

COMPETITION HEADER

Calisthenic Solo

Section: _____

Item No. _____

Colour: _____

TECHNIQUE	Free Exercise Technique: As per Calisthenic Technical guide including deportment.	20	
	Dance Technique: As per Calisthenic Technical Guide. Executed pertaining to style chosen.	20	
CHOREOGRAPHY	Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section.	10	
	Composition: Balanced item to include value, variety & continuity of: arm & leg work, dance steps, floor, flex, control, balance & using both sides of body with time to complete. Arrangement of item, entry/opening, exit/ending, use of accents/nuances, creativity, theme/concept, using entire stage, appropriate content and complexity to age/capabilities. Lighting (if used) should enhance arrangement.	20	
EXECUTION	Interpretation: Expression projected through face, head & body, with good use of eye contact. Interpretation of music.	10	
	Mastery of Execution: Command of stage. Control of movements, dropped /mishandled apparatus (if used) & errors. Overall appearance. Confident & disciplined presentation.	20	
TOTAL		100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Adjudicator: _____

COMPETITION HEADER

Graceful Solo

Section: _____

Item No. _____

Colour: _____

TECHNIQUE	Grace & Poise: Elegant motion, softness & fluency. Deportment, head alignment, recovery from floor & moving around stage.	20	
	Aesthetic & Dance Technique: As per Calisthenic Technical Guide. Includes elevation.	20	
CHOREOGRAPHY	Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section.	10	
	Composition: Value, variety & continuity of aesthetic movements, dance & elevation, floor, flex, control, balance & using whole of body with time to complete. Arrangement of item, entry/opening, exit/ending, use of accents/nuances, creativity, theme/concept, using entire stage, appropriate content & complexity to age/capabilities. Lighting (if used) should enhance arrangement.	20	
EXECUTION	Interpretation: Sensitivity, style & sincerity of expression projected through face, head & body, with good use of eye contact. Interpretation of music.	10	
	Mastery of Execution: Command of stage. Control of movements, dropped /mishandled apparatus (if used) & errors. Overall appearance. Confident & disciplined presentation.	20	
TOTAL		100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Revised 2018

Adjudicator: _____

COMPETITION HEADER

Calisthenic Duo

Section: _____

Item No. _____

Colour: _____

TECHNIQUE	Free Exercise Technique: As per Calisthenic Technical guide including deportment.	20	
	Dance Technique: As per Calisthenic Technical Guide. Executed pertaining to style chosen.	20	
CHOREOGRAPHY	Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section.	10	
	Composition: Balanced item to include value, variety & continuity of: arm & leg work, dance steps, floor, flex, control, balance & using both sides of body with time to complete. Arrangement of item, entry/opening, exit/ending, use of accents/nuances, creativity, theme/concept, using entire stage, appropriate content & complexity to age/capabilities. Lighting (if used) should enhance arrangement. Interaction of the competitors.	20	
EXECUTION	Interpretation: Expression projected through face, head & body, with good use of eye contact. Interpretation of music.	10	
	Mastery of Execution: Command of stage. Control of movements, dropped /mishandled apparatus (if used) & errors. Overall appearance. Confident & disciplined presentation.	20	
TOTAL		100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____
Revised 2018

Adjudicator: _____