

COMPETITION HEADER

Figure March

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

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: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. 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. Item to include value, variety & continuity of: forward marching, mark-time, turning & cornering, arm swinging, foot/leg/arm work. 20	
EXECUTION	Exactness of team timing, including rhythm. 10	
	Mastery of Execution: Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used) errors. 20	
IMPACT OF PERFORMANCE	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance. 10	
	TOTAL 100	
DEDUCTION		
(Breach of Rule Number)		
PLACE / RANKING		

Time: _____
Critique Trial 2017 draft

Adjudicator: _____

COMPETITION HEADER

Club Swinging

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

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: Quality – sound, edits. Variation, tempo, interest, suitability for age/section.	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. Item to include value, variety & continuity of: swings, directions, windmill, footwork and with time to complete.	20	
EXECUTION	Exactness of team timing.	10	
	Mastery of Execution: Uniformity, placement, angles, consistency of movement. Lines covered, stage balance, dropped/ mishandled apparatus errors.	20	
IMPACT OF PERFORMANCE	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	10	
	TOTAL	100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____
Critique Trial 2017 draft

Adjudicator: _____

COMPETITION HEADER

Free Exercises

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

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: Quality – sound, edits. Variation, tempo, interest, suitability for age/section.	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. Item to include value, variety & continuity of: arm & leg work, floor, flex, control, balance, standing movements using whole of body.	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.	20	
IMPACT OF PERFORMANCE	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness / clarity of performance.	10	
	TOTAL	100	
(Breach of Rule Number)		DEDUCTION	
PLACE / RANKING			

Time: _____
Critique Trial 2017 draft

Adjudicator: _____

COMPETITION HEADER

Rod Exercises

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

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 rod, foot and leg work.	20	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitability for age/section.	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. Item to include value & variety of rod work including continuity of manipulation, twists & grips, foot & leg work, using whole of body.	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 and control.	20	
IMPACT OF PERFORMANCE	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness / clarity of performance.	10	
	TOTAL	100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____
Critique Trial 2017 draft

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COMPETITION HEADER

Aesthetic Exercises

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

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: Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow sensitivity & interpretation.	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. Item to include value, variety of aesthetic movement, including foot, leg & balance work, using whole of body.	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.	20	
IMPACT OF PERFORMANCE	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	10	
	TOTAL	100	
DEDUCTION			
(Breach of Rule Number)			
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Time: _____
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COMPETITION HEADER

Rhythmical Aesthetics

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

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

Time: _____
Critique Trial 2017 draft

Adjudicator: _____

COMPETITION HEADER

Rhythmic Interpretation

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

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

Song & Dance

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

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

Time: _____
Critique Trial 2017 draft

Adjudicator: _____

COMPETITION HEADER

Dance Arrangement

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

TECHNIQUE	Deportment: Relevant to Dance genre, including head carriage, recovery from floor, movement & motion around stage.	10	
	Item Technique: Technical skills as per chosen genre with consistent placement & alignment of leg, foot & body throughout team.	20	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen theme/concept.	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. . 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.	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.	20	
IMPACT OF PERFORMANCE	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	10	
	TOTAL	100	
DEDUCTION			
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Critique Trial 2017 draft

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COMPETITION HEADER

Calisthenic Revue

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

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: Quality – sound, edits. Variation, tempo, interest, suitability for age/section to allow interpretation of chosen theme.	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. . Item to be based on entertainment / creativity and acting skills in keeping with our Calisthenic style.	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.	20	
IMPACT OF PERFORMANCE	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	10	
	TOTAL	100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____
Critique Trial 2017 draft

Adjudicator: _____