

Figure March Critique Sheet

Section: _____ **Team No.:** _____

Colour: _____

<u>TECHNIQUE</u> Department: As per Calisthenic Technical guide, including movement around stage.	20	
March Technique & Rhythm: Technical skills shown based on Calisthenic Technical guide. Rhythm including arm, body and leg work.	20	
<u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Composition: Value, variety & continuity of: fwd marching, mark-time, cornering, arm swinging, foot/leg/arm work with time to complete mvnts. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities.	20	
<u>EXECUTION</u> Precision: Exactness, timing.	10	
Overall Performance: Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/ mishandled apparatus (if used) errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Club Exercises Critique Sheet

Section: _____ **Team No.:** _____

Colour: _____

<u>TECHNIQUE</u> Department: As per Calisthenic Technical guide including movement around stage.	10	
Planeing & Club Technique: Technical skills shown based on Calisthenic Technical guide.	20	
Rhythm: Whole team in rhythm with musical choice, correct to beat of music, including windmill.	10	
<u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Composition: Balanced item to include value, variety & continuity of: swings/direction/windmill/footwork with time to complete. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations using entire stage, appropriate content to age/capabilities.	20	
<u>EXECUTION</u> Precision: Exactness, timing.	10	
Overall Performance: Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/ mishandled apparatus, errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Free Exercises Critique Sheet

Section: _____ **Team No.:** _____

Colour: _____

<u>TECHNIQUE</u> Department: As per Calisthenic Technical guide including movement around stage.	20	
Free Exercise Technique: Technical skills shown based on Calisthenic Technical guide.	20	
<u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Composition: Balanced item to include value, variety & continuity of: arm & leg work, floor, flex, control, balance, standing movements, using whole of body with time to complete. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations using entire stage, appropriate content to age/capabilities.	20	
<u>EXECUTION</u> Precision: Exactness, timing.	10	
Overall Performance: Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/ mishandled apparatus (if used) errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Rod Exercises Critique Sheet

Section: _____ **Team No.:** _____

Colour: _____

<u>TECHNIQUE</u> Department: As per Calisthenic Technical guide including movement around stage.	20	
Rod Technique: Technical skills shown based on Calisthenic Technical guide.	20	
<u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, tempo, interest, suitability for age/section. Composition: Balanced item to include value, variety & continuity of: arm & leg work, floor, flex, control, balance, standing movements, using whole of body with time to complete. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations using entire stage, appropriate content to age/capabilities.	20	
<u>EXECUTION</u> Precision: Exactness, timing.	10	
Overall Performance: Uniformity, placement, angles, consistency of movement. Control of movements, lines covered, stage balance, dropped/ mishandled apparatus, errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Dance Rods Critique Sheet

Section: _____ **Team No.:** _____

Colour: _____ **Title:** _____

<p><u>TECHNIQUE</u> Dance Technique: Technical skills shown based on Calisthenic Technical Guide according to chosen style and rhythm, including deportment.</p>	20	
<p>Rod Technique: Technical skills shown based on Calisthenic Technical guide, including deportment.</p>	20	
<p><u>CHOREOGRAPHY</u> Musical Choice: Quality - sound, edits. Variation, tempo, interest, suitability to age/section to enhance theme/arrangement. Composition: Value, variety & continuity of movement in keeping with theme/concept/choice. Arrangement of set, entry/opening, exit/ending, use of accents/nuances, creativity, theme/concept/choice, clarity/patterning of formations using entire stage, appropriate content to age/capabilities. Strength, standing movements, using upper/lower/both sides of body in varying directions. Lighting/stage dressing (if used) should create/sustain interest. Time to complete movements. Theme maintained & item visually effective. Dialogue (if used) should not be excessive.</p>	20	
<p><u>EXECUTION</u> Interpretation: Expression projected through face, head, body, good use of eye contact.</p>	10	
<p>Overall Performance: Exactness, timing. Uniformity, placement, precision, angles, consistency & control of movements. Lines covered, stage balance, use of stage & dropped/ mishandled apparatus, errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
<p>TOTAL</p>	100	

Time: _____
Revised 2010

Adjudicator: _____

Aesthetic Exercises Critique Sheet

Section: _____ **Team No.:** _____

Colour: _____

<u>TECHNIQUE</u> Grace & Poise: Elegant motion, softness & fluency. Deportment, head alignment, recovery from floor & moving around stage.	20	
Aesthetic Technique: Technical skills shown based on Calisthenic Technical guide.	20	
<u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, interest, to allow sensitivity & feeling, suitability to age / section. Composition: Value, variety & continuity of movements, floor, flex, control, balance, standing movements using whole of body in keeping with theme/concept. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Lighting (if used) should enhance arrangement.	20	
<u>EXECUTION</u> Interpretation: Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact.	10	
Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Rhythmical/Aesthetic Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<p>TECHNIQUE Aesthetic Technique: Technical skills shown based on Calisthenic Technical guide. Grace, Poise & Style: Balance of body, head alignment, good posture recovering from the floor & in movement around the stage.</p>	20	
<p>Dance Technique – (including elevation) - correct positioning of arms, hands, legs & feet, alignment & extension, & rhythm according to style.</p>	20	
<p>CHOREOGRAPHY Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section. Composition: Value & variety of movement to suit capabilities and in keeping with theme/concept. Dance & elevated work essential component. Blending of movements, floor, flex, control, balance, standing movements using whole of body, with time to complete. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Lighting (if used) should enhance arrangement.</p>	20	
<p>EXECUTION Interpretation: Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact. Interpretation of music.</p>	10	
<p>Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Team attire (hair, makeup & costume). Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
<p>TOTAL</p>	100	

Time: _____
Revised 2010

Adjudicator: _____

Rhythmic Interpretation Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<p><u>TECHNIQUE</u> Poise & Style: Balance of body, head alignment, good posture recovering from the floor & in movement around the stage.</p>	20	
<p>Dance Technique: Technical skills shown based on Calisthenic Technical guide, including elevation & rhythm according to style.</p>	20	
<p><u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section. Composition: Value & variety of movement to suit capabilities and in keeping with theme/concept. Dance & elevated work essential component. Blending of movements with time to complete. Lighting/stage dressing (if used) should enhance arrangement.</p>	20	
<p><u>EXECUTION</u> Interpretation: Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact. Interpretation of music.</p>	10	
<p>Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Team attire (hair, makeup & costume). Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
<p>TOTAL</p>	100	

Time: _____
Revised 2010

Adjudicator: _____

Folk Dance Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

TECHNIQUE Poise & Style: Executed according to region/country/theme. Includes deportment, head alignment, good posture recovering from all movements & in movement around the stage.	10	
Dance Technique: As per Calisthenic Technical Guide. Executed according to region/country/theme. Includes deportment and movement around stage.	20	
Rhythm: The whole team in rhythm with musical choice according to region/country/theme.	10	
CHOREOGRAPHY Musical Choice: Quality - sound, edits. Variation, interest, suitability to age / section in keeping with region/country/theme. Composition: Value, variety & continuity of movement in keeping with region/country/theme. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Blending of movements with time to complete. Lighting (if used) should enhance arrangement.	20	
EXECUTION Interpretation: Expression should be projected through face head & body & with good use of eye contact. Convey the spirit of the dance.	10	
Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Team attire (hair, makeup & costume). Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Character / Folk Dance Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

TECHNIQUE Poise & Style: Executed according to region/country/theme. Includes deportment, head alignment, good posture recovering from all movements & in movement around the stage.	10	
Dance Technique: As per Calisthenic Technical Guide. Executed according to region/country/theme. Includes deportment and movement around stage.	20	
Rhythm: The whole team in rhythm with musical choice according to region/country/theme.	10	
CHOREOGRAPHY Musical Choice: Quality - sound, edits. Variation, interest, suitability to age / section in keeping with region/country/theme. Composition: Value, variety & continuity of movement in keeping with region/country/theme. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Blending of movements with time to complete. Lighting (if used) should enhance arrangement.	20	
EXECUTION Interpretation: Expression should be projected through face head & body & with good use of eye contact. Convey the spirit of the dance.	10	
Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Team attire (hair, makeup & costume). Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Dance Arrangement Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<p>TECHNIQUE Dance Technique: Technical skills shown based on Calisthenic Technical Guide according to chosen style and rhythm, including deportment.</p>	40	
<p>CHOREOGRAPHY Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section to enhance theme/ concept/ arrangement. Composition: Value, variety & continuity of movements/actions, in keeping with theme/concept with time to complete. Arrangement of item, entry/opening exit/ending, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Lighting & stage dressing (if used) should enhance arrangement. Variety/continuity of movement in keeping with theme/concept. Visually effective.</p>	20	
<p>EXECUTION Interpretation: Expression projected through face, head, body, good use of eye contact.</p>	10	
<p>Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
<p>TOTAL</p>	100	

Time: _____
Revised 2010

Adjudicator: _____

Song and Dance Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<p><u>TECHNIQUE</u> Dance Technique: Technical skills shown based on Calisthenic Technical Guide according to chosen style and rhythm, including deportment.</p>	20	
<p>Singing Technique: Singing in tune, correct breathing & phrasing, with clear enunciation in suitable key. Dynamics & voice expression should not be forced.</p>	20	
<p><u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section to enhance theme/arrangement. Composition: Value, variety & continuity of movements / actions, in keeping with theme/concept with time to complete. Arrangement of item, entry/opening exit/ending, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Lighting & stage dressing (if used) should enhance arrangement. Variety/continuity of movement in keeping with theme/concept. Dialogue (if used) should not be excessive. Visually effective.</p>	20	
<p><u>EXECUTION</u> Interpretation: Expression projected through face, head, body, good use of eye contact & voice.</p>	10	
<p>Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
<p>TOTAL</p>	100	

Time: _____
Revised 2010

Adjudicator: _____

Song with Action/Movement Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<p>TECHNIQUE Poise & Style: Executed according to region/country/ theme. Includes deportment, head alignment, good posture recovering from all movements & in movement around the stage.</p>	10	
<p>Singing Technique: Singing in tune, correct breathing & phrasing, with clear enunciation in suitable key. Dynamics & voice expression should not be forced.</p>	30	
<p>CHOREOGRAPHY Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section to enhance theme/arrangement. Composition: Value, variety & continuity of movement/ actions in keeping with theme/concept. Arrangement of item, entry/exit, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities & theme/concept. Lighting & stage dressing (if used) should enhance arrangement. Visually effective.</p>	20	
<p>EXECUTION Interpretation: Expression projected through face, head, body, with good use of eye contact & voice.</p>	10	
<p>Overall Performance: Uniformity, placement, angles, consistency & control of movement. Lines covered, stage balance, dropped/ mishandled apparatus (if used), errors. Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
<p>TOTAL</p>	100	

Time: _____
Revised 2010

Adjudicator: _____

Calisthenic Revue Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<p>TECHNIQUE IF INCLUDED: Movement: as it relates to Calisthenic Technical Guide, executed according to theme /concept /choice. Includes deportment, head alignment, good posture recovering from all movements & in movement around the stage. Dance Technique: correct positioning of arms, hands, legs & feet, alignment, extension & rhythm according to style. Singing Technique – singing in tune, correct breathing & phrasing, clear enunciation in suitable key. Dynamics & voice expression should not be forced.</p>	30	
<p>CHOREOGRAPHY Theme: Concept/Choice: maintained through music /costume/ presentation. Suitability to age. Should flow, be creative & sustain interest. Emphasis given to artistic arrangement & atmosphere created.</p>	10	
<p>Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section to enhance theme/arrangement Composition: Value, variety & continuity of movements in keeping with theme/concept. Arrangement of item, entry/opening exit/ending, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Lighting & stage dressing (if used) should enhance arrangement. Dialogue (if used) should not be excessive. Visually effective.</p>	20	
<p>EXECUTION Interpretation: Expression projected through face, head, body, good use of eye contact & voice.</p>	10	
<p>Overall Performance: Uniformity, placement, precision, angles, consistency & control of movements. Lines covered, stage balance, use of stage & dropped/ mishandled apparatus (if used). Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Calisthenic Spectacular Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<u>TECHNIQUE</u> Dance Technique: Technical skills shown based on Calisthenic Technical Guide according to chosen style and rhythm, including deportment.	15	
Free Exercise Technique: Value & variety as per Calisthenic Technical Guide. Includes deportment & control.	15	
<u>CHOREOGRAPHY</u> Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section to enhance theme/arrangement. Composition: Value, variety & continuity of movements / actions, in keeping with theme/concept with time to complete. Arrangement of item, entry/opening exit/ending, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities & theme/concept. Lighting (if used) should enhance arrangement. Dialogue (if used) should not be excessive. Visually effective.	30	
<u>EXECUTION</u> Interpretation: Expression projected through face, head, body, good use of eye contact & voice (if used)	10	
Overall Presentation/Performance: Uniformity, placement, precision, angles, consistency & control of movements. Lines covered, stage balance, use of stage & dropped/ mishandled apparatus (if used), errors. Dialogue should be clear (if used). Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Stage Medley Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<u>TECHNIQUE</u> Dance Technique: Technical skills shown based on the Calisthenic Technical Guide according to chosen style and rhythm, including deportment.	10	
Free Exercise Technique: Technical skills shown based on the Calisthenic Technical Guide.	10	
Singing Technique: Singing in tune, correct breathing & phrasing, with clear enunciation in suitable key. Dynamics & voice expression should not be forced.	10	
<u>CHOREOGRAPHY</u> Theme: Maintained through music /costume /lighting /presentation. Suitability to age. Should flow & sustain interest. Emphasis given to artistic arrangement & atmosphere created.	10	
Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section to enhance theme/arrangement. Composition: Value, variety & continuity of movement in keeping with theme/concept. Arrangement of item, entry/opening exit/ending, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Blending of movements with time to complete & balance of components. Lighting & stage dressing (if used) should enhance arrangement. Dialogue (if used) should not be excessive. Visually effective.	20	
<u>EXECUTION</u> Interpretation: Expression projected through face, head, body, good use of eye contact & voice.	10	
Overall Performance – Uniformity – (as per Core items) Precision – (as per Core items) controlled movements, lines covered, stage balance, use of stage dressing (if used), dropped apparatus (if used), errors.	30	
TOTAL	100	

Time: _____
Revised 2010

Adjudicator: _____

Stage Presentation Critique Sheet

Section: _____ **Team No.:** _____

TITLE: _____

<p>TECHNIQUE IF INCLUDED: Movement: as it relates to Calisthenic Technical Guide, executed according to theme /concept /choice. Includes deportment, head alignment, good posture recovering from all movements & in movement around the stage. Dance Technique: correct positioning of arms, hands, legs & feet, alignment, extension & rhythm according to style. Singing Technique – singing in tune, correct breathing & phrasing, clear enunciation in suitable key. Dynamics & voice expression should not be forced.</p>	30	
<p>CHOREOGRAPHY Theme: Concept/Choice: maintained through music /costume/ presentation. Suitability to age. Should flow, be creative & sustain interest. Emphasis given to artistic arrangement & atmosphere created.</p>	10	
<p>Musical Choice: Quality – sound, edits. Variation, interest, suitability to age / section to enhance theme/arrangement Composition: Value, variety & continuity of movements in keeping with theme/concept. Arrangement of item, entry/opening exit/ending, use of accents/nuances, creativity, theme/concept, clarity/patterning of formations, using entire stage, appropriate content to age/capabilities. Lighting & stage dressing (if used) should enhance arrangement. Dialogue (if used) should not be excessive. Visually effective.</p>	20	
<p>EXECUTION Interpretation: Expression projected through face, head, body, good use of eye contact & voice.</p>	10	
<p>Overall Performance: Uniformity, placement, precision, angles, consistency & control of movements. Lines covered, stage balance, use of stage & dropped/ mishandled apparatus (if used). Overall appearance. Confident & disciplined presentation. Degree of excellence by all team members.</p>	30	
<p>TOTAL</p>	100	

Time: _____
Revised 2010

Adjudicator: _____