

Level 4 Rope Choreography Checklist

🌀 Body Difficulty (5 DB; may be placed in any order in the choreography)

- DB #1 Jump/Leap (value 0.1, 0.2 or 0.3)
- DB #2 Balance (value 0.1, 0.2 or 0.3)
- DB #3 Rotation (value 0.1, 0.2 or 0.3)
- DB #4 Additional difficulty (value 0.1, 0.2 or 0.3) from any body group (jump/leap, balance, or rotation)
- DB #5 Additional Difficulty (value 0.1, 0.2 or 0.3) from different body group than difficulty #4 (no more than two difficulties per body group allowed)

🌀 Composition Requirements

- Jump through the rope rotating backward (from 1 foot, 2 feet, etc.)
- Series of skips/hops through the rope (any)
- Series of rotations of the rope folded in half alternating side to side with the movement of the wrist
- “Echappe” of the rope
- Throw of the rope (any, minimum 1 height of the gymnast)
- Dance Steps Combination #1 – choreographed with minimum 8 seconds with apparatus in motion, coordinated with the music expressing a rhythm, including a minimum of 2 different modalities (without pre-acrobatic elements, DB or high/medium throws, not entirely on the floor)
- Dance Steps Combination #2 (see requirements above)

Note: Maximum 4 pre-acrobatic elements allowed per routine

🌀 Artistic Execution Considerations (*penalties applied if these are not met*)

- Sufficient use of the entire floor area is shown
- Changes in speed and/or intensity of the music are represented by contrasts in the body. Minimum 1 change is required
- Logical connections are present throughout the routine with no more than 3 illogical connections present
- Expression - facial and body expression is consistent and predominant throughout the entire routine
- Rhythm - The movements of the body as well as the apparatus correlate precisely with the musical accents, and the musical phrases; both the body and apparatus movements emphasize the tempo/pace of the music