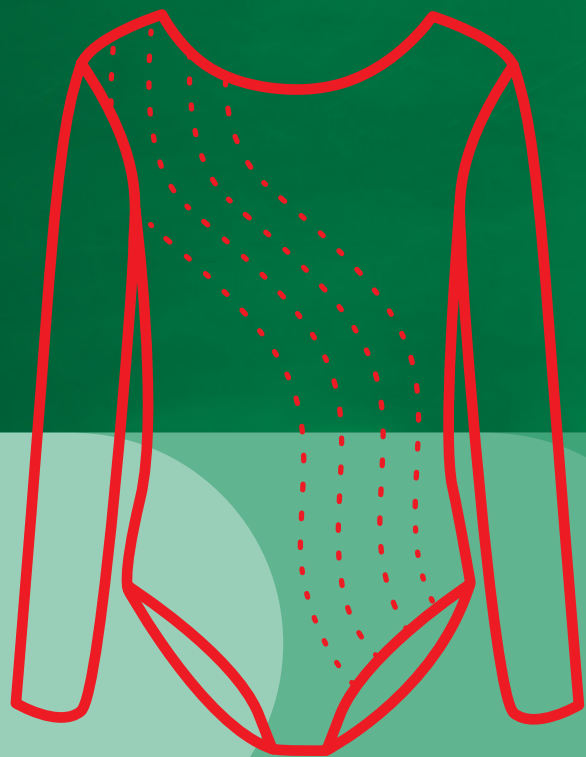




**Summer Sport Rules**

# Rhythmic Gymnastics



**June 2024**

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## **The Official Special Olympics Sports Rules for Rhythmic Gymnastics shall govern all Special Olympics competitions.**

As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Gymnastique (FIG) rules for rhythmic gymnastics found at [www.fig-gymnastics.com](http://www.fig-gymnastics.com) FIG or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Rhythmic Gymnastics or Article I. In such cases, the Official Special Olympics Sports Rules for Rhythmic Gymnastics shall apply.

## **SECTION A - Official Events**

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities.

Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.



## Level A — Mixed Gender Athletes

Athletes must select three Level A routines. Level A routines are performed seated.

- a. Floor Exercise
- b. Rope
- c. Hoop
- d. Ball
- e. Clubs
- f. Ribbon

## Level B — Mixed Gender Athletes

Athletes must select three Level A routines. Level B routines are Level A routines performed standing.

- a. Floor Exercise
- b. Rope
- c. Hoop
- d. Ball
- e. Clubs
- f. Ribbon

## Level C — Male & Female Athletes

Level C routines are performed standing. These routines are designed for lower level athletes. The emphasis is on developing body skills and apparatus skills separately. Female athletes must select 2 apparatus routines and male athletes must select 3 apparatus routines. Floor exercise is required for female athletes.

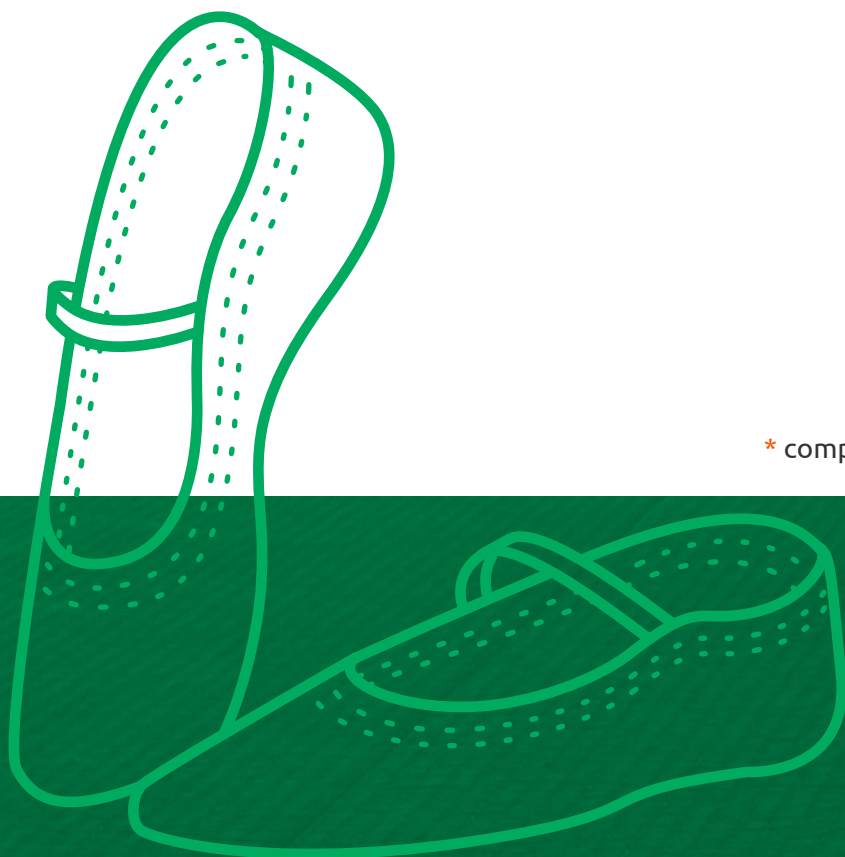
### Female

- a. Floor Exercise \*
- b. Rope
- c. Hoop
- d. Ball
- e. Clubs
- f. Ribbon

### Male

- b. Rope
- c. Clubs
- d. Sticks
- e. Rings

\* compulsory



## Level 1 — Male Athletes

At this level, athletes learn to integrate basic apparatus and body skills.

Level 1 Body Skills: Pass stick (overhead, behind back), roll stick arms (in & out), steps (with front circle & swing, marching, with 180° turn), overhead swings (with rings), roll ring on floor, march (passing ring in large circle), rotation on arm (with ring), passé balance, passé hop, roll stick on arms, wrap and unwrap rope on arm, overhead rotations (with rope), steps with sail, jump over rope, turn to lunges, lunges with (frontal circles).

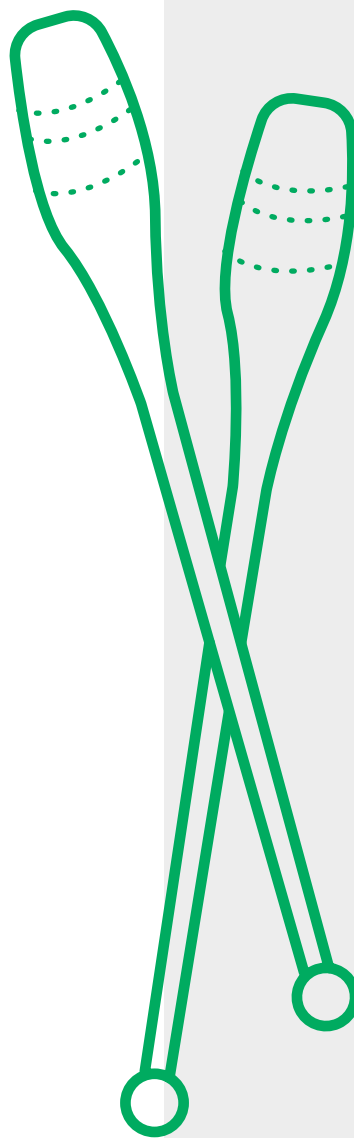
- a. Rope \*
- b. Clubs \*
- c. Sticks \*
- d. Rings \*
- e. All Around

## Level 1 — Female Athletes

Level 1/2 Floor/free routines are compulsory. At this level, athletes learn to integrate basic apparatus and body skills. Athletes have the choice of Rope or Ball routines in addition to the compulsory routines outlined.

Level 1 Body Skills: Chainé turn, chassé, passé balance, passé pivot, passé hop, Body wave (forward, side and on knees, back body wave), arabesque balance, dance steps (with wrap, marching steps, with chassés), straight jump, swing to jump through, tiptoe turn, assisted spin, skipping step, figure 8s (with ball)

- a. Floor Exercise\*
- b. Hoop
- c. Clubs
- d. Ribbon \*
- e. Rope\*
- f. Ball\*
- g. All Around



\* compulsory

## Level 2 — Female Athletes

Level 1/2 Floor/free routines are compulsory. The apparatus and body skills at this level are more complex than in the Level 1 routines. Athletes have the choice of Rope or Ball routines in addition to the compulsory routines outlined.

Level 2 Body Skills: arabesque balance (front, back, flat), chaîné turn, passé balance (flat), passé hops, 180° passé pivot, body wave (forward, side, back on knees), jump through hoop, 180° flip toss to passé balance in relevé, jumps, free roll to dance steps, toss & catch, side chassé, skip, figure 8s (with ball)

- a. Floor Exercise \*
- b. Hoop \*
- c. Clubs \*
- d. Ribbon \*
- e. Rope
- f. Ball
- g. All Around



## Level 3 — Female Athletes

Level 3/4 Floor/free routines are compulsory. Level 3 apparatus routines will be a "hybrid" of compulsory & optional. There are 3 mandatory compulsory apparatus routines with athletes choice of an additional apparatus routine. Optional routines must include 3 body difficulties (with apparatus handling specified), 2 dance passes (with apparatus handling or body element specified), and 3 additional skills. Athletes can choose to complete the Level 3 compulsory routines or optional routines (with required skills). Max time for optional routines will be 1:15.

Level 3 Body Skills: arabesque balance in relevé (with leg in front & back), arabesque promenade, chaîné turn, passé balance in relevé, 180° passé hop, 360° passé pivot, side roll with split, straight jump, vertical jump with leg extended in front.

At this level, the apparatus and body skills are fully integrated. Athletes must have good technique with the hand apparatus and they must be capable of performing the body skills with good form and control.

- a. Floor Exercise \*
- b. Hoop
- c. Clubs \*
- d. Ribbon
- e. Rope \*
- f. Ball \*
- g. All Around

\* compulsory

## Level 4 — Female Athletes

Level 3/4 Floor/free routines are compulsory.

The body skills and apparatus handling for Level 4 routines should be more complex than that in the Level 3 routines. Composition requirements for both the body skills and apparatus handling are listed in the Judging section of the Special Olympics Sports Rules for Rhythmic Gymnastics.

- a. Floor Exercise \*
- b. Hoop \*
- c. Clubs \*
- d. Ribbon \*
- e. Ball\*
- f. All Around

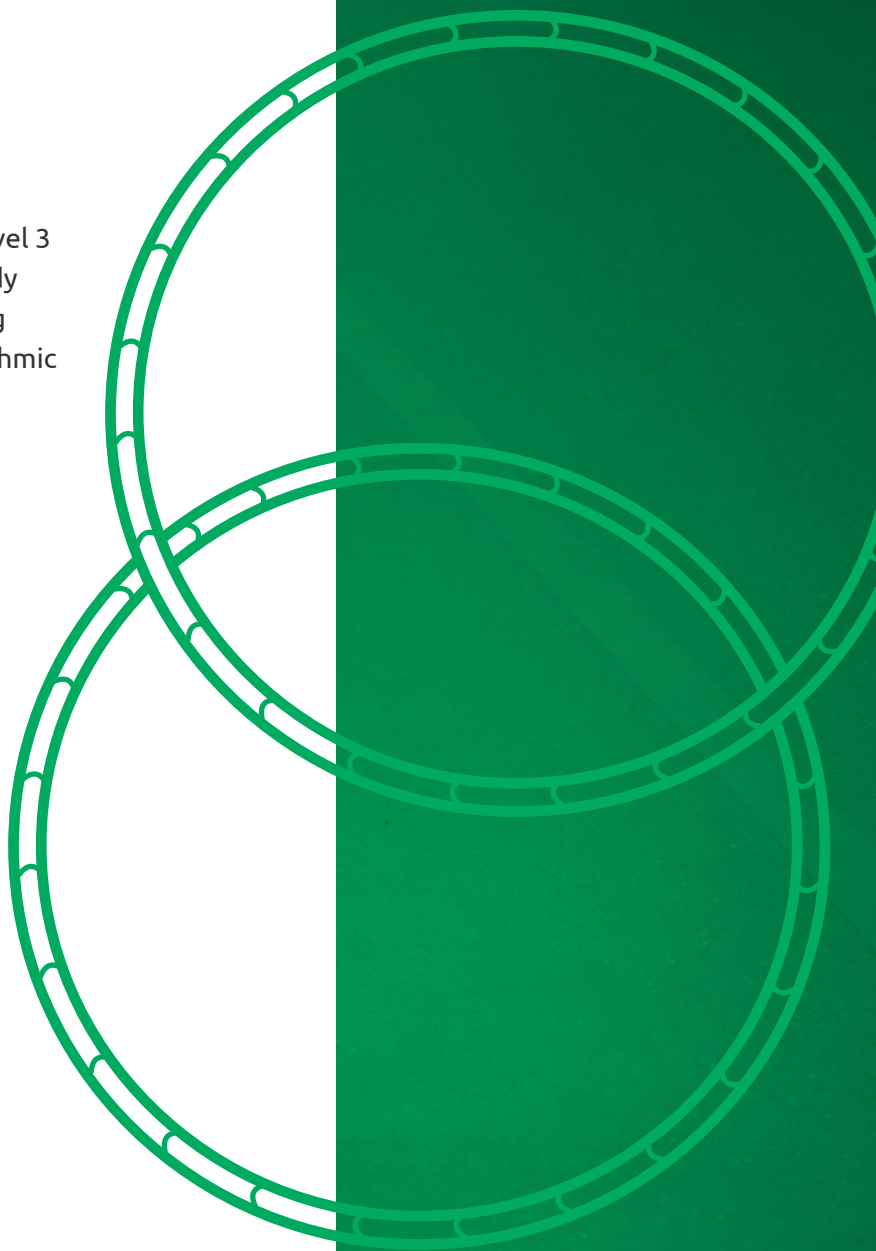
## Group Routines

In addition to individual, athletes can enter 2 group routines (1 group floor and 1 group apparatus). Group Floor Exercise is divided into two categories: small groups of 4-6 athletes, and large groups of 8-12 athletes. Each group must have an even number of athletes (4, 6, 8, 10, or 12). Group Ball is for 4-6 athletes, Group Hoop and Hoop/Ball are for 4 athletes.

Athletes may enter an optional/voluntary group - duet/trio routine. All group duets & trio routines have a max time of 1:30. All Duet & Trio routines must include 1 jump/leap, 1 pivot and 1 balance. Duet & Trio Floor routines must also include 2 dance sequences and 1 collaboration. Duet & Trio apparatus routines must include 1 dance sequence and 2 exchanges (min 2 meters)

- a. Group Rhythmic Floor Exercise - small groups
- b. Group Rhythmic Floor Exercise - large groups
- c. Group Apparatus - Ball, Hoop or Hoop/Ball (awarded together)
- d. Floor Exercise - Duets & Trios
- e. Group Apparatus - Duets & Trios (awarded together)

\* compulsory





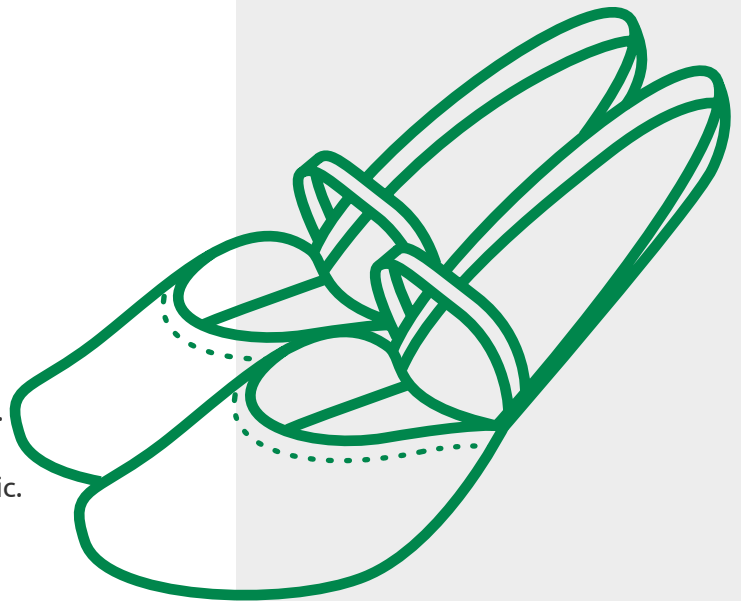
# SECTION B – Attire and Equipment

## B.1 Attire - Women

- I. Gymnasts should wear a leotard or unitard, any color. Long tights (down to the ankle) may be worn.
  - a. Skirted leotards, with the skirt no longer than upper thigh, are acceptable.
  - b. Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
  - c. The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
  - d. Any decoration added to the leotard, either loose or stuck to the garment (flowers, ribbons, etc.) must adhere to the leotard.
  - e. Leotards must be non-transparent material. Lace or other sheer fabric should be lined in the area of the trunk.
- II. Bare feet, gymnastics slippers or rhythmic half-slippers (recommended) are acceptable.
- III. Hairstyles should be neat.
- IV. For the safety of the gymnast, no jewelry is allowed.

## B.2 Attire - Men

- I. Must wear long gymnastics pants.
- II. Must wear a singlet (fitted top) with or without sleeves.
- IV. Decorations may be added but must adhere to the fabric.
- IV. Gymnastic footwear or socks are required.
- IV. For the safety of the gymnast, no jewelry is allowed.



## B.2 Apparatus

- I. The size of the apparatus can range from child size to senior equipment, based on the gymnast's size and skill level. Equipment should be color coordinated with the athlete's leotard. Equipment will be checked prior to competition, as well as during competition, as the gymnast leaves the floor after each routine. If the apparatus does not meet specifications, a deduction of 0.5 will be taken from the score on that event.



### B.2.1 Rope specifications

- a. **Material:** The rope may be of hemp or synthetic material, provided that it possesses the identical qualities of lightness and suppleness as rope made of hemp.
- b. **Length:** The length should be proportionate to the size of the gymnast.
- c. **Ends:** Handles of any kind are not allowed, but one or two knots are permitted at each end. At the ends (to the exclusion of all other parts of the rope), a maximum of 10 centimeters may be covered by an anti-slip material, either colored or neutral.
- d. **Shape:** The rope may be either of a uniform diameter or be progressively thicker in the center, provided that this thickness is of the same material as the rope.
- e. **Color:** The rope may be any color or combinations of colors.

### B.2.2 Hoop specifications

- a. **Material:** The hoop may be of wood or plastic, provided that the latter retains its shape during movement. Foreign particles should be removed from inside the hoop before use.
- b. **Diameter:** The interior diameter of the hoop should be from 60-90 centimeters.
- c. **Weight:** A minimum of 150-300 grams and up.
- d. **Shape:** The cross-section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc. The hoop may be smooth or ridged.
- e. **Color:** The hoop may be any color or combination of colors. The hoop may be partially or fully covered with tape to add colors.



### B.2.3 Ball specifications

- a. Material:** The ball may be made of rubber or synthetic material (pliable plastic), provided that the latter possesses the same elasticity as rubber.
- b. Diameter:** 14-20 centimeters.
- c. Color:** The ball may be of any color.

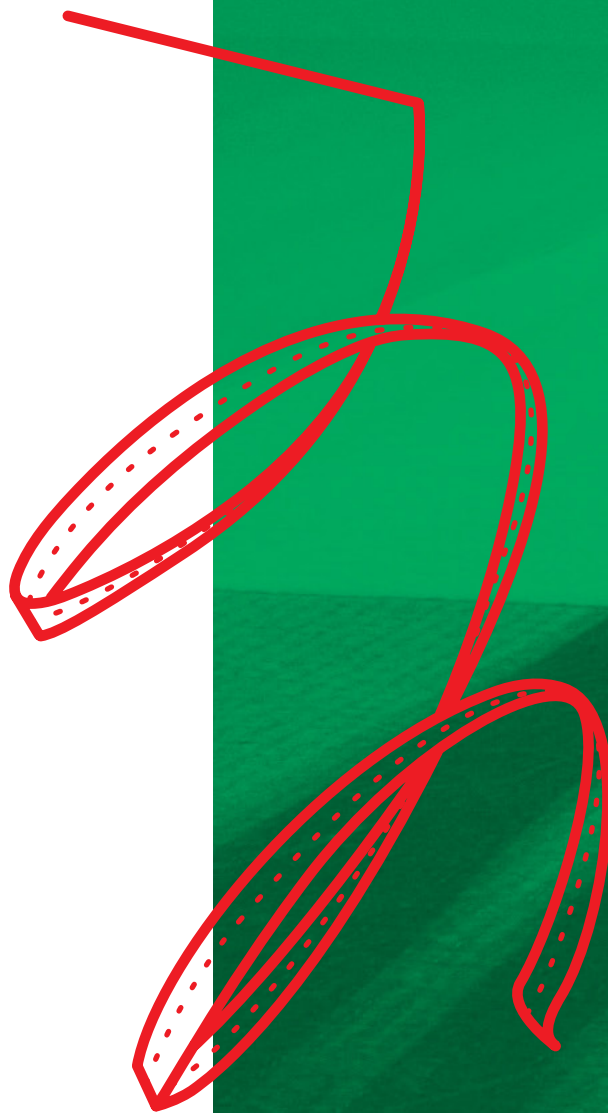
### B.2.4 Clubs specifications

- a. Material:** the clubs may be made of wood or synthetic material.
- b. Length:** 25-50 centimeters from one end to the other.
- c. Shape:** A shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head.
- d. Color:** The clubs may be of a neutral color or may be colored (all or partially) with one or several colors.

## B.2.5 Ribbon specifications

### I. Stick

- a. **Material:** wood, bamboo, plastic, fiberglass.
- b. **Color:** any choice.
- c. **Diameter:** a maximum of 1 centimeter at its widest part.
- d. **Shape:** cylindrical or conical, or a combination of the two shapes.
- e. **Length:** 45-60 centimeters, including the ring, which permits the fastening of the ribbon to the stick. The bottom end of the stick may be covered by an adhesive, anti-slip tape or may have a rubber handle a maximum length of 10 centimeters at the level of the grip. The top of the stick where the ribbon will be attached may consist of:
  - A supple strap (string or nylon) held in place by a nylon thread wound around the stick for a maximum of 5 centimeters.
  - A metal ring fixed directly onto the stick.
  - A metal ring (vertical, horizontal or oblique) fixed to the stick by two metal pins held in place by nylon or metallic thread wound around the stick for a maximum of 5 centimeters.
  - A metal ring (fixed, mobile or pivoting) or a supple strap fixed to a metal tip of no more than 3 centimeters.
  - A metal ring fixed by two metal pins held by a metal tip of 3 centimeters long, which is lengthened by nylon or metallic thread wound around the stick, adding up to a maximum length of 5 centimeters.



## II. Ribbon

- a. **Material:** satin or similar non-starched material.
- b. **Color:** any choice of a single color, two colors or multicolored.
- c. **Width:** 4-6 centimeters.
- d. **Length:** From one end to the other, the finished length of the ribbon should be a minimum of 1 meter to a maximum of 6 meters (for Levels A, B), a minimum of 2 meters to a maximum of 6 meters (for Level C) and a minimum of 3 meters to a maximum of 6 meters (for Levels 1-4). This part must be in one piece.
  - The end which is attached to the stick is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum of 5 centimeters is authorized.
  - This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or metal circle), to permit attaching the ribbon.

## III. Attachment of the ribbon to the stick

- a. The ribbon is fixed to the stick by means of a supple attachment, such as thread, nylon cord, or a series of articulated rings.
- b. The length of this attachment is a maximum of 7 centimeters (not counting the strap or metal ring at the end of the stick where it will be fastened).

### B.2.6 Floor

12 meters by 12 meters with a security zone of 1 meter around. A carpeted area may be used or a floor that is neither too tacky nor slippery. The ceiling height does not need to be 8 meters (26' 3"), but should be fairly high.

### B.2.7 Stick (Men)

Length: 70 – 110 centimeters  
Diameter: 2.0 – 3.5 centimeters

### B.2.8 Rings (Men)

Inner diameter: 30 - 45 centimeters  
Thickness: 2.0 – 3.5 centimeters





## SECTION C – Safety Consideration

- I. Consistent with the Special Olympics philosophy that the movement is athlete-centered, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics rhythmic gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instructional skills.
- II. Female athletes who have tested positive for Atlanto-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform pre-acrobatic or acrobatic moves. If they do, the routine is void and the gymnast will be disqualified.

## SECTION D – Rules of Competition

- I. Levels A & B are mixed gender. Female athletes compete in Levels C–4. Male athletes compete in Levels C – 1. Group routines are mixed gender.
- II. Athletes must compete on the same level in all chosen individual events.  
(Either A, B, C, 1, 2, 3 or 4.)
- III. Athletes may specialize by competing in one or more events at their chosen level. Gymnasts who do all four events at a level are considered All-Around. (i.e., Specialist: Level I Hoop and Ball; All-Around: Level I Rope, Hoop, Ball, and Ribbon)
- IV. Olympic order for Women's Rhythmic Gymnastics is rope, hoop, ball, clubs, ribbon. Olympic order for Men's Rhythmic Gymnastics is rope, clubs, stick, rings.
- V. The video of the compulsory routines is the official version. If a difference exists between the video and the written text, the video must be followed. For Level 3 individual compulsory routines and compulsory group routines, the video is the only version of the choreography

### D.1 Unified Sports Rhythmic Gymnastics Events

- I. All rules and regulations apply equally to athletes and partners.
- II. Unified competition is only in the Group events. There must be an equal number of athletes and partners in each group (2 athletes and 2 partners), or a majority of Special Olympics athletes in the group (3 athletes and 1 partner).



## D.2 Modifications for Visually Impaired Athletes

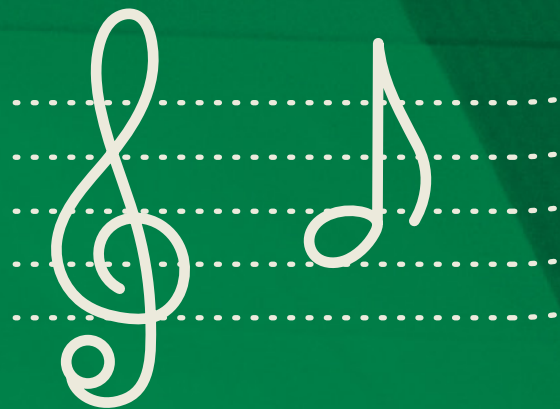
- I. In order to aid the athletes, the following types of assistance are permissible for all levels of competition without deductions:
  - a. Audible cues, such as clapping, may be used in all routines.
  - b. Music may be played at any close point outside of the mat, or the coach may carry the music source around the perimeter of the mat.
- II. Coaches must notify the meet director and judges of the athlete's visual impairment before the competition and prior to each event.

## D.3 Modifications for Hearing Impaired Athletes

- I. The athlete may receive a visual aid from the coach to begin her routine as the music starts.
- II. Coaches must notify the meet director and judges of the athlete's hearing impairment before the competition and prior to each routine.

## D.4 Modifications for Other Disabilities

- I. If special adaptations of equipment are needed, the coach must submit a request with the athlete's entry and receive permission in writing prior to competition. Coaches should bring the notice of approval to the competition. (See form in the appendix.)
- II. Coaches should bring the notice of approval to the competition (see form in the appendix).



## D.5 Level A and B routines

- I. Have been written for athletes who are unable to stand on their own.

## D.6 Level C routines

- I. Have been written for athletes of lower ability level who can stand on their own.

## D.7 The video of the compulsory routines is the official version.

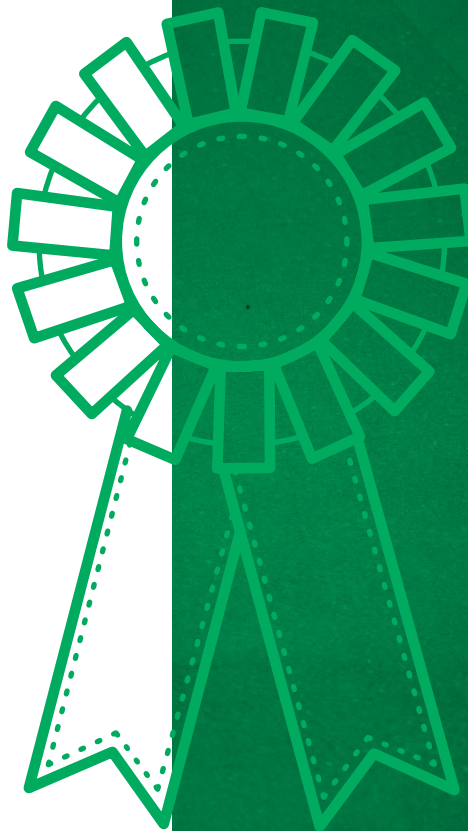
- I. If a difference exists between the video and the written text, the video must be followed. For group routines, the video is the only version of the choreography.

## D.8 Olympic order

- I. For rhythmic gymnastics competition is rope, hoop, ball, clubs, ribbon.

## D.9 Awarding of medals

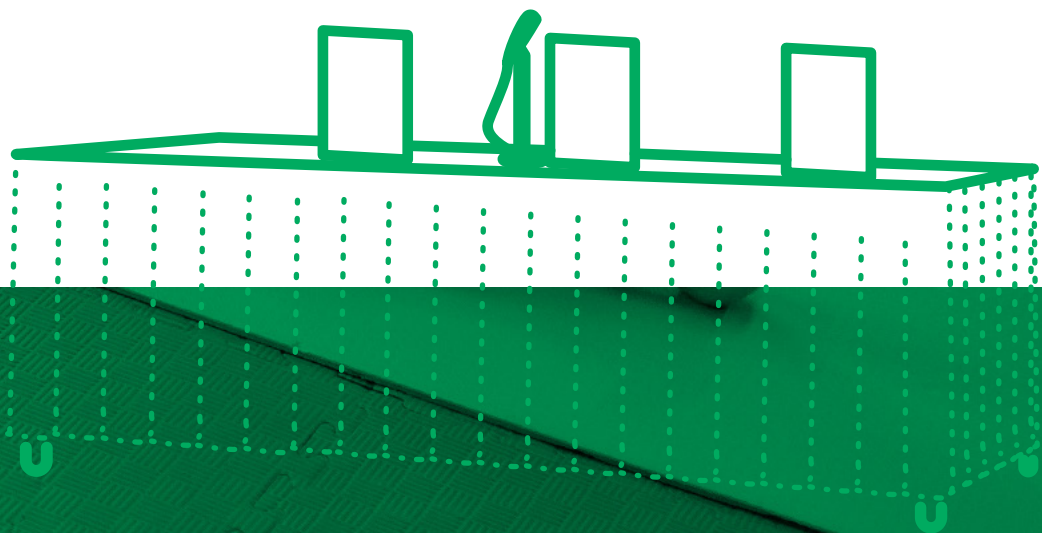
- I. Medals (or ribbons) are awarded for each event and for All-Around.
- II. Gymnasts may receive a maximum of seven awards: one for each of the four events, one for All Around and two for group.
- III. Gymnasts who compete Group only may receive a maximum of two awards: one for each group routine.



# SECTION E – Judging

## E.1 General Judging Concerns

- I. All gymnasts will be required to consider the head judge's table as side one.
- II. At the beginning of each routine, while standing outside the floor exercise boundary, the gymnast must present herself to the head judge. After acknowledging the green flag, the gymnast may take her starting position on the floor. At the end of each event, before leaving the floor, the gymnast must acknowledge the head judge.
- III. Prior to the routine and at the end of the routine, judges must acknowledge the self-presentation of the gymnast.
- IV. For deductions relating to leaving the floor area during a routine, refer to FIG rules.
- V. For deductions concerning the apparatus (checking, loss of, replacement, broken, contact with ceiling), refer to FIG rules.
- VI. For deductions relating to the discipline of coaches and athletes, refer to FIG rules.
- VII. If an athlete entered in the All-Around receives no score in any one of the events, then they are not eligible for an award in the All-Around event. This applies to Levels 1 – 4, No AllAround is awarded for Levels A – C.





## E.2 Neutral Deductions

Neutral deductions, which are unique to Special Olympics, are listed below. For all other neutral deductions, refer to FIG rules.

**Coach communicating to the athlete during a routine. For Levels A – C, the coaching deduction is considered in Memorization (maximum – 1.0).**

The maximum deduction for assistance that may be taken in Levels 1 -4 is 4.0 for a routine. No partial points may be awarded.

Coach assists with the whole routine	- 4.0
Coach assists with the majority of the routine	- 3.0
Coach assists with half the routine	- 2.0
Coach gives slight assistance	- 1.0

### Out of bounds

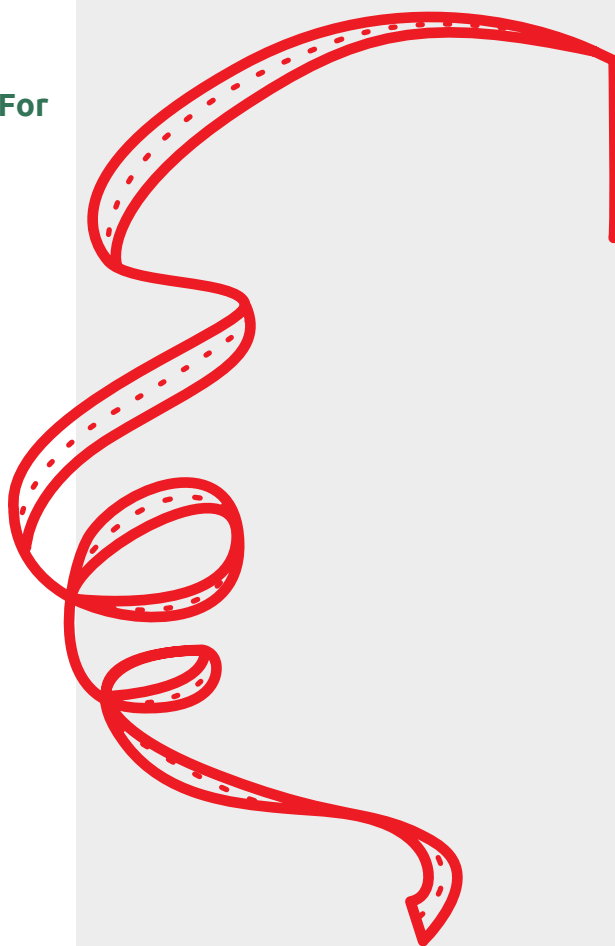
The maximum out of bounds deduction, which may be taken for a routine, is 2.0.

Apparatus out of bounds	- 0.3 each time
Gymnast out of bounds	- 0.3 each time
Attire or Apparatus not conforming to regulations	

Attire	- 0.3
Apparatus	- 0.5

## E.3 Judging Forms

Level A & B Floor Exercise is judged the same as Level A & B Apparatus routines. Floor Exercise is required for Levels C, 1, 2, 3 & 4. The routine is evaluated by no awards are given. To compete Apparatus routines, each athlete must perform the Floor Exercise routine: Level C, Level 1 / 2, or Level 3 / 4. If an athlete is not prepared to perform the Floor Exercise choreography, she must perform the 8 identified skills listed on the score sheet and be evaluated. **The maximum score for each Identified Skill is 3.0 if the athlete performs the choreography. The maximum score for each Identified Skill is 2.0 if the athlete performs only the skill.** Multiple athletes should perform the Floor Exercise together. Scoresheets are returned to coaches at the end of the competition. If there are two judges, two athletes perform at the same time. If there are three judges, three athletes perform, etc.





# E.4 Judging Level A, B, & C Routines

Levels A, B, & C routines are judged by one panel.  
If there is more than one judge on the panel, the final score will be the average of all judges' scores. (Note: If there are four or more judges on the panel, the competition director and/or head judge may elect to drop the high and low scores, and average the middle scores.)  
Neutral deductions are taken from the final average.

Maximum Value for Routine	10.0
Top part of scoresheet (5.0) - Segments	1.0 each

For each Segment, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each Segment.

- 1.0 The Segment is performed perfectly, with excellent execution, amplitude, musicality and apparatus technique.
- 0.7-0.9 The Segment is performed with minor mistakes in execution, amplitude, musicality and apparatus technique.
- 0.5-0.6 The Segment is performed with major mistakes in execution, amplitude, musicality and apparatus technique.
- 0.3-0.4 The Segment is barely recognizable.
- 0.1-0.2 The athlete is on the floor with the correct apparatus.

Bottompart of scoresheet (5.0) - Segments	1.0 each
---	----------

Partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each category:

- 5.0 each Salute at beginning and end of the routine
- Memorization – Includes coaching deductions
- 1.0 Visual or verbal cues Deduction for each segment.
- 2.0 Manual assistance Deduction for each segment
- Musicality – beginning and ending with music. Hitting musical cues.
- Expression – Includes body and facial expression.
- General impression – A performance with good technique, confidence, and personality.



## E.5 Judging Compulsory Routines

For Compulsory Routines (Levels 1, 2, 3), the judges separate into two panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each gymnast, the score from the D Panel is added to the score from the E Panel. If there is more than one judge on each panel, the average score from the judges on the D Panel is added to the average score from the judges on the E Panel. Neutral deductions are taken from the total.

### D Panel (Difficulty) – 10.0

The D Panel will evaluate Identified Skills, Connections, Floor Pattern, and Music. The value for each category is different for Levels 1, 2, and 3. Partial points may be awarded, depending on the execution and amplitude of the Identified Skills, and the Exactness of Text, including Floor Pattern and Music. Refer to the Judging Sheets in the Appendix for specifics for each level.

**Note:** If a gymnast drops the apparatus while performing an Identified Skill, the judge must deduct for the drop and possible rhythm breaks, but should not penalize her the full value of the difficulty if the skill is otherwise performed well.

### E Panel (Execution) – 10.0

#### I. Execution, Amplitude, and Apparatus Technique (8.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which she excels and not be too harshly penalized for an area in which she may have limitations.

- 1.0** Minimum base score for being on the floor.
- 3.0** Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 2.0** Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
- 2.0** Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

**Note:** Faults are penalized according to degree:

- 0.1** Small faults
- 0.3** Medium faults
- 0.5** Major faults

**Note:** Drops of the apparatus are to be penalized as follows:

- 0.3** Immediate retrieval (without a step)
- 0.5** Retrieval after 1-2 steps
- 0.7** Retrieval after 3 or more steps

#### II. Elegance and General Impression (2.0)

Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Good general impression is a performance with few errors. The gymnast must be full of confidence and perform with style and emotion.

## E.6 Judging Optional Routines

Level 3 routines should be evaluated by 2 panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each gymnast, the score from the D Panel is added to the score from the E Panel. If there is more than one judge on a panel, the final score for that panel will be the average of all judges' scores. If a panel consists of 4 or more judges, the head judge may elect to drop the high and low scores and average the middle scores of the judges on the panel.

Level 3 routines are evaluated according to the following guidelines:

### D Panel: 10.0

- 8.0 Required Skills (Listed on score sheet in the order they occur in the routine) 1.0 each
- 2.0 Connections, use of floor area, musicality, body expression 0.5 each

Note: If a gymnast drops the apparatus while performing a Required Skill, the judge must deduct for the drop and possible rhythm breaks, but should not penalize him/her the full value of the difficulty if the skill is otherwise performed well

### I. Required skills for Level 3 Optional Routines

To receive full credit, each skill must be performed as shown in the videos. Partial points may be awarded.

3 Body Difficulties: Body Difficulty and Apparatus Handling are specified.

2 Dance Steps: Body Movement, Apparatus Handling, or both are specified.

3 Additional Body Movements/Apparatus Handling

- a. Rope Body Difficulties
  - i. 360 Passé pivot – swing
  - ii. Vertical jump with leg extended to front (45) – overhead rotations
  - iii. Passé balance in relevé – overhead rotations
- Dance Steps
  - i. Frontal rotations
  - ii. 4 backward skips. Windmill turn. (in any order)
- Additional body movements/apparatus handling
  - i. Hold one end of rope, swing forward to catch the other end
  - ii. Three jumps through the rope
  - iii. Backward jump over the rope

## b. Hoop

### Body Difficulties

- i. 360 Passé pivot – pass around waist
- ii. Chassé to Hitchkick – (inside hoop) shake hoop on chassé, raise overhead to hitchkick
- iii. Front arabesque balance in relevé – pass overhead

### Dance Steps

- i. Assisted spin around vertical axis
- ii. 180 flip toss

### Additional body movements/apparatus handling

- i. Small jumps through the hoop (minimum of two)
- ii. Toss and catch with one hand (sagittal plane)
- iii. Boomerang roll

## c. Ball

### Body Difficulties

- i. 360 Passé pivot – swing to hold with two hands
- ii. 180 Passé hop – swing to hold with two hands
- iii. Back arabesque in relevé – pass ball overhead

### Dance Steps

- i. Roll ball down the back
- ii. Roll ball in and out the arms

### Additional body movements/apparatus handling

- i. Bounce in a V from side to side
- ii. 4 skipping steps
- iii. Toss and catch with one hand

## d. Clubs

### Body Difficulties

- i. 360 Passé pivot – hold clubs in both hands, swing overhead
- ii. Hitchkick – tap overhead
- iii. Passé balance in relevé – 3 taps in front

### Dance Steps

- i. Side chassé
- ii. Swing from one side to the other with a small circle in front

### Additional body movements/apparatus handling

- i. Marching steps in relevé (minimum of 2)
- ii. 3 small vertical circles (outside the arm) with both hands (forward or backward)
- iii. 180 flip toss with each hand (holding head of clubs to toss, catch body of clubs)

## e. Ribbon

### Body Difficulties

- i. 180 Passé hop – overhead circle
- ii. Front arabesque balance in relevé – overhead circle
- iii. 360 Passé pivot – overhead circle

### Dance Steps

- i. Spirals
- ii. 4 sideways steps over ribbon

### Additional body movements/apparatus handling

- i. Catleap
- ii. Steps changing the ribbon from hand to hand with rotation of the stick – 4 times
- iii. 4 runs over large frontal circles

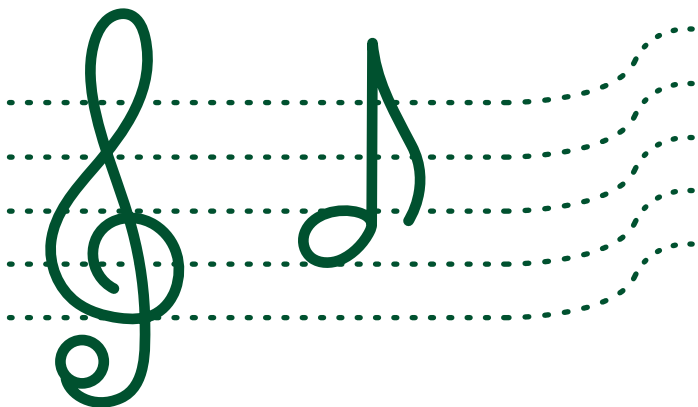
## E Panel: 10.0

Partial points may be awarded, as listed below.

**8.0** Execution, Amplitude, and Apparatus Technique

**2.0** Elegance and General Impression

For guidelines, refer to the Execution, Amplitude and Apparatus Technique for compulsory routines.



### I. Execution, Amplitude, and Apparatus Technique (8.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which she excels and not be too harshly penalized for an area in which she may have limitations.

- 1.0** Minimum Base score for being on the floor
- 3.0** Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 2.0** Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
- 2.0** Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.).

**Note:** Faults are penalized according to degree:

- 0.1** Small faults
- 0.3** Medium faults
- 0.5** Major faults

**Note:** Drops of the apparatus are to be penalized as follows:

- 0.3** Immediate retrieval (without a step)
- 0.5** Retrieval after 1-2 steps
- 0.7** Retrieval after 3 or more steps



## II. Elegance and Expression (2.0)

Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Expression through the use of body and facial expression, the gymnast must convey the idea of the choreography to the audience. The gymnast must be full of confidence and perform with style and emotion.

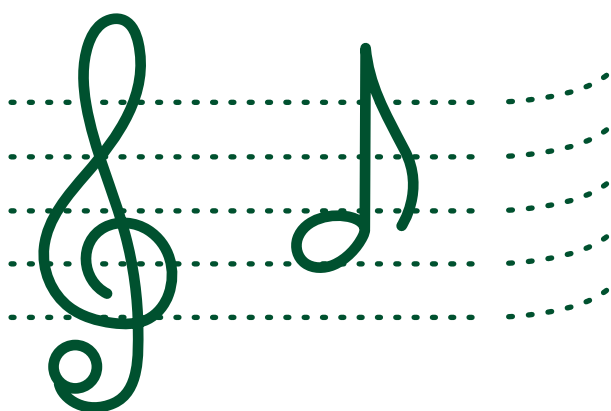


## E.7 Judging Level 4 Routines

Level 4 routines should be evaluated by three panels: D Panel (Difficulty), A Panel (Artistry) and E Panel (Execution). To calculate the final score for each gymnast, the score from the all three panels are added together. If there is more than one judge on a panel, the final score for that panel will be the average of all judges' scores. If a panel consists of four or more judges, the head judge may elect to drop the high and low scores and average the middle scores of the judges on the panel. Level 4 routines are evaluated according to the following guidelines

### D Panel (Difficulty): 7.0

- 3.6 Body Difficulties
- 0.4 Waves
- 0.6 Rhythmic Dance Steps .
- 2.4 Apparatus Bonus



- I. Body Difficulties (3.6)
  - a. Required: 2 different leaps/jumps, 2 different pivots, 2 different balances
  - b. All difficulties are valued based on the Difficulty Chart in the Official Special Olympics Rules.
  - c. At least one occurrence of Apparatus Handling must be performed in conjunction with each Body Skill. Partial points may be awarded, depending on the execution and amplitude of the skill.
    - i. Full credit is given if the skill is executed to FIG standards of execution & amplitude
    - ii. Partial credit is given, at the judge's discretion, depending on the execution & amplitude of the skill
    - iii. No credit is given if the skill is omitted or unrecognizable
- II. Waves (0.4)
  - a. The value of each wave is 0.2 (may be downgraded to 0.1)
  - b. The apparatus must be in motion
- III. Rhythmic Dance Steps (0.6)
  - a. 2 sequences are required (minimum eight seconds)
  - b. A sequence must have a minimum of 4-6 dance steps that reflect the character of the music and choreography
  - c. Each sequence is valued at 0.3
  - d. No credit will be awarded if the Rhythmic Dance Steps are performed with static apparatus.
  - e. No partial credit may be given

#### IV. Apparatus Bonus (2.4)

4 elements (max) x 0.6 = 2.4 (partial points may be awarded)

##### a. All Apparatus:

- i. Medium/high throw with rotation (any phase of the throw)
- ii. Medium/high throw on jump/leap (any phase of the throw)
- iii. Medium/high throw with catch on the floor
- iv. Medium/high throw, catch with one hand
- v. Any 360 rotation with apparatus handling (not just in motion)

##### b. Hoop

- i. Large roll on at least two body parts
- ii. Rotations of the hoop on a part of the body other than the hand
- iii. Gymnast lying/sitting on floor, handling of hoop

##### c. Ball

- i. Large roll on at least two body parts
- ii. Series of rhythmic bounces on the floor (minimum of 3)
- iii. Gymnast lying/sitting on floor, handling of ball

##### d. Clubs

- i. Mills series (minimum of 3 directions)
- ii. Simultaneous small throw & catch of two clubs (minimum 360)
- iii. Gymnast lying/sitting on floor, handling of clubs

##### e. Ribbon

- i. Snakes or spirals under one leg
- ii. Enchappé toss (minimum 360 rotation of stick)
- iii. Gymnast lying/sitting on floor, handling of ribbon

#### A Panel (Artistry): 5.0

- |     |                                       |
|-----|---------------------------------------|
| 1.0 | Body & facial expression/<br>elegance |
| 0.5 | Use of floor area                     |
| 1.0 | Variety of apparatus handling         |
| 1.0 | Connections                           |
| 1.0 | Musicality                            |
| 0.5 | General Impression                    |

##### I. Body and facial expression/elegance (1.0)

Body expression and elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Expression through the use of body and facial expression, the gymnast must convey the idea of the choreography to the audience. The gymnast must be full of confidence and perform with style and emotion

##### II. Use of floor area (0.5)

- a. The floor area must be used completely
- b. Different levels (gymnast in flight, standing, on the floor, etc.)
- c. Variety in the modalities of traveling (FIG)

##### III. Variety of apparatus handling (1.0)

- a. In addition to throws and catches, the gymnast must show a variety of complex apparatus handling.

##### IV. Connections (1.0)

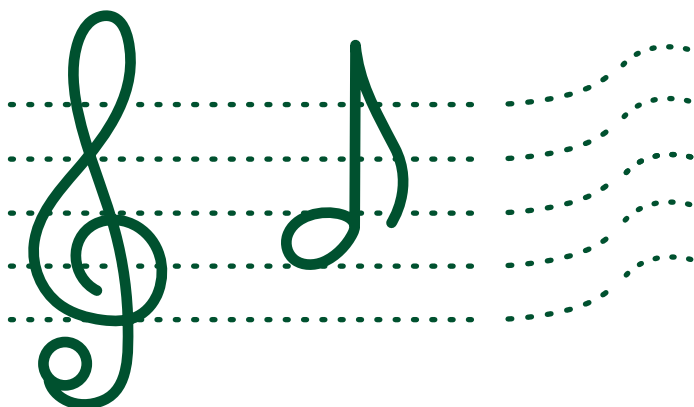
The composition should be developed by the technical, aesthetic, and connecting elements, where one movement passes smoothly into the next, including contrasts in speed/intensity (dynamism), amplitude and levels of the movements, performed in the relationship with the music (FIG).

**V. Musicality (1.0)**

The character of the music should define the guiding idea/theme of the composition, and the gymnast must convey this guiding idea to the audience from the beginning to the end of the exercise. (FIG)

**VI. General Impression (0.5)**

Partial points may not be awarded



**E Panel (Execution): 8.0**

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 1.0. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which s/he excels and not be too harshly penalized for an area in which s/he may have limitations.

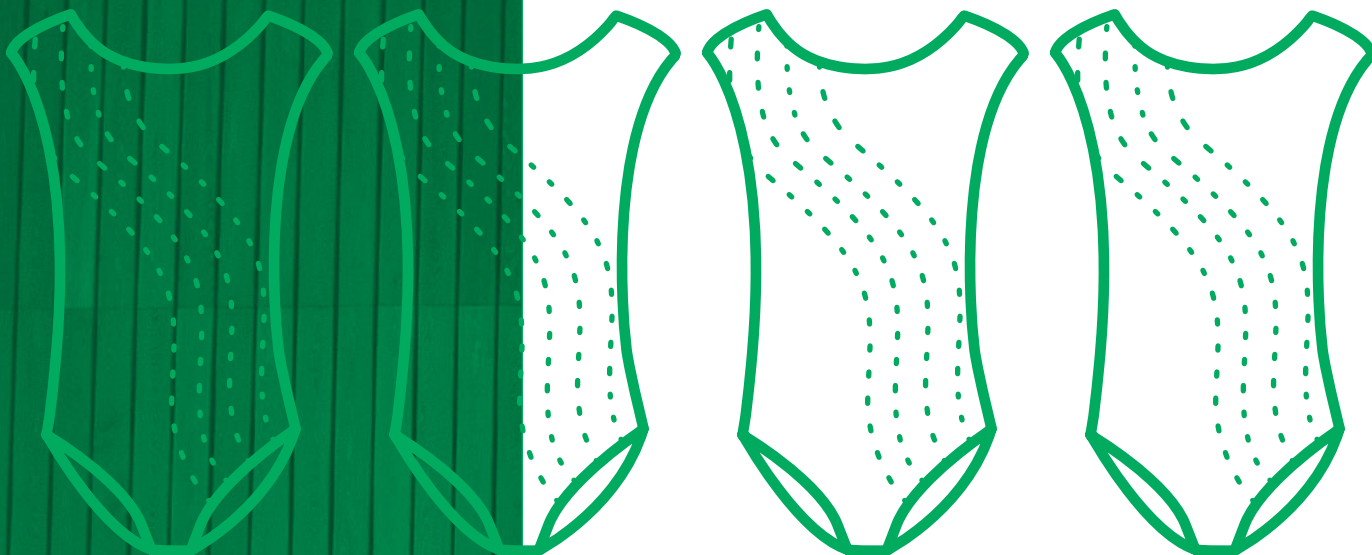
- 3.0** Form (pointed toes, straight legs, position and extension of the upper body, etc.).
- 2.0** Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc.) and apparatus (height of tosses, extension in swings, etc.).
- 2.0** Apparatus errors (drops, incorrect handling of the apparatus, static apparatus, etc.)

**Note:** Faults are penalized according to degree:

- 0.1** Small faults
- 0.3** Medium faults
- 0.5** Major faults
- 0.7** Fall of gymnast

**Note:** Drops of the apparatus are to be penalized as follows:

- 0.3** Immediate retrieval (without a step)
- 0.5** Retrieval after 1-2 steps
- 0.7** Retrieval after 3 or more steps



## E.8 Judging Group Routines

For Group Routines, the judges separate into two panels: D Panel (Difficulty) and E Panel (Execution). To calculate the final score for each group, the score from the D Panel judge is added to the score from the E Panel judge. If there is more than one judge on each panel, the average score from the judges on the D Panel is added to the average score from the judges on the E Panel. Neutral deductions are taken from the total.

### Neutral Deductions

Neutral deductions are the same for Group as they are for individual competition, with one addition: non-conforming leotard or apparatus. All gymnasts in a group must wear matching leotards, identical in shape and color. All gymnasts must use apparatus identical in weight, shape, and size: only the color can differ.

The deductions for non-conforming leotards or apparatus are as follows:

- 0.1 Each leotard that does not match (maximum deduction is 0.3 for groups of 4-6, and 0.7 for large floor exercise groups of 8-12)
- 0.1 Each apparatus that does not match (maximum deduction is 0.3)



## Group Floor Exercise

Group Floor Exercise is divided into two categories: small groups of 4-6 athletes, and large groups of 8-12 athletes. Each gymnast in the group has a partner. The pairs may be spaced at the coach's discretion in any formation on the floor.

## D Panel

### (Difficulty and Exactness of Text) – 10.0

- 6.0 Identified Skills
- 2.0 Connections
- 1.0 Uniformity of the group
- 1.0 Music

#### I. Identified Skills (6.0 – 6 skills, each with value of 1.0)

For each Identified Skill, partial points may be awarded. Refer to the Judging Form in the Appendix for the list of Identified Skills. The following breakdown is a guideline to help determine the amount of credit to be given for each of the Identified Skills in groups of either small or large.

- 1.0 Body skill is executed flawlessly by all gymnasts.
- 0.9-0.1 Awarded at judge's discretion, considering the execution of the skill and number of gymnasts.
- 0.0 Body skill is omitted or unrecognizable.

#### II. Connections (2.0)

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routine. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 2.0 The routine is executed as written, with smooth connections between body skills, and fluidity in movements where gymnasts work together.
- 1.0-1.9 The routine is basically correct, with minor mistakes in the connections.
- 0.6-0.9 The routine is somewhat correct, with major mistakes in the connections.
- 0.5 The group is on the floor.

### III. Uniformity of the Group – All gymnasts performing with precision (1.0)

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- 1.0 All gymnasts working together with synchronization.
- 1.0-1.9 Minor mistakes in synchronization.
- 0.6-0.9 Major mistakes in synchronization.
- 0.5 Gymnasts are working independently.

### IV. Music (1.0)

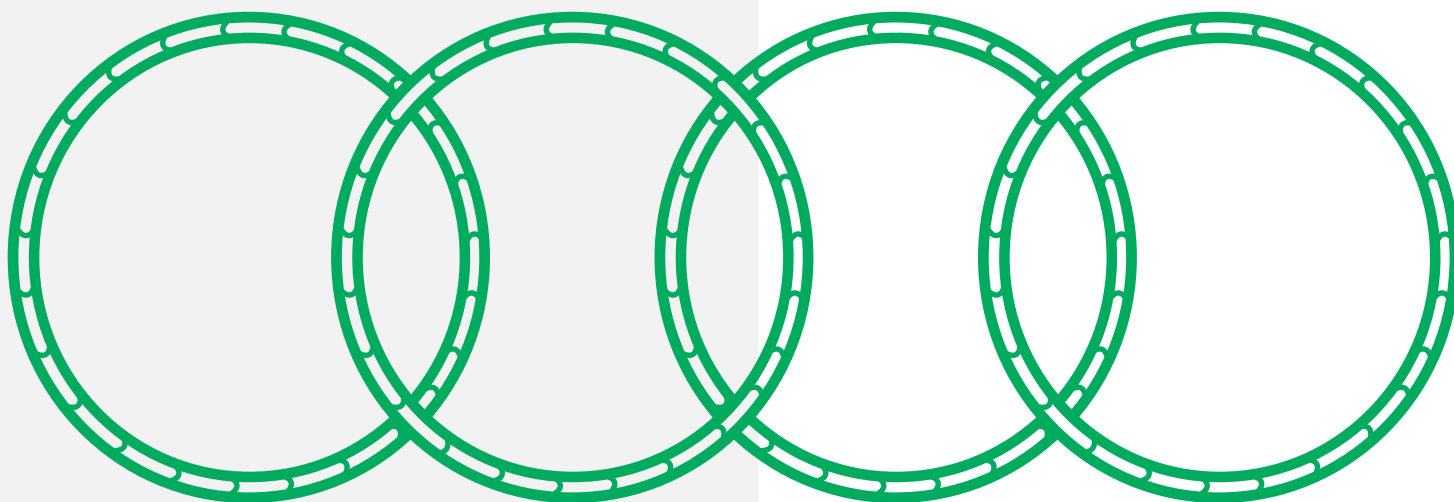
The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 1.0 The routine perfectly matches the music.
- 1.0-1.9 The routine basically matches the music.
- 0.6-0.9 The routine somewhat matches the music.
- 0.5 The routine has no connection with the music.

## E Panel (Execution) – 10.0

- 8.0 Execution and Amplitude
- 2.0 Elegance and General Impression

For specifics, refer to the judging guidelines for individual routines.



## Group Hoop

The Group Hoop routine is designed for groups of four gymnasts. Refer to the DVD of the 2016-2023 Rhythmic Gymnastics Compulsory Routines for the choreography

## D Panel

### (Difficulty and Exactness of Text) – 10.0

6.0	Difficulty
2.0	Connections
1.0	Uniformity of the group
1.0	Music

- I. Difficulty (6.0) –  
2 Identified Skills, 2 Exchanges and 2 Formations,  
each with a value of 1.0

Refer to the Judging Form in the Appendix for the list of Identified Skills, Exchanges, and Formations.

For each Identified Skill, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each of the Identified Skills.

1.0	Body skill is executed flawlessly by all gymnasts.
0.8	Body skill is executed well by at least 3 gymnasts.
0.6	Body skill is executed with minor mistakes by 2 gymnasts.
0.4	Body skill is executed with major mistakes.
0.2	Body skill is executed, but barely recognizable.
0.0	Body skill is omitted or unrecognizable.

The following breakdown is a guideline to help determine the amount of credit given for each Exchange.

1.0	Exchange is completed by all gymnasts.
0.8	1 gymnast drops the apparatus.
0.6	2 gymnasts drop the apparatus.
0.4	3 gymnasts drop the apparatus.
0.2	4 gymnasts drop the apparatus.
0.0	No attempt is made to exchange.

The following breakdown is a guideline to help determine the amount of credit given for each Formation.

1.0	All gymnasts are in the exact formation.
0.8	1 gymnast is out of formation.
0.6	2 gymnasts are out of formation.
0.4	3 gymnasts are out of formation
0.2	Formation is barely recognizable.
0.0	Formation is unrecognizable.

## II. Connections (2.0)

This category is to rate the group on the correctness of the routine other than the Identified Skills. In order to evaluate the connections accurately, judges must be completely familiar with the routine. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

- 2.0** The routine is executed as written. With smooth connections between body skills, technically correct connections in apparatus handling and a flowing connection between the body skills and apparatus handling.
- 1.0-1.9** The routine is basically correct, with minor mistakes in the connections.
- 0.3-0.9** The routine is barely recognizable.
- 0.1-0.2** The group is on the floor with the correct apparatus.

## III. Uniformity of the Group – All gymnasts performing with precision (1.0)

The following breakdown is a guideline to help determine the amount of credit to be given for the Uniformity of the Group.

- 1.0** All gymnasts working together with synchronization.
- 1.0-1.9** Minor mistakes in synchronization.
- 0.6-0.9** Major mistakes in synchronization.
- 0.5** Gymnasts are working independently.

## IV. Music (1.0)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

- 1.0** The routine perfectly matches the music.
- 1.0-1.9** The routine basically matches the music.
- 0.6-0.9** The routine somewhat matches the music.
- 0.5** The routine has no connection with the music.

## E Panel (Execution) – 10.0

- 8.0** Execution and Amplitude
- 2.0** Elegance and General Impression

For specifics, refer to the judging guidelines for individual routines.

## E.9 Apparatus Handling



### Rope

	Passing through the rope with a jump/leap. Rope turning forward, backward, or to the side
	Passing through the rope with series (3 minimum) of small hops. Rope turning forward, backward, or to the side
	"Echappe"
	Spirals (double or more rotations of the rope's end during "echappe")
	Figure eight or "sail" movement with ample movement of the trunk (Rope held in two hands)
	Large circles (rope held in two hands)
	Catch of the rope with one end in each hand
	Series (3 minimum) of rotations. Rope folded in two
	One free rotation around a part of the body
	One rotation of the open, stretched rope, held by the middle or by the end
	Small or medium throw and catch
	Wrapping or swings



### Ball

	Free roll of the ball on the body
	Large ( 1 meter minimum) roll of the ball on the floor
	Series (3 minimum) of small rolls of the ball on the floor
	Bounces <ul style="list-style-type: none"> <li>• Series (3 min.) of small bounces (below knee level)</li> <li>• One high bounce (knee level and higher)</li> <li>• Visible rebound from a part of the body</li> </ul>
	Balancing of the ball – For example: Swings or Figure eight of the ball with circle movements of the arms (circumduction)
	Catch of the ball with one hand
	"Flip over" movement of the ball
	Rotations of the hand(s) around the ball
	Series (3 min.) of assisted small rolls
	Roll of the body over the ball on the floor
	Thrust/push of the ball from different parts of the body
	Small or medium throw and catch



## Clubs

	Mills - at least 4 small circles of the clubs with time delay and by alternating crossed and uncrossed wrists/hands each time
	Series (3 minimum) of small circles with both clubs
	Asymmetric movements of 2 clubs, must be different in their shape or amplitude and in the work planes or direction
	Small throws and catches with rotation of 2 clubs together, simultaneously or alternating
	Free rotations of 1 or 2 clubs on the part of the body or on the floor
	Rolls of 1 or 2 clubs on the part of the body or on the floor
	Rebound of 1 or 2 clubs from the body
	Swings
	"Sliding"
	Tapping (1 minimum)
	Thrust/push of the clubs from different part of the body
	Series (3 minimum) of small circles with 1 club
	Small or medium throw and catch of 1 club
	Throw or catch of 2 clubs, simultaneous
	Throw or catch of 2 clubs, asymmetric
	"Cascade" throws (double or triple)

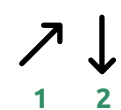













## Ribbon

	Spirals (4-5 waves), tight and same height
	Spirals on the floor
	Snakes (4-5 waves), tight and same height
	Snakes on the floor
	Passing through or over the pattern of the ribbon
	"Echappe"
	Boomerang in the air or on the floor
	Rotational movement of the ribbon stick around the hand
	Roll of the ribbon stick on the part of the body
	Rebound of the stick from the part of the body
	Wrapping
	Figure eights, swings, large circles
	Movement of the ribbon around the part of the body created, when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or difficulties with rotation (not during "slow turn")
	Small or medium throw and catch

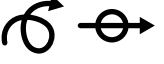



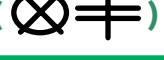


# E.10 Mastery




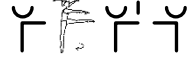







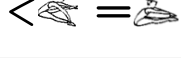








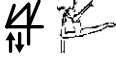
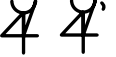














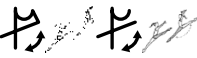




 **Throw(1) or Catch(2) in combination with the following criteria:**




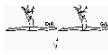












	Jump or leap
	Rotation element
	Under the leg
	Passing through (for rope and for hoop)
	Outside of visual control during the throw/catch
	Without the help of the hands during the throw/catch
	Direct catch in a roll
	Direct re-throw/ re-bound
	Direct catch in rotation (hoop)
	Catch the ball with one hand
	Catch on the floor without help of the hands

## Examples:

	For rope and for hoop
	for ball
	for clubs
	for ribbon
	Combinations with 2 different criteria to get credit

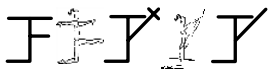
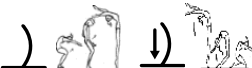


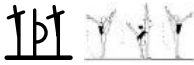

## E.11 Symbols of Jumps / Leaps

Special Olympics 0.2	Special Olympics 0.4	Special Olympics 0.5	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						
						

		ㄱ ㄱ	ㄴ ㄴ	ㄷ	ㄹ	
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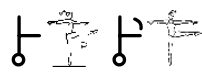
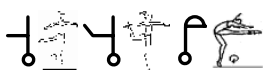

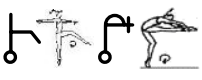
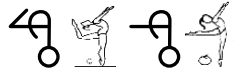






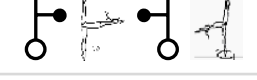
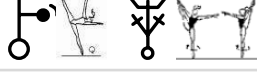

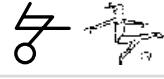









## E.12 Symbols of Balances

Special Olympics 0.2	Special Olympics 0.4	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6



# E.13 Symbols of Pivots

Special Olympics 0.2	Special Olympics 0.4	Special Olympics 0.6	Special Olympics 0.6	Special Olympics 0.6
				
				
				
				
				
				
				
				
				
				
				
				



## **Appendix**

# **Rhythmic Gymnastics Routines & Judges Forms**

# Level A Floor Exercise

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

When the Saints

## Starting position:

Sitting. Hands rest on thighs.

## Counts:

- |              |   |
|--------------|---|
| <b>Intro</b> | Hold  |
| <b>1-4</b>   | Raise right arm to side, finishing on a high diagonal.                                |
| <b>5-8</b>   | Salute.   |
| <b>1-4</b>   | Open right arm to a high diagonal.  |
| <b>5-8</b>   | Lower arm to side.  |
| <b>1-8</b>   | Move arms side to side (eight times) in front of body (windshield wipers).            |
| <b>1-4</b>   | Clap on left knee with both hands   |
| <b>5-8</b>   | Open right arm to a high diagonal.  |
| <b>1-4</b>   | Clap on right knee with both hands  |
| <b>5-8</b>   | Open left arm to a high diagonal.   |
| <b>1-8</b>   | Wave arms overhead (eight times).   |
| <b>1-2</b>   | Touch right hand to left shoulder.  |
| <b>3-4</b>   | Extend right arm to a low diagonal.   |
| <b>5-6</b>   | Touch left hand to right shoulder.  |
| <b>7-8</b>   | Extend left arm to a low diagonal.  |
| <b>1-4</b>   | Arm wave to the right side with right arm.  |
| <b>5-8</b>   | Arm wave to the left side with left arm.  |
| <b>1-4</b>   | Alternating arm waves forward.  |
| <b>5-12</b>  | Alternating hands, clap on knees.   |
| <b>1-2</b>   | Bend arms, hands by right shoulder. Extend arms to right on a high diagonal.          |
| <b>3-4</b>   | Bend arms, hands by left shoulder. Extend arms to left on a high diagonal.            |
| <b>5-6</b>   | Bend arms, hands by right shoulder. Extend arms to right on a high diagonal.          |
| <b>7-8</b>   | Bend arms, hands by left shoulder. Extend arms to left on a high diagonal.            |
| <b>1-4</b>   | Clap four times.  |
| <b>5-8</b>   | With elbows close to sides, shake hands.  |
| <b>End</b>   | Open arms for ending pose – right arm on a high diagonal, left arm on a low diagonal. |

# Level A Rope

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

After You Mr. Trumpet Man

## Starting position:

Sitting. Hold the doubled rope. Arms in front of the body at shoulder height.

## Counts:

- 1-4** Hold
- 5-8** Spin rope forward. On count 8, stretch the rope
- 1-16** Bring hands together, then bring hands apart to stretch the rope. Repeat 4 times.
- 1-16** Bring hands slightly closer to hold the rope in a U-shape. Swing rope side to side. Repeat 4 times.
- 1-4** Stretch rope.
- 1-8** Bending and extending the arms, circle the rope to the right. Extend arms to stretch the rope and raise overhead.
- End** Bend the body forward and lower the rope. Slightly bending arms, slide the rope upward along the body. Extend arms to stretch the rope and raise overhead for the ending pose.

# Level A Hoop

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Baby Elephant Walk

## Starting position:

Sitting. Hold the hoop with two hands (undergrip) on the horizontal plane, hoop lowered in front of the legs.

## Counts:

- 1-8** Raise hoop overhead on the horizontal plane.
- 1-4** Bend slightly to the right and straighten.
- 5-8** Bend slightly to the left and straighten.
- 1-8** Lower the hoop to the front. Finish with arms at shoulder level.
- 1-8** Bending and extending the arms, circle the hoop to the left on the horizontal plane.
- 1-8** Bending and extending the arms, circle the hoop to the right on the horizontal plane
- 1-4** Raise hoop overhead.
- 5-8** Lower the hoop, while moving one hand to hold in an outside grip. Finish with hoop in the frontal plane, arms at shoulder height.
- 1-4** Touch the left hand to the left shoulder, and extend the right arm forward, moving the hoop to the vertical plane  
Extend the arms to return the hoop to the frontal plane.
- 5-8** Touch the right hand to the right shoulder, and extend the left arm forward, moving the hoop to the vertical plane.  
Extend the arms to return the hoop to the frontal plane.
- 1-8** Shake hoop.
- End** Keeping hoop on frontal plane, bend arms.  
Bend slightly to the right for the ending pose.



# Level A Ball

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Goofing Around

## Starting position:

Sitting. Hold the ball with two hands, resting on the legs.

## Counts:

- 1-12**      Extend the arms forward, then bring the ball to the chest  
  
Shake ball.
- 1-4**      Extend the arms forward.
- 1-16**      Touch the ball to the right shoulder. Extend the arms forward.  
  
Touch the ball to the left shoulder. Extend the arms forward.  
  
Touch the ball to the right shoulder. Extend the arms forward  
  
Touch the ball to the left shoulder. Extend the arms forward.
- 1-4**      Holding the ball in the right hand, open arms to the sides.
- 5-8**      Bring the arms together to hold the ball in two hands.
- 1-4**      Holding the ball in the left hand, open arms to the sides.
- 5-8**      Bring the arms together to hold the ball in two hands.
- 1-4**      Bends the arms to bring the ball to the right shoulder for the ending pose.

# Level A Clubs

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Rockin' Robin

## Starting position:

Sitting. With arms extended to the front, hold the head of the clubs with one club in each hand.

## Counts:

- 1-8** Roll the clubs forward.
- 1-4** Extend arms forward.
- 5-8** Tap clubs, pause, tap clubs, pause, tap, tap.
- 1-4** Raise arms overhead.
- 5-8** Lower right arm to side.
- 1-4** Raise right arm overhead.
- 5-8** **Lower left arm to side.**
- 1-4** Open right arm to side (both arms will be to the side).
- 5-6** Swing left arm overhead.
- 7-8** On the right side of the body, tap clubs two times
- 1-4** Swing left arm overhead to open on the side.
- 5-6** Swing left arm overhead.
- 7-8** On the left side of the body, tap clubs two times.
- 1-4** Drumming with clubs, move arms across in front of the body, finishing on the right.
- 5** Extend left arm forward.
- 6** Extend right arm forward, crossing club and tapping.
- 7-8** Bends arms in front of body for ending pose.

# Level A Ribbon

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Happy Song

## Starting position:

Sitting. Hold the arm down on the side, with the stick pointing to the floor.

## Counts:

- 1-4** Raise the arm forward to hold the stick at shoulder height.
- 1-8** Spirals.
- 1-8** Open the arm to the right side and then swing the ribbon left across in front of the  
Repeat swings left and right.
- 9-16** Two overhead circles to the left, finishing with the arm extended to the right.
- 1-8** Swing the ribbon left across in front of the body. Swing the ribbon right across in front of the body to open the arm.  
Repeat swings left and right
- 9-16** Two overhead circles to the left, finishing with the arm extended to the right.
- 1-8** Four overhead swings (left-right-left-right).
- 1-8** Horizontal snakes in front of the body.
- 1-8** Four overhead swings (left-right-left-right).
- 1-4** Horizontal snakes in front of the body.
- 5-8** Swing the ribbon left to loop over the left arm for the ending pose.

# Level B Floor Exercise

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

When the Saints

## Starting position:

Standing. Arms down at sides.

## Counts:

- |              |   |
|--------------|---|
| <b>Intro</b> | Hold  |
| <b>1-4</b>   | Raise right arm to side, finishing on a high diagonal   |
| <b>5-8</b>   | Salute.   |
| <b>1-4</b>   | Open right arm to a high diagonal.  |
| <b>5-8</b>   | Lower arm to side.  |
| <b>1-8</b>   | Dance alternating knees.<br>Move arms side to side (eight times) in front of body (windshield wipers).          |
| <b>1-4</b>   | Clap on left knee with both hands.  |
| <b>5-8</b>   | Open right arm to a high diagonal.  |
| <b>1-4</b>   | Clap on right knee with left hand.  |
| <b>5-8</b>   | Open left arm to a high diagonal.   |
| <b>1-8</b>   | Dance, alternating knees. Wave arms overhead (eight times).   |
| <b>1-2</b>   | Touch right hand to left shoulder   |
| <b>3-4</b>   | Extend right arm to a low diagonal.   |
| <b>5-6</b>   | Touch left hand to right shoulder.  |
| <b>7-8</b>   | Extend left arm to a low diagonal.  |
| <b>1-4</b>   | Arm wave to the right side with right arm.  |
| <b>5-8</b>   | Arm wave to the left side with left arm.  |
| <b>1-4</b>   | Alternating arm waves forward.  |
| <b>5-12</b>  | Slightly bend knees, and alternating hands, clap on knees.  |
| <b>1-2</b>   | Bend knees and bend arms, hands by right shoulder.<br>Extend knees and extend arms to right on a high diagonal. |
| <b>3-4</b>   | Bend knees and bend arms, hands by left shoulder.<br>Extend knees and extend arms to left on a high diagonal.   |

- 5-6** Bend knees and bend arms, hands by right shoulder.  
Extend knees and extend arms to right on a high diagonal.
- 7-8** Bend knees and bend arms, hands by left shoulder.  
Extend knees and extend arms to left on a high diagonal.
- 1-4** Clap four times.
- 5-8** With elbows close to sides, shake hands.
- End** Open arms for ending pose – right arm on a high diagonal, left arm on a low diagonal.



# Level B Rope

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

After You Mr. Trumpet Man

## Starting position:

Starting position: Standing with feet together. Hold the doubled rope. Arms in front of the body at shoulder height

## Counts:

- 1-4** Hold.
- 5-8** Spin rope forward. On count 8, stretch the rope.
- 1-16** Bend knees and bring hands together, then straighten knees and bring hands apart to stretch the rope. Repeat 4 times.
- 1-16** Bring hands slightly closer to hold the rope in a U-shape. Swing rope side to side. Repeat 4 times..
- 1-4** Stretch rope.
- 1-8** Bending and extending the arms, circle the rope to the right. Extend arms to stretch the rope and raise overhead.
- End** Bend the body forward and lower the rope. Slightly bending arms, slide the rope upward along the body. Extend arms to stretch the rope and raise overhead for the ending pose.

## Level B Hoop

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Baby Elephant Walk

### Starting position:

Standing. Hold the hoop with two hands (undergrip) on the horizontal plane, hoop resting on legs.

### Counts:

- 1-8** Raise hoop overhead on the horizontal plane.
- 1-4** Bend slightly to the right and straighten.
- 5-8** Bend slightly to the right and straighten.
- 1-8** Lower the hoop to the front. Finish with arms at shoulder level.
- 1-8** Bending and extending the arms, circle the hoop to the left on the horizontal plane.
- 1-8** Bending and extending the arms, circle the hoop to the right on the horizontal plane.
- 1-4** Bend the knees and touch the left hand to the left shoulder, and extend the right arm forward, moving the hoop to the vertical plane.  
Straighten the knees and extend the arms to return the hoop to the frontal plane.
- 5-8** Bend the knees and touch the right hand to the right shoulder, and extend the left arm forward, moving the hoop to the vertical plane.  
Straighten the knees and extend the arms to return the hoop to the frontal plane.
- 1-8** Shake hoop.
- End** Keeping hoop on frontal plane, bend arms. Bend slightly to the right for the ending pose.

## Level B Ball

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Goofing Around

### Starting position:

Standing. Hold the ball with two hands, arms extended down in front of the body.

### Counts:

- 1-12** Extend the arms forward, then bring the ball to the chest. Shake ball.
- 1-4** Extend the arms forward.
- 1-16** Bending the knees, touch the ball to the right shoulder. Straightening the knees, extend the arms forward.  
  
Bending the knees, touch the ball to the left shoulder. Straightening the knees, extend the arms forward.  
  
Bending the knees, touch the ball to the right shoulder. Straightening the knees, extend the arms forward.  
  
Bending the knees, touch the ball to the left shoulder. Straightening the knees, extend the arms forward.
- 1-4** Holding the ball in the right hand, open arms to the sides.
- 5-8** Bring the arms together to hold the ball in two hands.
- 1-4** Holding the ball in the left hand, open arms to the sides.
- 5-8** Bring the arms together to hold the ball in two hands.
- 1-4** Bends the arms to bring the ball to the right shoulder for the ending pose.

## Level B Clubs

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Rockin' Robin

### Starting position:

Standing. With arms extended LOW – RAISE ARMS to the front, hold the head of the clubs with one club in each hand. CORRECT LEVEL A

### Counts:

- 1-4 Roll the clubs forward.
- 5-8 Two knee bends while rolling clubs forward.
- 1-4 Extend arms forward.
- 5-8 Tap clubs, pause, tap clubs, pause, tap, tap.
- 1-4 Raise arms overhead.
- 5-8 Lower right arm to side.
- 1-4 Raise right arm overhead.
- 5-8 Lower left arm to side.
- 1-4 Open right arm to side (both arms will be to the side).
- 5-6 Swing left arm overhead.
- 7-8 On the right side of the body, tap clubs two times.
- 1-4 Swing left arm overhead to open on the side.
- 5-6 Swing left arm overhead.
- 7-8 On the left side of the body, tap clubs two times.
- 1-4 Drumming with clubs, move arms across in front of the body, finishing on the right.
- 5 Extend left arm forward.
- 6 Extend right arm forward, crossing club and tapping.
- 7-8 Bends arms in front of body for ending pose.

## Level B Ribbon

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Happy Song

### Starting position:

Standing. Hold the arm down on the side, with the stick pointing to the floor.

Free arm, hand on hip.

### Counts:

- 1-4** Raise the arm forward to hold the stick at shoulder height.
- 1-8** Four knee bends with spirals.
- 1-8** Open the arm to the right side and then swing the ribbon left across in front of the body. Swing the ribbon right across in front of the body to open the arm.  
Repeat swings left and right.
- 9-16** Two overhead circles to the left, finishing with the arm extended to the right.
- 1-8** Swing the ribbon left across in front of the body. Swing the ribbon right across in front of the body to open the arm.  
Repeat swings left and right.
- 9-16** Two overhead circles to the left, finishing with the arm extended to the right.
- 1-8** Four overhead swings (left-right-left-right).
- 1-8** Horizontal snakes in front of the body.
- 1-8** Four overhead swings (left-right-left-right).
- 1-4** Horizontal snakes in front of the body.
- 5-8** Swing the ribbon left to loop over the left arm for the ending pose.

# Level C Floor Exercise

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Come to the Morning

## Starting position:

Standing. Arms down at sides.

## Counts:

- 1-8 Hold
- 1-4 Raise both arms overhead.
- 5-8 Plié and straighten. Arms wave to the sides.
- 1-4 Step forward with the right foot, plié and straighten finishing with left foot pointed behind. Present with the right arm, forward and open.
- 5-8 Step forward with the left foot, plié and straighten finishing with right foot pointed behind. Present with the left arm, forward and open.
- 1-4 Close feet together. Raise arms overhead.
- 5-8 Forward body wave, finishing with arms overhead.
- 1-8 With hands on hips, heel together (right, left).
- 1-4 Clap hands four times.
- 1-8 With arms to sides, two chassés forward (leading with either foot). Step and close feet together. Plié and lower arms.
- 1-4 Swinging arms overhead, straight jump.
- 5-6 Right arm wave to the side, finishing low.
- 7-8 Left arm wave to the side, finishing low.
- 1-8 With arms overhead, tiptoe turn (either direction).
- 1-4 Alternating arm waves forward.
- 5-8 Clap hands four times.
- 1-8 Alternate lifting knees to march in place (right, left, right, left), clapping on each knee with both hands.
- 1-4 Point right foot to the side. Raise both arms to the left and wave, finishing on a high diagonal.



- 5-8** Plié and straighten to shift the weight to the right, finishing with left foot pointed to the side. Lower arms in front of the body during the plié. As the legs straighten, raise both arms to the right and wave, finishing on a high diagonal.
- 1-4** Plié and straighten to shift the weight to the left, finishing with right foot pointed to the side. Lower arms in front of the body during the plié. As the legs straighten, raise both arms to the left and wave, finishing on a high diagonal.
- 5-8** Close right foot to left foot and cross arms in front of the body (Indian style). Raise arms overhead in a V for the ending pose.
- End** Open arms for ending pose – right arm on a high diagonal, left arm on a low diagonal.

## Level C Rope

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Lilo & Stitch

### Starting position:

In the middle of the floor, facing Side 1, stand with feet together, heels on the middle of the rope. Hold one knot in each hand, arms to the sides.

### Counts:

- 1-4** Hold.
- 5-6** Plié, bending slightly forward to bring the hands together.
- 7-8** Straighten legs, stand up straight, and open the arms to the sides.
- 1-4** Step forward right, through plié. Swing the rope overhead in a U-shape.
- 5-8** Shift the weight to the back foot, through plié. Trap the rope under the right foot.
- 1-4** Put both knots in the right hand.
- 5-8** Close feet together. Grasp the rope with the left hand near the right hand and slide to the loop end to double the rope. Spin the rope forward.
- 1-8** Spinning the rope, 3 marching steps forward. Close feet together.
- 1-4** Plié and stretch the rope, lowering arms in front.
- 5-8** Swinging the rope overhead, straight jump, landing in plié. Relevé.
- 1-8** Holding the rope stretched overhead, tiptoe turn (either direction).
- 1-8** Release the loop end of the rope and begin overhead rotations to the left. Heel together right and left.

- 1-8** Crossing the right arm in front of the body, allow the rope to wrap around the waist. Grasp the loop end of the rope with the left hand. Release the knots and grasp the rope with the right hand near the left hand. Slide the right hand to regasp the knots, with the rope stretched in front of the body.
- 1-2** Plié and bring the hands together in front of the body.
- 3-4** Straighten legs and open the arms to stretch the rope.
- 5-6** Relevé and raise the rope overhead.
- 7-8** Lower the heels and place the middle of the rope behind the neck, hands on hips.
- 1-4** Step right, plié and straighten to shift the weight to the right, finishing with left foot to the side, toes lifted.
- 5-8** Plié and straighten to shift the weight to the left, finishing with right foot to the side, toes lifted.

# Level C Hoop

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Steam Heat

## Starting position:

In the middle of the floor, facing Side 1, stand inside the hoop with feet together. Hold the hoop with two hands, in an overgrip.

## Counts:

- |       |  |
|-------|--|
| 1-2   | Hold   |
| 3-4   | Shake hoop.  |
| 5-8   | Shaking hoop, 3 marching steps forward. Close feet together.   |
| 1-2   | Plié.  |
| 3-4   | Raising the hoop overhead, straight jump.  |
| 5-6   | Relevé.  |
| 7-10  | Holding the hoop overhead, tiptoe turn (either direction).   |
| 11-12 | Lower the hoop. Release with the left hand, allowing the edge of the hoop to lower to hold on the sagittal plane.  |
| 1-2   | Step sideways out of the hoop (left-right-together). Place the left hand on the hip.   |
| 3-4   | Bending slightly forward, roll the hoop forward and back.  |
| 1-4   | Assisted spin. Walk around the hoop  |
| 5-6   | Close feet together.   |
| 7-8   | Assisted roll to the right. Finish holding the hoop with the right hand, left arm on a high diagonal to the left. Stand on the right foot and point the left foot to the side.   |
| 1-4   | Plié and straighten to shift the weight to the left, finishing with right foot pointed to the side. Keeping the hoop on the frontal plane, lower arms in front of the body during the plié. Raise both arms to the left on a high diagonal as the legs straighten. |

- 5-8** Plié and straighten to shift the weight to the right, finishing with left foot pointed to the side. Keeping the hoop on the frontal plane, lower arms in front of the body during the plié. Raise both arms to the right on a high diagonal as the legs straighten.
- 1-4** Lowering the hoop in front, step left and close the feet together.  
Raising the hoop overhead, relevé.
- 5-End** Lower the hoop in front to tap on the floor. Step back to kneel on one knee. Close the other knee. Pass the hoop around to rest on the legs. Sit back on the legs. Present arms and open to the ending pose.

## Level C Ball

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Mambo

### Starting position:

In the middle of the floor, facing Side 1, stand with feet together. Hold the ball with two hands, in front of the chest, elbows wide.

### Counts:

- 1-8** Hold
- 1-4** Roll the ball in the hands. Bend and straighten the knees, rolling the hips.
- 1-4** Continue rolling the ball. Step to the side - right, left, together, rolling hips.
- 5-8** Step to the side - left, right, together, rolling hips.
- 1-4** Heel together right. Extend the ball forward and bring ball back to chest.
- 5-8** Heel together left. Extend the ball forward and bring ball back to chest.
- 1-2** Relevé. Extend the ball forward.
- 1-4** Rolling the ball in and out the arms, walk forward on tiptoes, three steps and close feet together.
- 5-6** Plié and bounce the ball with two hands. Straighten and catch the ball with two hands.
- 7-8** Straight jump, swinging the ball overhead.
- 1-8** Holding the ball overhead, tiptoe turn (either direction).
- 1-4** Step right, plié and straighten to shift the weight to the right, finishing with left foot pointed to the side. Lower arms in front of the body during the plié. Raise both arms to the right on a high diagonal as the legs straighten.
- 5-6** Plié and straighten to shift the weight to the left, finishing with right foot pointed to the side. Lower arms in front of the body during the plié. Raise both arms to the left on a high diagonal as the legs straighten.



**7-8** Close the right foot to the left foot. Lower the ball in front to chest level.

**1-End** Plié and swing the ball down. Straighten and toss the ball with two hands. Plié and catch the ball with two hands. Step back in plié on the right foot. Lift the toes on the left foot. Hold the ball in the left hand and swing the right arm to the ending pose.

# Level C Clubs

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Dinosaur Bones

## Starting position:

Standing with feet together. Arms are extended downward, with one club in each hand.

## Counts:

- 1-4** Hold
- 5-8** Lift one heel. Change feet to lift the other heel.
- 1-4** Lower heel and extend the right arm forward and upward.
- 5-8** Continue the sagittal circle, moving the arm back and down.
- 1-4** Step forward right and extend both arms forward (parallel). Touch the left foot to the side and tap clubs.
- 5-8** Step forward left with both arms forward (parallel). Touch the right foot to the side and tap clubs.
- 1-2** Close right foot to left foot and raise arms overhead.
- 3-8** Keeping arms parallel, large clockwise frontal circle, finishing with arms overhead. Plié as clubs pass through lowest position. Straighten legs as arms finish the circle.
- 1-8** With arms extended overhead, tiptoe turn (either direction).
- 1-4** Swing right arm down and back. Plié and straighten legs during the swing.
- 5-8** Swing right arm forward and up. Plié and straighten legs during the swing.
- 1-4** Swing left arm down and back. Plié and straighten legs during the swing.

- 5-8** Swing left arm forward and up. Plié and straighten legs during the swing.
- 1-4** Plié and swing both arms forward and down.
- 5-8** Straight jump, swinging both arms forward and up, finishing overhead.
- 1-4** Bend elbows to place the neck of the clubs on the shoulders. Elbows are wide. Plié and straighten legs as arms wave right and left.
- 5-8** Relevé and then lower heels.
- 1-4** Extend both arms to the right on a high diagonal. Point left foot to the side. Plié and straighten to shift the weight to the left, finishing with right foot pointed to the side. Lower arms in front of the body during the plié. Raise both arms to the left on a high diagonal as the legs straighten.
- 5-8** Plié and straighten to shift the weight to the right, finishing with left foot pointed to the side. Lower arms in front of the body during the plié. Raise both arms to the right on a high diagonal as the legs straighten.
- 1-4** Close left foot to right. Drum close to the floor.
- 5-8** Put both clubs in the right hand and extend the arm on a forward low diagonal. Raise the left arm to the ending pose.

# Level C Ribbon

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Simply Happy

## Starting position:

In the middle of the floor, facing Side 1, stand with feet together. Arms down at sides.

## Counts:

- 1-4** Hold
- 5-8** Raise right arm overhead and begin horizontal snakes in back. Raise left arm to the side.
- 1-6** Three marching steps forward with horizontal snakes behind.
- 7-8** Close feet together. Horizontal snakes down in front of the body.
- 1-6** Figure 8s, circling on the left side of the body, right, left.
- 7-8** Finish the last circle on the right with the ribbon behind the back and begin horizontal snakes.
- 1-6** Three marching steps forward with horizontal snakes behind
- 7-8** Close feet together. Horizontal snakes down in front of the body
- 1-4** Plié, relevé with spirals.
- 1-8** Tiptoe turn right with spirals.
- 1-4** Step right, pointing the left foot to the side, swinging the ribbon down and to the right. Step left, pointing the right foot to the side, swinging the ribbon down and to the left.
- 5-8** Side chassé right with a counterclockwise frontal circle. Step right and point the left foot to the side, swinging the ribbon to the right, finishing on a high diagonal.

- 1-4** Step left, pointing the right foot to the side, swinging the ribbon down and to the left. Step right, pointing the left foot to the side, swinging the ribbon down and to the right.
- 5-8** Side chassé left with a clockwise frontal circle. Step left and point the right foot to the side, swinging the ribbon to the left, finishing on a high diagonal.
- 1-4** Step right and close feet together with overhead circles to the right
- 5-8** Passé balance (either leg), continuing overhead circles. Close feet together. Swing ribbon to the right.
- 1-2** Step left and point the right foot to the side. Swing the ribbon overhead to the left.
- 3-4** Plié and straighten to shift the weight to the right, finishing with left foot pointed to the side. Vertical snakes across in front of the body during the plié. Finish with the arm to the right.
- 5-6** Step left and point the right foot to the side. Swing the ribbon overhead to the left.
- 7-8** Plié and straighten to shift the weight to the right, finishing with left foot pointed to the side. Vertical snakes across in front of the body during the plié. Finish with the arm to the right.
- 1-End** Step left and point the right foot to the side. Swing the ribbon overhead to the left. Loop the ribbon over the left arm. Step right and close feet together for the ending pose.

## MRG Level C Stick

The video is the only version of the routine.

### Music:

Rocky's Theme

### Identified Skills

- Marching steps in a circle
- Pass stick in large circle, changing hands overhead
- Balance standing on 1 foot (either leg). March forward.
- Lunges
- Marching steps turning. Roll stick on floor.

## MRG Level C Rings

The video is the only version of the routine.

### Music:

Tonight Tonight

### Identified Skills

- Dance steps. Remove rings from neck and lower to sides.
- Raise arms forward and open. Balance standing on 1 foot (either leg)
- Marching steps turning, both directions
- Roll ring on floor
- Place 1 ring around neck. Swing ring on arm. Place other ring around neck to ending pose.

## MRG Level C Rope

The video is the only version of the routine.

### Music:

The Greatest Show

### Identified Skills

- Swing rope and trap under foot. Marching steps, spinning rope.
- Straight jump
- Frontal rotations with rope to lunges.
- Steps with sail. Jump through rope.
- Lunge. Overhead rotations to wrap on arm.

## MRG Level C Clubs

The video is the only version of the routine.

### Music:

Who Let the Dogs Out

### Identified Skills

- Sagittal arm circle. Steps with tapping.
- Large frontal circle. Turn (either direction, flat).
- Sagittal arm swings.
- Straight jump.
- Lunges. Drumming.



# Level 1/2 Floor Exercise

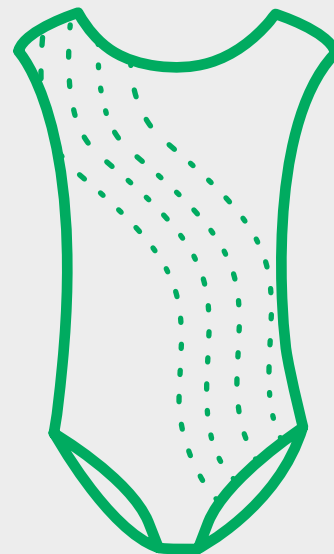
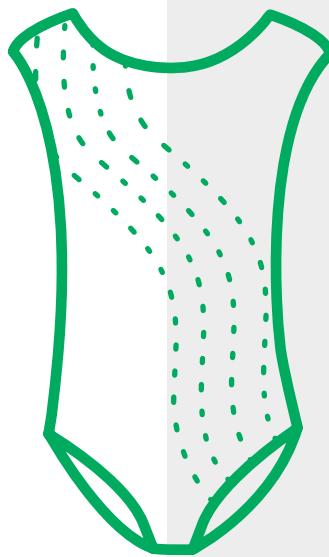
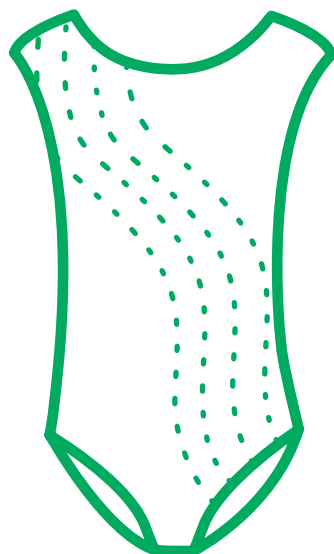
The video is the only version of the routine.

## Music:

Carriage Trade

## Identified Skills

- Forward body wave
- Chainé turns (right & left)
- Passé balance (flat, either leg)
- Side body wave
- 180° passé pivot (either direction)
- Passé hop (either leg)
- Arabesque balance (flat)
- On knees, back body wave



# Level 1 Rope

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Jungle Swingers

## Starting position:

In the center of the floor, facing Side 1, stand with feet together. Hold one knot in each hand, with the right arm extended to the side and the left hand by the right shoulder. Rope will be in a U-shape.

## Identified Skills

- Dance steps with wrap
- Passé balance (either leg)
- Dance steps, marching steps
- Straight jump
- Chainé turn
- Swing to jump through (either leg)

## Counts:

- 1-4** Hold
- 5-8** **Alternate bending knees 4 times. Swing the rope to wrap forward around the right arm.**
- 1-4** **Unwrapping the rope, walk backwards in relevé.**
- 5-8** Swing the rope overhead and backward in a U-shape to finish behind the knees.
- 1-4** **Passé balance** (either leg, parallel)
- 5-8** Close feet together. Swing rope overhead and forward in a U-shape. Step backward to extend the right leg forward to trap the rope under the foot. Close feet together to stand on the rope.
- 1-2** Bend the right knee, toes on the floor. Lean slightly forward and close the hands together. Open arms and return to starting position.
- 3-4** Repeat, bending the left knee.
- 5-8** Turning to face Corner 8, relevé and circle the left arm backward and overhead. Plié. Grasp the rope with the right hand and slide to the center to form a small loop. Straighten legs.
- 1-2** Begin forward sagittal rotations with the loop of the rope.
- 3-8** **2 marching steps** forward toward Corner 8. Step and close feet together.

- 1-4** Release the center of the rope and swing in a U-shape on the right side of the body. Cross the hands to wrap the rope around the arms. Note: Refer to Coaching Hints for instructions on how to use either hand to wrap the rope.
- 5-8** **Straight jump**, swinging arms overhead. Turning to face Side 1, step sideways to the right in plié and extend the left leg to the side, on the heel with toes lifted. Swing arms to the right.
- 1-8** Close left foot to the right. Release rope from the arms and swing to the right in a U-shape. **Chainé turn** left, swinging the rope around the body to the left in a U-shape (sail). Step left and close the right foot to the left foot. Finish with the rope in a U-shape on the left.
- 5-8** Passé balance (either leg), continuing overhead circles. Close feet together. Swing ribbon to the right.
- 1-4** Turning to face Side 3, step forward on the right foot and close feet together. **Swing the rope forward in a U-shape.**
- 5-6** **Swing the rope back to jump through** (either leg).
- 7-8** As the rope swings overhead in a U-shape, close the hands together (one knot in each hand). Continue the swing to a figure-8 (left, right).
- 1-4** Put both knots in the right hand. Slide the left hand to grasp the end of the doubled rope. Turning to face Side 1, diagonally backward to the left in plié and extend the right leg to the side, on the heel with toes lifted. Swing the doubled rope to the left.
- 5-8** Tiptoe turn left (relaxed knees). Circle the doubled rope around the body to the left in a U-shape (sail). Close feet together, stretch rope, and bend forward to the ending pose.

# Level 1 Hoop

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Crazy Little Thing Called Love

## Starting position:

: In the center of the mat, facing Side 1, stand with feet together. With elbows bent, hold the hoop on the frontal plane in front of the body.

## Identified Skills

- Tiptoe turn (either direction)
- 3 swings, pass hoop overhead, assisted roll
- Passé balance (either leg)
- Chainé turn to dance steps
- Straight jump
- Assisted spin

## Counts:

- 1-8** Hold
- 1-4** Extend the right leg diagonally forward, with the right foot on the heel, toes lifted. Plié on the supporting leg. Straighten arms to push the hoop forward. Close the right foot to the left foot. Bend arms to return to starting position.
- 5-8** Repeat with the left leg.
- 1-4** **Tiptoe turn**(either direction). Raise the hoop overhead and shake.
- 5-8** Lower the hoop around the body so the back edge is resting on the floor. Step backwards out of the hoop (right, left)
- 1-4** **Step left and point the right foot to the side. Swing the hoop left to a high diagonal.**
- 5-6** **Repeat to the right.**
- 7-8** **Repeat to the left.**
- 1-4** **Step right and close the left foot to the right foot. Swing the hoop to a large counterclockwise frontal circle, passing the hoop from the right to the left hand and finishing in front of the body.**
- 5-6** **Step sideways to the right in plié and close the left foot to the right foot. Assisted roll to the right, finishing with the hoop in front of the body.**

- 7-8** Resting the hoop on the stomach, bow forward, arms to the sides. Return to starting position.
- 1-4** **Passé balance**(either leg, turned out). Close feet together.
- 5-8** Step into the hoop (right, left). **Chainé turn right, raising the hoop overhead on the horizontal plane.**
- 1-2** **Step right and touch the left foot on the floor by the right ankle. Bend to the right.**
- 3-4** **Repeat to the left.**
- 5-6** **Shake hips..** Lower the hoop, shaking.
- 7-8** **Straight jump**, raising the hoop overhead on the horizontal plane.
- 1-2** Spin the hoop around the horizontal axis to lower in front of the body.
- 3-4** Step diagonally right in plié, extending the left leg back. Swing the hoop right to a high diagonal.
- 5-8** Facing Corner 2, close feet together. Hold the hoop in the left hand on a high diagonal.
- 1-2** Swing the hoop down and up on the sagittal plane.
- 3-4** Swing the hoop down. Change hands behind the back. Swing the hoop up on the sagittal plane to finish on a high diagonal.
- 1-End** Place the bottom edge of the hoop on the floor. **Assisted spin**, walking around the hoop in relevé (in the direction the hoop is spinning). Facing Side 7, kneel. Circle the hoop to the right to rest on the legs in back. Sit on the hoop. Extend the right arm and then the left arm forward to the ending pose.

# Level 1 Ball

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Lizzy's Rag

## Starting position:

In the center of the mat, facing Side 1, stand with feet together. With elbows bent, hold the ball with 2 hands in front of the chest.

## Identified Skills

- Passé balance (either leg)
- Tiptoe turn (either direction)
- Roll ball out arms to toss
- Straight jump
- Dance steps with chassés
- Bounce ball to dance steps

## Counts:

- |     |   |
|-----|---|
| 1-4 | <b>Hold</b>   |
| 5-8 | Bending forward, extend the arms to circle the ball to the right. Return to starting position.  |
| 1-4 | Bend the supporting leg and extend the right leg diagonally forward, toes lifted. Raise the ball overhead. Return to starting position.   |
| 5-8 | Repeat to left.   |
| 1-8 | Open arms to the sides, holding the ball in the right hand. <b>Passé balance</b> (either leg), moving the arms to hold the ball with two hands in front of the body. Close feet together. Pass the ball to the left hand and open arms to the sides, to finish holding the ball in the left hand. |
| 1-8 | Lower the ball to hold with two hands in front of the body. Three marching steps forward. Roll the ball up the body. Close feet together.   |
| 1-8 | Bend and straighten the knees, rolling the ball out the arms. Raise the ball overhead. Bend and straighten the knees, shake hips, and moving the ball from side to side, lower in front of the body.  |
| 1-8 | <b>Tiptoe turn</b> (either direction), bending and straightening the arms to raise the ball overhead.   |



- 1-4** Turning to face Corner 2, step forward on the right foot, pointing the left foot behind. **Bring the ball to the chest and roll out the arms.**
- 5-8** **Close feet together in plié. Straighten the legs. Toss and catch the ball with two hands.**
- 1-4** Alternating legs, bend the knee and lift the heel, right, left. Rotate ball, right hand on top, then left hand on top. Return to standing position.
- 5-8** Plié and lower the ball in front. **Straight jump**, raising the ball over head and lowering in front. Face Side 1.
- 1-8** **Side chassé right with large counterclockwise frontal circle. Step right, pointing the left foot behind. Hold the ball on a high diagonal to the right. Bend the left knee to a passé position and bend arms to bring the ball to the chest. Extend the left leg and arms to return to position with left leg behind and ball raised on a high diagonal.**
- 1-8** **Repeat to the left.**
- 1-4** Close right foot to the left foot. Bending and straightening the knees, **bounce and catch the ball with two hands..**
- 5-8** **Step forward left and bend arms to bring the ball to the chest. Kick the right leg forward (low) and straighten arms to raise the ball overhead. Step back right and bend arms to bring the ball to the chest. Point left foot behind.**
- 1-8** Close left foot to right foot. Shaking the ball, turn right on toes with knees relaxed. Finish facing Side 1. Plié, bend slightly forward, holding the ball on the chest, and extend the left arm diagonally to the side for the ending pose.

# Level 1 Clubs

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Green Acres

## Starting position:

In the center of the mat, slightly closer to Side 7, facing Side 1, stand with feet together with one club in each hand and arms extended down by the sides.

## Identified Skills

- Chainé turn to dance steps
- Tiptoe turn (either direction)
- Straight jump
- Dance steps to chassés
- Passé hop (either leg)
- Passé balance (either leg)

## Counts:

- 1-8** Slightly bend knees to lean forward to tap clubs twice on floor to one side and then the other. Stand and point right foot to the side and extend arms to the sides.
- 1-4** **Chainé turn** to the right. Close feet together. Bend arms and place hands on the hips, rest clubs on arms.
- 1-8** **Plié and extend right heel to the side, cross right foot over left pointing foot, extend heel back to the side. Close feet together.**
- 1-8** **Repeat dance steps to the left side.**
- 1-8** Walk forward on relevé toward Side 1 with large backward arm circle.
- 1-8** Bend the arms and cross the clubs (right, left), resting the neck of each club on the opposite shoulder. Plié, straighten, and extend arms overhead.
- 1-8** Plié and bend arms in front of the body. Relevé and extend arms overhead. **Tiptoe turn** (either direction).
- 1-8** Plié, swinging arms down and back, **straight jump** swinging arms forward and overhead.
- 1-8** Bending and straightening the knees, large frontal circles clockwise with the right arm and counterclockwise with the left arm, crossing in front of the body. Continue the circle with the left arm to finish with the arms on a high diagonal to the right, with right arm higher than the left. Point the left foot the slide.

- 1-8** Chassé left with large clockwise frontal circle to finish with arms on a high diagonal to the left with left arm higher than the right. Point the right foot to the side. Chassé right with large counterclockwise frontal circle to finish with arms on a high diagonal to the right with right arm higher than the left. Point left foot to the side.
- 1-8** Close feet together. Lower the right arm and trap left club under the right arm. Extend the left arm down. **Passé hop** (either leg), swinging left arm forward and up. Close feet together.
- 1-8** Take the trapped club in the left hand. Small steps backwards on relevé, pointing the clubs upward to slide clubs to hold the neck, arms at shoulder height. Lower heels and close feet together.
- 1-4** **Passé balance** (flat, either leg) with knee turned out, shaking clubs with arms in front at shoulder height.
- 1-End** Plié and extend one heel to the side circling the same arm down and around. Finish with feet together, the arms in front, elbows bent. Tap clubs two times at chest height. Repeat on other side. Lower arms down in front, let clubs slide down to hold by the head. Lunge left to the ending pose.

# Level 1 Ribbon

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

## Music:

Fairytale Creatures

## Starting position:

In the center of the floor, near Corner 6, facing Side 1, stand with feet together, right arm extended down by the side, holding the ribbon stick. Left hand is on the hip.

## Identified Skills

- Passé balance
- Dance steps
- Chainé turn
- Dance steps to straight jump
- Dance steps, skipping steps, side chassé
- Figure 8s

## Counts:

- 1-4** Hold
- 5-8** Clockwise sagittal circle on the right. Swing ribbon forward and up, finishing with the ribbon behind the back, arm extended by the ear.
- 1-2** Begin horizontal snakes behind the back.
- 3-8** 2 marching steps forward with the toe pointed at the knee. Step forward and close feet together.
- 1-4** Snakes down in front of the body. Begin spirals.
- 5-8** **Passé balance** (either leg) with spirals
- 1-8** **Dance steps** with spirals. Step right, cross left foot in front, step right, cross left foot behind (grapevine), step right and extend the left leg to the side with foot flexed, toes lifted.
- 1-8** Repeat **dance steps** to the left.
- 1-2** Step right and close feet together. Large overhead circle to the right with the ribbon.
- 3-8** **Chainé turn** right continuing large overhead circle. Step right and close feet together with large overhead circle.
- 1-4** **Dance steps.** Hold the ribbon stick in 2 hands. Bend the left knee, lifting the left heel, swinging the ribbon over the left shoulder. Lower the heel, swinging the ribbon down in front. Repeat to the right.

- 5-8** Clockwise sagittal circle on the right. **Straight jump**, swinging the ribbon forward and up, finishing with the ribbon behind the back, arm extended by the ear. Finish in plié.
- 1-2** Relevé, continuing snakes behind the back.
- 3-8** **2 skipping steps** forward with the toe pointed at the knee. Step forward and close feet together, continuing snakes behind the back.
- 1-4** Snakes down in front of the body. Step left and point the right foot to the side. Swing ribbon to the left.
- 5-8** Side chassé right with large counterclockwise frontal circle. Step right and point the left foot to the side, foot flexed, toes lifted. Continue frontal circle.
- 1-2** Step left and close feet together. Swing ribbon overhead to grasp the ribbon near the end.
- 3-8** Tiptoe turn right, holding near the end of the ribbon, vertical snakes.
- 1-8** Holding near the end of the ribbon, 4 figure 8s. Bend knees on each downward swing and straighten knees on each upward swing.
- 1-2** Release the end of the ribbon and begin horizontal snakes in front of the body.
- 3-6** Heel together, right, left.
- 7-8** Bend the arms and grasp the end of the ribbon stick near the ribbon. Bend slightly forward and push the ribbon stick to the ending pose.



## MRG Level 1 Stick

The video is the only version of the routine.

### Music:

Superman

### Starting position:

- Pass stick overhead
- Steps with frontal circle & swing
- Marching steps
- Passé balance (either leg)
- Roll stick in & out arms
- Pass stick behind back

## MRG Level 1 Rope

The video is the only version of the routine.

### Music:

Raiders of the Lost Ark

### Starting position:

- Wrap & unwrap rope on arm
- Marching steps
- Straight jump
- Steps with sail
- Jump over rope
- Overhead rotations, pass rope around to spin

## MRG Level 1 Rings

The video is the only version of the routine.

### Music:

Two Worlds

### Starting position:

- Overhead swings
- Steps with 180° turn marching
- Roll ring on floor
- March, passing ring in large circle
- Rotation on arm
- Steps with handling

## MRG Level 1 Clubs

The video is the only version of the routine.

### Music:

We Will Rock You

### Starting position:

- Turn to lunges
- Marching steps
- Straight jump
- Lunges with frontal circles
- Passé hop (either leg)
- Passé balance (either leg)



## Level 2 Rope

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Little Bitty

### Starting position:

In the center of the mat, closer to Side 5, facing Side 3, stand on the right leg, left leg bent with toes by the right foot. Arms extended forward with rope wrapped around the right wrist. Left hand holds the loop of the rope.

### Identified Skills

- Jump over rope
- Passé hop (either leg)
- Back arabesque balance (either leg)
- Chainé turns (one &  $\frac{3}{4}$ )
- Passé balance in relevé (either leg)
- Dance steps to 180° passé pivot (either direction)
- Catleap (either leg) with rope swing (either hand) & catch

### Counts:

#### Intro

#### Hold

#### 1-8

In relevé, 4 marching steps forward, unwrapping the rope from the wrist (counterclockwise). Turning 45° left to face Side 1, step and close feet together, straightening the arm to swing the rope overhead. Grasp one knot in each hand to open the rope to a U-Shape. Bend and straighten knees.

#### 1-2

Shift weight to the right, through plié. Point left foot to the side. Swing rope in a Ushape to the right.

#### 1-8

Shift weight to the left, through plié. Point right foot to the side. Swing rope in a Ushape to the left. Chainé turn right, circling rope on the frontal plane in a U-shape.

Closing feet together, swing the rope right, releasing the knot from the left hand. Bend and straighten knees. Facing corner 8, take 2-3 steps forward, heel first. Note: To do the release with the left hand, pass the knot behind the back after releasing the end.

#### 1-8

**Catleap** (may be performed with either leg). Step and close feet together. Swing the rope forward and upward to catch the knot. Slightly bending the knees, hold the rope in a U-shape. Straightening knees, swing the rope overhead in a U-shape, finishing with the rope resting on the legs. Bend the knees, cross rope in front of the body. Straighten knees, open arms.

- 1-4** Jump over rope one foot at a time. Swing the rope overhead in a U-shape, lifting toes to trap the rope under the feet.
- 5-8** Bend the knees, crossing the left arm in front of the body and the right arm behind. Straighten knees and open the arms to the sides. Repeat, crossing the right arm in front.
- 1-4** Step backwards off the rope and close feet together. Slightly bending the knees, swing the rope in a U-shape to the right. **Wrapping the rope around the waist (right arm high, left arm low), step left and cross right foot in front. Step left and cross right foot behind (grapevine). To face Side 7, step left. Step forward right into a lunge.**
- 5-8** 180° **passé pivot** to the right, unwrapping the rope. Put 2 knots in right hand and swing to the back on the sagittal plane. Note: Refer to Coaching Hints for instructions how to reverse this section and do the passé pivot to the left.
- 1-4** Relevé, begin clockwise rotations on the sagittal plane. Step, chassé, 1-2 steps to **passé hop** (may be performed with either leg), toe to knee, continuing rotations (may be performed with either leg). Close feet together.
- 5-8** Bend and straighten knees, moving heels and toes, travelling to the right toward Side 5, continuing rotations. Repeat.
- 1-8** With the left hand, grasp the rope near the right hand. Slide the left hand to the end of the doubled rope to stretch the rope in front. Begin backward circles with doubled rope. Lift one leg to the back in **arabesque balance** (may be performed with either leg). Close feet together and relevé, raising the arms overhead. Bend the arms to lower the rope behind the neck.
- 1-4** **Chainé** turn right. With the rope behind the neck, open arms on the first step and close arms in front on the second step. Repeat with  $\frac{3}{4}$  **chainé** turn. Finish with feet together, facing Side 1.
- 5-8** Open arms to the sides. Keeping the rope taut, lift arms to raise the rope overhead and to the front. Release the rope with the left hand. Begin counterclockwise rotations on the frontal plane.
- 1-4** **Passé balance in relevé** (may be performed with either leg), toe to knee, continuing rotations with the rope. Close feet together. Turn left to face Side 7, extending the arms to swing the rope overhead. Put one knot in each hand to finish with the rope in a U-shape, resting on the legs, knees bent.
- 5-End** Swing rope forward in a U-shape and release the knots. Catch the middle of the rope in an undergrip, hands shoulder width apart. Bend the arms and lift the rope overhead to place behind the neck. Facing Side 1, step right in plié, extend the left leg to the side, on the heel with toes lifted. Slide hands to the ending pose.

## Level 2 Hoop

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Razzle Dazzle

### Starting position:

In the center of the mat, slightly closer to Side 2, facing Side 1, stand on the left leg, right leg bent with toes by the left foot. Stand inside the hoop, arms extended down holding the hoop with an overgrip.

### Identified Skills

- Jumps through hoop (either leg)
- 180° passé pivot (either direction)
- Jumps in & out of the hoop. Spin
- Free roll to dance steps
- Passé hop (either leg)
- Toss (either hand) & catch
- 180° flip toss to passé balance in relevé (either leg)

### Counts:

- 1-2** Hold
- 3-4** Step right to stand with feet apart. Drop the hoop so the edge is resting on the right foot. Bend the right leg to lift the hoop. Grasp the hoop with the right hand.
- 5-8** Tiptoe turn left, rotating the hoop around the vertical axis, finishing with the hoop held in an undergrip in front of the body.
- 1-8** Three **jumps through the hoop**. At the end of each jump, close the feet together and raise the hoop overhead. In relevé, turn to face Side 1.
- 1-8** **180° flip toss**. Raise the hoop overhead. Lift the leg to **passé balance in relevé** (leg parallel – either leg). Close feet together and lower the hoop to hold in an undergrip in front of the body.
- 1-8** Passing the hoop around the body, chaîné turn left to finish facing Side 3, holding the hoop in the right hand. The hoop will finish in the frontal plane with the bottom edge resting on the floor. Step inside the hoop, right, left, and close feet together. Grasp the hoop with the left hand in an outside grip. Step forward into a lunge. Raising the hoop overhead, **180° passé pivot** (either direction). Close feet together.
- 1-4** Roll the hoop around the horizontal axis down in front of the body. Lean forward over the hoop. Release with the right hand and hold the top of the hoop in an overgrip with the left hand. Turn to face Side 1, finishing with the hoop on the left side of the body in a sagittal plane.

**5-8**     **Jump in the hoop, left, right. Grasp with the right hand in an overgrip. Release with the left hand and jump out of the hoop, left, right.**

**1-4**     **Spin** the hoop around the vertical axis to pass to the left hand. Step left and point the right foot to the side. Place the hoop on the floor to the left on the frontal plane.

**5-8**     **Free roll** on the floor in front of the body, shifting the weight to the right with a small plié. Catch the hoop with the right hand in an undergrip. Turning to face Corner 2, close feet together. Grasp the hoop with the left hand in an undergrip. Rotate the hoop to the left around the body on the vertical axis. Finish holding the hoop in front of the body on the horizontal plane.

**1-4**     **Passé hop** (either leg) swinging the hoop upward to a high diagonal. Step and close feet together swing the hoop down on the sagittal plane. Toss & catch (toss with either hand and catch with two hands, right hand higher than the left). Note: To do the toss in the left hand, change hands on the downward swing after the passé hop. The hoop must be caught with the right hand higher and the left hand low in order to transition to the dance steps that follow. Turning to face Side 1, step left and close feet together releasing the hoop with the left hand. Pass the hoop around the body on the vertical axis putting the left arm and then the right arm into the hoop. Finish with the arms to the sides, hoop resting on the neck.

**1-End**     Step left, kick the right foot, step right, kick the left foot. Tiptoe turn left with slightly bent knees. Bend the right arm to grasp the hoop inside with the right hand. Taking the left arm out of the hoop, swing the hoop around to catch the hoop with the left hand. Finish with feet apart holding the hoop with both hands in front of the body on the frontal plane, arms slightly bent. Lean forward and straighten the arms to the ending pose.

## Level 2 Ball

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Let It Go

### Starting position:

Facing Side 3, stand on the right foot, left leg pointed behind. With arms bent and crossed, hold the ball against the chest with the forearms.

### Identified Skills

- Dance steps with rolls
- Figure 8/spiral
- Catleap (either leg)
- Swings to side chassé
- Back arabesque balance (either leg)
- Toss (either hand) & catch
- Bounce & catch to 180° passé pivot (either direction)

### Counts:

- 1-4** Hold
- 5-8** Close left foot to right foot. Plié, straighten arms to roll the ball out the arms. Straighten legs and catch the ball in two hands.
- 1-8** **Waltz step (step left in plié, two steps in relevé), rolling the ball in on both arms. Repeat waltz step (stepping right in plié), rolling the ball out the arms. Step and close feet together.**
- 1-4** Holding the ball in two hands, **figure 8/spiral.**
- 5-8** Holding the ball in one hand, open arms to the sides. **Bounce the ball in a V from the left hand to the right hand. Note: If the passé pivot will turn left, bounce from right hand to left hand. Step forward toward Corner 4 into a small lunge.**
- 1-2** **Holding the ball in two hands, passé pivot (either direction). Close feet together.**
- 3-8** Rolling the ball forward between the hands, chassé, two-three steps **catleap.** Close feet together and turn to face Side 1, extending the arms forward, holding the ball in two hands.
- 1-8** **Shift weight to the left, through plié. Point right foot to the side. Swing the ball to the left, finishing on a high diagonal. Shift weight to the right, through plié. Point left foot to the side. Swing the ball to the right, finishing on a high diagonal.**

**Side chassé left with a large clockwise frontal circle. Step left and point right foot to the side. Swing the ball to the left, finishing on a high diagonal.**

- 1-4** Close right foot to the left foot. Rolling the ball in the hands (right hand on top), tiptoe turn left (slightly bent legs). Straighten legs. Hold the ball in the right hand and extend the arm forward.
- 5-8** Kicking feet behind, run toward Corner 2. Step and close feet together
- 1-End** Balancing the ball on the hand, lift leg in a **back arabesque balance**. Close feet together. Plié. **Relevé, tossing the ball (either hand) and catching with two hands**. Step back with the left leg to kneel. Close the right knee to the left knee and place the ball behind the neck. Roll the ball down the back and catch with two hands. Place the ball on the floor with the right hand. Roll the ball on the floor in front of the body to the left hand. Roll the ball to the right hand for the ending pose.



## Level 2 Clubs

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Fireball

### Starting position:

Facing Corner 2, stand on the left leg with the right knee bent, toes resting on the floor by the left foot. Hold one club in each hand. Clubs are facing inward on the horizontal plane in front of the body, with the right slightly higher than the left.

### Identified Skills

- Passé balance in relevé (either leg)
- Catleap (either leg)
- Side chassé to chaîné turn
- Dance steps
- Skipping steps to small circle with clubs
- Front arabesque balance (either leg)
- 180° passé pivot (either direction)

### Counts:

- 1-8** Shake hips
- 1-4** Lower the right heel, while bending and straightening the knees, circle the knees and hips, moving the arms in a forward circular motion to rotate the clubs forward,
- 5-8** Extend arms forward. **Passé balance in relevé** (parallel, either leg) tapping clubs twice.
- 1-8** Step forward through plie pointing opposite foot in the back, swinging the arms down and back. Repeat on the other foot, swinging the arms forward to finish at shoulder height.
- 1-4** Step forward swinging the arms down and back. Take 1-2 steps to **Catleap** (either leg), circling arms backwards.
- 5-8** Step and close feet together, bend the arms and cross the clubs, resting the neck of each club on the opposite shoulder. Relevé and extend arms overhead.
- 1-8** With clubs parallel, wave down in front of the body, relaxing the knees. With knees slightly bent, tiptoe turn left to face Side 7, leaning forward to tap clubs on floor. Stand and straighten knees.
- 1-8** **Side chassé** left with large frontal circle. **Chaîné turn** left, bending arms to place hands on hips with clubs resting on the arms. Close feet together.

- 1-8** Bend knees and twist body to the right, straighten. Repeat, twisting to the left.
- 1-8** **Cha-cha step front, back, front, back.**
- 1-8** Traveling toward Corner 8, **four skipping steps**. Start stepping on the right, swinging clubs down and back, hop. Step left and hop, swinging clubs forward to shoulder height.  
Repeat skips, stepping right and left.
- 1-4** On relevé, turn to face Corner 2, **two horizontal circles** to the right over the arms.
- 5-8** Point foot to the front, lift leg to **front arabesque balance** (either leg), raise clubs overhead.
- 1-8** Close feet together in relevé. Step forward in a lunge. **180° passé pivot** (either direction) with elbows bent, one arm in front of the body and one arm behind, clubs on a horizontal plane. Close feet together.
- 1-4** Turning to face Side 1, alternate lifting the heel and bending the knee, right, left, right, left.
- 1-8** Shift weight to the right through plié, point left foot to the side, open arms to the sides. Shift weight to the left through plié, point right foot to the side, cross left arm in front of the body and right arm behind. Shift weight to the right through plié, point left foot to the side, open arms to the sides. Close feet together.
- 1-8** Large clockwise frontal circle. Pass the right club to the left hand behind the back. Extend arms to the sides.
- 1-End** Chassé forward. Close feet together. Small forward horizontal circle to the right over the arm. Lunge left to the ending pose.

## Level 2 Ribbon

The video is the official version of the routine. This written text is merely an additional teaching tool. Some skills, such as complex dance steps or movements of the free arm, are not described in the written text and should follow the video.

### Music:

Playdays

### Starting position:

Close to Corner 4, facing Side 1, stand with weight on the left leg in plié. Right leg is extended to the side (on heel with toes lifted). Left arm is extended to the side, palm up. The right arm is extended down at the side, holding the ribbon stick in the right hand.

### Identified Skills

- Back arabesque balance (either leg)
- Catleap (either leg)
- 180° passé pivot (either direction)
- Side steps over ribbon
- Passé hop (either leg)
- Passé balance in relevé (either leg)
- Chainé turn

### Counts:

- |              |  |
|--------------|--|
| <b>Intro</b> | Hold   |
| <b>1-6</b>   | Shift the weight to the right, plié on the right leg with left leg extended to the side, on heel with toes lifted. Swing ribbon up and change hands with rotation of the stick. Repeat, shifting weight to the left. |
| <b>7-8</b>   | Turning 45° right to face Side 3, step right and close the left foot to the right foot. Begin spirals.   |
| <b>1-4</b>   | Step back on the left foot, pointing the right foot in front, continue spirals. Repeat, stepping back with the right foot. Close left foot to right foot.  |
| <b>5-8</b>   | Forward body wave with large figure-8. Begin spirals.  |
| <b>1-4</b>   | Lift leg to <b>back arabesque balance</b> (either leg). Continue spirals. Close feet together.   |
| <b>5-6</b>   | Moving toward Corner 8, step left, plié to shift the weight. Close right foot to the left foot, turning to face Corner 8. Swing ribbon to large clockwise sagittal circle.   |
| <b>7-8</b>   | <b>Catleap</b> (either leg), with large clockwise sagittal circle. Close feet together. Begin spirals.   |
| <b>1-4</b>   | Tiptoe turn to face Corner 4 with spirals.   |
| <b>5-8</b>   | <b>180° passé pivot</b> (either direction) with large overhead circle. Note: Refer to Coaching.<br>Hints for instructions on how to reverse this section and do the passé pivot to the left.                         |

- 1-8** 3 **side steps over the ribbon**, with figure-8s. Close feet together to face Corner 8.  
Begin spirals.
- 1-4** Chassé with spirals. Take one to three steps to **passé hop** (either leg) with large clockwise sagittal circle.
- 1-8** Turning to face Side 3, step, and close feet together with a large swing, finishing with the ribbon down in front. Plié. Relevé, swinging the ribbon up to begin horizontal snakes behind the back. Run 7-8 steps, continue snakes. Close feet together with snakes down in front of the body.
- 1-4** Walk in a small circle to the right, stepping heel first, with spirals. Finish facing Corner 2.
- 1-4** Large clockwise sagittal circle to echappé toss.
- 5-8** Swing the ribbon backward to the left in an overhead circle. Continue the circle to pass the ribbon to the right hand behind the back. Begin horizontal snakes in front of the body.
- 1-End** **Passé balance in relevé** (either leg), with horizontal snakes in front of the body. Close feet together.  
**Chainé turn** right with large overhead circle. Step and close feet together, continue overhead circle to the ending pose.

## Level 3/4 Floor (Compulsory)

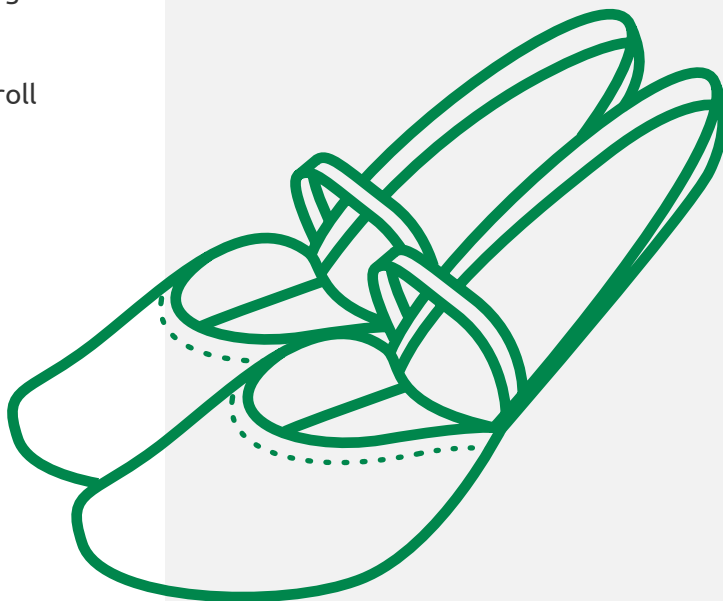
The video is the only version of the routine.

### Music:

Quadrille

### Identified Skills

- Side body wave to back body wave
- Back arabesque balance in relevé (either leg)
- Passé balance in relevé (either leg)
- Waltz dance steps
- Forward body wave
- Dance steps with chassés
- Chainé turn to vertical jump with leg extended in front (45°, either leg)
- 360° passé pivot (either direction) roll



## Level 3 Rope (Compulsory)

The video is the only version of the routine.

### Music:

Welcome to the 60s

### Identified Skills

- Dance steps
- 360° passé pivot
- Backward skips. Windmill turn
- Vertical jump with leg extended to front (45°)
- Release one end of rope, swing and catch
- Jumps through rope
- Passé balance in relevé
- Backward jump over rope

## Level 3 Rope (Optional)

Choreography and music are optional. The routine must have 8 Required Skills.

### Music:

Optional - Maximum time: 1:30.

### Body Difficulties

- 360° Passé pivot – swing
- Vertical jump with leg extended to front (45°) – overhead rotations
- Passé balance in relevé – overhead rotations

### Dance Steps

- Frontal rotations
- 4 backward skips. Windmill turn. (in any order)

### Additional Body Movements/ Apparatus Handling

- Hold 1 end of rope, swing forward to catch the other end
- 3 jumps through the rope
- Backward jump over the rope



## Level 3 Hoop (Compulsory)

The video is the only version of the routine.

### Music:

Big Band Show

### Identified Skills

- Assisted spin. Dance steps
- Small jumps through hoop (2)
- Front arabesque balance in relevé
- 180° flip toss
- 360° passé pivot
- Hitchkick/scissors jump
- Toss and catch (either hand)
- Boomerang roll (either hand)

## Level 3 Hoop (Optional)

Choreography and music are optional. The routine must have 8 Required Skills.

### Music:

Optional - Maximum time: 1:30.

### Body Difficulties

- 360° Passé pivot - pass around waist
- Chassé to Hitchkick – (inside hoop) shake hoop on chassé, raise overhead on hitchkick
- Front arabesque balance in relevé – pass overhead

### Dance Steps

- Assisted spin around vertical axis
- 180° flip toss

### Additional Body Movements/ Apparatus Handling

- Small jumps through the hoop (minimum 2)
- Toss & catch with 1 hand (sagittal plane)
- Boomerang roll

## Level 3 Ball (Compulsory)

The video is the only version of the routine.

### Music:

Happy Working Song

### Identified Skills

- Dance steps. Roll ball down back.
- 180° passé hop
- Bounces in a V
- Back arabesque balance in relevé
- Dance steps. Roll ball in and out the arms
- 360° passé pivot
- Skipping steps
- Toss and catch (either hand)

## Level 3 Ball (Optional)

Choreography and music are optional. The routine must have 8 Required Skills.

### Music:

Optional - Maximum time: 1:30.

### Body Difficulties

- 360° Passé pivot – swing to hold with 2 hands
- 180° Passé hop – swing to hold with 2 hands
- Back arabesque balance in relevé – pass ball overhead

### Dance Steps

- Roll ball down the back
- Roll ball in & out the arms

### Additional Body Movements/ Apparatus Handling

- Bounce in a V from side to side
- 4 skipping steps
- Toss & catch with 1 hand

## Level 3 Clubs (Compulsory)

The video is the only version of the routine.

### Music:

Rhythm of the Wilderness

### Identified Skills

- o Dance steps with tapping & passé steps
- o Passé balance in relevé (either leg)
- o Small vertical circles outside the arms (3)
- o Dance steps with chassé
- o Hitchkick/scissors jump
- o 180° flip toss with each hand
- o 360° passé pivot (either direction)
- o Swing from one side to the other with a small circle in front

## Level 3 Clubs (Optional)

Choreography and music are optional. The routine must have 8 Required Skills.

### Music:

Optional - Maximum time: 1:30.

### Body Difficulties

- o 360° Passé pivot – hold clubs in both hands, swing overhead
- o Hitchkick – tap overhead
- o Passé balance in relevé – 3 taps in front

### Dance Steps

- o Side chassé
- o Swing from one side to the other with a small circle in front

### Additional Body Movements/ Apparatus Handling

- o Marching steps in relevé (minimum 2)
- o 3 small vertical circles (outside the arm) with both hands (forward or backward)
- o 180° flip toss with each hand (holding head of clubs to toss, catch body of clubs)

## Level 3 Ribbon (Compulsory)

The video is the only version of the routine.

### Music:

Fringe

### Identified Skills

- o Dance steps
- o Sideways steps over ribbon
- o Catleap
- o 180° passé hop
- o Front arabesque balance in relevé
- o Runs over frontal circles
- o 360° passé pivot
- o Backward steps changing the ribbon from hand to hand with rotation of the stick

## Level 3 Ribbon (Optional)

Choreography and music are optional. The routine must have 8 Required Skills.

### Music:

Optional - Maximum time: 1:30.

### Body Difficulties

- o 180° Passé hop – overhead circle
- o Front arabesque balance in relevé – overhead circle
- o 360° Passé pivot – overhead circle

### Dance Steps

- o Spirals
- o 4 sideways steps over ribbon

### Additional Body Movements/ Apparatus Handling

- o Catleap
- o Steps changing the ribbon from hand to hand with rotation of the stick – 4 times
- o 4 runs over large frontal circles

## Level 4

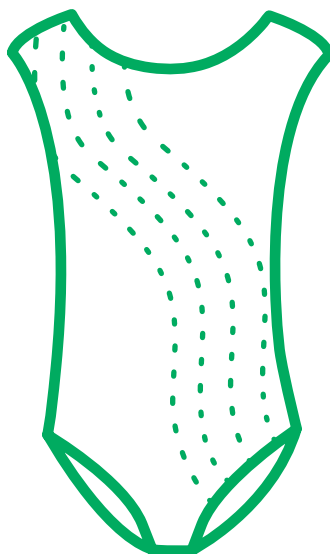
The videos are the only versions of the routines.

### Floor Exercise (Compulsory):

Refer to Level 3/4 Floor routine.

### Required Apparatus

- Hoop
- Ball
- Clubs
- Ribbon



### Bonus Elements - All Apparatus

- Medium/high throw with rotation (any phase of the throw)
- Medium/high throw on jump/leap (any phase of the throw)
- Medium/high throw with catch on the floor
- Medium/high throw, catch with 1 hand
- Any 360° rotation with apparatus handling (not just in motion)

### Bonus Elements - Hoop

- Large roll on at least 2 body parts
- Rotations of the hoop on a part of the body other than the hand
- Gymnast lying/sitting on floor, handling of hoop

### Bonus Elements - Ball

- Large roll on at least 2 body parts
- Series of rhythmic bounces on the floor (min. 3)
- Gymnast lying/sitting on floor, handling of ball

### Bonus Elements - Clubs

- Mills series (min. 3 directions)
- Simultaneous small throw & catch of 2 clubs (min. 360°)
- Gymnast lying/sitting on floor, handling of clubs

### Bonus Elements - Ribbon

- Snakes or spirals under one leg
- Echappé toss (min. 360° rotation of stick)
- Gymnast lying/sitting on floor, handling of ribbon

## Group

In addition to individual, gymnasts can enter 2 group routines: group floor exercise & 1 group apparatus routine. Gymnasts cannot enter 2 group apparatus routines.

### Group Floor Exercise (Compulsory)

- Small Group - 4-6 gymnasts
- Large Group 8-12 gymnasts

### Group Ball (Compulsory)

- 4-6 gymnasts
- Awarded together, not separated by apparatus

### Group Hoop (Compulsory)

- 4 gymnasts
- Awarded together, not separated by apparatus

### Group Hoop/Ball (Compulsory)

- 4 gymnasts
- Awarded together, not separated by apparatus

## Duets & Trios

In addition to individual, gymnasts can enter 2 group routines: group floor exercise & 1 group apparatus routine. Gymnasts cannot enter 2 group apparatus routines.

### Duets & Trios - Floor Exercise (Optional/Voluntary)

- Max time: 1:30
- 3 Body Difficulties: 1 jump/leap, 1 pivot, 1 balance
- 2 dance sequence
- 1 collaboration

### Duets & Trios - Apparatus (Optional/Voluntary)

- 2-3 gymnasts. Max time: 1:30
- 3 Body Difficulties: 1 jump/leap, 1 pivot, 1 balance
- 1 dance sequence
- 2 exchanges: minimum 2 meters



# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level A/B Floor Exercise

### GY Rhythmic Floor

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Check Level: Level A ☐ Level B ☐

Segments	Value	Score
1. Salute. Arm waves in front (windshield wipers)	1.0	
2. Clap on knee & extend arm on high diagonal. Arm waves overhead	1.0	
3. Touch shoulder & extend arm on low diagonal	1.0	
4. Arm waves to side. Arm waves in front & clapping on knees	1.0	
5. Dance & ending pose	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

Level A/B Rope

GY Rhythmic Rope

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Check Level: Level A ☐ Level B ☐

Segments	Value	Score
1. Spin rope	1.0	
2. Hands together & apart (4 times)	1.0	
3. Swings in U-shape (4 times)	1.0	
4. Circle rope & raise overhead	1.0	
5. Slide rope up to ending pose	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

Level A/B Hoop

GY Rhythmic Hoop

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Check Level: Level A ☐ Level B ☐

Segments	Value	Score
1. Raise hoop. Bends right & left	1.0	
2. Lower hoop. Circle left & right	1.0	
3. Raise hoop. Lower hoop & slide hand to change grip	1.0	
4. Touch shoulder to move hoop to vertical plane left & right	1.0	
5. Shake hoop. Ending pose	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

Level A/B Ball

GY Rhythmic Ball

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Check Level: Level A ☐ Level B ☐

Segments	Value	Score
1. Shake ball	1.0	
2. Touch ball to shoulder (4 times)	1.0	
3. Open & close arms, ball in right hand	1.0	
4. Open & close arms, ball in left hand	1.0	
5. Ending pose	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

Level A/B Clubs

GY Rhythmic Clubs

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Check Level:    Level A ☐    Level B ☐

Segments	Value	Score
1. Roll clubs. Taps	1.0	
2. Raise arms overhead. Open right arm & return. Open left arm.	1.0	
3. Overhead swing, taps on right side	1.0	
4. Overhead swing, taps on left side	1.0	
5. Drumming. Extend arms forward. Ending pose	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

Level A/B Ribbon

GY Rhythmic Ribbon

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Check Level: Level A ☐ Level B ☐

Segments	Value	Score
1. Spirals	1.0	
2. Swings left, right, left, right. 2 overhead circles	1.0	
3. Swings left, right, left, right. 2 overhead circles	1.0	
4. 4 overhead swings. Horizontal snakes	1.0	
5. 4 overhead swings. Horizontal snakes. Ending pose	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_



# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

Level C Floor

GY Rhythmic Floor

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Steps forward, presenting with arms	3.0	
2. Forward body wave	3.0	
3. Dance (heel together)	3.0	
4. Chassés forward	3.0	
5. Straight jump	3.0	
6. Tiptoe turn	3.0	
7. March in place, clapping on knees	3.0	
8. Shift weight side to side with arm waves	3.0	

Judge's Signature \_\_\_\_\_

## SCORING

- 3.0**    **Fantastic! You rocked it!**
- 2.0**    **Great job! You got this!**
- 1.0**    **Good job! Keep practicing!**
- 0.0**    **Oops – you left it out.**

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level C Rope

### GY Rhythmic Rope

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Swing rope and trap under foot. Marching steps, spinning rope.	1.0	
2. Straight jump	1.0	
3. Tiptoe turn and dance steps	1.0	
4. Wrap rope around waist and regasp	1.0	
5. Dance steps	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level C Hoop

### GY Rhythmic Hoop

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Marching steps	1.0	
2. Straight jump	1.0	
3. Relevé. Tiptoe turn. Step out sideways and roll hoop forward and backward	1.0	
4. Assisted spin. Assisted roll	1.0	
5. Shifting weight, swinging hoop from side to side	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level C Ball

### GY Rhythmic Ball

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Dance steps. Relevé.	1.0	
2. Walk forward, rolling the ball in and out the arms. Bounce and catch	1.0	
3. Straight jump	1.0	
4. Tiptoe turn	1.0	
5. Shifting weight with arm swings. Toss and catch	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level C Clubs

### GY Rhythmic Clubs

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Dance step. Sagittal circle	1.0	
2. Dance steps with tapping. Large frontal circle	1.0	
3. Tiptoe turn	1.0	
4. Sagittal arm swings. Straight jump	1.0	
5. Dance & relevé. Shifting weight with arm swings. Drumming	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

**2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET****Level C Ribbon****GY Rhythmic Ribbon****NAME:** \_\_\_\_\_**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

<b>Segments</b>	<b>Value</b>	<b>Score</b>
1. Marching steps with snakes behind. Snakes down in front. Figure 8s	1.0	
2. Plié, relevé with spirals. Tiptoe turn with spirals	1.0	
3. Side chassé right & left with frontal circles	1.0	
4. Passé balance with overhead circles	1.0	
5. Shifting weight, overhead swings with vertical snakes across in front	1.0	
	TOTAL	
<b>Performance</b>	<b>Value</b>	<b>Score</b>
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
<b>Final Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_



# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## MRG Level C Stick

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Marching steps in a circle	1.0	
2. Pass stick in large circle, changing hands overhead	1.0	
3. Balance standing on 1 foot (either leg). March forward.	1.0	
4. Lunges	1.0	
5. Marching steps turning. Roll stick on floor.	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## MRG Level C

### Rope

#### GY Rhythmic Rope

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Swing rope and trap under foot. Marching steps, spinning rope.	1.0	
2. Straight jump	1.0	
3. Frontal rotations with rope to lunges	1.0	
4. Steps with sail. Jump through rope.	1.0	
5. Lunge. Overhead rotations to wrap on arm	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
Final Score	max 10.0	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## MRG Level C Rings

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Dance steps. Remove rings from neck and lower to sides.	1.0	
2. Raise arms forward and open. Balance standing on 1 foot (either leg).	1.0	
3. Marching steps turning, both directions.	1.0	
4. Roll ring on floor	1.0	
5. Place 1 ring around neck. Swing ring on arm. Place other ring around neck to ending pose.	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
<b>Final Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## MRG Level C Clubs

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Segments	Value	Score
1. Sagittal arm circle. Steps with tapping.	1.0	
2. Large frontal circle. Turn (either direction, flat).	1.0	
3. Sagittal arm swings	1.0	
4. Straight jump	1.0	
5. Lunges. Drumming.	1.0	
	TOTAL	
Performance	Value	Score
Salute at beginning & end of routine (0.5 each)	1.0	
Memorization	1.0	
Musicality	1.0	
Expression	1.0	
General Impression	1.0	
	TOTAL	
<b>Final Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1/2 Floor Exercise

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Forward body wave	3.0	
2. Chainé turns (right & left)	3.0	
3. Passé balance (flat, either leg)	3.0	
4. Side body wave	3.0	
5. 180° passé pivot (either direction)	3.0	
6. Passé hop (either leg)	3.0	
7. Arabesque balance (flat)	3.0	
8. On knees, back body wave	3.0	

Judge's Signature \_\_\_\_\_

### SCORING

- 3.0** Fantastic! You rocked it!
- 2.0** Great job! You got this!
- 1.0** Good job! Keep practicing!
- 0.0** Oops – you left it out.

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Rope

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Dance steps with wrap (either arm)	1.0	
2. Passé balance (either leg)	1.0	
3. Dance steps, marching steps	1.0	
4. Straight jump	1.0	
5. Chainé turn	1.0	
6. Swing to jump through (either leg)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023



# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Hoop

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Tiptoe turn (either direction)	1.0	
2. 3 swings, pass hoop overhead, assisted roll	1.0	
3. Passé balance (either leg)	1.0	
4. Chainé turn to dance steps	1.0	
5. Straight jump	1.0	
6. Assisted spin	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Ball

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Passé balance (either leg)	1.0	
2. Tiptoe turn (either direction)	1.0	
3. Roll ball out arms to toss	1.0	
4. Straight jump	1.0	
5. Dance steps with chassés	1.0	
6. Bounce ball to dance steps	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Clubs

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Chainé turn to dance steps	1.0	
2. Tiptoe turn (either direction)	1.0	
3. Straight jump	1.0	
4. Dance steps to chassés	1.0	
5. Passé hop (either leg)	1.0	
6. Passé balance (either leg)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Ribbon

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Passé balance (either leg)	1.0	
2. Dance steps	1.0	
3. Chainé turn	1.0	
4. Dance steps to straight jump	1.0	
5. Dance steps, skipping steps, side chassé	1.0	
6. Figure 8s	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

**2023-2031 MENS RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET**  
**Level 1 Stick**

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Pass stick overhead	1.0	
2. Steps with frontal circle & swing	1.0	
3. Marching steps	1.0	
4. Passé balance (either leg)	1.0	
5. Roll stick in & out arms	1.0	
6. Pass stick behind back	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 MENS RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Rope

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Wrap & unwrap rope on arm	1.0	
2. Marching steps	1.0	
3. Straight jump	1.0	
4. Steps with sail	1.0	
5. Jump over rope	1.0	
6. Overhead rotations, pass rope around to spin	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 MENS RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Rings

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Overhead swings	1.0	
2. Steps with 180° turn marching	1.0	
3. Roll ring on floor	1.0	
4. March, passing ring in large circle	1.0	
5. Rotation on arm	1.0	
6. Steps with handling	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023



# 2023-2031 MENS RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 1 Clubs

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Turn to lunges	1.0	
2. Marching steps	1.0	
3. Straight jump	1.0	
4. Lunges with frontal circles	1.0	
5. Passé hop (either leg)	1.0	
6. Passé balance (either leg)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 2 Rope

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Catleap (either leg) with rope swing & catch	1.0	
2. Jump over rope (either leg)	1.0	
3. Dance steps to 180° passé pivot (either direction)	1.0	
4. Passé hop (either leg)	1.0	
5. Back arabesque balance (either leg)	1.0	
6. Chainé turns (one & $\frac{3}{4}$ )	1.0	
7. Passé balance in relevé (either leg)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	7.0	
Connections	2.0	
Floor Pattern	0.5	
Music	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 2 Hoop

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Jumps through hoop (either leg)	1.0	
2. 180° Flip toss to passé balance in relevé (either leg)	1.0	
3. 180° Passé pivot (either direction)	1.0	
4. Jumps in & out of the hoop. Spin hoop to change hands	1.0	
5. Free roll	1.0	
6. Passé hop (either leg)	1.0	
7. Toss & catch (either hand)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	7.0	
Connections	2.0	
Floor Pattern	0.5	
Music	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 2 Ball

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Dance steps with rolls	1.0	
2. Figure 8/spiral	1.0	
3. Bounce & catch to 180° passé pivot	1.0	
4. Catleap	1.0	
5. Swings to side chassé	1.0	
6. Back arabesque balance	1.0	
7. Toss & catch	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	7.0	
Connections	2.0	
Floor Pattern	0.5	
Music	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 2 Clubs

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Passé balance in relevé (either leg)	1.0	
2. Catleap (either leg)	1.0	
3. Side chassé to chaîné turn	1.0	
4. Dance steps	1.0	
5. Skipping steps to small circles with clubs	1.0	
6. Front arabesque balance (either leg)	1.0	
7. 180° passé pivot (either direction)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	7.0	
Connections	2.0	
Floor Pattern	0.5	
Music	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023-2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 2 Ribbon

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Back arabesque balance (either leg)	1.0	
2. Catleap (either leg)	1.0	
3. 180° passé pivot (either direction)	1.0	
4. Side steps over ribbon	1.0	
5. Passé hop (either leg)	1.0	
6. Passé balance in relevé (either leg)	1.0	
7. Chainé turn	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	7.0	
Connections	2.0	
Floor Pattern	0.5	
Music	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

## Level 3/4 Floor Exercise

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Side body wave to back body wave	3.0	
2. Back arabesque balance in relevé (either leg)	3.0	
3. Passé balance in relevé (either leg)	3.0	
4. Waltz dance steps	3.0	
5. Chainé turn to vertical jump with leg extended in front (45°, either leg)	3.0	
6. Forward body wave	3.0	
7. Dance steps with chassés	3.0	
8. 360° passé pivot (either direction)	3.0	

Judge's Signature \_\_\_\_\_

### SCORING

- 3.0** Fantastic! You rocked it!
- 2.0** Great job! You got this!
- 1.0** Good job! Keep practicing!
- 0.0** Oops – you left it out.



# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Rope - Compulsory

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Dance Steps	1.0	
2. 360° passé pivot (either direction)	1.0	
3. Backward skips. Windmill turn	1.0	
4. Vertical jump with leg extended to front 45° (either leg)	1.0	
5. Release one end of rope. Swing & catch (either hand)	1.0	
6. Jumps through rope (either leg)	1.0	
7. Passé balance in relevé (either leg)	1.0	
8. Backward jump over rope	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	8.0	
Connections	0.5	
Floor Pattern	0.5	
Music	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET Level 3 Rope - Optional

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

**List 8 Required Skills in the order they occur in the routine**

**Body Difficulties (DB):** 360° Passé pivot, Vertical jump with leg extended to front (45°), Passé balance in relevé

**Dance Steps (DS):** With frontal rotations, 4 backward skips & windmill turn (in any order)

**Additional Body Movement/Apparatus Handling (DB/DA):** Hold 1 end of the rope & swing forward to catch the other end, 3 jumps through rope, Backward jump over rope

Skills	Value	Score
1.	1.0	
2.	1.0	
3.	1.0	
4.	1.0	
5.	1.0	
6.	1.0	
7.	1.0	
8.	1.0	
Composition	Value	Score
Required Skills (from chart above)	8.0	
Connections (quality of movements between required skills)	0.5	
Use of Floor Area	0.5	
Musicality (being on time with music, expressing musical accents)	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Hoop - Compulsory

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Assisted spin. Dance Steps	1.0	
2. Small jumps through hoop (2)	1.0	
3. Front arabesque balance in relevé (either leg)	1.0	
4. 180° Flip toss	1.0	
5. 360° passé pivot (either direction)	1.0	
6. Hitchkick/scissors jump (either leg)	1.0	
7. Toss & catch (either hand)	1.0	
8. Boomerang roll (either hand)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	8.0	
Connections	0.5	
Floor Pattern	0.5	
Music	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Hoop - Optional

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

**List 8 Required Skills in the order they occur in the routine**

**Body Difficulties (DB):** 360° Passé pivot (pass around waist), Chassé to Hitchkick/scissors jump (shake on chassé, raise overhead on jump), Front arabesque balance in relevé (pass overhead)

**Dance Steps (DS):** With assisted spin on vertical axis, With 180° Flip toss

**Additional Body Movement/Apparatus Handling (DB/DA):** Small jumps through hoop (minimum 2), Toss & catch with 1 hand (sagittal plane), Boomerang roll

Skills	Value	Score
1.	1.0	
2.	1.0	
3.	1.0	
4.	1.0	
5.	1.0	
6.	1.0	
7.	1.0	
8.	1.0	
Composition	Value	Score
Required Skills (from chart above)	8.0	
Connections (quality of movements between required skills)	0.5	
Use of Floor Area	0.5	
Musicality (being on time with music, expressing musical accents)	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Ball - Compulsory

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Dance Steps. Roll ball down back.	1.0	
2. 180° passé hop (either direction)	1.0	
3. Bounces in a V	1.0	
4. Back arabesque balance in relevé (either leg)	1.0	
5. Dance steps. Roll ball in & out arms.	1.0	
6. 360° passé pivot (either direction)	1.0	
7. Skipping steps	1.0	
8. Toss & catch (either hand)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	8.0	
Connections	0.5	
Floor Pattern	0.5	
Music	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Ball - Optional

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

**List 8 Required Skills in the order they occur in the routine**

**Body Difficulties (DB):** 360° Passé pivot (swing to hold with 2 hands), 180° Passé hop (swing to hold with 2 hands), Back arabesque balance in relevé (pass overhead)

**Dance Steps (DS):** With roll down back, With roll in & out arms

**Additional Body Movement/Apparatus Handling (DB/DA):** Bounce in a V from side to side, 4 Skipping steps, Toss & catch with 1 hand

Skills	Value	Score
1.	1.0	
2.	1.0	
3.	1.0	
4.	1.0	
5.	1.0	
6.	1.0	
7.	1.0	
8.	1.0	
Composition	Value	Score
Required Skills (from chart above)	8.0	
Connections (quality of movements between required skills)	0.5	
Use of Floor Area	0.5	
Musicality (being on time with music, expressing musical accents)	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Clubs - Compulsory

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

Identified Skills	Value	Score
1. Dance steps with tapping & passé steps	1.0	
2. Passé balance in relevé (either leg)	1.0	
3. Small vertical circles (3) outside the arms	1.0	
4. Dance steps with chassé	1.0	
5. Hitckkick/scissors jump	1.0	
6. 180° flip toss with each hand	1.0	
7. 360° passé pivot (either direction)	1.0	
8. Swing from one side to the other with a small circle in front	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	8.0	
Connections	0.5	
Floor Pattern	0.5	
Music	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Clubs - Optional

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

**List 8 Required Skills in the order they occur in the routine**

**Body Difficulties (DB):** 360° Passé pivot (hold clubs in both hands, swing overhead), Hitchkick/scissors jump (tap overhead), Passé balance in relevé (3 taps in front)

**Dance Steps (DS):** With side chassé, With swing from one side to the other, small circle in front

**Additional Body Movement/Apparatus Handling (DB/DA):** Marching steps in relevé (minimum 2), 3 small vertical circles outside the arm with both hands (forward or backward), 180° Flip toss with each hand (hold the head of the club to toss, catch on the body of the club)

Skills	Value	Score
1.	1.0	
2.	1.0	
3.	1.0	
4.	1.0	
5.	1.0	
6.	1.0	
7.	1.0	
8.	1.0	
Composition	Value	Score
Required Skills (from chart above)	8.0	
Connections (quality of movements between required skills)	0.5	
Use of Floor Area	0.5	
Musicality (being on time with music, expressing musical accents)	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023



# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Ribbon - Compulsory

NAME: \_\_\_\_\_

NO: \_\_\_\_\_ DELEGATION \_\_\_\_\_

Identified Skills	Value	Score
1. Dance Steps	1.0	
2. Sideways steps over ribbon	1.0	
3. Catleap (either leg)	1.0	
4. 180° Passé hop (either direction)	1.0	
5. Backward steps, changing ribbon from hand to hand with rotation of the stick	1.0	
6. Front arabesque balance in relevé (either leg)	1.0	
7. Runs over frontal circles	1.0	
8. 360° passé pivot (either direction)	1.0	
Exactness of Text	Value	Score
Identified Skills (from chart above)	8.0	
Connections	0.5	
Floor Pattern	0.5	
Music	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 3 Ribbon - Optional

**NAME:** \_\_\_\_\_

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

**List 8 Required Skills in the order they occur in the routine**

**Body Difficulties (DB):** 180° Passé hop (overhead circle), Front arabesque balance in relevé (overhead circle), 360° Passé pivot (overhead circle)

**Dance Steps (DS):** With spirals, With 4 sideways steps over the ribbon

**Additional Body Movement/Apparatus Handling (DB/DA):** Catleap, Steps changing the ribbon from hand to hand with rotation of the stick (4 times), 4 runs over large frontal circles

Skills	Value	Score
1.	1.0	
2.	1.0	
3.	1.0	
4.	1.0	
5.	1.0	
6.	1.0	
7.	1.0	
8.	1.0	
Composition	Value	Score
Required Skills (from chart above)	8.0	
Connections (quality of movements between required skills)	0.5	
Use of Floor Area	0.5	
Musicality (being on time with music, expressing musical accents)	0.5	
Body Expression	0.5	
<b>Total Score</b>	<b>max 10.0</b>	

Judge's Signature \_\_\_\_\_

REVISION: March 2023

# 2023 - 2031 RHYTHMIC ROUTINE JUDGING SHEET

## Level 4 - DIFFICULTY

**NAME:** \_\_\_\_\_ **Apparatus:** Hoop   Ball   Clubs   Ribbon

**NO:** \_\_\_\_\_ **DELEGATION** \_\_\_\_\_

List 6 Body Difficulties (DB), 2 Waves (W), 2 Dance Steps (DS),

and maximum 4 Apparatus Bonus (B) in the order they occur in the routine

Body Difficulties required: 2 different leaps/jumps, 2 different pivots, 2 different balances

Skill Description	Symbol	Coach Value	Judge Value	Score
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
<b>Total Difficulty Score (from chart above)</b>			<b>Max 7.0</b>	

**Judge's Signature** \_\_\_\_\_

REVISION: October 2023

**2023 - 2031 RHYTHMIC GROUP ROUTINE JUDGING SHEET**  
**Compulsory Group Floor Exercise**  
**Small group 4 - 6 gymnasts - Large group 8 - 12 gymnasts**  
**D and E Panel - GY Rhythmic Floor**

**Delegation:** \_\_\_\_\_

Name	Number	Name	Number
Reserve gymnast		Reserve gymnast	

D Panel - Identified Skills	Value	Score
1. Body wave	1.0	
2. Tiptoe turn	1.0	
3. Arabesque balance	1.0	
4. Side body waves	1.0	
5. Swings to straight jumps	1.0	
6. Passé balance	1.0	
Exactness of Text	Value	Score
Identified Skill	6.0	
Connections	1.0	
Floor Pattern	1.0	
Music	1.0	
Memorization	1.0	
<b>D Panel - Total Score</b>		<b>max 10.0</b>

E Panel - Execution	Final Score Tabulation			Score	
	Value	Score		D Panel Score (max 10.00)	
Execution Amplitude	8.0			E Panel Score (max 10.00)	
Elegance	2.0			TOTAL Score (max 20.00)	
<b>Total Score Panel E</b>	<b>max 10.0</b>			Neutral Deductions	(-)
				<b>FINAL SCORE</b>	

**Judge's Signature** \_\_\_\_\_  
 REVISION: May 2023

**2023 - 2031 RHYTHMIC GROUP ROUTINE JUDGING SHEET**  
**Compulsory Group Hoop & Ball (4 Gymnasts)**  
**D and E Panel – GY Rhythmic Hoop & Ball**

**Delegation:** \_\_\_\_\_

Name			Number
Reserve gymnast			
D Panel - Identified Skills		Value	Score
1. Passé balance		1.0	
2. Tiptoe turn		1.0	
Formations		Value	Score
1. Square		1.0	
2. Straight line		1.0	
Exchanges		Value	Score
1. Toss		1.0	
2. Roll (hoop) Bounce (ball)		1.0	
Exactness of Text		Value	Score
Identified Skills, Formations and Exchanges (from above chart)		6.0	
Connections		1.0	
Uniformity of Group		1.0	
Music		1.0	
Memorization		1.0	
D Panel Total Score		max 10.0	
E Panel - Execution		Final Score Tabulation	
	Value	Score	
Execution Amplitude	8.0		
Elegance	2.0		
Total Score Panel E	max 10.0		
D Panel Score (max 10.00)			
E Panel Score (max 10.00)			
TOTAL Score (max 20.00)			
Neutral Deductions			(-)
FINAL SCORE			

**Judge's Signature**

REVISION: May 2023

**2023 - 2031 RHYTHMIC GROUP ROUTINE JUDGING SHEET**  
**Compulsory Group Ball (4 - 6 Gymnasts) D and E Panel**  
**GY Rhythmic Ball**

**Delegation:**\_\_\_\_\_

Name				Number	
Reserve gymnast					
D Panel - Identified Skills			Value	Score	
1. Tiptoe turn			1.0		
2. Passé balance			1.0		
Formations			Value	Score	
1. In line with partner (beginning of routine)			1.0		
2. Walk in star			1.0		
Exchanges			Value	Score	
1. Toss			1.0		
2. Bounce			1.0		
Exactness of Text			Value	Score	
Identified Skills, Formations and Exchanges (from above chart)			6.0		
Connections			1.0		
Uniformity of Group			1.0		
Music			1.0		
Memorization			1.0		
D Panel Total Score			max 10.0		
E Panel - Execution			Final Score Tabulation		Score
	Value	Score		D Panel Score (max 10.00)	
Execution Amplitude	8.0			E Panel Score (max 10.00)	
Elegance	2.0			TOTAL Score (max 20.00)	
				Neutral Deductions	(-)
Total Score Panel E	max 10.0			FINAL SCORE	

Judge's Signature

Revision May 2023

**2023 - 2031 RHYTHMIC GROUP ROUTINE JUDGING SHEET**  
**Duets & Trios Floor Exercise**  
**D and E Panel – GY Rhythmic**

**Delegation:** \_\_\_\_\_

Name			Number
<b>Reserve gymnast</b>			
<b>D Panel - Requirements</b>		<b>Value</b>	<b>Score</b>
1.		1.5	
2.		1.5	
3.		1.5	
4.		1.5	
5.		1.5	
<b>Requirements</b>		<b>Value</b>	<b>Score</b>
Skills (from above chart)		7.5	
Music		0.5	
Uniformity of Group		0.5	
Connections		0.5	
Memorization		0.5	
Expression		0.5	
		<b>D Panel Total Score</b>	<b>max 10.0</b>
<b>E Panel - Execution</b>		<b>Final Score Tabulation</b>	
	<b>Value</b>	<b>Score</b>	<b>Score</b>
Execution Amplitude	8.0		D Panel Score (max 10.00)
Elegance	2.0		E Panel Score (max 10.00)
<b>Total Score Panel E</b>	<b>max 10.0</b>		<b>TOTAL Score (max 20.00)</b>
			Neutral Deductions
			(-)
			<b>FINAL SCORE</b>

**Judges Signatures** \_\_\_\_\_

Revised May 2023

# 2023 - 2031 RHYTHMIC GROUP ROUTINE JUDGING SHEET

## Duets & Trios Apparatus D and E Panel – GY Rhythmic

Delegation: \_\_\_\_\_

Apparatus: \_\_\_\_\_

Name		Number
Reserve gymnast		
D Panel - Requirements		Value
1.		1.0
2.		1.0
3.		1.0
4.		1.0
Exchanges – List exchanges in the order they occur in the routine.		Value
1.		1.0
2.		1.0
Requirements		Value
Skills, Formations and Exchanges (from above chart)		6.0
Connections		1.0
Uniformity of Group		1.0
Music		1.0
Memorization		1.0
<b>D Panel Total Score</b>		<b>max 10.0</b>
E Panel - Execution		Score
	<b>Value</b>	<b>Score</b>
Execution Amplitude	8.0	
Elegance	2.0	
<b>Total Score Panel E</b>	<b>max 10.0</b>	
		<b>Final Score Tabulation</b>
		D Panel Score (max
		E Panel Score (max
		TOTAL Score (max
		Neutral Deductions (-)
		<b>FINAL SCORE</b>

Judge's Signature \_\_\_\_\_

Revised May 2023



<b>SPECIAL OLYMPICS RHYTHMIC GYMNASTICS</b>		
<b>ARTISTRY (LEVEL 4) Apparatus: Hoop Ball Clubs Ribbon</b>		
<b>Name:</b>		<b>Number:</b>
<b>Delegation:</b>		
<b>Division:</b>		
<b>EXECUTION (Max. 4.00)</b>		
<b>Artistry</b>	<b>Value</b>	<b>Score</b>
Body and facial expression	<b>0.50</b>	
Use of floor area	<b>0.50</b>	
Variety of apparatus handling	<b>1.00</b>	
Connections	<b>0.50</b>	
Musicality (interpretation of music/dynamic changes/rhythm)	<b>1.00</b>	
General impression	<b>0.50</b>	
<b>TOTAL Artistry Score - Max 4.00</b>	<b>4.00</b>	
<b>Judge's Signature:</b>		

<b>SPECIAL OLYMPICS RHYTHMIC GYMNASTICS</b>		
<b>EXECUTION (LEVEL 4) Apparatus: Hoop Ball Clubs Ribbon</b>		
<b>Name:</b>		<b>Number:</b>
<b>Delegation:</b>		
<b>Division:</b>		
<b>EXECUTION (max. 9.00)</b>		
<b>Execution</b>	<b>Value</b>	<b>Score</b>
Execution, amplitude, and apparatus technique	<b>8.00</b>	
Elegance and expression	<b>1.00</b>	
<b>TOTAL Execution score – Max 9.00</b>	<b>9.00</b>	
<b>Judge's Signature:</b>		

<b>FINAL SCORE TABULATION</b>		<b>Score</b>
<b>Apparatus: Hoop Ball Clubs Ribbon</b>		
<b>Judges Panel</b>		
<b>Difficulty</b>	<b>Max 7.00</b>	
<b>Artistry</b>	<b>Max 4.00</b>	
<b>Execution</b>	<b>Max 9.00</b>	
<b>TOTAL Difficulty, Artistry, and Execution Score</b>	<b>Max 20.00</b>	
<b>Neutral Deductions</b>		<b>( - )</b>
<b>FINAL Score</b>		

**RHYTHMIC GYMNASTICS  
REQUEST FOR EQUIPMENT MODIFICATION**

**Athlete's Name:** \_\_\_\_\_ **Level:** \_\_\_\_\_

**Delegation:** \_\_\_\_\_ **Coach:** \_\_\_\_\_

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**Contact Information:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone Numbers:** \_\_\_\_\_

Apparatus	Modification	Reason
Rope		
Hoop		
Ball		
Clubs		
Ribbon		

This form must be submitted with the athlete's entry. Please bring a copy of the request with you to the competition.

**Coaches' Signatures**

\_\_\_\_\_

Revision May 2023