

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level C

Name _____ Number _____ Division _____

Segments	Value	Score
1. Circle the rope. Shake hips. Circle the rope. Step backwards off the rope & hold the rope in a U-shape.	1.0	
2. Swings in a U-shape	1.0	
3. Double the rope. Straight jump	1.0	
4. Tiptoe turn	1.0	
5. Quadruple the rope. Rotations on the frontal plane. Ending pose.	1.0	
Total Score	max 5.0	

Judge's Signature _____

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GY Rhythmic Hoop Level C

Name _____ Number _____ Division _____

Segments	Value	Score
1. Spin the hoop	1.0	
2. Walk forward, raising the hoop overhead. Tiptoe turn	1.0	
3. Side bends	1.0	
4. Straight jump	1.0	
5. Hoop swings to ending pose	1.0	
Total Score	max 5.0	

Judge's Signature _____

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GY Rhythmic Ball Level C

Name _____ Number _____ Division _____

Segments	Value	Score
1. Shake hips. Frontal circle.	1.0	
2. Tiptoe turn. Roll the ball in & out the arms	1.0	
3. Touch the ball to shoulders. Bounce & catch with two hands. Straight jump.	1.0	
4. Marching steps	1.0	
5. Toss & catch with two hands. Ending pose.	1.0	
Total Score	max 5.0	

Judge's Signature _____

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GY Rhythmic Ribbon Level C

Name _____ Number _____ Division _____

Segments	Value	Score
1. Spirals & knee bends	1.0	
2. Swing the ribbon up. Horizontal snakes down in front of the body. Straight jump	1.0	
3. Knee bends with swings over the shoulders	1.0	
4. Overhead circle & swing. Tiptoe turn	1.0	
5. Walks with overhead swings. Circle to the ending pose	1.0	
Total Score	max 5.0	

Judge's Signature _____