

COMPETITION HEADER

Figure March

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Deportment: 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 item, 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 & complexity 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. Control of movements, 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: _____

Adjudicator: _____

COMPETITION HEADER

Club Swinging

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Deportment: 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. Whole team swinging in rhythm, correct to beat of music, including windmill.	20	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitable rhythm (including windmill), suitability for item, 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 & complexity to age/capabilities. Item to include value, variety & continuity of: swings, directions, windmill, footwork and with time to complete.	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.	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: _____

Adjudicator: _____

COMPETITION HEADER

Free Exercises

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Deptment: 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 arm, body and leg work.	20	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, 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 & complexity 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 & using whole of body 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 (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 in appearance.	10	
	TOTAL	100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Adjudicator: _____

COMPETITION HEADER

Rod Exercises

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

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: Quality – sound, edits. Variation, tempo, interest, suitability for item, 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 & complexity 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.	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.	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: _____

Adjudicator: _____

COMPETITION HEADER

Rhythmical Aesthetics

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

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.	20	
	Dance Technique: Based on Calisthenic Technical Guide, including grace, poise, softness & fluency of movement, extension & placement of arm & foot work in Dance content & elevated movements.	10	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, 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 & complexity to age/capabilities with time to prepare, complete & recover with control. Item to include value & variety of aesthetic movements, foot & leg work, balance, using whole of body. Item to be Aesthetic based & 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 & fluid 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: _____

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 item, 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 & complexity 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. Item to be 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 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	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Adjudicator: _____

COMPETITION HEADER

Aesthetic Exercises

(Minimal Rules)

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Department: 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 item, 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 & complexity 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 & fluid presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.	10	
	TOTAL	100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Adjudicator: _____

COMPETITION HEADER

Calisthenic Revue

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

TECHNIQUE	Item Technique: Department & Technical skills as per chosen theme/concept. May include Calisthenic physical content, singing or dance with relevant technique, consistent placement & alignment of leg, foot & body throughout team. Head carriage, good posture recovering from all movements & motion around stage according to the theme/concept.	30	
	MUSIC: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section to allow interpretation of chosen theme/concept.	10	
CHOREOGRAPHY	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 & complexity 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	
	Interpretation. Expression projected through face, head, body, good use of eye contact and voice to convey the spirit/energy of item.	10	
EXECUTION	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	
	Quality of Performance: Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.	10	
IMPACT OF PERFORMANCE	TOTAL	100	
	DEDUCTION		
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

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 item, 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 & complexity 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. Item to be based on classical dance principles as per Calisthenic syllabus.	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 & fluid presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.	10	
	TOTAL	100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Adjudicator: _____

COMPETITION HEADER

Dance Rods

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

TECHNIQUE	Department: As per Calisthenic Technical Guide, including recovery from floor, movement around stage and relevant to Dance genre.	10	
	Item Technique: Based on Calisthenic Technical Guide, including extension & placement, rod & footwork, dance according to chosen style.	20	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, 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 & complexity to age/capabilities. Time to prepare, complete & recover with control. Item to include value & variety of rod work including continuity of manipulation, twists & grips, dance steps according to chosen style, foot & leg work, using whole of body. Integrity of item is based on Rod Exercises with equal and well blended dance content.	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.	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: _____

Adjudicator: _____

COMPETITION HEADER

Song & Dance

(Minimal Rules)

Section: _____

Team No.: _____

Title: _____

TECHNIQUE	Singing Technique: Singing in tune, correct pitch, breathing, phrasing and clarity of tone in suitable key. Dynamics & voice expression should not be forced	20	
	Dance Technique: Deportment & Technical Dance skills as per chosen dance genre with consistent placement & alignment of leg, foot & body throughout team.	20	
CHOREOGRAPHY	Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, 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 & complexity 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	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. Expression projected through voice, face, head, body, good use of eye contact to convey the spirit/energy of item.	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	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Adjudicator: _____