

# COMPETITION HEADER

## Figure March

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Colour: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

			S	G	VG	E	O/S
<b>TECHNIQUE</b>	10	<b>Department:</b> As per Calisthenic Technical Guide, including movement around stage.					
	20	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including extension & placement of arm, body and leg work.					
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Value, variety & continuity of: forward marching, mark-time, turning & cornering, arm swinging, foot/leg/arm work.					
	20	<b>Composition:</b> Arrangement of item, entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities, continuity of Marching. Time to prepare, complete and recover with control. Integrity of the item must be maintained and not compromised if using a theme and/or stage enhancement.					
<b>EXECUTION</b>	10	<b>Exactness of team timing.</b> Including rhythm.					
	20	<b>Mastery of Execution:</b> Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/ mishandled apparatus (if used) errors.					
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.					
	<b>TOTAL</b>						
<b>DEDUCTION</b>							
(Breach of Rule Number)							

COMMENTS:

PLACE / RANKING

Time: \_\_\_\_\_  
Victorian Critique Trial 2016

Adjudicator: \_\_\_\_\_

# COMPETITION HEADER

## Club Swinging

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Colour: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

		S	G	VG	E	O/S
<b>TECHNIQUE</b>	<b>10</b>	Department: As per Calisthenic Technical Guide, including movement around stage.				
	<b>20</b>	Item Technique: Based on Calisthenic Technical Guide, including club swinging, planeing, foot and leg work.				
<b>CHOREOGRAPHY</b>	<b>10</b>	Music & Movement Selection: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Value, variety & continuity of: swings, directions, windmill, footwork and with time to complete.				
	<b>20</b>	Composition: Arrangement of item, entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities, continuity of Club Swinging.				
<b>EXECUTION</b>	<b>10</b>	Exactness of team timing. Including rhythm.				
	<b>20</b>	Mastery of Execution: Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/ mishandled apparatus, errors.				
<b>IMPACT OF PERFORMANCE</b>	<b>10</b>	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.				
	<b>TOTAL</b>					<b>/100</b>
(Breach of Rule Number)					<b>DEDUCTION</b>	
<b>COMMENTS:</b>						
<b>PLACE / RANKING</b>						

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_

# COMPETITION HEADER

## Free Exercises

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Colour: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

			S	G	VG	E	O/S	
<b>TECHNIQUE</b>	10	<b>Deportment:</b> As per Calisthenic Technical Guide, including recovery from floor and movement around stage.						
	20	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including extension and placement of arm, body and leg work.						
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Item to include value, variety & continuity of: arm & leg work, floor, flex, control, balance, standing movements using whole of body.						
	20	<b>Composition:</b> Arrangement of item to be balanced including entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Time to prepare, complete and recover with control.						
<b>EXECUTION</b>	10	<b>Exactness of team timing.</b>						
	20	<b>Mastery of Execution:</b> Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used) errors, movements completed with strength and control.						
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.						
	<b>TOTAL</b>							/100
(Breach of Rule Number)							<b>DEDUCTION</b>	

COMMENTS:

PLACE / RANKING

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_

# COMPETITION HEADER

## Rod Exercises

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Colour: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

		S	G	VG	E	O/S
<b>TECHNIQUE</b>	10	<b>Deployment:</b> As per Calisthenic Technical Guide, including recovery from floor and movement around stage.				
	20	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including extension & placement, rod & footwork.				
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Item to include value & variety of rod work including continuity of manipulation, twists & grips, foot & leg work, using whole of body.				
	20	<b>Composition:</b> Arrangement of item to be balanced including entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Time to prepare, complete & recover with control.				
<b>EXECUTION</b>	10	Exactness of team timing.				
	20	<b>Mastery of Execution:</b> Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/ mishandled apparatus, errors, movements completed with strength & control.				
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.				
	<b>TOTAL</b>					/100
(Breach of Rule Number)					<b>DEDUCTION</b>	
<b>COMMENTS:</b>						
<b>PLACE / RANKING</b>						

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_

# COMPETITION HEADER

## Aesthetic Exercises

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Colour: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

		S	G	VG	E	O/S
<b>TECHNIQUE</b>	10	<b>Department:</b> As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage.				
	20	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including grace, poise, softness & fluency of movement, extension & placement of arm & foot work.				
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation. Item to include value & variety of aesthetic movement, including foot, leg & balance work, using whole of body.				
	20	<b>Composition:</b> Arrangement of item to be balanced including entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Time to prepare, complete & recover with control.				
<b>EXECUTION</b>	10	<b>Interpretation.</b> Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact.				
	20	<b>Mastery of Execution:</b> Timing, uniformity, placement, angles, consistency & control of movement. Clarity of patterns, stage balance, dropped/mishandled apparatus (if used) errors, movements completed with strength & composure.				
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident, disciplined & fluid presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.				
	<b>TOTAL</b>					<b>/100</b>
<b>DEDUCTION</b>						
(Breach of Rule Number)						
<b>COMMENTS:</b>						
						<b>PLACE / RANKING</b>

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_

# COMPETITION HEADER

## *Rhythmical Aesthetic*

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Title: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

			S	G	VG	E	O/S
<b>TECHNIQUE</b>	10	<b>Department:</b> As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage including elevated steps.					
	20	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including grace, poise, softness & fluency of movement, extension & placement of arm & foot work in both Aesthetic & Dance content.					
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Tempo, interest, suitability for age/section to allow sensitivity & interpretation. Item to include value & variety of aesthetic & dance movements, including foot & leg work, balance, elevated steps, using whole of body. Item integrity to be Aesthetic based & include dance steps to enhance performance.					
	20	<b>Composition:</b> Arrangement of item to be balanced including entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations. Blending of movement to be fluent & using entire stage, appropriate content to age/capabilities with time to prepare, complete & recover with control.					
<b>EXECUTION</b>	10	<b>Interpretation.</b> Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact.					
	20	<b>Mastery of Execution:</b> Timing, uniformity, placement, angles, consistency & control of movement. Clarity of patterns, stage balance, dropped/mishandled apparatus (if used) errors, movements completed with strength & composure.					
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident, disciplined & fluid presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.					
	<b>TOTAL</b>						
<b>DEDUCTION</b>							
(Breach of Rule Number)							

COMMENTS:

PLACE / RANKING

Time: \_\_\_\_\_  
Victorian Critique Trial 2016

Adjudicator: \_\_\_\_\_

# **COMPETITION HEADER**

## ***Rhythmic Interpretation***

*(Minimal Rules)*

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Title: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

			S	G	VG	E	O/S	
<b>TECHNIQUE</b>	10	<b>Deportment:</b> As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage including elevated steps.						
	20	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including grace, poise, softness & fluency of movement, extension & placement of arm & foot work in both Aesthetic & Dance content.						
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation. Item to include value & variety of aesthetic & dance movements, including foot & leg, balance, elevated steps, using whole of body.						
	20	<b>Composition:</b> Artistry in arrangement of item to be balanced including entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations. Blending of movement to be fluent & using entire stage, appropriate content to age/capabilities with time to prepare, complete & recover with control.						
<b>EXECUTION</b>	10	<b>Interpretation.</b> Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact to reflect the chosen theme/concept.						
	20	<b>Mastery of Execution:</b> Timing, uniformity, placement, angles, consistency & control of movement. Clarity of patterns, stage balance, dropped/ mishandled apparatus (if used) errors, movements completed with strength & composure.						
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident, disciplined & fluid presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.						
		<b>TOTAL</b>					<b>/100</b>	
(Breach of Rule Number)							<b>DEDUCTION</b>	
<b>COMMENTS:</b>								
							<b>PLACE / RANKING</b>	

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_

# COMPETITION HEADER

## Dance Arrangement

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Title: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

			S	G	VG	E	O/S
<b>TECHNIQUE</b>	10	<b>Deportment:</b> Relevant to Dance genre, including head carriage, recovery from floor, movement & motion around stage.					
	20	<b>Item Technique:</b> Technical skills as per chosen genre with consistent placement & alignment of leg, foot & body throughout team.					
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen concept/theme. Item to include value & variety of dance movements, including foot & leg, using whole of body. Item integrity to be based on chosen dance genre as it relates to Calisthenic principles.					
	20	<b>Composition:</b> Artistry in arrangement of item to be balanced including entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations. Blending of movement to be fluent & using entire stage, appropriate content to age/capabilities with time to prepare, complete & recover with control.					
<b>EXECUTION</b>	10	<b>Interpretation.</b> Expression projected through face, head, body, good use of eye contact to convey the spirit/energy of item.					
	20	<b>Mastery of Execution:</b> Timing, uniformity, placement, angles, consistency & control of movement. Clarity of patterns, stage balance, dropped/ mishandled apparatus (if used) errors, movements completed with strength & composure.					
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.					
	<b>TOTAL</b>						
<b>DEDUCTION</b>							
(Breach of Rule Number)							
<b>COMMENTS:</b>							
<b>PLACE / RANKING</b>							

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_



# COMPETITION HEADER

## Song & Dance

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Title: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

		S	G	VG	E	O/S
<b>TECHNIQUE</b>	10	<b>Singing Technique:</b> Singing in tune, good annunciation, correct pitch, breathing, phrasing and clarity of tone. Dynamics & voice expression should not be forced.				
	20	<b>Item Technique:</b> Technical dance skills as per chosen genre with consistent placement & alignment of leg, foot & body throughout team. <b>Department:</b> Relevant to both Singing & Dance genre, including head carriage, recovery from floor, movement & motion around stage.				
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Correct pitch, variation, tempo, interest, suitability for age/section to allow interpretation of chosen concept/theme. Item to include equality of singing & dancing with value & variety of dance movements, including foot & leg, using whole of body. Item integrity to be based on chosen dance genre as it relates to Calisthenic principles.				
	20	<b>Composition:</b> Artistry in arrangement of item to be balanced including entry/opening, exit/closing, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations. Blending of movement to be fluent & using entire stage, appropriate content to age/capabilities with time to prepare, complete & recover with control.				
<b>EXECUTION</b>	10	<b>Interpretation.</b> Expression projected through voice, face, head, body, good use of eye contact to convey the spirit/energy of item.				
	20	<b>Mastery of Execution:</b> Timing, uniformity, placement, angles, consistency & control of movement. Clarity of patterns, stage balance, dropped/mishandled apparatus (if used) errors, movements completed with strength & composure.				
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.				
			<b>TOTAL</b>			<b>/100</b>
					<b>DEDUCTION</b>	
(Breach of Rule Number)						
<b>COMMENTS:</b>						
						<b>PLACE / RANKING</b>

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_

# COMPETITION HEADER

## Calisthenic Revue

(Minimal Rules)

Section: \_\_\_\_\_

Team No.: \_\_\_\_\_

Title: \_\_\_\_\_

O/S	Outstanding	10	20
E	Excellent	9	18-19
VG	Very Good	8	16-17
G	Good	7	14-15
S	Satisfactory	6	12-13

			S	G	VG	E	O/S
<b>TECHNIQUE</b>	10	<b>Department:</b> Head carriage, good posture recovering from all movements & motion around stage according to the theme/concept.					
	20	<b>Item Technique:</b> Technical skills (may include Calisthenic physical content, singing or dance) as per chosen theme/concept with consistent placement & alignment of leg, foot & body throughout team.					
<b>CHOREOGRAPHY</b>	10	<b>Music &amp; Movement Selection:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen theme. Item to include value & variety of movements. Item integrity to be based on entertainment / creativity and acting skills in keeping with our Calisthenic style.					
	20	<b>Composition:</b> Artistry in arrangement of item to be balanced including entry/opening, exit/closing, value, variety & continuity of movement, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations. Blending of movement to be fluent & using entire stage, appropriate content to age/capabilities with time to prepare, complete & recover with control.					
<b>EXECUTION</b>	10	<b>Interpretation.</b> Expression projected through face, head, body, good use of eye contact and voice to convey the spirit/energy of item.					
	20	<b>Mastery of Execution:</b> Timing, uniformity, placement, angles, consistency & control of movement. Clarity of patterns, stage balance, dropped/ mishandled apparatus (if used) errors, movements completed with strength & composure.					
<b>IMPACT OF PERFORMANCE</b>	10	<b>Quality of Performance:</b> Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.					
	<b>TOTAL</b>						
(Breach of Rule Number)						<b>DEDUCTION</b>	
<b>COMMENTS:</b>							
<b>PLACE / RANKING</b>							

**Time:** \_\_\_\_\_  
Victorian Critique Trial 2016

**Adjudicator:** \_\_\_\_\_