCCURENCES (1 point each)	EXECUTION (evaluate the overall execution of ALL occurrences)	SCORE (Occurences + Execution)
Free rolls over the body	3	/3	/5	/8
Handling with one hand	3	/3	/5	/8
Bounces	2	/2	/5	/7
Throws and catches	2	/2	/5	/7
HANDLING GROUPS SUB-TOTAL				/30
Apparatus Evaluate the difficulty, risk, variety, and execution of the gymnast's apparatus choreography.				/10
Integration Evaluate how the apparatus work is integrated with the routine's choreography.				/5
Musicality and Overall Impression Evaluate the choice and fit of music and choreography. Evaluate the gymnast's ability to express rhythm through choreography. Evaluate the overall impression with respect to the gymnast's presentation and crowd appeal.				/5
IMPRESSION SUB-TOTAL				/20
JURY 2 TOTAL				/50

JURY 2 - APPARATUS - CLUBS

GYMNAST _____ LEVEL _____

TECHNIQUE	# REQ.	OCCURENCES (1 point each)	EXECUTION (evaluate the overall execution of ALL occurrences)	SCORE (Occurrences + Execution)
Mills and small circles	3	/3	/5	/8
Handling and/or tapping	3	/3	/5	/8
Small tosses with rotation	2	/2	/5	/7
Throws and catches	2	/2	/5	/7
HANDLING GROUPS SUB-TOTAL				/30
Apparatus Evaluate the difficulty, risk, variety, and execution of the gymnast's apparatus choreography.				/10
Integration Evaluate how the apparatus work is integrated with the routine's choreography.				/5
Musicality and Overall Impression Evaluate the choice and fit of music and choreography. Evaluate the gymnast's ability to express rhythm through choreography. Evaluate the overall impression with respect to the gymnast's presentation and crowd appeal.				/5
IMPRESSION SUB-TOTAL				/20
JURY 2 TOTAL				/50

JURY 2 - APPARATUS - RIBBON

GYMNAST _____ LEVEL _____

TECHNIQUE	# REQ.	OCCURENCES (1 point each)	EXECUTION (evaluate the overall execution of ALL occurrences)	SCORE (Occurrences + Execution)
Spirals	3	/3	/5	/8
Snakes	3	/3	/5	/8
Large pattern and/or eschappe	2	/2	/5	/7
Throws and catches	2	/2	/5	/7
HANDLING GROUPS SUB-TOTAL				/30
Apparatus Evaluate the difficulty, risk, variety, and execution of the gymnast's apparatus choreography.				/10
Integration Evaluate how the apparatus work is integrated with the routine's choreography.				/5
Musicality and Overall Impression Evaluate the choice and fit of music and choreography. Evaluate the gymnast's ability to express rhythm through choreography. Evaluate the overall impression with respect to the gymnast's presentation and crowd appeal.				/5
IMPRESSION SUB-TOTAL				/20
JURY 2 TOTAL				/50

USAG - GFA - Festival Rhythmic Individual – Levels C & D

SKILL TESTING SCORE CARD – FESTIVAL RHYTHMIC

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 or Acro					
BALL – roll or balance	Flexibility or Acro					
CLUBS – mills	Balance					
CLUBS – technical movements	Balance					
RIBBON – spirals or snakes	Pivot					
RIBBON – large pattern	Pivot					
HOOP	Throw # 1					
HOOP	Throw # 2					
			FINAL SCORE (100 points total)			

SKILL TESTING SCORE CARD – FESTIVAL RHYTHMIC

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 or Acro					
BALL – roll or balance	Flexibility or Acro					
CLUBS – mills	Balance					
CLUBS – technical movements	Balance					
RIBBON – spirals or snakes	Pivot					
RIBBON – large pattern	Pivot					
HOOP	Throw # 1					
HOOP	Throw # 2					
			FINAL SCORE (100 points total)			