

COMPETITION HEADER

Figure March

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Deportment: 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 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. 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: _____
Revised 2019

Adjudicator: _____

COMPETITION HEADER

Club Swinging

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Deportment: 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. 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. Confident & disciplined presentation by all team members, neatness in appearance.	20	
TOTAL		100	
DEDUCTION			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____
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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 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. 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			
(Breach of Rule Number)			
PLACE / RANKING			

Time: _____

Adjudicator: _____

COMPETITION HEADER

Rod Exercises

Section: _____

Team No.: _____

Colour: _____

TECHNIQUE	Deportment: 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 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. 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	
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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 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 & 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	
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COMPETITION HEADER

Rhythmical Aesthetic

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.	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 movements, foot & leg work, balance, using whole of body. Lighting effect & stage enhancements (if used) to enhance arrangement. 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. Confident, disciplined & fluid presentation by all team members, neatness in appearance.	20	
TOTAL		100	
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Song & Dance

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. Lighting effect & stage enhancements (if used) to enhance arrangement. 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 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	
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COMPETITION HEADER

Calisthenic Revue

Section: _____

Team No.: _____

Title: _____

TECHNIQUE	Item Technique: Deportment & 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	
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 item, age/capabilities with time to prepare, complete & recover with control. Lighting effect & stage enhancements (if used) to enhance arrangement. Item to be based on entertainment/creativity/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	
	Impact of Performance: 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.	30	
TOTAL		100	
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