# L3 Hoop D1 side roll with split

## Difficulty judge

### Start (0.2)

* Twist hoop from left to right
* Sit on heel and move bum to sit on floor

### Element (0.5)

* *Both legs must be straight and in straddle position over 90 degrees*

### Finish (0.2)

* Finish roll on knee without hand support and hoop steady and controlled out

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Legs not straight
* Hoop bouncing / hitting the floor hard
* Hands or elbows used to complete roll or for balance purposes

## Training Progression

* Practice the get up portion without hands. Use the leg swing and tuck of the knee to generate rotation force. The shoulder, the abs are all involved.