RC Competes

ACRO/GYMNASTICS

A style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Flips/twists greater than one rotation are prohibited. Routines must include 60% acro/gymnastics skills and 40% dance skills. Team entries with dancers under the age of 18 will be required to use spotters when required by NFHS.

RC Competes

CLASS   DESIGNATION   DANCER(S)

LEVEL

☑ Denotes Superior Performance   Total Team Members =

	Scoring Categories		Rating	TOTALS
CHOREOGRAPHY	☐ Variety of Technical Dance Elements ☐ Dynamics ☐ Appropriate Acre Skill Level ☐ Formations ☐ Creativity ☐ Originality ☐ Change of Pace ☐ Continuity ☐ Use of Space ☐ Level Changes ☐ Musicality ☐ Appropriate Tempo ☐ Transitions ☐ Visual Effects ☐ Floorwork **COMMENTS**		Superior 26 – 30 Excellent 21 – 25 Outstanding 16 – 20 Below 0 – 15	**30**
DIFFICULTY	☐ Appropriate Team Ability Level ☐ Variety of Turns/Leaps ☐ Team vs. Small Group Difficulty ☐ Flow of Transitions ☐ Rhythmic Timing ☐ Strong/Powerful ☐ Flexibility ☐ Endurance ☐ Ambidexterity **COMMENTS**		Superior 18 – 20 Excellent 15 – 17 Outstanding 12 – 14 Below 0 – 11	**20**
EXECUTION	☐ Precision/Control ☐ Completion of Moves ☐ Spacing/Alignment ☐ Technique ☐ Rhythmic Timing ☐ Body Control ☐ Footwork ☐ Transitions ☐ Extension of Arms, Legs, Feet ☐ Group Uniformity ☐ Turns/Leaps/Jumps **COMMENTS**		Superior 26 – 30 Excellent 21 – 25 Outstanding 16 – 20 Below 0 – 15	**30**
APPEARANCE/SHOWMANSHIP OVERALL	☐ Esprit de Corps ☐ Facial Expressions ☐ Audience Appeal ☐ Neatness/Uniformity ☐ Emotions ☐ Overall Impression ☐ Accessories ☐ Posture/Projection ☐ Eye Contact ☐ Style ☐ Energy ☐ Confidence **COMMENTS**		Superior 18 – 20 Excellent 15 – 17 Outstanding 12 – 14 Below 0 – 11	**20**
Judge's Signature		☐		
Tabulator's Initials		☐	**SUB SCORE**	**0**

100