

















# TABLE C

## APPARATUS HANDLING








ROPE 

	<ul style="list-style-type: none"> <li>• Passing through the rope with a jump/leap. Rope turning forward, backward, or to the side</li> </ul>
	<ul style="list-style-type: none"> <li>• Passing through the rope with series (3 minimum) of small hops. Rope turning forward, backward, or to the side</li> </ul>
	<ul style="list-style-type: none"> <li>• "Echappe"</li> </ul>
	<ul style="list-style-type: none"> <li>• Spirals (double or more rotations of the rope's end during "echappe")</li> </ul>
	<ul style="list-style-type: none"> <li>• Figure eight or "sail" movement with ample movement of the trunk (Rope held in two hands)</li> <li>• Large circles (rope held in two hands)</li> </ul>
	<ul style="list-style-type: none"> <li>• Catch of the rope with one end in each hand</li> </ul>
	<ul style="list-style-type: none"> <li>• Series (3 minimum) of rotations. Rope folded in two</li> <li>• One free rotation around a part of the body</li> <li>• One rotation of the open, stretched rope, held by the middle or by the end</li> </ul>
	<ul style="list-style-type: none"> <li>• Small or medium throw and catch</li> </ul>
	<ul style="list-style-type: none"> <li>• Wrapping or swings</li> </ul>

HOOP ○












	<p>Passing through the Hoop with the whole or part of the body (two large body segments) FONDAMENTAL</p>
	<p>Large Roll of the Hoop over minimum two large body segments Roll of the Hoop on the floor FONDAMENTAL</p>
	<p>Rotation (min. 3) of the Hoop around the hand or around a part of the body FONDAMENTAL</p>
	<p>Rotation (min. 1) of the Hoop around its axis around the fingers or around or on part of the body Rotation (min.3) on the floor around the axis FONDAMENTAL</p>
	<p>Passaggio sopra il cerchio di una parte o dell'intero corpo</p>
	<p>Small and medium throw and catch the hoop</p>
	<p>Throw and catch the hoop</p>

**BALL**

	<ul style="list-style-type: none"> <li>• Free roll of the ball on the body</li> </ul>
	<ul style="list-style-type: none"> <li>• Large ( 1 meter minimum) roll of the ball on the floor</li> <li>• Series (3 minimum) of small rolls of the ball on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>• Bounces             <ul style="list-style-type: none"> <li>▪ Series (3 min.) of small bounces (below knee level)</li> <li>▪ One high bounce (knee level and higher)</li> <li>▪ Visible rebound from a part of the body</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>• Balancing of the ball – For example: Swings or Figure eight of the ball with circle movements of the arms (circumduction)</li> </ul>
	<ul style="list-style-type: none"> <li>• Catch of the ball with one hand</li> </ul>
	<ul style="list-style-type: none"> <li>• "Flip over" movement of the ball</li> <li>• Rotations of the hand(s) around the ball</li> <li>• Series (3 min.) of assisted small rolls</li> <li>• Roll of the body over the ball on the floor</li> <li>• Thrust/push of the ball from different parts of the body</li> </ul>
	<ul style="list-style-type: none"> <li>• Small or medium throw and catch</li> </ul>

CLUBS



	<ul style="list-style-type: none"> <li>Mills- at least 4 small circles of the clubs with time delay and by alternating crossed and uncrossed wrists/hands each time</li> </ul>
	<ul style="list-style-type: none"> <li>Series (3 minimum) of small circles with both clubs</li> </ul>
	<ul style="list-style-type: none"> <li>Asymmetric movements of 2 clubs, must be different in their shape or amplitude and in the work planes or direction</li> </ul>
	<ul style="list-style-type: none"> <li>Small throws and catches with rotation of 2 clubs together, simultaneously or alternating</li> </ul>
	<ul style="list-style-type: none"> <li>Free rotations of 1 or 2 clubs on the part of the body or on the floor</li> <li>Rolls of 1 or 2 clubs on the part of the body or on the floor</li> <li>Rebound of 1 or 2 clubs from the body</li> <li>Swings</li> <li>"Sliding"</li> <li>Tapping (1 minimum)</li> <li>Thrust/push of the clubs from different part of the body</li> </ul>
	<ul style="list-style-type: none"> <li>Series (3 minimum) of small circles with 1 club</li> </ul>
	<ul style="list-style-type: none"> <li>Small or medium throw and catch of 1 club</li> </ul>
	<ul style="list-style-type: none"> <li>Throw or catch of 2 clubs, simultaneous</li> </ul>
	<ul style="list-style-type: none"> <li>Throw or catch of 2 clubs, asymmetric</li> </ul>
	<ul style="list-style-type: none"> <li>"Cascade" throws (double or triple)</li> </ul>
	<p>Small throw of two locked</p>

RIBBON



	<ul style="list-style-type: none"> <li>• Spirals (4-5 waves), tight and same height</li> </ul>
	<ul style="list-style-type: none"> <li>• Spirals on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>• Snakes (4-5 waves), tight and same height</li> </ul>
	<ul style="list-style-type: none"> <li>• Snakes on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>• Passing through or over the pattern of the ribbon</li> </ul>
	<ul style="list-style-type: none"> <li>• "Echappe"</li> </ul>
	<ul style="list-style-type: none"> <li>• Boomerang in the air or on the floor</li> </ul>
	<ul style="list-style-type: none"> <li>• Rotational movement of the ribbon stick around the hand</li> <li>• Roll of the ribbon stick on the part of the body</li> <li>• Rebound of the stick from the part of the body</li> <li>• Wrapping</li> <li>• Figure eights, swings, large circles</li> <li>• Movement of the ribbon around the part of the body created, when the stick is held by different parts of the body (hand, neck, knee, elbow) during body movements or difficulties with rotation (not during "slow turn")</li> </ul>
	<ul style="list-style-type: none"> <li>• Small or medium throw and catch</li> </ul>