

**DISABILITY GRADE 5
ISOLATED HOOP ELEMENTS (2019)**



Gymnast No _____ Gymnast Name _____ Club _____

Skill	Assessment criteria and marks available		Score
Swings in table plane x 2, turn and pass hoop (own choice)	0.5	Swings are smooth, smooth transition between each swing and into turn, hoop stays in plane throughout, hoop correctly held	
	0.3	Isolated moments when swings not smooth and/or hoop not in plane and/or hoop is incorrectly held	
	0.1	Swings are jerky throughout and/or hoop is not in plane throughout and/or hoop is incorrectly held throughout	
	0	Not performed or not recognisable and/or hoop is dropped	
Rotation of hoop on neck during passe balance (releve or flat foot)	0.5	Rotations are smooth, hoop stays in plane, passe shape is clear and held for min 1 second	
	0.3	Hoop is slightly off plane and/or passe shape is not held for min 1 second	
	0.1	Rotations are jerky and/or hoop is significantly off plane and/or passe shape is not clear and not held at all	
	0	Not performed or not recognisable and/or hoop is dropped	
Toss throw x 2 (own choice)	0.5	Tosses are approx. head height, clear plane, smooth light catches, good use of body in throw and catch	
	0.3	Hoop slightly off plane and/or catch is slightly fumbled and/or body not really used in throw or catch	
	0.1	Tosses are lower than head height and/or hoop significantly off place and/or catch is fumbled against body or with help of other hand	
	0	Not performed or not recognisable and/or hoop is dropped	
Roll hoop along floor, own choice of steps to retrieve hoop	0.5	Hoop rolled smoothly in straight line, no bounces or wobbles, picked up in 1 hand	
	0.3	Slight bounce or wobble in line of hoop, picked up in 1 hand	
	0.1	Hoop rolled without control and bounces or wobbles and/or is picked up in 2 hands or with help of body	
	0	Not performed or not recognisable and/or hoop is lost	
TOTAL:			

Judge Signature _____ Judge No _____