

**DISABILITY GRADE 5  
ISOLATED BALL ELEMENTS (2020)**



Gymnast No \_\_\_\_\_ Gymnast Name \_\_\_\_\_ Club \_\_\_\_\_

Skill	Assessment criteria and marks available		Score
<b>Figure of eight of ball (own choice) either standing or on floor</b>	0.5	Ball not cupped or grasped, arms stretched show smooth circles in clear plane	
	0.3	Isolated moments when ball is cupped or grasped and/or arms are not stretched and/or do not show smooth circles in clear plane	
	0.1	Ball cupped or grasped most if not all of the time and/or arms do not show smooth circles in clear plane throughout	
	0	Not performed or not recognisable and/or ball is dropped	
<b>Roll of ball down back either standing or lying on floor (own choice)</b>	0.5	Ball rolled smoothly in straight line, no bounces, controlled finish	
	0.3	Isolated moments when roll not smooth and/or finish is not controlled	
	0.1	Roll bounces throughout and/or stops part way through the roll	
	0	Not performed or not recognisable and/or ball is dropped	
<b>4 rhythmic bounces (own choice)</b>	0.5	Bounce ball with one hand, light fingers with control, with clear rhythm, and catch cleanly at end	
	0.3	No/unclear rhythm and/or with fumble at end to catch	
	0.1	Ball bounced with 2 hands and/or with poor technique, eg slapping with hand	
	0	Not performed or not recognisable and/or ball is dropped	
<b>Small throw from 1 hand caught on back of 2 hands</b>	0.5	Throw is approx. head height, smooth light catch, good use of body in throw and catch	
	0.3	Catch is slightly fumbled and/or body not really used in throw or catch	
	0.1	Throw is lower than head height and/or catch is fumbled against body	
	0	Not performed or not recognisable and/or ball is lost	
<b>TOTAL:</b>			

Judge Signature \_\_\_\_\_ Judge No \_\_\_\_\_