

***Special
Olympics***
*Newfoundland
& Labrador*



Rhythmic Gymnastics Technical Package

Event:
Place:
Date:



RHYTHMIC GYMNASTICS TECHNICAL PACKAGE

Technical Packages are a critical part of Special Olympics Newfoundland & Labrador Competitions. They prescribe athlete, coach and mission staff quotas (where applicable) as well as eligibility requirements. They also assist the organizing committees by detailing tournament formats and scoring procedures, assist Chef de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, and advance coaching certification by stating minimum requirements.

Every Games/Championships coach, Sport Chairperson and Club Coordinator has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from SONL through his or her Chef/Manager.

Technical Packages are developed primarily by SONL, in consultation with Special Olympics Canada, Provincial/Territorial Chapters and National Sport Organizations (where applicable), following the principles, guidelines and requirements of SONL. As the overall governing body of the Games, SONL has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the Clubs concerned.

If an individual wishes to initiate a change to a Technical Package leading up to a Games/Championship, the desired change should be first directed to the Club Coordinator or Chef de Mission/Manager. They will evaluate the merits of the change and will, if it has merit, submit the requested change, with rationale to SONL. These time frames reinforce the importance of complete understanding of the Technical Package early.

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Section A – OFFICIAL EVENTS

The following is a list of official events available for the 2016 SONL Rhythmic Gymnastics Competition.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

Level A

- a. Rope
- b. Hoop
- c. Ball
- d. Ribbon
- e. All Around

Level A routines are compulsory routines that are performed seated.

Level B

- a. Rope
- b. Hoop
- c. Ball
- d. Ribbon
- e. All Around

Level B routines are compulsory routines that are performed standing. These routines are designed for lower level athletes. The emphasis is on developing body skills and apparatus skills separately.

Level 1

- a. Rope
- b. Hoop
- c. Ball
- d. Ribbon
- e. All Around

Level 1 routines are compulsory routines. At this level, athletes learn to integrate basic apparatus and body skills.

Level 2

- a. Hoop
- b. Ball
- c. Clubs
- d. Ribbon
- e. All Around

Level 2 routines are compulsory routines. The apparatus and body skills at this level are more complex than in the Level 1 routines.

Level 3

- a. Rope
- b. Ball
- c. Clubs
- d. Ribbon
- e. All Around

Level 3 routines are compulsory routines. Athletes must have good technique with the hand apparatus and they must be capable of performing the body skills with good form and control.

Section B – Attire and Equipment

Attire

1. Gymnasts should wear club clothing. Long tights are recommended for the females. Clothing which allows the judges to observe correct body positioning is recommended.
2. Gymnasts can wear indoor sneakers, bare feet, gymnastics or rhythmic half-slippers are all acceptable
3. Hairstyles should be neat
4. For the safety of the gymnast, no jewelry is allowed.

Apparatus

The size of the apparatus can range from child size to senior equipment, based on the gymnast's size and skill level.

a. Rope specifications

1. Material: The rope may be made of hemp or synthetic material, provided that it possesses the identical qualities of lightness and suppleness as rope made of hemp
2. Length: The length should be proportionate to the size of the gymnast
3. Ends: Handles of any kind are not allowed, but one or two knots are permitted at each end. At the ends (to the excluding of all other parts of the rope), a maximum of 10 centimeters may be covered by an anti-slip material, either coloured or neutral

b. Hoop specifications

1. Material: The hoop may be of wood or plastic. The hoop should retain its shape during movement. Foreign particles should be removed from inside the hoop before use.
2. Diameter: The interior diameter of the hoop should be from 60 – 90 centimeters.

c. Ball specifications

1. Material: the ball may be made of rubber or synthetic material (pliable plastic), provided that the latter possesses the same elasticity as rubber.
2. Diameter: 14 – 20 centimeters

d. Clubs specifications

1. Material: the clubs may be made of wood or synthetic material
2. Length: 20-25cm from one end to the other

3. Shape: a shape similar to that of a bottle. The wider part is called the body. The narrow part, the neck, ends in a small sphere, the head

e. Ribbon specifications

1) Stick

a) Material: wood, bamboo, plastic, fiberglass

b) Diameter: a maximum of 1 cm at its widest

c) Shape: cylindrical or conical, or a combination of the two shapes

d) Length: 45-60 cm, including the ring, which permits the fastening of the ribbon to the stick. The bottom end of the stick may be covered by an adhesive, anti-slip tape or may have a rubber handle a maximum length of 10 cm at the level of the grip. The top of the stick where the ribbon will be attached may consist of:

i) a supple strap (strong or nylon) held in place by a nylon thread wound around the stick for a maximum of 5 cm

ii) a metal ring fixed directly onto the stick

iii) a metal ring (vertical, horizontal or oblique) fixed to the stick by two metal pins held in place by nylon or metallic thread wound around the stick for a maximum of 5 cm

iv) a metal ring (fixed or mobile or pivoting) or a supple strap fixed to a metal tip of no more than 3 cm

v) a metal ring fixed by two metal pins held by a metal tip of 3 cm long, which is lengthened by nylon or metallic thread wound around the stick, adding up to a maximum length of 5 cm

2) Ribbon

a) Material: satin or similar non-starched material

b) Width: 4 – 6 cm

c) Length: From one end to the other, the finished length of the ribbon should be a minimum of 2 meters to a maximum of 6 meters (for Levels A, B) and a minimum of 3 meters to a maximum of 6 meters (for levels 1 – 4). The part must be in one piece

i) The end which is attached to the stick is doubled for a maximum length of one meter. This is stitched down both sides. At the top, a very thin reinforcement or rows of machine stitching for a maximum of 5 cm is authorized

ii) This extremity may end in a strap, or have an eyelet (a small hole edged with button stitch or metal circle), to permit attaching the ribbon

3) Attachment of the ribbon to the stick

a) The ribbon is fixed to the stick by means of supple attachment, such as thread, nylon cord, or a series of articulated rings

b) The length of this attachment is a maximum of 7 cm (not counting the strap or metal ring at the end of the stick where it will be fastened).

f) Floor

12 meters by 12 meters with a security zone of 1 meter around. A carpeted area may be used or a floor that is neither too tacky nor slippery. The ceiling height does not need to be 8 meters (26'3"), but should be fairly high.

Section C – Safety Considerations

1. Consistent with the Special Olympics philosophy that the movement is athlete-centred, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guideless for Special Olympics rhythmic gymnastics compulsory and optional routines will ensure that the athletes follow a

proper progression of instruction skills.

2. Athletes who have tested positive for Atlant-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform pre-acrobatic or acrobatic moves. If they do, the routine is void and the gymnast will be disqualified.

Section D – Rules of Competition

1. Athletes must compete on the same level in all chosen individual events. (Either A, B, 1, @, 3 or 4)

2. Athletes may specialize by competing in one or more events at their chosen level. Gymnasts who do all four events at a level are considered for All-Around. (i.e., Specialist: Level 1 Hoop and Ball; All-Around: Level 1 Floor, Hoop, Ball and Ribbon)

4. Modifications for Blind Athletes

a. In order to aid the athletes, the following types of assistance are permissible for all levels of competition without deductions;

- 1) Audible cues, such as clapping, may be used in all routines
- 2) Music may be played at any close point outside of the mat, or a the coach may carr the music source around the perimeter of the mat.

b. Coaches must notify the meet director and judges of the athlete’s visual impairment before the competition and prior to each event.

5. Modifications for Deaf Athletes

a. The athletes may receive a visual aid from the coach to begin her routine as the music starts

b. Coaches must notify the meet director and judges of the athlete’s hearing impairment before the competition and prior to each routine

6. Modifications for Other Disabilities

a. If special adaptations of equipment are needed, the coach must submit a request with the athlete’s sport specific registration form and receive permission in writing prior to competition. Coaches should bring the approval to the competition.

b. Coaches must notify the meet director and judges of equipment modifications prior to each event.

7. Level A routines have been written for athletes who are unable to stand on their own.

8. Level B routines have been written for athletes of lower ability level who can stand on their own.

9. The video of the compulsory routines is the official version. If a difference exists between the video and the written text, the video must be followed.

10. Olympic order for rhythmic gymnastics competition is rope, hoop, ball, clubs, ribbon

11. Awarding of Medals

a) Medals are awarded for each event and for All-Around

Section E: Judging

1. General Judging Concerns

- a. All gymnasts will be required to consider the head judge's table as side one.
- b. At the beginning of each routine, while standing outside the floor exercise boundary, the gymnast must present herself to the head judge. After acknowledging the green flag, the gymnast may take his/her starting position on the floor. At the end of each event, before leaving the floor, the gymnast must acknowledge the head judge.
- c. Prior to the routine and at the end of the routine, judges must acknowledge the self-presentation of the gymnast
- d. For deductions relating to leave the floor area during a routine, refer to FIG rules
- e. For deductions concerning the apparatus (checking, loss of, replacement, broken, contact with ceiling), refer to FIG rules
- f. For deductions relating to the discipline of coaches and athletes, refer to FIG rules

2. Neutral Deductions – Neutral deductions which are unique to Special Olympics are listed below. For all other neutral deductions, refer to FIG rules.

a. Coach communication to the athlete during a routine: The maximum deduction for assistance that may be taken is 3.0 for a routine.

Coach does the entire routine with the athletes – 3.0

Coach assists through most of the routine – 2.0-2.9

Coach assists through half of the routine – 1.0-1.9

Coach assists several times – 0.1-0.9

b. If coaching assistance is needed, the coach must stand in a designated area where the judges can see them.

c. Out of bounds – the maximum out of bounds deduction which maybe be taken for a routine is 1.0

Apparatus out of bounds – 0.2 each time

Gymnast out of bounds - 0.2 each time

3. Judging Forms – The appropriate judging forms for all levels are in the Appendix.

4. Judging Level A & B Routines

Level A & B routines are judged by one panel. If there is more than one judge on the panel, the final score will be the average of all the judges' scores. (Note: If there are four or more judges on the panel, the competitions director and/or head judge may elect to drop the high and low scores and average the middle scores). Neutral deductions are taken from the final average.

Maximum Value for Routine – 5.0

5 Segments each with a value of 1.0

For each Segment, partial points may be awarded. The following breakdown is a guideline to help determine the amount of credit to be given for each Segment.

1.0 The segment is performed perfectly, with excellent execution, amplitude, musicality and

apparatus technique.

0.7-0.9 The Segment is performed with minor mistakes in execution, amplitude, musicality and apparatus technique

0.5-0.6 The Segment is performed with major mistakes in execution, amplitude, musicality and apparatus technique

0.3-0.4 The Segment is barely recognizable

0.1-0.2 The athlete is on the floor with the correct apparatus

Note: General impression should be taken into consideration when awarding points for each Segment.

5. Judge Compulsory Routines – For Compulsory Routines (Level 1 – 3), the judges separate into two panels: Technical (Exactness of Text) and Execution. To calculate the final score for each gymnast, the score from the Technical judge is added to the score from the Execution judge. If there is more than one judge on each panel, the average score from the judges on the Technical panel is added to the average score from the judges on the Execution panel. Neutral deductions are taken from the total.

Technical Panel (Exactness of Text) – 5.0

3.0 – Difficulty

1.0 – Connections

0.5 – Floor Pattern

0.5 – Music

Difficulty (3.0) – 6 Identified Skills each with a value of 0.5

For Each Identified Skills, partial points may be awarded. The following is breakdown is a guideline to help determine the amount of credit to be given for each of the skills.

0.5 Body skill and/or apparatus handling executed flawlessly.

0.4 Body skill and/or apparatus handling executed with minor mistakes

0.3 Body skill and/or apparatus handling executed with significant mistakes

0.2 Body skill and/or apparatus handling executed with major mistakes

0.1 Body skill and/or apparatus handling executed, but barely recognizable

0.0 Body skill and/or apparatus handling omitted or unrecognizable

Note: If a gymnast drops the apparatus while performing an Identified Skill, you must deduct for the drop and possible rhythm breaks, but do not penalize them the full value of the difficulty if the skill is otherwise performed well.

Connections (1.0)

This category is to rate the gymnast on the correctness of the routine other than the Identified Skills, In order to evaluate the connections accurately, judges must be completely familiar with the routines. The following breakdown is a guideline to help determine the amount of credit to be given for Connections.

1.0 The routine is executed as written. With smooth connections between body skills,

technically correct connections in apparatus handling a flowing connection between the body skills and apparatus handling.

0.7 – 0.9 The routine is basically correct, with minor mistakes in the connections

0.5-0.6 The routine is somewhat correct, with major mistake in the connections

0.3-0.4 The routine is barely recognizable

0.1-0.2 The gymnast is on the floor with the correct apparatus

Floor Pattern (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for Floor Pattern. Note: If a gymnast misses a change of director which causes them to completely flip the floor pattern for the remainder of the routine, that error is to be considered one mistake.

0.5 Correct floor pattern for the entire routine

0.4 One mistake in the floor pattern

0.3 Several mistakes in the floor pattern

0.2 Floor pattern is barely recognizable

0.1 Gymnast creates her own floor pattern

Music (0.5)

The following breakdown is a guideline to help determine the amount of credit to be given for interpretation and synchronization with the music.

0.5 The routine perfectly matches the music

0.4 The routine basically matches the music, with one mistake

0.3 The routine somewhat matches the music, with several mistakes

0.2 The routine barely matches the music

0.1 The routine has no connection with the music

Execution Panel – 5.0

4.0 Execution and Amplitude

1.0 Elegance and General Impression

Execution and Amplitude (4.0)

The following breakdown is a guideline to help determine the amount of credit to be given for execution and amplitude. The gymnast will begin with a minimum base score of 0.5. The Execution and Amplitude category is divided into sub-categories so that each gymnast will be rewarded for areas in which they excel and not be too harshly penalized for an area in which they may have limitations.

0.5 Minimum base score for being on the floor

1.5 Form (pointed toes, straight legs, position and extension of the upper body, etc)

1.0 Amplitude – The general extension and amplitude of both body (height of jumps, extension of the legs and upper body, high on toes, etc) and apparatus (height of tosses, extension in swings, etc.)

Note: Faults are penalized according to degree:

0.1-0.2 Small faults

0.3 Medium faults

0.5 Major faults

Note: Drops of the apparatus are to be penalized as follows:

0.1 Immediate retrieval

0.2 Retrieval after 2 -3 steps

0.3 Retrieval after 4 or more steps

Elegance and General Impression (1.0)

Elegance includes graceful, soft, flowing arms, supple body movements and an elegant carriage of the body. Good general impression is a performance with few errors. The gymnast must be full of confidence and perform with style and emotion.

Section F: Judging Sheets

Level A – Judging Sheets

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level A

Name _____ Number _____ Division _____

Segments	Value	Score
1. Raise the rope overhead	1.0	
2. Twist the rope	1.0	
3. Circle the rope	1.0	
4. Swings in a U-shape	1.0	
5. Spin the rope & touch hand to shoulder. Raise arms to ending pose.	1.0	
Total Score	max 5.0	

Judg Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Hoop Level A

Name _____ Number _____ Division _____

Segments	Value	Score
1. Shake the hoop. Raise hoop overhead & lower. Raise hoop overhead & lower on frontal	1.0	
2. Rotate the hoop	1.0	
3. Touch hand to shoulder	1.0	
4. Tap the hoop on floor	1.0	
5. Circle the hoop. Raise the hoop overhead to ending pose.	1.0	
Total Score	max 5.0	

Judg Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ball Level A

Name _____ Number _____ Division _____

Segments	Value	Score
1. Roll the ball on legs. Raise the ball overhead. Bend the arms & hold the ball at chest.	1.0	
2. Roll the ball on the arms	1.0	
3. Toss & catch with two hands	1.0	
4. Shake the ball. Touch ball to shoulder	1.0	
5. Circle the ball. Ending pose	1.0	
Total Score	max 5.0	

JudJ Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level A

Name _____ Number _____ Division _____

Segments	Value	Score
1. Horizontal snakes	1.0	
2. Overhead swings. Spirals	1.0	
3. Overhead circles	1.0	
4. Swing the ribbon up. Horizontal snakes down in front of the body.	1.0	
5. Horizontal swings to ending pose	1.0	
Total Score	max 5.0	

Judge's Signature _____

Level B – Judging Sheets

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level B

Name _____ Number _____ Division _____

Segments	Value	Score
1. Circle the rope. Tilt head.	1.0	
2. Spin the rope. Twist the rope	1.0	
3. Figure 8s	1.0	
4 Overhead rotations	1.0	
5. Slide the hand to grasp the rope with two hands & raise overhead to the ending pose.	1.0	
Total Score	max 5.0	

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
GY Rhythmic Ball Level B

Name _____ Number _____ Division _____

Segments	Value	Score
1. Touch the ball to hips	1.0	
2. Frontal circle	1.0	
3. Twist the ball	1.0	
4. Roll the ball in & out the arms	1.0	
5. Touch the ball to shoulders. Toss with two hands & trap. Roll the ball out the arms.	1.0	
Total Score	max 5.0	

Judge's Signature _____

JuJ

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Clubs Level B

Name _____ Number _____ Division _____

Segments	Value	Score
1. Shake the clubs	1.0	
2. Circle the clubs. Slide hands to grasp the head of the clubs.	1.0	
3. Roll the clubs	1.0	
4. Open the arms to the sides. Swing to the front. Tap clubs.	1.0	
5. Raise arms overhead. Lower right arm to the side. Change arms. Raise left arm overhead. Lower arms to the ending pose.	1.0	
Total Score	max 5.0	

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level B

Name _____ Number _____ Division _____

Segments	Value	Score
1. Spirals	1.0	
2. Swing the ribbon up. Horizontal snakes down in front of the body.	1.0	
3. Swings over the shoulders	1.0	
4. Overhead circles	1.0	
5. Overhead swings to the ending pose	1.0	
Total Score	max 5.0	

Judge's Signature _____

Level C - Judging Sheets

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 _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
GY Rhythmic Hoop Level C

Name 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	

Judg Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET
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	

Judg Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

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 _____

Level 1 – Judging Sheets

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Rope Level 1

Name _____ **Number** _____ **Division** _____

Identified Skills	Value	Score
1.Rhythmic Dance Steps	1.0	
2.Chainé turn	1.0	
3.Swings	1.0	
4.Passé Balance	1.0	
5.Overhead Rotations	1.0	
6.Straight Jump	1.0	

Exactness of Text	Value	Score
Identified Skills	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
Total Score	max 10.0	

Judge's Signatures _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Hoop Level 1

Name _____

Number _____

Division _____

Identified Skills	Value	Score
1. Side chassé	1.0	
2. Tiptoe turn	1.0	
3. Hoop spin	1.0	
4. Assisted roll to passé balance	1.0	
5. Chainé turns	1.0	
6. Forward chassés	1.0	

Exactness of Text	Value	Score
Identified Skills	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
Total Score	max 10.0	

Judge's Signatures _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ball Level 1

Name _____ Number _____ Division _____

Identified Skills	Value	Score
1. Tiptoe turn	1.0	
2. Passé balance	1.0	
3. Toss and catch with two hands	1.0	
4. Bounce and catch with two hands	1.0	
5. Grand battement	1.0	
6. Side chassés	1.0	

Exactness of Text	Value	Score
Identified Skills	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
Total Score	max 10.0	

Note: There is a discrepancy in the front & back views on the video. After the toss, the athlete can touch the ball to either the shoulders or the hips. Both are correct.

Judge's Signature _____

RHYTHMIC COMPULSORY ROUTINE JUDGING SHEET

GY Rhythmic Ribbon Level 1

Name _____

Number _____

Division _____

Identified Skills	Value	Score
1. Figure 8s	1.0	
2. Tiptoe turn	1.0	
3. Straight jump	1.0	
4. Skipping steps	1.0	
5. Rhythmic dance steps with spirals	1.0	
6. Passé balance	1.0	

Exactness of Text	Value	Score
Identified Skills	6.0	
Connections	2.0	
Floor Pattern	1.0	
Music	1.0	
Total Score	max 10.0	

Judge's Signature _____

Level 1 – Execution Judging Form

RHYTHMIC EXECUTION JUDGING SHEET

Levels 1, 2, 3, & Group

Name _____

Number _____

Division _____

Exactness of Text	Value	Score
Execution Amplitude Flexibility	8.0	
Elegance General Impression	2.0	
Total Score	max 10.0	

Judges Signature _____