

ARTICLE X – RHYTHMIC GYMNASTICS

The Official Special Olympics Sports Rules shall govern all Special Olympics Gymnastics competitions. As an international Sports Program, Special Olympics has created these rules based upon Federation International de Gymnastics (FIG) and National Governing Body (NGB) rules for Gymnastics. FIG or National Governing Body rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

Note: the 2000-2003 Rhythmic Gymnastics section has been heavily altered from the previous version. Please take note the following changes.

SECTION A – OFFICIAL EVENTS

1. **Level A** (Individual Compulsory routines, performed while sitting, mixed gender. These routines are recommended for gymnasts of lower ability.)
 - a. Rope
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around
 - f. Unified Sports® Rope
 - g. Unified Sports Hoop
 - h. Unified Sports Ball
 - i. Unified Sports Ribbon
 - j. Unified Sports All Around
2. **Level B** – Level A routines done standing (These routines are recommended for gymnasts of lower ability.)
3. **Level I** (Individual Compulsory routines, approximately 30 seconds long, female only)
 - a. Rhythmic Floor Exercise
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around
 - f. Unified Sports Rhythmic Floor Exercise
 - g. Unified Sports Hoop
 - h. Unified Sports Ball
 - i. Unified Sports Ribbon
 - j. Unified Sports All Around
4. **Level II** (Individual Compulsory routines, approximately 60 seconds long, female only)
 - a. Rope
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around
 - f. Unified Sports Rope



- g. Unified Sports Hoop
 - h. Unified Sports Ball
 - l. Unified Sports Ribbon
 - j. Unified Sports All Around
5. **Level III** (Individual Compulsory routines, approximately 60 –80 seconds long, female only)
- a. Rope
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around
 - f. Unified Sports Rope
 - g. Unified Sports Hoop
 - h. Unified Sports Ball
 - i. Unified Sports Ribbon
 - j. Unified Sports All Around
6. **Level IV** (Individual Optional routines, approximately 60 –90 seconds long, female only)
- a. Rope
 - b. Hoop
 - c. Ball
 - d. Ribbon
 - e. All Around
 - f. Unified Sports Rope
 - g. Unified Sports Hoop
 - h. Unified Sports Ball
 - i. Unified Sports Ribbon
 - j. Unified Sports All Around
7. **Group Routines** (May be done in addition to individual routine(s), female only)
- a. Group Floor Exercise (beginner) (4-6 gymnasts, female only)
 - b. Group Ribbon (intermediate) (4 gymnasts, female only)
 - c. Unified Sports Group Floor Exercise (4-6 gymnasts, female only)
 - d. Unified Sports Group Ribbon (4 gymnasts, female only)



SECTION B – EQUIPMENT

1. Attire

Female rhythmic gymnasts should wear a leotard or unitard and have bare feet, gymnastic slippers or rhythmic half-slippers (recommended). For group exercise, leotards must be identical. Hairstyle should be neat. Objects in hair are not permitted (such as feathers). No jewelry is allowed for the safety of the gymnast. Level A wheelchair athletes may wear shirt and shorts with socks on their feet. (Shoes may be worn, if needed).

2. Apparatus

The size of the equipment can range from child size to senior equipment, based on the gymnast's size and skill. Equipment should color coordinate with the athlete's leotard. Equipment will be checked prior to competition. If the apparatus does not meet specifications, a deduction of 0.5 each time for individual and 1.0 each time for group will occur.

a. Rope Specifications

- 1) Material: The rope may be of hemp, or synthetic material provided that it possesses the identical qualities of lightness and suppleness as does rope made of hemp.
- 2) Length: the length is 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 exclusion of all other parts of the rope) a maximum of 10 cm. may be covered by an anti-slip material, either colored or neutral.
- 4) Shape: The rope may be either of a uniform diameter or be progressively thicker in the center provided that this thickness is of the same material as the rope.
- 5) Color: The rope may be of a neutral color or may be colored (all or partially).

b. Hoop Specifications

- 1) Material: The hoop may be of wood or plastic, provided that the latter retains its shape during the movement.
- 2) Diameter: The interior diameter of the hoop is from 60 to 90 centimeters.
- 3) Weight: A minimum of 150–300 grams and up.
- 4) Shape: The section of the hoop may be in several different shapes: circular, square, rectangular, oval, etc. The hoop may be smooth or ridged, and it may be all or partially covered with adhesive tape (not fluorescent) either of the same color as the hoop or of a different color.
- 5) Color: The hoop may be a natural color or may be (all or partially) covered by one or several colors.

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 to 20 centimeters.
- 3) Weight: a minimum of 200–400 grams and up.
- 4) Color: The ball may be of any color.

d. Ribbon Specifications

- 1) Stick
 - a) Material: wood, bamboo, plastic, fiber-glass.
 - b) Diameter: a maximum of 1cm. at its widest part.
 - c) Shape: cylindrical or conical, or even a combination of the two shapes.
 - d) Length 45 to 60cm. 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 or maximum length of 10cm. at the level of the grip. The top of the stick where the ribbon will be attached may consist of:



- i. A supple strap (string or nylon) held in place by a nylon thread wound round the stick for a maximum of 7cm.
 - 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 round the stick for a maximum of 7cm.
 - iv. A metal ring (fixed, mobile or pivoting) or a supple strap fixed to a metal tip or no more than 3cm.
 - v. A metal ring fixed by two metal pins held by a metal tip of 3cm. long which is lengthened by nylon or metallic thread wound round the stick adding up to a maximum length of 7cm.
 - vi. Color: any choice.
- 2) Ribbon
- a) Material: satin or other similar non-starched material.
 - b) Color: any choice of a single color, two colors or multicolored.
 - c) Weight (without the stick or the attachment) a minimum of 20–35 grams and up.
 - d) Width: 4 to 6cm. (1 1/2"–2 3/8").
 - e) Length from one end to the other, the finished length of the ribbon is a minimum of 3 meters (9'10") up to 6m.; this part must be in one piece.
 - i. The end which is attached to the stick, is doubled for a maximum length of 1 meter. This is stitched down both sides. At the top, a very thin reinforcement are rows or machine stitching for a maximum length of 5cm. is authorized.
 - ii. This extremity may end in a strap, or have an eyelet (a small hole, edged with buttonhole stitch or a 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 a supple attachment such as thread, nylon cord, or as series of articulated rings.
 - b) The length of this attachment is a maximum of 7cm (not counting the trap or metal ring at the end of the stick where it will be fastened).
- e. Floor: 12m. x 12m. (39' 4 1/2" x 39' 4 1/2") with a security zone of 1m. (3' 2 1/2") around. For group routines, an additional 50cm. of width should be marked all around. A carpeted area may be used or a floor that is neither too tacky or slippery. The ceiling height does not have to be 8m. (26' 3"), but a fairly high ceiling is needed.



SECTION C – SAFETY CONSIDERATION

1. Consistent with the Special Olympics philosophy that the athlete is all-important, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics Gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instructional gymnastics skills.
2. Female athletes who have tested positive for Atlanto-axial subluxation may participate in rhythmic gymnastics. If these athletes elect to do an optional routine, they may not perform preacrobatic or acrobatic moves in making up or performing these routines. If they do, the routine is void, and the gymnast will be disqualified.

SECTION D – RULES OF COMPETITION

1. Only female athletes participate in Rhythmic Competition, except for Level A which is Co-Ed.(mixed-gender).
2. Athletes must compete on the same level in all chosen individual events (Either A, B, I, II, III, or IV).
3. 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 All Around (i.e. Specialist: Level I – Hoop and Ball; All Around: Level I – Floor, Hoop, Ball, Ribbon and All Around).
4. A gymnast may perform in one group routine as well as her individual routines.
5. **Unified Sports Rhythmic Gymnastics Events**
 - a. All rules and regulations apply equally to Athletes and Partners
 - b. Athletes and Partners compete in the same compulsory routine(s) or, as in Level IV, optional routines. They are judged individually.
 - c. The two scores are added together for each event for a combined total score for that event. (maximum score = 20 points for a compulsory event.
 - d. Divisioning is based on combined scores, following S.O. Divisioning guidelines.
 - e. A pair may be Specialists or All-Arounders.
6. **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 the coach may carry the music source around the perimeter of the mat.
 - 3) Coaches must notify the meet director and judges of their athletes' visual impairment before the meet and prior to each event.
7. **Modifications for Deaf Athletes**
 - a. Coach-visual aid to start with music without deduction.
 - b. Notify the meet director and judges.
8. **Modifications for Other Disabilities**
 - a. If any special adaptations of equipment are needed, notify meet director and receive permission in writing prior to competition. (See form).
 - b. Judges must be additionally informed prior to competition.
9. Level A routines have been written for athletes who are unable to stand on their own. They may sit in a wheelchair or a sturdy chair to compete.
10. The written text within the Official Special Olympics Sports Rules is the official version. Visual aids such as floor pattern, illustrations, and video tapes have been provided as a supplement. If a difference exists between the text and visual aid, the text must be followed.
11. Olympic order for competition is Rhythmic Floor Exercise (1), Rope, Hoop, Ball and Ribbon.
12. **Awarding of Medals**
 - a. Medals are awarded for each event and for all-around honors.
 - 1) The maximum number of medals obtainable by a female gymnast in any one of the three levels of competitions is six: one medal for each of the four events and one medal for the all-around honors and one for group.
 - 2) Level A and B gymnasts may earn five medals, one for each event and for the all-around honors.



SECTION E – JUDGING

***Note:** This section has extensive changes from the previous version.

1. General Judging Concerns

- a. All gymnasts will be required to consider head judges' table as side one.
- b. At the beginning of each routine, all gymnasts must present themselves to the head Judge, outside the floor exercise boundary. After acknowledging the green flag, the gymnast must take the starting position.
- c. Judges must acknowledge the self-presentation of the gymnast prior to the routine as well as upon completion of the routine.
- d. Floor Area: i.e. Leaving the floor area (see FIG)
- e. Apparatus: i.e. Checking, loss of, replacement, broken, contact with ceiling, etc. (see FIG)
- f. Discipline: Gymnasts, coaches, etc. (see FIG)

2. Neutral deductions unique to Special Olympics (Note: other neutral deductions are the same as FIG)

- a. Coach communicating to athlete during routine:
Physical assistance = -0.5
Verbal assistance = -0.3
Gestures = -0.1
- b. These deductions have a 4.0 maximum amount, since many Special Olympics athletes have memory problems and need this assistance.
- c. If this assistance is needed, coaches must stand where the judges can see them.

3. Judging Compulsory Routines

- a. Level A and B routines:
 - 1) Judged by only one judge
 - 2) Five point maximum score
 - 3) Award system includes: 5 points for excellent, 4 points = good, 3 points = average, 2 points = fair, 1 point = novice. (see judging chart)
- b. Levels I through III compulsories: Maximum value for each routine = 10.0

EXACTNESS OF TEXT: 5.0

3.0 Difficulty: 6 identified skills, each with a value of 0.5

(Note: if a gymnast drops the apparatus while performing an identified skill, you must deduct for the drop and possible rhythm and general impression. Do not penalize her for the full value of the difficulty)

1.0 Connections

0.5 Floor Pattern

0.5 Music

EXECUTION: 5.0

4.0 Execution, amplitude and flexibility as defined below:

Execution: The act of performing technically correct movements– pointed toes, straight legs, proper alignment of the body and planes of the apparatus, etc.

Amplitude: The largeness or extent of movement– height of leaps, jumps, releve on toes, height of apparatus tosses, etc.



Flexibility: The degree and ease of flexion of the body— high kicks, split of the legs, deep arches, shoulder and back suppleness, etc.

1.0 Elegance and general impression, as defined below:

Elegance: Graceful, soft flowing arms, supple body movements, elegant carriage of the body.

General impression: An idea or emotion left behind at the end of an exercise. Good general impression is a performance with few errors. The gymnast must be full of confidence and perform with style, dynamics and emotion.

Note: Faults are penalized according to their degree:

- 0.1-0.2 Small faults
- 0.3 Medium faults
- 0.5 Major faults (including the total omission of an identified skill)

4. Judging Rhythmic Optional Routines

a. Maximum value for each routine = 10.0

TECHNICAL/ ARTISTIC VALUE: 6.0

1) DIFFICULTY– BODY SKILLS: 3.0

a) Four isolated B's (FIG A's): 2.0

Each with a value of 0.5

One element in each of the categories below:

Leap

Pivot

Balance

Element of choice (leap, pivot, balance or flexibility)

b) Supplemental Difficulties: 1.0

A maximum of 4 elements will be counted, with the following value given to each:

Each B (FIG A) = 0.1

Each C (FIG B) = 0.25

c) Appropriate amplitude requirements (FIG) must be attained.

2) APPARATUS SKILLS: 2.0

Four skills, specific to each apparatus, are listed below. All apparatus skills must be done in conjunction with a body movement in order to receive credit. Each skill has a value of 0.5.

ROPE

Release/toss

Rotations

Jump or leap through

Skipping series (at least 3 times consecutively through the rope)

HOOP

Toss/ throw

Rotations

Passing through

Swing



BALL

Toss/ throw

Roll on the body

Active bounce

Balance on hand/swing

RIBBON

Release/toss

Snakes

Spirals

Figure 8s/swings/large circles

3) **ARTISTIC VALUE: 1.0**

0.5 Harmony with the music

0.5 Use of space– floor pattern and change of levels– variety of elements

4) **EXECUTION: 4.0**

(See the definition of execution in the compulsory judging section.)

Note: Faults are penalized according to their degree:

0.1-0.2 Small faults

0.3 Medium faults

0.4 Major faults (including omission of an isolated B or an apparatus skill)

5. Judging Group Routines

a. Maximum value for each routine = 10.0

EXACTNESS OF TEXT: 5.0

1) 3.0 Difficulty: 3 identified skills and 3 formations, each with a value of 0.5
(Note: In order to receive credit, 3 of the 4 gymnasts must complete the skill or formation. In the rhythmic floor exercise with 6 athletes, 4 of the 6 must complete each skill or formation.)

2) 1.0 Connections

3) 0.5 Uniformity of the group (all athletes performing with precision)

4) 0.5 Music

EXECUTION: 5.0

1) 4.0 Execution, amplitude and flexibility, as defined in the Compulsory Routine section.

2) 1.0 Elegance and general impression, as defined in the Compulsory Routine section.

Note: Faults are penalized according to their degrees:

0.1-0.2 Small faults

0.3 Medium faults

0.5 Major faults (including the total omission of an identified skill or formation)



SPECIAL OLYMPICS RHYTHMIC COMPULSORY JUDGING

Apparatus: _____

Date: _____

Exactness of Text: 5.0		Gymnast #	Gymnast #	Gymnast #	Gymnast #	Gymnast #	
Difficulty	3.0 pts						
1							
2							
3							
4							
5							
6							
Connections	1						
Floor Pattern	0.5						
Music	0.5						
EXECUTION: 5.0							
Execution	} 4						
Amplitude							
Flexibility							
Elegance	} 1						
General Impression							
TOTAL							
Neutral Deductions							
TOTAL							
General faults will be applied to all skills							
		Neutral Deductions for Coaching					
		Physical assistance	0.5 each time	} with 4 pts max			
		Verbal signals	0.3 each time				
		Signals	0.2 each time				



SPECIAL OLYMPICS RHYTHMIC GROUP ROUTINE JUDGING

Apparatus: _____

Date: _____

Exactness of Text: 5.0	Group #	Group #	Group #	Group #	Group #
Difficulty =3.0:					
Identified Skills:					
1-					
2-					
3-					
4-					
Identified Formations:					
1-					
2-					
3-					
Connections = 1.0					
Uniformity of Group = 0.5					
Harmony with Music = 0.5					
EXECUTION: 5.0					
Execution:					
Amplitude:					
Flexibility:					
	4				
Elegance:					
General Impression:					
	1				
TOTAL					
Neutral Deductions					
TOTAL					
General faults will be applied to all skills					
		Neutral Deductions for Coaching			
		Physical assistance	0.5 each time		
		Verbal signals	0.3 each time	} with 4 pts max	
		Signals	0.2 each time		



**SPECIAL OLYMPICS RHYTHMIC GYMNASTICS
LEVEL A**

NAME _____

AGE _____ GENDER _____

TEAM _____

MEET/ DATE _____

AWARD SYSTEM

- 5 = Excellent Gymnast performs text correctly. Excellent execution and amplitude. Apparatus movement with music. Correct use of apparatus.
- 4 = Good Correct elements with minor errors. Good execution and amplitude. Generally with the music. Could improve use of apparatus.
- 3 = Average Several errors in text . Movements and music not coordinated in some parts. Execution and amplitude errors.
- 2 = Fair Missing elements. Poor execution and amplitude. Movements not coordinated with music. Potential for improvement with more practice.
- 1 = Novice Routine has many errors in text. Use of apparatus is incorrect. Movements and music not coordinated. Needs more practice.



Score



Score



Score



Score



Judge's Signature _____

SECTION F – COMPULSORY ROUTINES

Level A/B Routines (Rope, Hoop, Ball, Ribbon)

Level A/B – Rope

Music: Maxwell's Silver Hammer

Starting Position: A– Sitting with rope folded in quarters, resting on the lap, hands holding the ends. B– Standing

Counts

- 1-2 In the horizontal plane, stretch the arms to hold the rope in front. Then bend the arms.
- 3-4 Repeat (1-2)
- 5-6 Stretch the arms and hold the rope in the vertical plane with the left arm up and the right arm down. Twist the arms so the right arm is up and the left arm is down.
- 7-8 Repeat (5-6)
- 9-12 Release the loop of the rope and make circles overhead (lasso with right hand in the middle of the rope, left hand holding the knots).
- 13-16 Raise arms overhead, sliding the right hand to the end of the rope so the rope is stretched overhead, doubled, in the horizontal plane.
- 17-20 Keeping the rope stretched overhead, twist the torso to the right and back to the front. Twist the torso to the left and back to the front.
- 21-24 Spin the rope as the arms lower to the front.
- 25-end Still holding the ends of the rope, loop the rope behind the head so it hangs around the neck. Release. Optional ending pose.

Level A/B – Hoop

Music: Axel F

Starting Position: A– Sitting with hoop on the right side of the body, in the sagittal plane, and resting on the floor. The right hand holds the top of the hoop.
B– Standing

Counts

- 1-2 Without releasing the hoop, roll forward and back.
- 3-4 Repeat (1-2)
- 5-8 Carry the hoop to the front of the body and hold with 2 hands in an over-grip in the frontal plane.
- 9-10 Kick the right leg so that the foot extends into the circle of the hoop.
- 11-12 Repeat (9-10) with the left leg.
- 13-14.1 Place the right hand on the hip, then re-grasp the hoop in an under-grip with the right hand.
- 15-16 Repeat (13-14) with the left hand.
- 17-24 Raise the hoop over-head with straight arms. Twist the torso to the right and back to the front. Lower the hoop in front of the body, keeping the hands in place.
- 25-32 Repeat (17-24) twisting the torso to the left and lower hoop in front of the body.



- 33-end Lift the lower end of the hoop so that it is on top, sliding the hands to grip the hoop on the sides (like a picture frame). Quickly shake the hoop from side to side. Optional ending pose.

Level A/B – Ball

Music: The Entertainer

Starting Position: A– Sitting with the ball resting on the legs (toward the knees). Both hands hold the ball on top. B– Standing

Counts

- 1-2 Using the hands, roll the ball on top of the thighs toward the body (roll in).
 3-4 Repeat (1-2) rolling the ball toward the knees (roll out).
 5-6 Pick up the ball (lift upward) and roll down the arms toward the body (roll in).
 7-8 Lower arms and roll the ball on the arms back to the hands (roll out).
 9-10 Holding the ball in 2 hands, bend the elbows to bring the ball in toward the body. Straighten the arms to hold the ball out in front of the body.
 11-12 Repeat (9-10).
 13-16 With arms straight to the front, twist the ball 4 times to put the right hand up, left hand up, right hand up, left hand up.
 17-24 Repeat (9-16).
 25-28 Shake the ball between 2 hands (small rolls between palms).
 29-end Toss and catch the ball with 2 hands. Optional ending pose.

Level A/B – Ribbon

Music: Music Box Dancer

Starting Position: A– Sitting, hold the right arm in front of the body. The ribbon is resting on the floor. B– Standing

Counts

- 1-4 Lift right arm straight up in front with horizontal snakes in front of the body. Move the arm to the right in preparation for the next pattern.
 5-6 Swing the ribbon over-head to the left and right (rainbow swings).
 7-8 Small spirals on the right side.
 9-12 Repeat (5-8). Move the arm to the front in preparation for the next pattern.
 13-14 Swing the ribbon up (should go behind the body).
 15-16 Horizontal snakes down in front of the body.
 17-20 Repeat (13-16).
 21-24 Repeat (13-16).
 25-end Two over-head circles to the left in horizontal plane. Optional ending pose.



Level I Routines (Rhythmic Floor Exercise, Hoop, Ball, and Ribbon)

Level I – Rhythmic Floor Exercise

Music: Lollipop, Lollipop

Starting Position: Standing with feet together; arms down, wrists flexed (like a penguin). Face side 1.

Counts

- 1-2 (1) Hold
3-4 2 knee bends
5-8 (2) Step forward on the right foot to an *arabesque* pose—arms rounded in front. Lift the left leg to an *arabesque*—arms raise upward and forward to an oblique position. Hold. Close the feet together, arms remain up.
1-4 (3) Forward *body wave*—arms circle forward and down as the body contracts, then pass by the legs and continue backward and up as the body arches. Finish standing with feet together—arms rounded overhead.
5-8 (4) Tiptoe turn right, arms rounded overhead. Stop, feet together, arms open and push to the sides (arm wave).
1-4 (5) 2 sideways *chasses* traveling to the right—arms extended to the sides. Put the feet together; hands slap the thighs.
5-8 (6) 2 sideways *chasses* traveling to the left—arms extended to the sides. Put the feet together, hands slap the thighs.
1-6 (7) Traveling in a circle to the right—6 forward *chasses*—hands on the waist (circle finishes facing side 1).
7-8 Step forward right and close the feet together.
1-2 (8) Place the right heel forward and close—hands on the waist.
3-4 Place the left heel forward and close—hands on the waist.
5-8 (9) 4 knee bends—elbows bend, hold the hands in front of the body and move the arms side to side (right, left, right, left—like windshield wipers).
1-4 (10) *Chaine turn* right (3 step turn: right—left—right)—arms down, wrists flexed (like a penguin). Close feet together and clap hands.
5-8 (11) *Chaine turn* left (3 step turn: left—right—left)—arms down, wrists flexed (like a penguin). Close feet together and clap hands.
1-4 (12) *Straight jump*—arms swing overhead.
5-8 (13) Small step backwards—arms lower in front of the body. Place the right heel out to the side for the ending poise—arms finish to the side in a diagonal line with the right arm low and the left arm high.

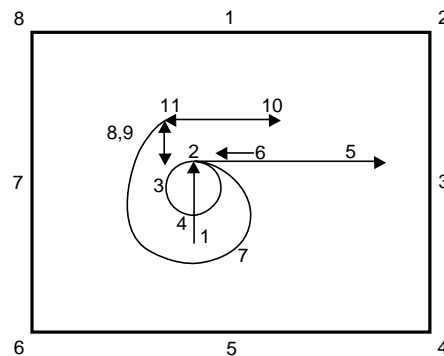


Identified Skills: 0.5 each

- 1 - Arabesque (#2)
- 2 - Body wave (#3)
- 3 - Chasses right and left (#5 and #6)
- 4 - Chasses in a circle (#7)
- 5 - Chaine turns right and left (#10 and #11)
- 6 - Straight jump (#12)

Level 1 Floor Exercise

Floor Pattern:



Level I – Hoop

Music: Yellow Submarine

Starting Position: Standing with feet together, hoop rests on the floor in front of the body, hands holding the top edge in an under-grip. Face side 1.

Counts

- 1-4 (1) Lunge to the right. Holding the hoop with 2 hands, swing to the right in a frontal plane.
- 5-8 (2) Close feet together by sliding the right foot to meet the left. Hoop returns to starting position in front of the body.
- 1-4 (3) Shift the weight left and point the right foot to the side in left lunge. Using both hands (*assisted roll*), roll the hoop to the left. Pose with the left hand on the top of the hoop and the right arm diagonally up to the right side.
- 5-8 (4) Repeat #3 (*assisted roll*) to the right.
- 1-4 (5) Make a right turn to face Side 3, close the feet together. *Swing* the hoop forward and up (sagittal plane). Bend the knees & *Swing* the hoop down on the right side of the body. Straighten the knees & *Swing* the hoop forward and up. Bend the knees & *Swing* the hoop down on the right side of the body.
- 5-8 (6) Step forward on the right leg. Swing the hoop forward and up as lift the left leg to a *parallel passe* position and hold the balance 2 counts. Close the feet together as swing the hoop down on the right side of the body.
- 1-4 (7) Step sideways (right-left) into the hoop. Lift the bottom edge of the hoop off the floor and grasp in the left hand. (Hoop will be held in a horizontal plane.)
- 5-8 (8) Traveling in a circle to the right, 3 *chasses* with the right foot forward. Facing side 1, step forward right and close the feet together. Shake the hoop during the *chasses* and hold it still as the feet close.
- Drum (9) With both hands, lift the hoop overhead in the horizontal plane.
- Roll Lower the hoop around the body.
- High (10) Release the hoop with the left hand and step out sideways (left—
- Whistle right) to the left.



- 1-8 (3) Holding the ball in 2 hands, bend the knees and straighten as arms *swing sagittally on the left side of the body*. Holding the ball in the left hand (right arm remains front middle), bend the knees and straighten swinging the ball sagittally on the left side of the body.
- 1-4 (4) *Chasse sideways to the right*. Holding the ball in 2 hands, circle the arms to the right (counter clockwise) in front of the body. Step right. Turn the body slightly to the right. Point the left foot back in an arabesque pose, toe on ground. Hold the ball diagonally forward.
- 5-8 (5) *Chasse sideways to the left*. Holding the ball in 2 hands, circle the arms to the left (clockwise) in front of the body. Step left. Turn the body slightly to the left. Point the right foot back in an arabesque pose, toe on ground. Hold the ball diagonally forward.
- 1-6 (6) Facing corner 8, close the right foot to the left. With 2 hands, *bounce and catch the ball 2 times*. Bend the knees. Hold the ball forward with right hand. Left arm is diagonally high to the side (pose).
- 7-10 (7) In a circle to the right, 7 running steps (starting with the right foot) while holding the ball in the right hand. Finish facing side 1, close the feet together.
- 1-4 (8) Lift the right knee to a *parallel passe* position. Hold the ball in 2 hands and raise it overhead by bending and then extending the elbows.
- 5-8 (9) Step forward right. Close the feet together. Bend the knees and lower the ball in front of the body. Straighten the legs and toss and *catch the ball* with 2 hands.
- 1-4 (10) Holding the arms in the front middle position, *roll the ball in and out of the arms*. Step sideways to the left. Roll the ball in the arms. Cross the right foot behind in a curtsy. Cross the arms to hold the ball at chest.

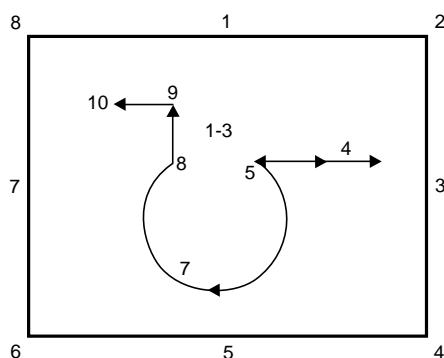
Identified Skills: 0.5 each

- 1 - 2 hand swings to the right and left (#2 & #3)
- 2 - Chasses right & left (#4 & #5)
- 3 - Bounces (#6)
- 4 - Passe (#8)
- 5 - Toss & catch (#9)
- 6 - Roll the ball in and out the arms (#10)



Level 1 Ball

Floor Pattern:



Level I – Ribbon

Music: Fur Elise

Starting Position: Standing facing side one, feet together, left arm is out to side, ribbon in right hand, right arm curved in front of body.

Note: When not specified, left arm is out to side. Steps should follow the phrasing of the music.

Counts

- 1-4 (1) 360 degree tiptoe turn right (small steps in releve) with vertical snakes. Finish with feet together.
- 5-8 (2) Arms cross in front of body and out to side.
- 1-8 (3) Repeat beats #1-8
- 1-2 (4) Step back right, left, with spirals in front of body.
- 3-4 (5) Forward *bodywave* (arms swing backward in a large circle during bodywave).
- 5-6 (6) *Releve with spirals in front*.
- 7-8 (7) Feet together, two overhead swings left, right.
- 1-4 (8) Traveling towards side 3, two chasses to the right with large CCW frontal circles, step right, pose (left leg is extended straight behind with a pointed toe on the ground).
- 5-8 (9) Traveling towards side 7, two chasses to the left with large CW frontal circles, step left, pose (right leg is extended behind with a pointed toe on the ground)
- 1-2 (10) *Chaine turn* right (3-step turn) holding right hand with ribbon out to side.
- 3-4 (11) Facing toward corner 2, *straight jump* (ribbon swings up and back behind body).
- 5-8 (12) Traveling toward corner 2, walk right-left-right-left with *horizontal snakes* behind.
- 1-2 (13) Feet together, snakes move overhead to front middle.
- 3-4 (14) *Figure 8 with ribbon* (left, right); ribbon swings down, up and over to one side.
- 5-8 (15) Tiptoe turn right with horizontal snakes to end facing side 1.
- 1–2 (16) Step left, curtsy, crossing ribbon over left arm, pull right arm out (like a bow) and pose.

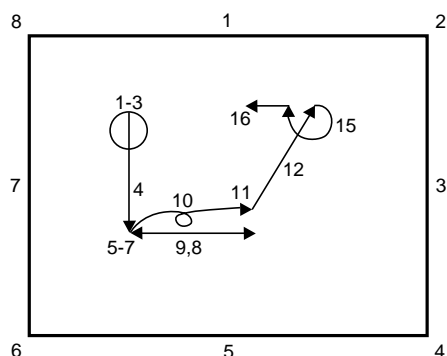
Identified Skills: 0.5 each

- 1 - Bodywave (#5)
- 2 - Releve with spirals (#6)
- 3 - Chaine turn (#10)
- 4 - Straight jump (#11)
- 5 - Horizontal snakes (#12)
- 6 - Figure 8 (#14)



Level 1 Ribbon

Floor Pattern:



Level II Routines (Rope, Hoop, Ball, and Ribbon)

Level II – Rope

Music: Rockin' Robin

Starting Position: Standing with feet together, arms extended forward. Rope is doubled. The right hand holds the knots, and the left hand holds the middle of the rope.

Counts

- 1-4 (1) On the left side of the body, begin forward sagittal circles of the folded rope.
- 1-4 (2) Walk forward 3 steps (right-left-right) and close feet together as continue forward sagittal circles.
- 1-4 (3) Walk backward 3 steps (right-left-right) and close feet together as continue forward sagittal circles.
- 1-4 (4) *Chaine turn* to the right, 3-step turn (right-left-right), close feet together. Perform horizontal rope circles (to the right) overhead throughout.
- 1-4 (5) Place the right heel forward and close. Place the left heel forward and close. Continue overhead circles.
- 1-4 (6) Stand with feet together. Pass the rope around the body to the right. Change the knots to the left hand behind the back. Left hand continues to the front and open the rope in front of the body holding one knot in each hand (in a U-shape).
- 1-8 (7) Holding the rope in a U-shape: *Cat leap* forward over the rope (right-left). *Cat leap* backward over the rope (right-left). *Cat leap* forward over the rope (right-left). *Cat leap* backward over the rope (right-left).
- 1-4 (8) Swinging the rope in front of the body in a U-shape (standing in 2nd position) Shift the weight left and touch the right foot to the side as the rope swings left. Shift the weight right and touch the left foot to the side as the rope swings right.
- 5-8 (9) Two *side chasses* left. Rope does 2 clockwise frontal circles with



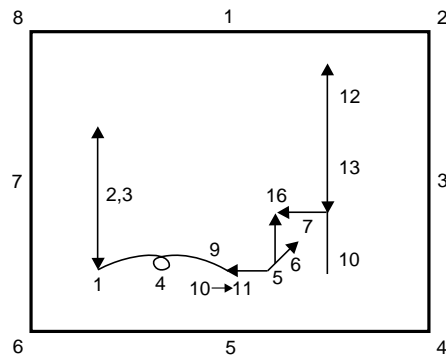
- hands close together. Step left and close feet together. Rope swings left.
- 1-4 (10) Repeat #8, going to the right.
 - 5-8 (11) Repeat #9 to the right.
 - 1-4 (12) With the right arm extended to the side and the left hand by the right shoulder, run 4 steps forward with fanny kicks (right-left-right-left) and close feet together. *Rope wraps forward around the right arm.*
 - 5-8 (13) Run 4 steps backward (right-left-right-left) and close feet together. *Rope unwraps.*
 - 1-4 (14) *Releve.* Rope swings overhead and behind the body.
 - 5-6 (15) Bend the knees and cross the arms in front of the body. Straighten the knees and open the arms.
 - 7-8 (16) Step left – Place the arms behind the back and put both knots in the right hand. Pose with the right heel to the side. Left arm is diagonally up. Right arm is diagonally down.

Identified Skills: 0.5 each

- 1 - Chaine turn right (#4)
- 2 - Catleaps forward and backward over the rope (#7)
- 3 - Two chasses left (#9)
- 4 - Two chasses right (#11)
- 5 - Rope wraps and unwraps around the arm (#12 & #13)
- 6 - Releve (#14)

Level 2 Rope

Floor Pattern:



Level II – Hoop

Music: Yellow Submarine

Starting Position: Standing with feet together, hoop rests on the floor in front of the body, hands holding the top edge in an under-grip. Face side 1.

Counts

- 1-4 (1) Lunge to the right. Holding the hoop with 2 hands, swing to the right in a frontal plane.

- 5-8 (2) Close feet together by sliding the right foot to meet the left. Hoop returns to starting position in front of the body.
- 1-4 (3) Step left and point the right foot to the side (left lunge). Using the right hand, push the hoop left (free roll sideways in front of the body) and catch with the left hand. Pose with the left hand on the top of the hoop and the right arm diagonally up to the right side.
- 5-8 (4) Repeat #3 to the right, as shift weight to the right (right lunge).
- 1-5 (5) Make a 1/4 turn right to face side 3, close the feet together as swing the hoop forward and up on side. Toss and catch the hoop with the right hand as straighten the knees. Bend the knees and swing the hoop down on the right side of the body.
- 5-8 (6) Step forward on the right leg swing the hoop forward and up, as lift the left leg to a *parallel passe position* and hold the balance 2 counts. Close the feet together as swing the hoop down on the right side of the body.
- 1-4 (7) Turn right to face the hoop and side 5. Hold the hoop in front with both hands. Traveling in a semi-circle to the right, 2 forward chasses with the right foot forward. Hoop is raised overhead.
- 5-8 (8) 2 running steps (right-left) as the hoop lowers in front of the body. *Cat leap through the hoop* (right-left). Facing side 1, finish with feet together and the hoop overhead.
- Drum (9) Lower the hoop in front of the body and execute a *flip toss with a Roll 1/2 rotation*. Lift the forward edge of the hoop up and backwards over the head. Lower to the floor behind the body and step sideways out of the Whistle hoop (left-right), releasing the hoop with the left hand.
- Chimes (10) Spin the hoop to the right, keeping the right hand on top of the With hoop and the left arm diagonally high to the left side. Run in a circle to Triangle the right (right—left—right—left—together) around the spinning hoop. Finish facing corner 2, standing with feet together with the hoop on the right side of the body.
- 1-4 (11) Traveling to corner 2: *Step hop right*. Swing the hoop forward and up. *Step hop left*. Swing the hoop down on the right side of the body.
- 5-8 (12) 2 runs (right-left). *Split leap (135°)* with the right leg forward as swing the hoop forward. Step left and close the feet together. Lower the hoop on the right side of the body.
- 1-2 (13) *Toss the hoop with the right hand. Catch with 2 hands*, arms apart. (Right hand high and left hand low) in a forward diagonal position.
- 3-4 (14) Circle the hoop to the left around the body. Finish with the hoop in front of the body on a horizontal plane. Hold the hoop in an under-grip.
- 5-6 (15) Change the left hand to an over-grip.
- 7-8 (16) Turning left to face side 1, step sideways with the left foot and close the feet together. Pass the hoop to the left around the body. (Begin with the left hand swinging the hoop to the left. Change hands in the back. Finish with the hoop in front of the body in a horizontal plane.
- 1-4 (17) Shift the weight left and point the right foot to the side (left lunge). Hold the hoop in a horizontal plane in front of the body and swing to the left.



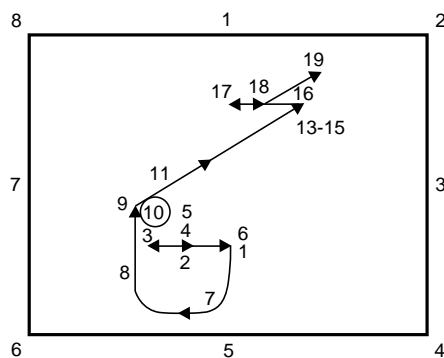
- 5-8 (18) Shift the weight right and point the left foot to the side (right lunge). Hold the hoop in a horizontal plane in front of the body and swing to the right.
- (19) Turn toward corner 2 as lower the hoop in front of the body. Cat leap through the hoop (right-left). Raise the hoop overhead. Pose with the right heel to the side. Body and hoop tilt right.

Identified Skills: 0.5 each

- 1 - Passe balance (#6)
 2 - Cat leap through the hoop (#8)
 3 - Flip toss (#9)
 4 - 2 step hops (#11)
 5 - Split leap – 135° – (#12)
 6 - Toss & catch with 2 hands (#13)

Level 2 Hoop

Floor Pattern:



Level II – Ball

Music: Tomorrow

Starting Position: Standing, feet together. Hold the ball with 2 hands, low, in front of the body. Face side 1.

Counts

- Intro. (1) Place the ball on the stomach. Using both hands, roll the ball up the body to the neck. Hold with the elbows out. Put the elbows forward and straighten the arms as the ball rolls forward out the arms. Catch with both hands and hold in the front middle position.
- 1-4 (2) Bend the knees and straighten while holding the ball in the right hand (left arm remains front middle), swing the ball sagittally on the right side of the body.
- 5-8 (3) Toss the ball with the right hand. Catch with 2 hands.
- 1-4 (4) Repeat #2 to the left.
- 5-8 (5) Repeat #3 with the left hand.
- 1-4 (6) Chasse sideways to the right. Holding the ball in 2 hands, circle the

arms to the right (counter clockwise) in front of the body. Step right. Turn the body slightly to the right. Lift the left leg in back in arabesque. Hold the ball diagonally forward.

- 5-8 (7) Repeat #6 to the left.
- 1-6 (8) Facing corner 8, close the right foot to the left. Lift the right knee to a *parallel passe balance*. (Hold 2 counts.) Bending and then extending the elbows, raise the ball overhead. Toward corner 8, step right and close the feet together. Lower the ball to front middle.
- 7-10 (9) Bend the knees. Straighten the knees and toss the ball with 2 hands. Catch the ball with 2 hands.
- 1-4 (10) *Bounce the ball with the right hand. Catch the ball with 2 hands.*
- 5-8 (11) Repeat #10.
- 1-6 (12) Traveling toward side 7, *chaine turn* left (left-right). Finishing facing corner 7, kneel on the left knee. Close the right knee to a high kneeling position as pass the ball around the body to the left. (Begin by swinging the left arm to the side. Change hands behind the back, continue to front with the right hand, finish with the ball in 2 hands, holding front middle.)
- 7-8 (13) With 2 hands, quickly *bounce the ball 3 times*. Catch with 2 hands.
- 1-4 (14) With 2 hands, toss the ball (very small). Turn the hands over (palms face the floor) and catch the ball on the wrist. Toss the ball (very small) from the wrists. Turn the hands over (palms face up) and catch the ball with 2 hands.
- 5-8 (15) Place the ball on the floor in front of the body. Bend forward and place the chest on the ball. Extend the legs and push the body forward, *rolling on the ball*. Finish in a stretched position, arms straight and head up. The ball is under the stomach. Bend the knees and *roll back* on the ball to return to kneeling position, sitting on feet.
- 1-4 (16) Pick the ball up with 2 hands and hold front middle. Roll the ball in and out the arms. Roll the ball in the arms. Cross the arms to hold the ball to chest. Head looks right.

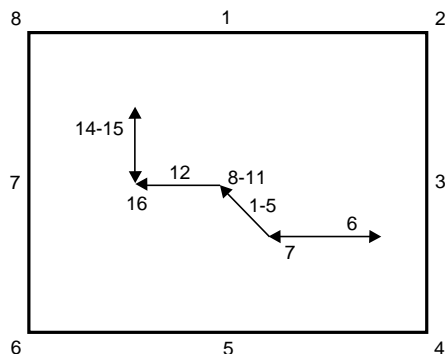
Identified Skills: 0.5 each

- 1 - Tosses with 1 hand (#3 & #5)
- 2 - Passe balance (#8)
- 3 - Bounce with 1 hand (#10)
- 4 - Chaine turn (#12)
- 5 - 3 bounces (#13)
- 6 - Roll forward and back on the ball (#15)



Level 2 Ball

Floor Pattern:



Level II – Ribbon

Music: Fur Elise

Starting Position: Standing facing side one, feet together, left arm is out to side, ribbon in right hand, right arm curved in front of body.

Note: When not specified, left arm is out to side. Steps should follow the phrasing of the music.

Counts

- 1-4 (1) 360 degree tiptoe turn right (small steps in releve) with vertical snakes. Finish with feet together.
- 5-8 (2) Arms cross in front of body and out to side.
- 1-8 (3) Repeat beats #1-8.
- 1-2 (4) Step back right, left, with spirals in front of body.
- 3-4 (5) Forward *bodywave* (arms swing backward in a large circle during bodywave).
- 5-6 (6) *Passe balance* on right leg with spirals in front.
- 7-8 (7) Feet together, two overhead swings left, right.
- 1-4 (8) Traveling toward side 3, two chasses to the right with large CCW frontal circles, step right, pose in right arabesque.
- 5-8 (9) Traveling toward side 7, two chasses to the left with large CW frontal circles, step left, pose in left arabesque.
- 1-2 (10) *Chaine turn* right (3 step turn) holding right hand with ribbon out to side.
- 3-4 (11) Facing corner 2, *straight jump* (ribbon swings up and back behind body).
- 5-8 (12) Traveling toward corner 2, march right-left-right-left with *horizontal snakes* behind.
- 1-2 (13) Feet together, snakes move overhead to front middle.
- 3-4 (14) Figure 8 with ribbon (left, right); ribbon swings down, up and over to one side.
- 5-8 (15) Run in a circle to the right (optional number of steps) with horizontal snakes over left arm to end facing side 1. Ribbon executes one CW overhead circle with ribbon at completion of runs.



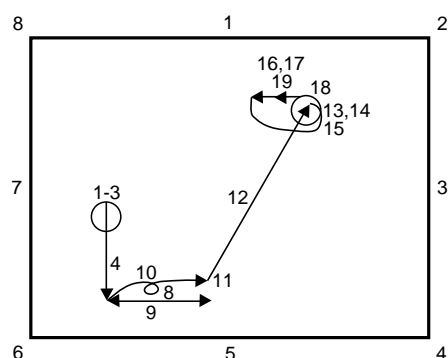
- 1-4 (16) Lunge right, left while ribbon executes a figure 8, *half turn right, ribbon executes one CW overhead circle.*
- 5-8 (17) Repeat #16.
- 1-4 (18) Tiptoe turn right with vertical snakes.
- 5-8 (19) Step left, curtsy to kneeling on right knee, drawing ribbon over left arm, pull right. Pose.

Identified Skills: 0.5 each

- 1 - Bodywave (#5)
- 2 - Passe with spirals (#6)
- 3 - Chaine turn (#10)
- 4 - Straight jump (#11)
- 5 - March with horizontal snakes (#12)
- 6 - Half turn with overhead circles (# 16 & 17)

Level 2 Ribbon

Floor Pattern:



Level III Routines (Rope, Hoop, Ball, and Ribbon)

Level III – Rope

Music: Rockin' Robin

Starting Position: Standing with feet together, arms extended forward. Rope is doubled. The right hand holds the knots and the left hand holds the middle of the rope. Face side 1.

Counts

- 1-4 (1) On the left side of the body, begin forward sagittal circles of the folded rope.
- 1-4 (2) Walk forward 3 steps (right-left-right) and close feet together as continue forward sagittal circles.
- 1-4 (3) Walk backward 3 steps (right-left-right) and close feet together as continue forward sagittal circles.
- 1-4 (4) Chaine turn to the right, 3 step turn (right-left-right) with horizontal rope circles to the right overhead, close feet together.



- 1-4 (5) Place the right heel forward and close. Place the left heel forward and close. Continue overhead circles.
- 1-4 (6) Stand with feet together. Pass the rope around the body to the right. Change the knots to the left hand behind the back, left hand continues to the front. Open the rope in front of the body and hold one knot in each hand (in a U-shape).
- 1-8 (7) *Cat Leap 3 times (right-left) over the forward turn of the rope.* Swing the rope over the head after the last jump. Place the right heel forward on the floor and trap the rope under the foot to stop the swing.
- 1-4 (8) Swinging the rope in front of the body in a U-shape: Step left and touch the right foot to the side (lunge) as the rope swings left. Shift the weight right and touch the left foot to the side (lunge) as the rope swings right.
- 5-8 (9) Two side chasses left. Rope does 2 clockwise frontal circles. Step left and close feet together. Rope swings left.
- 1-4 (10) Repeat #8, starting to the right.
- 5-8 (11) Repeat #9 to the right.
- 1-4 (12) Turning to the left to face corner 4, step left-right and close the feet together. Keeping the arms apart circle the rope to the left around the body. Finish with both hands in front of the body and put both knots in the right hand.
- 5-8 (13) Step back on the left foot and pose with the right heel on the floor in front. Slide the left hand down the doubled rope to hold the end. Rope finishes in a diagonal with the right hand low in front and the left hand high in back.
- 1-4 (14) *Step hop* on the right foot. *Step hop* on the left foot. Rope circles forward on the right side of the body.
- 5-8 (15) 2 runs (right-left). *Split leap (180°)* with the right leg forward. Rope continues forward circles. Turning to the right (half turn) to face corner 8, step left-right and close the feet together. Staying on plane, the rope swings forward toward corner 8. Put a knot in each hand.
- 1-4 (16) 4 knee bends. Hands are held close together as rope does two figure 8s (right-left-right-left). Open arms.
- 5-8 (17) *4 straight jumps* over the forward turn of the rope.
- 1-4 (18) Arms together, 4 steps forward toward corner 8 (right, left, right, left). Rope does figure 8s (right, left, right, left). Open arms.
- 5-8 (19) *2 cat leaps* (with the right leg leading) through the forward turning rope. Finish with feet together.
- 1-4 (20) Without interrupting the swing of the rope: With the right arm extended to the side and the left hand by the right shoulder, run 4 steps forward (right-left-right-left) and close feet together. Rope wraps forward around the right arm.
- 5-8 (21) Run 4 steps backward (right-left-right-left) and close feet together. Rope unwraps from arm.
- 1-4 (22) Releve. Rope swings overhead and behind the body.
- 5-6 (23) Bend the knees and cross the arms in front of the body. Straighten the knees and open the arms.

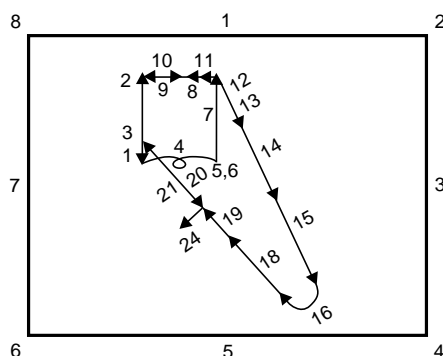
- 7-8 (24) Step left—Place the arms behind the back and put both knots in the right hand. Pose with the right heel to the side. Left arm is diagonally up to the left. Right arm is diagonally down to the right.

Identified Skills: 0.5 each

- 1 - 3 cat leaps over the rope (#7)
- 2 - 2 step hops (#14)
- 3 - Split leap (#15)
- 4 - Figure 8s with the rope (#16)
- 5 - 4 straight jumps over the rope (#17)
- 6 - 2 cat leaps through the rope (#19)

Level 3 Rope

Floor Pattern:



Level III – Hoop

Music: Yellow Submarine

Starting Position: Standing with feet together, hoop rests on the floor in front of the body, hands holding the top edge in an under-grip. Face side 1.

Counts

- 1-4 (1) Step right and lunge to the right. Holding the hoop with 2 hands, swing to the right in a frontal plane.
- 5-8 (2) - Repeat #1 to the left.
- 1-4 (3) - Spin the hoop on the floor on the right side of the body. Two small steps turning to face side 3. Close the feet together. Grasp the hoop in the right hand.
- 5-8 (4) Swing the hoop forward and up. Bend the knees. Swing the hoop down on the right side of the body.
- 1-4 (5) Step forward on the right foot. Lift the left leg to a parallel passe position. (No two-second balance required). Close the feet. Toss and catch the hoop in the right hand.
- 5-8 (6) With the right hand, execute a *boomerang roll* with the hoop. *Tuck jump*. Catch the rolling hoop in the right hand.
- 1-4 (7) Turn right to face the hoop and side 5. Hold the hoop with both hands. Traveling in a semi-circle to the right, 2 chasses with the right foot forward. Hoop raise overhead.



- 5-8 (8) 2 running steps (right-left) as the hoop lowers in front of the body. Cat leap through the hoop (right-left). Finish with feet together and the hoop overhead, facing side 1.
- Drum (9) Lower the hoop in front of the body and execute a *flip toss with 1*
 Roll *rotation*. Lift the forward edge of the hoop up and backwards over the
 & High head. Lower to the floor behind the body and step sideways out of the
 Whistle hoop (left-right), releasing the hoop with the left hand.
- Chimes (10) Spin the hoop to the right, keeping the right hand on top of the
 with hoop and the left arm diagonally high to the left side. Skip in a circle to
 Triangle the right (right-left-right-left-together) around the spinning hoop. Finish
 facing corner 2, standing with feet together with the hoop in front of the
 body. Grasp the hoop with the left hand (in front of the right hand). The
 body inclines forward.
- 1-4 (11) Traveling to corner 2: Step hop right. Holding the hoop in the left
 hand, swing the hoop forward and up. Step hop left. Swing the hoop
 down on the left side of the body.
- 5-8 (12) 2 runs (right—left). Behind the back, change the hoop to the right
 hand. *Split leap (180°)*. Holding the hoop in the right hand, swing the
 hoop forward and up.
- 1-2 (13) Toss the hoop with the right hand. Catch with 2 hands. (Right
 hand high and left hand low) in a forward diagonal position.
- 3-4 (14) Circle the hoop to the left around the body. Finish with the hoop in
 front of the body on a horizontal plane. Hold the hoop in an under-grip.
- 5-6 (15) Change the left hand to an over-grip.
- 7-8 (16) Turning left to face corner 6 (1/2 turn), step left-right and close the
 feet together. Pass the hoop to the left around the body. (Begin with
 the left hand swinging the hoop to the left. Change hands in the back.
 Finish with the hoop in front of the body on a horizontal plane.
- 1-4 (17) Step right. Raise the hoop overhead. Lower the hoop in front of
 the body. *Kick the left leg through the hoop*. Step into the hoop (left—
 right). The whole body passes through the hoop as it raises overhead.
- 5-8 (18) Lower the hoop to rest on the floor in a frontal plane in front of the
 body. Lean forward over the hoop. Release the hands and move arms
 diagonally back.
- 1-4 (19) Place the right hand on hoop and begin *counter-clockwise rotations*
 (frontal plane). *Chasse forward* with the right foot front. *Chasse forward*
 with the left foot front.
- 5-8 (20) Close feet together. Stop the rotations and hold the hoop in the
 right hand. Circle the hoop overhead and change to the left hand.
 Lower the hoop to the floor on the left side of the body. (Hoop stays in
 the frontal plane) 3/4 turn to corner 8, step sideways in front of the
 hoop with the left foot. Close the right foot (turning toward the hoop).
 Leaving the hoop on the floor, release the left hand and grasp the hoop
 with the right hand.
- 1-4 (21) Traveling toward corner 8: *Toss the hoop* with the right hand. Take
 one or 2 steps forward and close the feet together. *Catch the hoop* in
 the right hand.



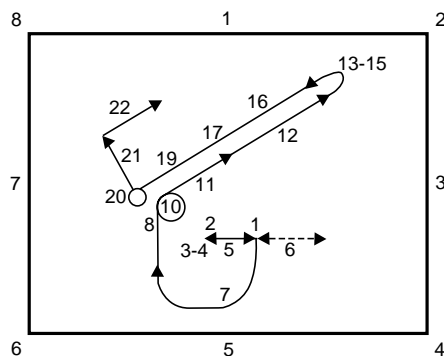
(22) 1/4 turn right to face Corner 2: Step right-left. Kneel on the right knee. Circle the outside edge of the hoop to the right around the body. Grasp the hoop with the left hand (in a horizontal plane). Raise the hoop over head (in a horizontal plane). Torso twists slightly to the left.

Identified Skills: 0.5 each

- 1 - Boomerang roll/tuck jump (#6)
- 2 - Flip toss with 1 rotation (#9)
- 3 - Split leap – 180° (#12)
- 4 - Kick through the hoop (#17)
- 5 - Chasses (#19)
- 6 -Toss & catch (#21)

Level 3 Hoop

Floor Pattern:



Level III – Ball

Music: Tomorrow

Starting Position: Standing with feet together. Hold the ball with 2 hands, low, in front of the body. Stand at the back of the mat, near corner 4. Face side 1.

Counts

- Intro. (1) Place the ball on the stomach. Using both hands, roll the ball up the body to the neck. Hold with the elbows out. Run 4 steps forward toward side 1 (right-left-right-left), kicking feet up behind while rolling the ball forward out the arms. Close the feet together while holding the ball with 2 hands in the front middle position.
- 1-2 (2) Bend the knees and straighten. Holding the ball in the right hand (left arm remains front middle), swing the ball sagittally on the right side of the body.
- 3-4 (3) Toss the ball in front with the right hand (head high). Catch in the left hand.
- 5-6 (4) Repeat #2 to the left.
- 7-8 (5) Toss the ball in front with the left hand (head high). Catch in the right hand.
- 1-4 (6) Bend the knees and lean the body forward. Pass the ball to the right around the knees, changing hands in the back and finishing standing up straight with the ball in 2 hands in the front middle position.



- 5-6 (7) Bounce the ball with 2 hands. Catch with 2 hands.
- 7-8 (8.) Toss the ball with 2 hands. Catch with 2 hands.
- 1-4 (9) Chasse sideways to the right, toward side 3. Holding the ball in 2 hands, circle the arms to the right (counter clockwise) in front of the body. Step right and hop with the left leg lifted in arabesque. Hold the ball diagonally forward.
- 5-8 (10) Repeat #9 to the left (toward side 7).
- 1-6 (11) Facing corner 8, close the right foot to the left. Lift the right knee to a *parallel passe balance in releve*. (Hold 2 counts). Bending and then extending the elbows, raise the ball overhead. Toward corner 8, step right and close the feet together. Lower the ball to front middle.
- 7-10 (12) Bend the knees. Straighten the knees and *toss the ball with 2 hands*. With the arms parallel, bend the elbows so the hands are up. *Trap the ball in the arms*. Straighten the elbows, extending the arms to front middle. Roll the ball out the arms and catch with 2 hands.
- 1-2 (13) Traveling to corner 8, *step hop right*. Swing the ball forward and up in the right hand.
- 3-4 (14) *Step hop left*. Swing the ball down and back on the right side of the body.
- 5-8 (15) 2 runs (right-left). *Split leap (180°)* with the right leg forward. Toss the ball forward and upward with the right hand. Step left. Close the feet together.
- 1-4 (16) Allow the ball to bounce in front of the body. Catch with 2 hands and hold front middle.
- 5-8 (17) Alternating feet, lift the right heel, left heel, right heel, left heel (prances) while twisting the ball 4 times (right hand up, left hand up, right hand up, left hand up).
- 1-4 (18) Still facing corner 8, step left (with a slight knee bend). Point the right foot to the right side. *Bounce the ball in a V from the right hand to the left hand*.
- 5-8 (19) Shift the weight to the right foot (with a slight knee bend). Point the left foot to the left side. *Bounce the ball in a V from the left hand to the right hand*.
- 1-4 (20) Traveling toward side 7, chaine turn left (left-right). Finishing facing corner 8, kneel on the left knee. Close the right knee to a kneeling position. Pass the ball around the body to the left. (Begin by swinging the left arm to the side. Change hands behind the back. Finish with the ball in 2 hands, holding front middle.)
- 5-8 (21) With 2 hands, quickly bounce the ball 3 times. Catch with 2 hands.
- 1-4 (22) With 2 hands, toss the ball (very small). Turn the hands over (palms face the floor) and catch the ball on the wrists. Toss the ball (very small) from the wrists. Turn the hands over (palms face up) and catch the ball with 2 hands.
- 5-8 (23) Place the ball on the floor in front of the body. Bend forward and place the chest on the ball. Extend the legs and push the body forward, rolling on the ball. Finish in a stretched position, arms straight and head up. The ball is under the stomach. Bend the knees and roll back on the ball to return to kneeling position, sitting on feet.



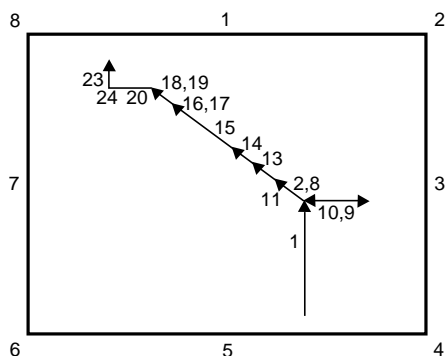
- 1-4 (24) Pick the ball up with 2 hands and hold front middle. Roll the ball in and out the arms. Roll the ball in the arms. Cross the arms to hold the ball. Head looks right.

Identified Skills: 0.5 each

- 1 - Tosses (#3 & #5)
- 2 - Passe balance in releve (#11)
- 3 - Toss & trap (#12)
- 4 - Step hops (#13 & #14)
- 5 - Split leap – 180° (#15)
- 6 - Bounces in a V (#18 & #19)

Level 3 Ball

Floor Pattern:



Level III – Ribbon

Music: Fur Elise

Starting Position: Standing facing side one, feet together, left arm is out to side, ribbon in right hand, right arm curved in front of body.

Note: When not specified, left arm is out to side. Steps should follow the phrasing of the music.

Counts

- 1-4 (1) 360 degree tiptoe turn right (small steps in releve) with vertical snakes in front. Finish with feet together.
- 5-8 (2) Arms cross in front of body and out to side.
- 1-8 (3) Repeat beats #1-8.
- 1-2 (4) Two steps back (right, left) with spirals in front of body.
- 3-4 (5) Forward *bodywave* (arms swing backward in a large circle during bodywave).
- 5-6 (6) *Arabesque balance* on right leg with spirals in front.
- 7-8 (7) Feet together, two overhead swings left, right.
- 1-4 (8) Traveling towards side 3, two side chasses to the right with large CCW frontal circles, step right, arabesque hop.
- 5-8 (9) Traveling towards side 7, two side chasses to the left with large CW frontal circles, step left, arabesque hop.



- 1-2 (10) Chaine turn right (3 step turn) holding right hand with ribbon out to side.
- 3-4 (11) Facing corner 2, straight jump (ribbon swings up and back behind body)
- 1-8 (12) Traveling toward corner 2, skip right/left, run right/left with *horizontal snakes* behind then *split leap (180°)*, feet together, snakes move overhead to front middle.
- 1-2 (13) Figure 8 with ribbon (left, right); ribbon swings down, up and over to one side.
- 3-6 (14) Run in a circle to the right (optional number of steps) with horizontal snakes over left arm to end facing side 1.
- 7-8 (15) *Cat leap over the ribbon*, with ribbon doing one overhead CW circle.
- 1-4 (16) Lunge right, left while ribbon executes a figure 8, *half pique turn right, ribbon executes one CW overhead circle.*
- 5-8 (17) *Repeat #16.*
- 1-4 (18) Exchange ribbon behind back into one hand, traveling forward towards corner 8, step right, left, step *right passe balance*, ribbon executes figure 8s during steps and during the balance.
- 5-8 (19) Traveling backward to face side 1, execute small running steps (optional number) ribbon executes frontal snakes, small release of ribbon stick into right hand.
- 1-2 (20) Tiptoe turn right with vertical snakes.
- 3-4 (21) Step left, curtsey to kneeling on right knee, drawing ribbon over left arm, pull right. Pose.

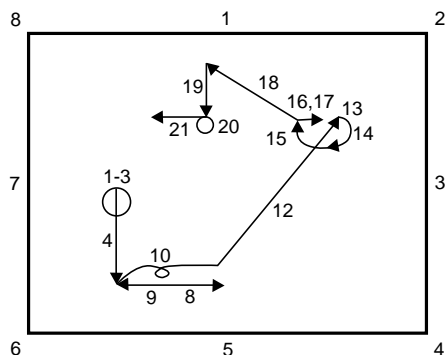
Identified Skills: 0.5 each

- 1 - Bodywave (#5)
- 2 - Arabesque with spirals (#6)
- 3 - Split leap (#12)
- 4 - Cat leap over ribbon (#15)
- 5 - 1/2 pique turns (# 16 & 17)
- 6 - Right passe balance (#18)



Level 3 Ribbon

Floor Pattern:



Group Rhythmic Routines (Floor Exercise and Ribbon)

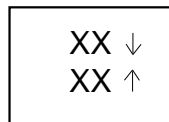
Group – Rhythmic Floor Exercise (Athletes do the Level I Floor Exercise routine simultaneously. See pages 334-336 and video)

Identified Skills: 0.5 each

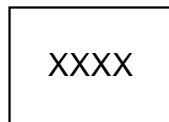
- 1 - Arabesque
- 2 - Body wave
- 3 - Straight jump

Identified Formations (4 athletes)

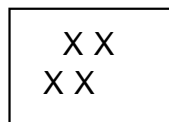
- 1. Beginning square – facing



- 2. Straight line (after the chasses in a circle)

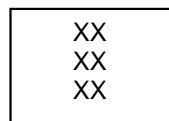


- 3. Parallelogram (after the chaine turn to the right)

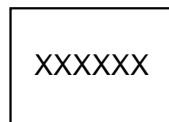


Identified Formations (6 athletes)

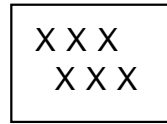
- 1. Beginning rectangle



- 2. Straight line (after the chasses in a circle)



3. Parallelogram (after the chaine turn to the right)



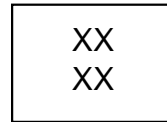
Group – Ribbon (see video)

Identified Skills: 0.5 each

- 1 - Arabesque balance (in releve) with spirals
- 2 - Pique turn with overhead circle
- 3 - Leap (minimum 135 split) with snakes

Identified Formations:

1. Beginning square (when the athletes stretch the ribbons, turn and do the arabesque balance)



2. Straight line (pique turns)



3. Parallelogram (ribbon exchange)

