COMPETITION HEADER Figure March

(Minimal Rules)

Sect	ion:			Team No.:
Colo	ur:			
IIQUE	Deportment: As per Calisthenic Technical Guide, including movement around stage.	10		
TECHNIQUE	Item Technique: Based on Calisthenic Technical Guide, including extension & placement of arm, body and leg work.	20		
V H A	Music : Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section.	10		
CHOREOGRAPHY	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		
NOIT	Exactness of team timing. Including rhythm.	10		
EXECUTION	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	Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	10		
PERFO	TOTAL	100		
	DEDU (Breach of Rule Number)	CTION		
	PLACE / RAI	NKING		

Time: Revised 2019 Adjudicator:

COMPETITION HEADER Club Swinging

(Minimal Rules)

Secti	ion:		
Colo	ur:		
IIQUE	Deportment: As per Calisthenic Technical Guide, including movement around stage.	10	
TECHNIQUE	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	
APHY	Music: Quality – sound, edits. Variation, tempo, interest, suitable rhythm (including windmill), suitability for item, age/section.	10	
CHOREOGRAPHY	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	
TION	Exactness of team timing. Including rhythm.	10	
EXECUTION	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	
PER	TOTAL	100	
	DEDU (Breach of Rule Number)	CTION	
	PLACE / RAI	NKING	

COMPETITION HEADER Free Exercises

(Minimal Rules)

Secti	on:		 Te
Colo	ur:		
TECHNIQUE	Deportment: As per Calisthenic Technical Guide, including recovery from floor and movement around stage.	10	
TECHI	Item Technique: Based on Calisthenic Technical Guide, including extension & placement of arm, body and leg work.	20	
м	Music : Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section.	10	
CHOREOGRAPHY	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	
ITION	Exactness of team timing.	10	
EXECUTION	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	
IIV PERFO	TOTAL	100	
	(Breach of Rule Number)	CTION	
	PLACE / RAI	NKING	

Time: Revised 2019 Adjudicator:

COMPETITION HEADER Rod Exercises

(Minimal Rules)

Deportment: As per Calisthenic Technical Guide, including recovery from floor and movement around stage. Item Technique: Based on Calisthenic Technical Guide, including extension & placement, of rod, arm, body & footwork. Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section. 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. Mastery of Execution: Uniformity, placement, angles, consistency of movement, lines covered stage belance deponded michandled apparatus.
Item Technique: Based on Calisthenic Technical Guide, including extension & placement, of rod, arm, body & footwork.
& placement, of rod, arm, body & footwork. Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section. 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. Exactness of team timing.
item, age/section. 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. Exactness of team timing. 10 Mastery of Execution: Uniformity, placement, angles, consistency of
control. Item to include value & variety of rod work including continuity of manipulation, twists & grips, foot & leg work, using whole of body. Exactness of team timing. Mastery of Execution: Uniformity, placement, angles, consistency of
Mastery of Execution: Uniformity, placement, angles, consistency of
Mastery of Execution: Uniformity, placement, angles, consistency of
movement. Lines covered, stage balance, dropped/ mishandled apparatus, errors, movements completed with strength & control.
Quality of Performance: Confident & disciplined presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance. 10 TOTAL 100
TOTAL 100
DEDUCTION (Breach of Rule Number)
PLACE / RANKING

Adjudicator:	

COMPETITION HEADER Rhythmical Aesthetics

(Minimal Rules)

on:						Team No.:
·						
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					
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					
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					
Quality of Performance: Confident, disciplined & fluid presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	10					
TOTAL	100					
DEDUC (Breach of Rule Number)	TION					
PLACE / RAI	NKING					
:			Adiudicator	:		
	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. 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. Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section to allow sensitivity & interpretation. 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/paterning 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. Interpretation. Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact to reflect the chosen theme/concept. 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. Quality of Performance: Confident, disciplined & fluid presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance.	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. 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. Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section to allow sensitivity & interpretation. 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. Interpretation. Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact to reflect the chosen theme/concept. 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. Quality of Performance: Confident, disciplined & fluid presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance. TOTAL 100 DEDUCTION (Breach of Rule Number)	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. 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. Music: Quality – sound, edits. Variation, tempo, interest, suitability for litem, age/section to allow sensitivity & interpretation. Composition: Artistry in arrangement of item to be balanced including entry/opening, exit/closing, value, variety & continuity of movement, use of accrets/nunness, creativity, theme/concept, clarity/opatterning 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. Interpretation. Sensitivity/Style/sincerity of expression projected through face, head & body, with good use of eye contact to reflect the chosen theme/concept. Mastery of Execution: Timing, uniformity, placement, angles, consistency & control of movement. Clarity of patterns, stage balance, or one of the concept. Quality of Performance: Confident, disciplined & fluid presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance. PLACE / RANKING DEDUCTION (Breach of Rule Number)	Aesthetit 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. Dance Technique: Based on Calisthenic Technical Guide, including grace, poise, softness & Buency of movement, extension & placement of arm & foot work in Dance content & elevated movements. Music: Quality – sound, edits. Variation, tempo, interest, suitability for Item, age/section to allow sensitivity & interpretation. 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 easthetic movements, foot & leg work, balance, using whole of body, item to be Aesthetic based & include dance steps to enhance performance. Interpretation. Sensitivity/style/sincerity of expression projected through face, head & body, with good use of eye contact to reflect the chosen theme/concept. 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. Quality of Performance: Confident, disciplined & fluid presentation by all team members, lighting effects & stage enhancements (if used), neatness in appearance. PLACE / RANKING	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. Dance Technique: Based on Calisthenic Technical Guide, including grace, poise, soffness & Ilenery of movement, extension & placement of arm & foot work in Dance content & elevated movements. Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section to allow sensitivity & interpretation. Composition: Artistry in arrangement of item to be balanced including entry/opening, ext/closing, value, variety & continuity of movement, use of second/manusching extra the properties of the second properties of	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. Dance Technique: Based on Calisthenic Technical Guide, including grace, poise, softness & Illuency of movement, extension & placement of arm & foot work in Dance coment & debeted movement of them to be devoted movement of them to be devoted movement of them to be advanted including control property of the property o

Revised 2019

COMPETITION HEADER Dance Arrangement

(Minimal Rules)

Sectio	n:		
Title:			
IIQUE	Deportment: Relevant to Dance genre, including head carriage, recovery from floor, movement & motion around stage.	10	
TECHNIQUE	Item Technique: Technical skills as per chosen genre with consistent placement & alignment of leg, foot & body throughout team.	20	
NH.	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 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	
TION	Interpretation . Expression projected through face, head, body, good use of eye contact 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	
IMPACT OF PERFORMANCE	Quality of Performance: Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.	10	
PERFC	TOTAL	100	
		CTION	
	(Breach of Rule Number)		
	PLACE / RAI	NKING	

Adjudicator:	

COMPETITION HEADER Aesthetic Exercises

(Minimal Rules)

Secti	on:		
Colo	ır:		
IIQUE	Deportment: As per Calisthenic Technical Guide, including head alignment, recovery from floor, movement & motion around stage.	10	
TECHNIQUE	Item Technique : Based on Calisthenic Technical Guide, including grace, poise, softness & fluency of movement, extension & placement of arm & foot work.	20	
МРНУ	Music : Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section to allow sensitivity & interpretation.	10	
CHOREOGRAPHY	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	
EXECL	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	
PERI	TOTAL	100	
	DEDU (Breach of Rule Number)	CTION	
	PLACE / RAI	NKING	

Adjudicator:	

COMPETITION HEADER Calisthenic Revue

(Minimal Rules)

Secti	on:		
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	
PHY	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	
IION	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	
IMPACT OF PERFORMANCE	Quality of Performance: Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.	10	
PER	TOTAL	100	
	DEDU (Breach of Rule Number)	CTION	
	PLACE / RAI	NKING	

Adjudicator:	

COMPETITION HEADER Rhythmic Interpretation

(Minimal Rules)

Secti	on:		
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	
PERFO	TOTAL	100	
	DEDU((Breach of Rule Number)	CTION	
	PLACE / RAM	NKING	

Time: Revised 2019 Adjudicator:

COMPETITION HEADER Dance Rods

(Minimal Rules)

Section:						
Title:						
TECHNIQUE	Deportment: As per Calisthenic Technical Guide, including recovery from floor, movement around stage and relevant to Dance genre.					
TECHN	Item Technique: Based on Calisthenic Technical Guide, including extension & placement, rod & footwork, dance according to chosen style.	20				
MV	Music: Quality – sound, edits. Variation, tempo, interest, suitability for item, age/section.					
CHOREOGRAPHY	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				
EXECL	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				
PERFO	TOTAL	100				
DEDUCTION (Breach of Rule Number)						
(2-22-2- and training)						
PLACE / RANKING						

Adjudicator:	

COMPETITION HEADER Song & Dance

(Minimal Rules)

Section	on:				
Title:	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			
TECH	Dance Technique: Deportment & Technical Dance skills as per chosen dance genre with consistent placement & alignment of leg, foot & body throughout team.	20			
РНУ	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 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 PERFORMIANCE	Quality of Performance: Confident, disciplined & energetic presentation by all team members, lighting effect & stage enhancements (if used), neatness in appearance.	10			
PERFO	TOTAL	100			
	DEDUCTION (Breach of Rule Number)				
	PLACE / RANKING				

Adjudicator:	