

COMPETITION HEADER

Figure March

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Department: As per Calisthenic Technical Guide, including movement around stage.	20	
	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, 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. Item to include value, variety & continuity of: forward marching, mark-time, turning & cornering, arm swinging, foot/leg/arm work. Consideration given to Masters for balance & rhythm.	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.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Club Swinging

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Department: As per Calisthenic Technical Guide, including movement around stage.	20	
	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, 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 Value, variety & continuity of: swings, directions, windmill, footwork and with time to complete. Consideration given to Masters & Tinies for balance and rhythm.	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.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Free Exercises

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Department: As per Calisthenic Technical Guide, including recovery from floor and movement around stage.	20	
	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, 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. 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.	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.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Rod Exercises

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Department: As per Calisthenic Technical Guide, including recovery from floor and movement around stage.	20	
	Item Technique: Based on Calisthenic Technical Guide, including extension & placement of rod, arm, body & footwork.	20	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitability for age/section	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. 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.	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.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Aesthetic Exercises

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Department: As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage.	20	
	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/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. 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. Confident, disciplined & fluid presentation by all team members, neatness in appearance.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Rhythmical Aesthetic

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Department: As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage.	20	
	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.	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.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Character / Folk Dance

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	 deportment: Head carriage, good posture recovering from all movements & motion around stage according to the theme/country/region.	20	
	Item Technique: Technical skills as per chosen theme/country/region 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/country/region.	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. . Item to include value & variety of dance movements, including foot & leg, using whole of body and be based on appropriate dance steps in the Calisthenics Pupil Skills syllabus.	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.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Dance Arrangement

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	 deportment: Relevant to Dance genre, including head carriage, recovery from floor, movement & motion around stage.	20	
	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. Confident, disciplined & fluid presentation by all team members, neatness in appearance.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____

COMPETITION HEADER

Calisthenic Revue

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Deportment: Head carriage, good posture recovering from all movements & motion around stage according to the theme/concept.	20	
	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/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. Lighting effect & stage enhancements (if used), should enhance the arrangement. Item to include value & variety of movements and 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. Confident, disciplined & energetic presentation by all team members, neatness in appearance.	20	
TOTAL		100	
DEDUCTION			
PLACE / RANKING			

Time: _____
Critique Trial 2017

Adjudicator: _____