

**DISABILITY GRADE 7
ISOLATED CLUBS ELEMENTS**



Gymnast No _____ Gymnast Name _____ Club _____

Skill	Assessment criteria and marks available		Score
Small circles (own choice) of clubs during balance of choice	0.5	Clubs stay in plane throughout, showing at least three clear smooth circles, clear shape of balance held for min 1 second	
	0.3	Isolated moments when clubs are not in plane and/or circles are not smooth and/or balance not held for min 1 second	
	0.1	Clubs are not in plane throughout and/or circles are jerky throughout and/or club(s) hits arm/body and/or major deviation in shape of balance and/or balance not held at all	
	0	Not performed or not recognisable and/or one or both clubs are dropped	
Jump full turn, tap clubs during jump	0.5	Body stretched throughout, feet together, light and controlled landing, clear tap during flight	
	0.3	Body slightly bent and/or feet are apart and/or heavy landing and/or slight mis-timing in the tap	
	0.1	Body very bent and/or feet wide apart and/or falls out of jump and/or mis-timing in the tap	
	0	Not performed or not recognisable and/or one or both clubs are dropped	
Small toss and re-catch of one club	0.5	Clear plane, smooth light catch, arm stretched	
	0.3	Club slightly off plane and/or catch is slightly fumbled and/or arm is slightly bent	
	0.1	Club significantly off plane, catch is fumbled against body or with help of other hand	
	0	Not performed or not recognisable and/or one or both clubs are dropped	
Mills or asymmetric movements of choice	0.5	Clubs stay in plane throughout, clear smooth movements, stretched arms	
	0.3	Isolated moments when clubs are not in plane and/or movements are not smooth	
	0.1	Clubs are not in plane throughout and/or movements are jerky throughout and/or club(s) hits arm/body	
	0	Not performed or not recognisable and/or one or both clubs are dropped	
TOTAL:			

Judge Signature _____ Judge No _____