

Qajaasaarneq Score Sheet (Low Ropes, Exercise #1-25 + 28)

Name _____

Exercise #	Description	Points/ move	Completed Moves	Score
1	sitting on rope under one thigh, ankles crossed	1		
2	rope under one knee, other knee on ankle	1		
3	bent over rope, one arm extended, other arm at waist with thumb in	2		
4	lying face up on rope, both heels under rope, one hand behind back	1		
5	lying face up on rope, both heels under rope, both hands over head	1		
6	face down on ropes lengthwise, each leg wrapped, rope to outside of each foot, one hand at chest	1		
7	face down on ropes lengthwise, each leg wrapped, rope to outside of each foot, both hands over head	1		
8	hanging sideways, rope behind knee, around shin to outside of foot, one leg dangling	1		
9	hanging sideways, rope behind knee, around shin to outside of foot, lower leg held against other	2		
10	hanging sideways, forearm wrapped, rope inside elbow, other arm free, one leg dangling	2		
11	hanging sideways, forearm wrapped, rope inside elbow, other arm free, lower leg held against other	3		
12	hanging sideways with both hands on rope, one heel on rope	2		
13	Qajaasaarneq – sitting between ropes, hands in front and back, thumbs out, ankles crossed	3		

14	Sitting between ropes, one hand goes below rope and grabs rope on far side, ankles crossed	3		
15	Sitting between ropes, one hand grasping only the far side, ankles crossed	3		
16	Sitting between ropes, forward hand picks up object and places it in mouth, then return	5		
17	Sitting between ropes, wearing 10 kg backpack	6		
18	Sitting between ropes, turning 5 times each direction	4		
19	Hanging on armpits, rope around forearms, jump with feet together	2		
20	Hanging on armpits, rope around forearms, start with feet off ground	2		
21	Sitting across rope, arms spread, thumbs out, feet together, start from stationary	2		
22	Sitting across rope, arms spread, thumbs out, feet together, with rope swinging	2		
23	Sitting Sidesaddle, torso and arms turned backwards, thumbs out, foot hooked behind knee	2		
24	Sitting across rope with arms crossed	3		
25 F	Standing on rope with bent knees, hands holding on each side, thumbs out	4		
25 B		5		
28	Sitting on one leg bent and other leg extended, hand under knee, rope to outside of foot. Only Performed Forwards	8		

TOTAL SCORE
