

## TRICKS: «Rope Skipping»

| 1 Punkte Tricks<br>(National) | 2 Punkte Tricks<br>(Europe) | 3 Punkte Tricks<br>(World) |
|-------------------------------|-----------------------------|----------------------------|
| Skier                         | Side Swing                  | Side Swing Criss Cross     |
| Side Straddle                 | X-It                        | Back Under                 |
| Side Step                     | Heel Click                  | Pretzel                    |
| Twister                       | Half Turn                   | Spin                       |
| Kick Step                     | Kick Step Direct            | Double Kick                |
| Bell                          | Criss Cross                 | Front Back                 |
| Forward Straddle              | Heel Tip Toe Tip            | Double Under               |
| High Step                     | Can Can                     | Heel Dig X-Motion          |

## NOTENTABELLE: «Rope Skipping»

| Note | K1    | K2    | K3    | M1    | M2    | M3    |
|------|-------|-------|-------|-------|-------|-------|
| 6    | 15-18 | 15-18 | 15-18 | 15-18 | 15-18 | 15-18 |
| 5.75 | 14    | 14    | 14    | 14    | 14    | 14    |
| 5.5  | 13    | 13    | 13    | 13    | 13    | 13    |
| 5.25 | 12    | 12    | 12    | 12    | 12    | 12    |
| 5    | 11    | 11    | 11    | 11    | 11    | 11    |
| 4.75 | 10    | 10    | 10    | 10    | 10    | 10    |
| 4.5  | 9     | 9     | 9     | 9     | 9     | 9     |
| 4.25 | 8     | 8     | 8     | 8     | 8     | 8     |
| 4    | 7     | 7     | 7     | 7     | 7     | 7     |
| 3.75 | 6     | 6     | 6     | 6     | 6     | 6     |
| 3.5  | 5     | 5     | 5     | 5     | 5     | 5     |
| 3.25 | 4     | 4     | 4     | 4     | 4     | 4     |
| 3    | 3     | 3     | 3     | 3     | 3     | 3     |
| 2.75 | 2     | 2     | 2     | 2     | 2     | 2     |
| 2.5  | 1     | 1     | 1     | 1     | 1     | 1     |
| 2.25 | 0     | 0     | 0     | 0     | 0     | 0     |

K Knaben

M Mädchen

**Note:** Viertelsnote**Eingabe:** Punkte, gerundet auf ganze Punkte (keine Dezimaleingabe)