

**DISABILITY GRADE 3
ISOLATED ROPE ELEMENTS**



Gymnast No _____ Gymnast Name _____ Club _____

Skill	Assessment criteria and marks available		Score
Skips x 4 own choice	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	
Swings in mirror plane and turn	0.5	Swings are smooth, smooth transition between each swing and into turn, rope stays in plane throughout, rope correctly held	
	0.3	Isolated moments when swings not smooth and/or rope not in plane and/or rope is incorrectly held	
	0.1	Swings are jerky throughout and/or rope is not in plane throughout and/or rope is incorrectly held throughout	
	0	Swings not performed or not recognisable and/or rope (including one end) is dropped	
Echappe (walk the dog)	0.5	Light drop of rope, smooth curve on swing though, clean catch	
	0.3	Slightly incorrect shape of rope during swing and/or catch is fumbled or caught with incorrect technique	
	0.1	Rope bangs on floor and/or has kinks on swing through and/or catch against the body or with the help of the other hand	
	0	Echappe is not performed or not recognisable and/or rope is dropped (including one end)	
Figure of eight (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	Figure of eight not performed or not recognisable and/or rope is dropped (including one end)	
TOTAL:			

Judge Signature _____ Judge No _____