

COMPETITION HEADER

Figure March

Section: _____

Team No.: _____

Colour: _____

Outstanding	10	20	30
Excellent	9	18-19	27-29
Very Good	8	16-17	24-26
Good	7	14-15	21-23
Satisfactory	6	12-13	18-20
Not yet Mastered	5	10-11	15-17

TECHNIQUE	Department: As per Calisthenic Technical Guide, including movement around stage.	10	
	Item Technique: Based on Calisthenic Technical Guide, including extension & placement of arm, body and leg work.	20	
CHOREOGRAPHY	Music & Movement Selection: 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 with time to complete. Consideration given to Masters for balance & rhythm.	10	
	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 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.	20	
EXECUTION	Exactness of team timing. Including rhythm.	10	
	Mastery of Execution: Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/mishandled apparatus (if used) errors. Confident & disciplined presentation by all team members, neatness in appearance.	30	
TOTAL		100	
DEDUCTION			

Time: _____
Victorian Critique Trial 2016

Adjudicator: _____

COMPETITION HEADER

Free Exercises

Section: _____

Team No.: _____

Colour: _____

Outstanding	10	20	30
Excellent	9	18-19	27-29
Very Good	8	16-17	24-26
Good	7	14-15	21-23
Satisfactory	6	12-13	18-20
Not yet Mastered	5	10-11	15-17

TECHNIQUE	Deportment: As per Calisthenic Technical Guide, including recovery from floor and movement around stage.	10	
	Item Technique: Based on Calisthenic Technical Guide, including extension and placement of arm, body and leg work.	20	
CHOREOGRAPHY	Music & Movement Selection: 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. Consideration given to Masters & Tinies for balance and rhythm.	10	
	Composition: 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.	20	
EXECUTION	Exactness of team timing.	10	
	Mastery of Execution: Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/mishandled apparatus (if used) errors, movements completed with strength and control. Confident & disciplined presentation by all team members, neatness in appearance.	30	
TOTAL		100	
DEDUCTION			

Time: _____
Victorian Critique Trial 2016

Adjudicator: _____

COMPETITION HEADER

Rod Exercises

Section: _____

Team No.: _____

Colour: _____

Outstanding	10	20	30
Excellent	9	18-19	27-29
Very Good	8	16-17	24-26
Good	7	14-15	21-23
Satisfactory	6	12-13	18-20
Not yet Mastered	5	10-11	15-17

TECHNIQUE	Department: As per Calisthenic Technical Guide, including recovery from floor and movement around stage.	10	
	Item Technique: Based on Calisthenic Technical Guide, including extension & placement of rod, arm, body & footwork.	20	
CHOREOGRAPHY	Music & Movement Selection: 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. Consideration given to Masters & Tinies for balance and rhythm.	10	
	Composition: 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.	20	
EXECUTION	Exactness of team timing.	10	
	Mastery of Execution: Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/mishandled apparatus, errors, movements completed with strength & control. Confident & disciplined presentation by all team members, neatness in appearance.	30	
TOTAL		100	
DEDUCTION			

Time: _____
Victorian Critique Trial 2016

Adjudicator: _____

COMPETITION HEADER

Club Swinging

Section: _____

Team No.: _____

Colour: _____

Outstanding	10	20	30
Excellent	9	18-19	27-29
Very Good	8	16-17	24-26
Good	7	14-15	21-23
Satisfactory	6	12-13	18-20
Not yet Mastered	5	10-11	15-17

TECHNIQUE	Department: As per Calisthenic Technical Guide, including movement around stage.	10	
	Item Technique: Based on Calisthenic Technical Guide, including club swinging, planeing, foot and leg work.	20	
CHOREOGRAPHY	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. Consideration given to Masters & Tinies for balance and rhythm.	10	
	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.	20	
EXECUTION	Exactness of team timing. Including rhythm.	10	
	Mastery of Execution: Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/ mishandled apparatus, errors. Confident & disciplined presentation by all team members, neatness in appearance.	30	
TOTAL		100	
DEDUCTION			

Time: _____
Victorian Critique Trial 2016

Adjudicator: _____

COMPETITION HEADER

Aesthetic Exercises

Section: _____

Team No.: _____

Colour: _____

Outstanding	10	20	30
Excellent	9	18-19	27-29
Very Good	8	16-17	24-26
Good	7	14-15	21-23
Satisfactory	6	12-13	18-20
Not yet Mastered	5	10-11	15-17

TECHNIQUE	Deportment: As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage.	10	
	Item Technique: Based on Calisthenic Technical Guide, including grace, poise, softness & fluency of movement, extension & placement of arm & foot work.	20	
CHOREOGRAPHY	Music & Movement Selection: 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.	10	
	Composition: 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. Lighting effect & stage enhancements (if used) to enhance arrangement.	20	
EXECUTION	Interpretation. Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact.	10	
	Mastery of Execution: 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.	30	
TOTAL		100	
DEDUCTION			

Time: _____
Victorian Critique Trial 2016

Adjudicator: _____

COMPETITION HEADER

Character / Folk Dance

Section: _____

Team No.: _____

Title: _____

Outstanding	10	20	30
Excellent	9	18-19	27-29
Very Good	8	16-17	24-26
Good	7	14-15	21-23
Satisfactory	6	12-13	18-20
Not yet Mastered	5	10-11	15-17

TECHNIQUE	Deportment: Head carriage, good posture recovering from all movements & motion around stage according to the theme/country/region.	10	
	Item Technique: Technical skills as per chosen theme/country/region with consistent placement & alignment of leg, foot & body throughout team.	20	
CHOREOGRAPHY	Music & Movement Selection: Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen theme/country/region. Item to include value & variety of dance movements, including foot & leg, using whole of body. Item integrity to be based on appropriate dance steps in the Calisthenics Pupil Skills syllabus.	10	
	Composition: Artistry in arrangement of item to be balanced including entry/opening, exit/closing, use of accents/nuances, creativity, theme/country/region, 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. Lighting effect & stage enhancements (if used), should enhance the arrangement.	20	
EXECUTION	Interpretation. Expression projected through face, head, body, good use of eye contact and voice to convey the spirit/energy of item.	10	
	Mastery of Execution: 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 & energetic presentation by all team members, neatness in appearance.	30	
TOTAL		100	
DEDUCTION			

Time: _____
Victorian Critique Trial 2016

Adjudicator: _____

COMPETITION HEADER

Calisthenic Revue

Section: _____

Team No.: _____

Title: _____

Outstanding	10	20	30
Excellent	9	18-19	27-29
Very Good	8	16-17	24-26
Good	7	14-15	21-23
Satisfactory	6	12-13	18-20
Not yet Mastered	5	10-11	15-17

TECHNIQUE	Deportment: Head carriage, good posture recovering from all movements & motion around stage according to the theme/concept.	10	
	Item Technique: 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.	20	
CHOREOGRAPHY	Music & Movement Selection: Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen theme/concept. Item to include value & variety of movements. Item integrity to be based on entertainment / creativity and acting skills in keeping with our Calisthenic style.	10	
	Composition: 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. Lighting effect & stage enhancements (if used), should enhance the arrangement.	20	
EXECUTION	Interpretation. Expression projected through face, head, body, good use of eye contact and voice to convey the spirit/energy of item.	10	
	Mastery of Execution: 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 & energetic presentation by all team members, neatness in appearance.	30	
TOTAL		100	
DEDUCTION			

Time: _____
Victorian Critique Trial 2016

Adjudicator: _____