

**DISABILITY GRADE 1  
FREE ISOLATED BODY ELEMENTS**



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

Skill	Assessment criteria and marks available		Score
<b>Passe 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>Turn on releve</b>	0.5	Turn is smooth, no stops, body and legs are tight, on toes	
	0.3	Small interruption during the turn and/or releve is low and/or body and legs slightly soft	
	0.1	Big interruption during the turn and/or on flat foot and/or legs and body very soft	
	0	Turn not performed and/or not recognisable	
<b>Mirror plane swings x 4</b>	0.5	Swings are smooth, smooth transition between each swing, arms, body and legs stretched	
	0.3	Isolated moments when swings not smooth and/or body parts are slightly soft	
	0.1	Swings are jerky throughout and/or all body parts are soft throughout	
	0	Swings not performed and/or not recognisable	
<b>Walk on releve x 8 (gymnast choice of arms)</b>	0.5	All steps are on releve, body and legs stretched, arms correctly held	
	0.3	Isolated moments when not on releve and/or body and legs not stretched and/or arms not correctly held	
	0.1	Majority of steps not on releve and/or body and legs generally not stretched and/or generally arms not correctly held	
	0	Steps not performed or not recognisable	
<b>TOTAL:</b>			

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