

**DISABILITY GRADE 4
ISOLATED ROPE ELEMENTS**



Gymnast No _____ Gymnast Name _____ Club _____

Skill	Assessment criteria and marks available		Score
2 boxer skips one foot, 2 jumps feet together	0.5	Footwork light & springy, stretched feet and arms, rope continuous and smooth, no trips	
	0.3	Skips performed hesitantly and/or rope touches feet or floor once and/or feet and arms not stretched	
	0.1	Interruption between skips and/or rope touches feet or floor more than once	
	0	Skips not performed or not recognisable and/or rope (including one end) is dropped	
Chasse x 2 whilst performing figure of eight of rope (wheel plane)	0.5	Good chasse technique, only ankles (not arms/body) used to perform figure of eight, rope stays in plane throughout, feet and knees stretched	
	0.3	Isolated moments when chasse technique not correct and/or slight use of arms/body to rotate rope and/or rope sometimes not in plane and/or feet and knees are soft	
	0.1	Poor chasse technique and/or arms/body used entirely to move rope and/or rope touches body	
	0	Not performed or not recognisable and/or rope (including one end) is dropped	
Echappe during passe balance (releve or flat foot)	0.5	Smooth curve on swing of rope, clear passe shape which is held for min 1 second, clean catch of rope	
	0.3	Slightly incorrect shape of rope during swing and/or passe shape is not held for min 1 second and/or catch is fumbled or caught with incorrect technique	
	0.1	Passe balance not held at all and/or fall out of balance and/or catch of rope is against the body or with the help of the other hand	
	0	Not performed or not recognisable and/or rope is dropped (including one end)	
Sails of rope (own choice)	0.5	Rope stays in plane throughout, shows large smooth circles, arms stretched	
	0.3	Isolated moments when rope not in plane and/or arms slightly bent	
	0.1	Rope not in plane throughout, touches body and/or circles too small	
	0	Not performed or not recognisable and/or rope is dropped (including one end)	
TOTAL:			

Judge Signature _____ Judge No _____