



NSS RHYTHMIC ASSESSMENT FORM 2021




Venue: _____ Date: _____

Assessors: _____ ; _____

Name of Student: _____

Date of Birth: _____

TACTICAL – 15%				
Insight knowledge understanding of the sport, Competition intelligence, decision making, core movements concepts				
Good warm-up, cool-down and stretching				3
knowledge of Equipment and proper attire				3
Knowledge of Rules, Composition and general deductions & Competition Tactics				3
Training aids and their application				3
Basic Body positions in rhythmic				3
TECHNICAL – 48%				
Technic and Skills of the sport				
APPARATUS 1	Difficulty	Body Difficulty		4
		Dance steps combination		4
		Dynamic elements with rotation		4
		Apparatus Difficulty		4
	Execution			4
	Artistic			4
APPARATUS 2	Difficulty	Body difficulty		4
		Dance steps combination		4
		Dynamic elements with rotation		4
		Apparatus Difficulty		4
	Execution			4
	Artistic			4

PHYSIOLOGICAL – 21% (from the student floor routine – 7 elements)				
Assessment Criteria			Student Mark	Maximum Points
	Jump and value	Valid or not		3
	1.			
	2.			3
	Balance and value	Valid or not		3
	1.			
	2.			3
	Rotations and value	Valid or not		3
	1.			
	2.			3
Jump, Balance, Rotation		Valid or not		3
PERSONALITY – 16%				
			Student Mark	Maximum Points
Performance in Competitions National Championship				8
Performance in Competitions National Championship				8

Assessor's Signatures:

Coordinator's Signature:
