

**DISABILITY GRADE 2  
FREE ISOLATED BODY ELEMENTS**



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

Skill	Assessment criteria and marks available		Score
<b>Low arabesque balance flat foot</b>	0.5	Shape is correct (or with small deviation) and held for min. one second	
	0.3	Shape is correct (or with small deviation) but is not held for min. one second	
	0.1	Shape is recognisable but has medium/large deviation and/or shape is not fixed at all	
	0	Balance not performed and/or fall out of balance and/or shape not recognisable	
<b>Chaîne turn</b>	0.5	Turn is smooth, no stops, body and legs are tight, feet are together, on toes	
	0.3	Small interruption during the turn and/or feet slightly apart and/or releve is low and/or body and legs slightly soft	
	0.1	Big interruption during the turn and/or feet wide apart and/or on flat foot and/or legs and body very soft	
	0	Turn not performed or not recognisable	
<b>Chasse steps x 3</b>	0.5	Good technique (i.e. use of knees, plie, feet, good elevation etc) for all 3 steps, body, arms and legs stretched	
	0.3	Good technique for some of the steps and/or body, arms and legs are soft	
	0.1	Poor technique throughout	
	0	Chasse steps not performed or not recognisable	
<b>Forward scissor leap</b>	0.5	Good elevation, legs come up to at least horizontal level, knees and feet stretched, body remains upright	
	0.3	Elevation is low and/or legs are slightly below horizontal and/or knees and feet are soft and/or body comes forward slightly	
	0.1	No elevation and/or legs are significantly below horizontal body comes forward significantly	
	0	Leap not performed or not recognisable	
<b>TOTAL:</b>			

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