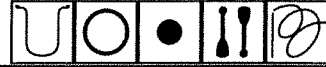


Gymnast: \_\_\_\_\_ Level: \_\_\_\_\_ Team: \_\_\_\_\_

**Individual Apparatus - Rhythmic Xcel A & B**



**Composition Requirements:** A = .1 B = .1 & .2

List 5 Body Elements in the order they occur in routine

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 1 Dance Step
- 1 Body Wave

**Note:** (Acros may be performed, but not counted as skills.)

	Symbol	Description	Handling	Score
1				/10
2				/10
3				/10
4				/10
5				/10

\_\_\_\_\_ /50

Execution	Toes, knees, arms, releve, shoulders, posture		/10
Musicality	Being on time with the music, expressing musical accents		/10
Expression	Face and Body expression (5 pts) (5pts)		/10
Presentation	Overall Impression (5pts) Memorization (5pts)		/10
Apparatus	Drops (2), Technique (2), Variety (2), Throw (2), Integration (2)		/10

\_\_\_\_\_ /50

Global Deductions: \_\_\_\_\_

Score \_\_\_\_\_ /100

Gymnast: \_\_\_\_\_ Level: \_\_\_\_\_ Team: \_\_\_\_\_

**Individual RFX - Rhythmic Xcel A & B**

**Composition Requirements:** A = .1 B = .1 & .2

List 6 Body Elements in the order they occur in routine

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 1 Dance Step
- 1 Body Wave
- 1 Skill of choice - MAY be an acro

	Symbol	Description	Comments	Score
1				/10
2				/10
3				/10
4				/10
5				/10
6				/10

\_\_\_\_\_ /60

Execution	Toes, knees, arms, releve, shoulders, posture		/10
Musicality	Being on time with the music, expressing musical accents		/10
Expression	Face and Body expression (5 pts) (5pts)		/10
Presentation	Overall Impression (5pts) Memorization (5pts)		/10

\_\_\_\_\_ /40

Global Deductions: \_\_\_\_\_

Score \_\_\_\_\_ /100

Gymnast: \_\_\_\_\_ Level: \_\_\_\_\_ Team: \_\_\_\_\_

### Individual Apparatus - Rhythmic Xcel C & D



#### Body Elements

Composition Requirements: FIG .2 & .3 = C | .3 or combinations = D  
 List 8 Body Elements & Handling in the order they occur in routine. NO CREDIT for skills done with static apparatus.

- 1 Pivot
- 1 Balance
- 1 Jump/Leap
- 2 Dance Steps
- 3 Skills of choice (can be Acro)

	Symbol	Description	Handling	Score
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9	Body Technique	Toes/Knees (4pts) Arms/Shoulders (4pts) Posture/General Readiness (4pts) Amplitude (4pts)		/16

\_\_\_\_\_ /56

#### Apparatus Skills

Composition Requirements:  
 4 Different Handlings - minimum 1 occurrence each (Appropriate for level - Any technical group)

1 Medium or High Throw (must be caught for credit)	/5
1 Medium or High Throw (must be caught for credit) <b>Rotation required for Level D</b>	/5
Variety/Basic Handling Categories	/4

Integrative Choreography	Integration of Apparatus (5pts) Musicality (3pts) Originality (2pts)		/10
Overall Impression	Expression (5pts) Performance Quality (5pts)		/10
Apparatus	Drops (3pts) Technique (5pts) Level Appropriate (2pts)		/10

\_\_\_\_\_ /44

Global Deductions: \_\_\_\_\_

Score \_\_\_\_\_ /100

Gymnast: \_\_\_\_\_ Level: \_\_\_\_\_ Team: \_\_\_\_\_

**Individual RFX - Rhythmic Xcel C & D**

**Composition Requirements:** FIG .2 & .3 = C | .3 or combinations = D

List 10 Body Elements in the order they occur in routine

- 2 Pivots
- 2 Balances
- 2 Jumps/Leaps
- 2 Dance Steps
- 2 Skills of choice (can be Acro)

	Symbol	Description	Comments	Score
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9				/5
10				/5

\_\_\_\_\_ /50

Body Technique	Toes/Knees (4pts) Arms/Shoulders (4pts) Releve (4pts) Posture/General Readiness (4pts) Amplitude (4pts)		/20
Connective Choreography	Rhythm and Musicality (4pts) Variety/Originality of Movement (4pts) Use of Waves and Swings (4pts) Use of Floor & Levels (4pts) Level Appropriate (4pts)		/20
Overall Impression	Originality, Mastery, Crowd Appeal		/10

\_\_\_\_\_ /50





Global Deductions: \_\_\_\_\_



















Score \_\_\_\_\_ /100

## Technical Groups Valid for All Apparatus

### For Both Individual & Group Apparatus Routines:

- **Level A/B:** routines must have a minimum of 4 different handlings. (1 occurrence)
- **Level C/D:** routines must have a minimum of 4 different handlings (1 occurrence) plus individual routines: 2 medium or high throws. (Level D: rotation required with 1 of the throws, around any axis, on any phase of the throw)

	<p><b>Throw(s) or catch(es):</b></p> <p>Medium throw - one to two heights of the gymnast measure from her head (regardless of the position of the gymnast on the floor).</p> <p>Large throw - more than two heights of the gymnast measured from the head (regardless of the position gymnast on the floor).</p> <p><b>Note:</b> Only the height of the boomerang throw of the ribbon, the throw of a fully stretched rope, or the clubs throw with horizontal rotations, may be less. Boomerang throw on the floor is not valid as a medium or large throw.</p>
	<p>Small throw(s)/ catch(es) (close to the body) (for clubs with or without 360° rotation) Small throw of 2 clubs locked together (with or without 360° rotation)</p>
	<p>Unstable balance on the part of the body: apparatus is balanced in a position where there is no risk of loss/on a small surface of the body as long as it is not “squeezed” in the position (thus not risk of loss).</p> <p>During an element of rotation, it is possible for the ball to be placed in the back (the back is a large part of the body, but during this element, the ball can be lost). Examples include (but not limited to): the ball on the palm of the hand or the neck without the hands; one club held by the other club on the inner/outer side of the hand. (For additional examples-see pages 36-38)</p>
	<p>Apparatus Handling (apparatus in motion):</p> <ul style="list-style-type: none"> <li>• <u>Large</u> circle(s) of the apparatus (including “sail” for Rope)</li> <li>• Figure eight (not for Ball): a movement in which a large “8” is created and performed with large movement of the entire arm. Note: Ample movement of the trunk is encouraged, but not required</li> <li>• Rebounds (not for ball) of the apparatus from different parts of the body or from the floor</li> <li>• “Thrust”/ push of the apparatus from different parts of the body</li> <li>• Sliding the apparatus on any part of the body</li> <li>• Transmission of the apparatus around any part of the body or under the leg(s)</li> <li>• Passing over the apparatus with the whole or part of the body without a transmission of the apparatus from the hand or a part of the body to another hand or part of the body.</li> </ul>

Apparatus	Technical Groups for each apparatus	
	<p><b>For Both Individual &amp; Group Apparatus Routines:</b></p> <ul style="list-style-type: none"> <li>• <b>Level A/B</b> routines must have a minimum of 4 different handlings. (1 occurrence)</li> <li>• <b>Level C/D:</b> routines must have a minimum of 4 different handlings (1 occurrence) <u>plus</u> individual routines: 2 medium or high throws. (Level D: rotation required with 1 of the throws, around any axis, on any phase of the throw)</li> </ul>	
	 <p><b>Passing</b> with the whole or part of the body through the Rope turning forward, backward, or to the side:</p> <ul style="list-style-type: none"> <li>• Open Rope held by both hands</li> <li>• Rope folded in 2 or more</li> <li>• With double rotations of the rope</li> </ul>	 <ul style="list-style-type: none"> <li>• <b>Rotations:</b> Rope folded in two (held at the ends or in the middle)</li> <li>• Rope folded in 3 or 4</li> <li>• Open stretched Rope, held by the middle or by the end</li> <li>• Free rotation around part of the body</li> <li>• Mills (rope open, held by the middle, folded in 2 or more)</li> </ul>
	 <p>Catch of the Rope with one end in each hand from medium or large throw. (Note: without support/help of any of part(s) of the body)</p>	 <ul style="list-style-type: none"> <li>• Wrapping/unwrapping</li> <li>• Spirals with the rope folded in 2</li> </ul>
	 <p>Passing through the Rope of small hops/skips, Rope turning forward, backward, or to the side.</p>	
	 <ul style="list-style-type: none"> <li>• "Echappe": Must have 2 actions: release and catch of the rope. The ends of the rope must be at the beginning and at the end. Starting and/or finishing with 1 end of rope lying on the floor is not valid.</li> <li>• Spirals:</li> <li>• Release like "Echappe" followed by multiple (2 or more) spiral rotations of one end of the rope and catch of by the hand or another part of the body.</li> <li>• Open and stretched rope held by one hand, from the previous movement (movement of open rope, catch, from the floor, etc.) passed into spiral rotations (2 or more) of one end or the other part of the body.</li> </ul>	
	 <ul style="list-style-type: none"> <li>• Passing through the hoop with the whole or part of the body.</li> </ul>	
	 <ul style="list-style-type: none"> <li>• Roll of the Hoop over body segments</li> </ul>	 <p><b>Roll</b> of the hoop on the floor</p>
	 <ul style="list-style-type: none"> <li>• <b>Rotation(s):</b> around the hand (min.1) around a part of the body (min.1)</li> </ul>	 <p>Rotation(s) of the hoop around its axis (min.1):</p> <ul style="list-style-type: none"> <li>• On the floor</li> </ul>
	 <p><b>Rotation(s)</b> of the Hoop around its axis:</p> <ul style="list-style-type: none"> <li>• Between the fingers</li> <li>• On the part of the body</li> </ul>	
	 <p>Free Roll of the ball over body segment</p>	 <ul style="list-style-type: none"> <li>• "Flip-over" movement of the Ball (ball balancing on the hand)</li> <li>• Swing</li> <li>• Rotation(s) of the hand around the Ball</li> <li>• Free rotation(s) of the ball on a part of the body.</li> </ul>
	 <p><b>Figures eight</b> of the ball with large circle movements of the entire arm(s) (circumduction) Note: ample movement of the trunk is encouraged, but not required.</p>	