

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level A

Name _____ Number _____ Division _____

| Segments | Value | Score |
|---|----------------|-------|
| 1. Raise the rope overhead | 1.0 | |
| 2. Twist the rope | 1.0 | |
| 3. Circle the rope | 1.0 | |
| 4. Swings in a U-shape | 1.0 | |
| 5. Spin the rope & touch hand to shoulder. Raise arms to ending pose. | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Hoop Level A

Name _____ Number _____ Division _____

| Segments | Value | Score |
|--|----------------|--------------|
| 1. Shake the hoop. Raise hoop overhead & lower. Raise hoop overhead & lower on frontal | 1.0 | |
| 2. Rotate the hoop | 1.0 | |
| 3. Touch hand to shoulder | 1.0 | |
| 4. Tap the hoop on floor | 1.0 | |
| 5. Circle the hoop. Raise the hoop overhead to ending pose. | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ball Level A

Name _____ Number _____ Division _____

| Segments | Value | Score |
|--|----------------|--------------|
| 1. Roll the ball on legs. Raise the ball overhead. Bend the arms & hold the ball at chest. | 1.0 | |
| 2. Roll the ball on the arms | 1.0 | |
| 3. Toss & catch with two hands | 1.0 | |
| 4. Shake the ball. Touch ball to shoulder | 1.0 | |
| 5. Circle the ball. Ending pose | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level A

Name _____ Number _____ Division _____

| Segments | Value | Score |
|--|----------------|--------------|
| 1. Horizontal snakes | 1.0 | |
| 2. Overhead swings. Spirals | 1.0 | |
| 3. Overhead circles | 1.0 | |
| 4. Swing the ribbon up. Horizontal snakes down in front of the body. | 1.0 | |
| 5. Horizontal swings to ending pose | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level B

Name _____ Number _____ Division _____

| Segments | Value | Score |
|---|----------------|--------------|
| 1. Circle the rope. Tilt head. | 1.0 | |
| 2. Spin the rope. Twist the rope | 1.0 | |
| 3. Figure 8s | 1.0 | |
| 4 Overhead rotations | 1.0 | |
| 5. Slide the hand to grasp the rope with two hands & raise overhead to the ending pose. | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ball Level B

Name _____ Number _____ Division _____

| Segments | Value | Score |
|---|----------------|--------------|
| 1. Touch the ball to hips | 1.0 | |
| 2. Frontal circle | 1.0 | |
| 3. Twist the ball | 1.0 | |
| 4. Roll the ball in & out the arms | 1.0 | |
| 5. Touch the ball to shoulders. Toss with two hands & trap. Roll the ball out the arms. | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Clubs Level B

Name _____ Number _____ Division _____

| Segments | Value | Score |
|---|----------------|-------|
| 1. Shake the clubs | 1.0 | |
| 2. Circle the clubs. Slide hands to grasp the head of the clubs. | 1.0 | |
| 3. Roll the clubs | 1.0 | |
| 4. Open the arms to the sides. Swing to the front. Tap clubs. | 1.0 | |
| 5. Raise arms overhead. Lower right arm to the side. Change arms. Raise left arm overhead. Lower arms to the ending pose. | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level B

Name _____ Number _____ Division _____

| Segments | Value | Score |
|--|----------------|--------------|
| 1. Spirals | 1.0 | |
| 2. Swing the ribbon up. Horizontal snakes down in front of the body. | 1.0 | |
| 3. Swings over the shoulders | 1.0 | |
| 4. Overhead circles | 1.0 | |
| 5. Overhead swings to the ending pose | 1.0 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level C

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 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Hoop Level C

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 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ball Level C

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 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level C

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 | |
| Total Score | max 5.0 | |

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level 1

Name _____ Number _____ Division _____

Routine:

| Identified Skills | Value | Score |
|------------------------|-------|-------|
| 1.Rhythmic Dance Steps | 1.0 | |
| 2.Chainé turn | 1.0 | |
| 3.Swings | 1.0 | |
| 4.Passé Balance | 1.0 | |
| 5.Overhead Rotations | 1.0 | |
| 6.Straight Jump | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 6.0 | |
| Connections | 2.0 | |
| Floor Pattern | 1.0 | |
| Music | 1.0 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

Exactness of Text + Execution = _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Hoop Level 1

Name _____

Number _____

Division _____

| Identified Skills | Value | Score |
|-----------------------------------|-------|-------|
| 1. Side chassé | 1.0 | |
| 2. Tiptoe turn | 1.0 | |
| 3. Hoop spin | 1.0 | |
| 4. Assisted roll to passé balance | 1.0 | |
| 5. Chainé turns | 1.0 | |
| 6. Forward chassés | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 6.0 | |
| Connections | 2.0 | |
| Floor Pattern | 1.0 | |
| Music | 1.0 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ball Level 1

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|------------------------------------|-------|-------|
| 1. Tiptoe turn | 1.0 | |
| 2. Passé balance | 1.0 | |
| 3. Toss and catch with two hands | 1.0 | |
| 4. Bounce and catch with two hands | 1.0 | |
| 5. Grand battement | 1.0 | |
| 6. Side chassés | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 6.0 | |
| Connections | 2.0 | |
| Floor Pattern | 1.0 | |
| Music | 1.0 | |
| Total Score | max 10.0 | |

Note: There is a discrepancy in the front & back views on the video. After the toss, the athlete can touch the ball to either the shoulders or the hips. Both are correct.

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level 1

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|--------------------------------------|-------|-------|
| 1. Figure 8s | 1.0 | |
| 2. Tiptoe turn | 1.0 | |
| 3. Straight jump | 1.0 | |
| 4. Skipping steps | 1.0 | |
| 5. Rhythmic dance steps with spirals | 1.0 | |
| 6. Passé balance | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 6.0 | |
| Connections | 2.0 | |
| Floor Pattern | 1.0 | |
| Music | 1.0 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level 2

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|---------------------------------------|-------|-------|
| 1. Forward chassé with rotations | 1.0 | |
| 2. Tiptoe turn | 1.0 | |
| 3. Jumps over the rope | 1.0 | |
| 4. Front arabesque balance | 1.0 | |
| 5. Overhead rotations and pass around | 1.0 | |
| 6. 180° passé pivot | 1.0 | |
| 7. Figure 8 to wrap on arm | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 7.0 | |
| Connections | 2.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Hoop Level 2

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|---|-------|-------|
| 1. Passé hops | 1.0 | |
| 2. Arabesque balance | 1.0 | |
| 3. Passé balance in relevé | 1.0 | |
| 4. Rhythmic dance steps with rotations | 1.0 | |
| 5 Jumps through hoop | 1.0 | |
| 6. Flip toss (180° rotation) to catleap | 1.0 | |
| 7 Toss and catch with two hands | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 7.0 | |
| Connections | 2.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Clubs Level 2

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|--------------------------------|-------|-------|
| 1. Chainé turn | 1.0 | |
| 2. Hitch kick/scissor jump | 1.0 | |
| 3. Club tosses (180° rotation) | 1.0 | |
| 4. Arabesque balance | 1.0 | |
| 5 180° passé pivot | 1.0 | |
| 6. Chassés alternating legs | 1.0 | |
| 7 Small horizontal circle | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 7.0 | |
| Connections | 2.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level 2

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|-----------------------------------|-------|-------|
| 1. Figure 8s stepping over ribbon | 1.0 | |
| 2. Passé balance in relevé | 1.0 | |
| 3. Passé hop | 1.0 | |
| 4. Arabesque balance | 1.0 | |
| 5. Horizontal figure 8 | 1.0 | |
| 6. Chainé turns | 1.0 | |
| 7. 180° passé pivot | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 7.0 | |
| Connections | 2.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Hoop Level 3

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|--|-------|-------|
| 1. Side roll with split | 1.0 | |
| 2. Arabesque balance in relevé | 1.0 | |
| 3. Toss and catch with one hand | 1.0 | |
| 4. Free hoop spin with soutenu | 1.0 | |
| 5. 360° passé pivot | 1.0 | |
| 6. Passé balance in relevé | 1.0 | |
| 7. Jump through hoop to flip toss (360°) | 1.0 | |
| 8. Boomerang roll | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 8.0 | |
| Connections | 1.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ball Level 3

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|---|-------|-------|
| 1. Side roll with split | 1.0 | |
| 2. Chainé turn | 1.0 | |
| 3. Straight jump with bounce | 1.0 | |
| 4. Vertical jump with leg extended to front | 1.0 | |
| 5. Arabesque promenade | 1.0 | |
| 6. Ball roll down back | 1.0 | |
| 7. Toss and catch with one hand | 1.0 | |
| 8. 360° passé pivot | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 8.0 | |
| Connections | 1.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Clubs Level 3

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|--|-------|-------|
| 1. Arabesques balance in relevé | 1.0 | |
| 2. Small vertical circles with running steps | 1.0 | |
| 3. 360° passé pivot | 1.0 | |
| 4. 180° passé hop | 1.0 | |
| 5. Vertical jump with leg extended to front | 1.0 | |
| 6. Front arabesque balance in relevé | 1.0 | |
| 7. Lunge with asymmetrical handling | 1.0 | |
| 8. Toss (360° rotation) and catch | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 8.0 | |
| Connections | 1.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level 3

Name _____ Number _____ Division _____

| Identified Skills | Value | Score |
|---|-------|-------|
| 1. 360° passé pivot | 1.0 | |
| 2. Front arabesque balance in relevé | 1.0 | |
| 3. Steps over frontal circles | 1.0 | |
| 4. 180° passé hop | 1.0 | |
| 5. Echappé toss | 1.0 | |
| 6. Arabesque balance in relevé | 1.0 | |
| 7. Horizontal figure 8s | 1.0 | |
| 8. Vertical jump with leg extended to front | 1.0 | |

| Exactness of Text | Value | Score |
|--------------------|---------------------|-------|
| Identified Skills | 8.0 | |
| Connections | 1.0 | |
| Floor Pattern | 0.5 | |
| Music | 0.5 | |
| Total Score | max 10.0 | |

Execution:

| | Value | Score |
|---------------------------------------|---------------------|-------|
| Execution Amplitude Flexibility | 8.0 | |
| Elegance General Impression | 2.0 | |
| Total Score | max 10.0 | |