



USAIGC Rhythmic Gymnastics Body Skills

**Level
Premier**

Name(s)

Apparatus (circle one)
Floor Rope Hoop Ball
Clubs Ribbon

Type (circle one)
Individual Duet Trio Group

#	Symbol	Skill Description	Comments	Points
1				/5
2				/5
3				/5
4				/5
5				/5
6				/5
7				/5
8				/5
9				/5
Total:				/45

The Symbols

Leap Balance

Pivot Flexibility

Acro A+.

Scoring Guide:

3 points: Good. Fix skill as noted.
5 points: Perfect! 2 points: Good try, but needs practice
4 points: Very good. 1 point: Really needs practice.
0 pts: Skill was missing from routine.

POINT TOTALS FROM BOTH JUDGING SHEETS

Body Skills
/45

 +

Execution
/20

 +

Apparatus
/30

 =

Total
/95

AWARDS SYSTEM FOR THE PREMIER LEVEL

Gold Medal	Silver Medal	Bronze Medal	Participation Award
95-85	84-75	74-65	Below 64

USAIGC Rhythmic Gymnastics

Overall Impression

Name(s) & Team

Level (circle one)
Bronze
Silver Gold
Platinum Premier

Apparatus (circle one)
Floor Rope
Hoop Ball
Clubs Ribbon

Type (circle one)
Individual
Duet
Trio
Group

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Body Alignment/Grace	/2
Skill Difficulty	/2
Match Level	
Overall Routine Flow	/2
Rhythm with Music	/2
Facial Expression	/2
Body Expression	/2
Showmanship	/2
Choreography fits routine	/2
Floor Pattern, Level Changes, Variety of Traveling	/2
Variety of Dance Steps	/2



Scoring Guide
 2 points: Great!
 1 point: Needs work
 0 points: Did not occur

Scoring Guide
 2 points: Great!
 1 point: Needs work
 0 points: Did not occur



Apparatus

Total: /20

<i>Low Tosses</i>		<i>High Tosses</i>		<i>Apparatus Handling</i>	
Changing up use of hands	/2	Variety in the approach	/2	Variety of <i>echappes</i> or rotation of apparatus	/2
Staying still and while traveling	/2	Unusual catches (only one typical "palm" catch per routine)	/2	Variety of boomerangs or similar rotations	/2
Blind catches	/2	Blind catch (at least one per routine)	/2	Variety of bounces and/or rolls	/2
Unusual catches	/2	One toss with an acrobatic element beneath it	/2	Rotations around body	/2
Variety of changing planes	/2	Variety of changing planes	/2	Using the body to manipulate apparatus	/2

Total: /30