

Gymnastic Grade 5

Statics (balance and landings)	0= no balance or missing balance 1=skill present, poor body alignment, minimal hold 2=skill present, hold move, body in proper alignment
Locomotion (travels)	0= unrecognizable, or no travel 1=recognizable, good body alignment, minimal distance 2=recognizable, straight body alignment (toes, arms, pointed, etc)
Rotations	0= missing tumblers and turns, incomplete routine 1= attempted tumble, developing/good execution, near perfect form 2=perfect – very good execution, perfect form
Springs	0= missing jumps in routine 1= attempted jumps developing/good execution, near perfect form 2=perfect – very good execution, perfect form
Flow	0=no flow, no transition, large pauses 1=slight pauses in routine, poor flow, poor transition 2=routine is in sync, no pauses, smooth transition throughout

Total / 10