

# COMPETITION HEADER

## Figure March

(Minimal Rules)

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

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

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

<b>TECHNIQUE</b>	<b>Department:</b> As per Calisthenic Technical Guide, including movement around stage. <span style="float: right;"><b>10</b></span>	
	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including extension & placement of arm, body and leg work. <span style="float: right;"><b>20</b></span>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section. <span style="float: right;"><b>10</b></span>	
	<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. Item to include value, variety & continuity of: forward marching, mark-time, turning & cornering, arm swinging, foot/leg/arm work. <span style="float: right;"><b>20</b></span>	
<b>EXECUTION</b>	<b>Exactness of team timing,</b> including rhythm. <span style="float: right;"><b>10</b></span>	
	<b>Mastery of Execution:</b> Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used) errors. <span style="float: right;"><b>20</b></span>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance. <span style="float: right;"><b>10</b></span>	
	<b>TOTAL</b> <span style="float: right;"><b>100</b></span>	
<b>DEDUCTION</b>		
(Breach of Rule Number)		
<b>PLACE / RANKING</b>		

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# **COMPETITION HEADER**

## **Club Swinging**

*(Minimal Rules)*

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

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

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

<b>TECHNIQUE</b>	<b>Department:</b> As per Calisthenic Technical Guide, including movement around stage.	<b>10</b>	
	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including club swinging, planeing, foot and leg work.	<b>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section.	<b>10</b>	
	<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. Item to include value, variety & continuity of: swings, directions, windmill, footwork and with time to complete.	<b>20</b>	
<b>EXECUTION</b>	<b>Exactness of team timing.</b>	<b>10</b>	
	<b>Mastery of Execution:</b> Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/ mishandled apparatus errors.	<b>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# COMPETITION HEADER

## Free Exercises

(Minimal Rules)

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> As per Calisthenic Technical Guide, including recovery from floor and movement around stage.	<b>10</b>	
	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including extension and placement of arm, body and leg work.	<b>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section.	<b>10</b>	
	<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. Item to include value, variety & continuity of: arm & leg work, floor, flex, control, balance, standing movements using whole of body.	<b>20</b>	
<b>EXECUTION</b>	Exactness of team timing.	<b>10</b>	
	<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>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness / clarity of performance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# **COMPETITION HEADER**

## **Rod Exercises**

*(Minimal Rules)*

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> As per Calisthenic Technical Guide, including recovery from floor and movement around stage.	<b>10</b>	
	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including extension and placement of rod, foot and leg work.	<b>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section.	<b>10</b>	
	<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. Item to include value & variety of rod work including continuity of manipulation, twists & grips, foot & leg work, using whole of body.	<b>20</b>	
<b>EXECUTION</b>	<b>Exactness of team timing.</b>	<b>10</b>	
	<b>Mastery of Execution:</b> Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/ mishandled apparatus errors, movements completed with strength and control.	<b>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness / clarity of performance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# **COMPETITION HEADER**

## ***Aesthetic Exercises***

*(Minimal Rules)*

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage.	<b>10</b>	
	<b>Item Technique:</b> Based on Calisthenic Technical Guide, including grace, poise, softness & fluency of movement, extension & placement of arm & foot work.	<b>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation.	<b>10</b>	
	<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. Item to include value, variety of aesthetic movement, including foot, leg & balance work, using whole of body.	<b>20</b>	
<b>EXECUTION</b>	<b>Interpretation.</b> Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact.	<b>10</b>	
	<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>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# **COMPETITION HEADER**

## ***Rhythmical Aesthetic***

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

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

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

<b>TECHNIQUE</b>	<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 in both Aesthetic & Dance content.	20	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation.	10	
	<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. Item to include value & variety of aesthetic, including foot & leg, balance, using whole of body & include dance steps to enhance performance.	20	
<b>EXECUTION</b>	<b>Interpretation.</b> Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact.	10	
	<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. Confident, disciplined & fluid presentation by all team members, neatness in appearance.	20	
<b>TOTAL</b>		<b>100</b>	
<b>DEDUCTION</b>			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017

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

# **COMPETITION HEADER**

## ***Rhythmical Aesthetics***

*(Minimal Rules)*

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage including elevated steps.	<b>10</b>	
	<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>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation.	<b>10</b>	
	<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. Item to include value & variety of aesthetic, including foot & leg, balance, using whole of body & include dance steps to enhance performance.	<b>20</b>	
<b>EXECUTION</b>	<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.	<b>10</b>	
	<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>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# **COMPETITION HEADER**

## ***Rhythmic Interpretation***

*(Minimal Rules)*

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage including elevated steps.	<b>10</b>	
	<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>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation.	<b>10</b>	
	<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. Item to include value & variety of aesthetic & dance movements, including foot & leg, balance, elevated steps, using whole of body.	<b>20</b>	
<b>EXECUTION</b>	<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.	<b>10</b>	
	<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>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# COMPETITION HEADER

## Song & Dance

(Minimal Rules)

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> As per Calisthenic Technical Guide, relevant to both Singing & Dance genre, including head carriage, recovery from floor, movement & motion around stage.	<b>10</b>	
	<b>Item Technique:</b> Technical dance skills as per chosen genre with consistent placement & alignment of leg, foot & body throughout team. <b>Singing Technique:</b> Singing in tune, good annunciation, correct pitch, breathing, phrasing and clarity of tone. Dynamics & voice expression should not be forced.	<b>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation.	<b>10</b>	
	<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. Item to include equality of singing & dancing with value & variety of dance movements, including foot & leg, using whole of body and based on chosen dance genre as it relates to Calisthenic principles.	<b>20</b>	
<b>EXECUTION</b>	<b>Interpretation.</b> Expression projected through voice, face, head, body, good use of eye contact to convey the spirit/energy of item.	<b>10</b>	
	<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>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
(Breach of Rule Number)		<b>DEDUCTION</b>	
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# **COMPETITION HEADER**

## ***Dance Arrangement***

*(Minimal Rules)*

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> Relevant to Dance genre, including head carriage, recovery from floor, movement & motion around stage.	<b>10</b>	
	<b>Item Technique:</b> Technical skills as per chosen genre with consistent placement & alignment of leg, foot & body throughout team.	<b>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen theme/concept.	<b>10</b>	
	<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. . Item to include value & variety of dance movements, including foot & leg, using whole of body and based on chosen dance genre as it relates to Calisthenic principles.	<b>20</b>	
<b>EXECUTION</b>	<b>Interpretation.</b> Expression projected through face, head, body, good use of eye contact and voice to convey the spirit/energy of item.	<b>10</b>	
	<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>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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

# **COMPETITION HEADER**

## **Calisthenic Revue**

*(Minimal Rules)*

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

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

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

<b>TECHNIQUE</b>	<b>Deportment:</b> Head carriage, good posture recovering from all movements & motion around stage according to the theme/concept.	<b>10</b>	
	<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>20</b>	
<b>CHOREOGRAPHY</b>	<b>Music:</b> Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen theme.	<b>10</b>	
	<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. . Item to be based on entertainment / creativity and acting skills in keeping with our Calisthenic style.	<b>20</b>	
<b>EXECUTION</b>	<b>Interpretation.</b> Expression projected through face, head, body, good use of eye contact and voice to convey the spirit/energy of item.	<b>10</b>	
	<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>20</b>	
<b>IMPACT OF PERFORMANCE</b>	<b>Quality of Performance:</b> Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	<b>10</b>	
	<b>TOTAL</b>	<b>100</b>	
<b>DEDUCTION</b>			
(Breach of Rule Number)			
<b>PLACE / RANKING</b>			

**Time:** \_\_\_\_\_  
Critique Trial 2017 draft

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