

## DIFFICULTY ELEMENTS:

### 1. - SINGLE ROPE

<b>BASIC (0-2)</b>	<b>ELEMENTARY (3-4)</b>	<b>INTERMEDIATE (5-6)</b>	<b>ADVANCED (7-8)</b>	<b>OUTSTANDING (9-10)</b>
Very simple footwork skills performed by a few members of the group with no formation and rhythm changes. No attempt to choreograph the skills to the music.	Simple footwork skills performed by the entire group with very few, simple formations and rhythm changes.  <b>OR</b> More complex footwork skills performed by part of the group with slightly more complex formation and rhythm changes.	More complex footwork and armwork skills, with some legwork skills incorporated. The sequence is performed by the entire group with slightly more difficult formation and rhythm changes.  <b>OR</b> Complex footwork, arm work and leg work skills and multiple unders performed by part of the group with difficult formation and rhythm changes.	Complex foot work, arm work and leg work skills and multiple unders performed by the entire group with difficult formation and rhythm changes. However, during the formation changes - challenging skills are not performed.	Complex foot work, arm work and leg work skills and multiple unders performed by the entire group whilst executing difficult formation and rhythm changes and choreographed perfectly to the music.
			a sequence of complex skills followed by a formation change using very basic foot work skills.	

## 2. CHINESE WHEEL

<b>BASIC (0-2)</b>	<b>ELEMENTARY (3-4)</b>	<b>INTERMEDIATE (5-6)</b>	<b>ADVANCED (7-8)</b>	<b>OUTSTANDING (9-10)</b>
A very simple two person wheel performed by a few members of the group. It is neither physically nor choreographically challenging	A slightly more complex two wheel performed by part of the group. It is neither physically nor choreographically challenging	A Level 2 two person wheel or a Level 1 three person wheel, or a basic giant wheel performed by the entire group. It is slightly more physically and choreographically challenging.	A Level 3 two person wheel, or a Level 2 three person wheel or a Level 1 or 2 four person wheel, or a giant wheel with basic switches performed by the entire group. It is both physically and choreographically challenging	A Level 3 three or four person wheel, or a giant wheel with more complex switches performed by the entire group. It is extremely challenging both physically and choreographically.
	a two wheel with crosses, turns, switches and twin formations performed by part of the group but they are not together and the sequence seems chaotic.			

### 3. LONG ROPE

<b>BASIC (0-2)</b>	<b>ELEMENTARY (3-4)</b>	<b>INTERMEDIATE (5-6)</b>	<b>ADVANCED (7-8)</b>	<b>OUTSTANDING (9-10)</b>
One long rope with a turner at each end and one jumper in the rope at a time. Music seems to be background music	Multiple ropes, turners and skippers working together to complete a long rope activity. However, the activity only involves part of the group and is neither physically nor choreographically challenging	Multiple ropes, turners and skippers working together to complete a long rope activity that involves the entire group in a slightly more physically and choreographically challenging manner.	Multiple ropes, turners and skippers working together to complete a long rope activity that involves the entire group in a slightly more physically and choreographically challenging manner.	Multiple ropes, turners and skippers working together to complete a long rope activity that involves the entire group. It is extremely challenging both physically and choreographically and involves many different forms of movement such as gymnastic skills to move from one rope to the next.
rapid fire, basic foot work skills performed by skipper, rope in a rope	egg beater, triangle, the cliff	Texas star, loops, eyeballs. rainbow	- umbrella with skippers at each turner and a skipper in the centre - Long Double Dutch ropes with skippers performing skills in the center	

#### **4. TRAVELLER**

<b>BASIC (0-2)</b>	<b>ELEMENTARY (3-4)</b>	<b>INTERMEDIATE (5-6)</b>	<b>ADVANCED (7-8)</b>	<b>OUTSTANDING (9-10)</b>
One traveller who jumps down a single line of skippers using a double bounce. He or she may stop at each jumper to perform a trick or two, leaving the other jumpers waiting for their turn. Music does not appear to be an important part of the sequence.	The traveller jumps down a single line of skippers or the skippers scoop one another. The sequence is slightly more challenging physically, however it lacks choreographic challenge.	One or more travellers catch skippers who may be in a formation other than that of a straight line. The sequence will consist of a double bounce, but requires the traveller to manipulate his or her body position to successfully catch the skipper. The sequence is slightly challenging physically, however it still lacks choreographic challenge.	Multiple travellers catch skippers at a pace faster than normal. The sequence is both physically and choreographically challenging. The sequence may be done in a formation other than a straight line. However, parts of the sequence are at the elementary / intermediate level.	A combination of advanced level traveller skills done back to back by the entire group. The sequence may involve pace and formation changes as well as rope manipulation skills, It is both physically and choreographically challenging.
double bounce	alternate, basic scoop	weave, double up, combo scoops with a double bounce	wheel, machine gun, combo scoops with a single bounce	

## 5. DOUBLE DUTCH

BASIC (0-2)	ELEMENTARY (3-4)	INTERMEDIATE (5-6)	ADVANCED (7-8)	OUTSTANDING (9-10)
Only a few members are involved  and/or they are performing the most basic steps	Most team members are involved  but the skills lack challenge and are not interconnected. The routine is not choreographed to music.	Every member of the group is involved  but not inter-connected and/or members are performing challenging skills in different elements. The steps match the music but the rhythm doesn't match.	Every member of the group is involved physically.  The steps and rhythm match the music. Skills and steps are at an appropriate level of difficulty.	Every member of the group is physically and choreographically involved.  in every aspect of the sequence being performed. The choreography of the sequence requires the skippers to be dynamically interactive, working co-operatively in an inter-connected way. The choreography of the sequence requires beat and rhythm changes, movement and changes of formation. The formations of the sequence are complex and difficult to execute accurately. The skills performed are challenging and difficult. The sequence is choreographed perfectly to match the music.
foot work, kicks, turns etc. The sequence is not choreographed to the music.	round off entry, one push up, donkey kick, single rope in double Dutch	wheels, leapfrogs, eye of the needle, skippers and turners moving and rotating whilst jumping.		rope manipulation, multiples, strength and gymnastic moves while staying on beat with the music in a sequence of 3 or more skills in a row.

**NOTE:** more than one element may be combined. The judges must give credit to each element. E.g. Traveler performed with a Wheel or Double Dutch. Long Ropes containing Double Dutch inside. Points are awarded for each element out of 10 based on the level of mastery displayed, where 0-2 is Basic, 3-4 is Elementary, 5-6 is Intermediate, 7-8 is advanced and 9-10 is Outstanding.

