

**DISABILITY GRADE 3  
FREE ISOLATED BODY ELEMENTS**



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

Skill	Assessment criteria and marks available		Score
<b>Passe balance on releve</b>	0.5	Passe shape is correct (or with minor deviation), performed on releve and held for min. one second	
	0.3	Shape is correct (or with minor deviation) but is not held for min. one second and/or releve is low	
	0.1	Shape is recognisable but has medium/large deviation and/or shape is not fixed at all and/or is performed on flat foot	
	0	Balance not performed and/or fall out of balance and/or shape not recognisable	
<b>Horizontal balance to front or side at 45 degrees (or above) on flat foot</b>	0.5	Shape is correct (or with minor deviation), and held for min. one second, with stretched knees and feet	
	0.3	Shape is correct (or with minor deviation) but is not held for min. one second and/or knees and feet are not stretched	
	0.1	Shape is recognisable but has medium/large deviation and/or shape is not fixed at all and/or is performed with bent knees	
	0	Balance not performed and/or not recognisable	
<b>Straight jump half turn (180 degrees)</b>	0.5	Body stays straight throughout, feet together, controlled and light landing	
	0.3	Body slightly bent and/or feet are apart and/or heavy landing	
	0.1	Body very bent and/or feet wide apart and/or falls out of jump	
	0	Jump not performed and/or not recognisable	
<b>Side gallops x 3</b>	0.5	Good elevation for all 3 gallops, body, arms and feet stretched throughout	
	0.3	Good elevation for only part of the set and/or body, arms and feet only partly stretched	
	0.1	Low elevation throughout and/or body, arms and feet visibly soft throughout	
	0	Gallops not performed or not recognisable	
<b>TOTAL:</b>			

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