

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 _____