

CHOREOGRAPHY & EXECUTION

GROUP NAME _____	LEVEL _____	APPARATUS _____
Synchronization		/5
Gymnasts should demonstrate synchronicity of movement in relation to speed, amplitude, style and rhythm. Synchronization can be shown with simultaneous movement or movement in canon.		
Interaction/Collaboration		/5
Gymnasts should always work in relation to one another through a variety of interactive and collaborative movements. Individual performances should not be prevalent.		
Formations		/5
Judges evaluate the variety and precision of the group's formations.		
Choreography		/5
Judges look for difficulty, variety and execution in the intermediary dance steps, use of levels, use of body and arms.		
Musicality		/5
Judges evaluate the choice of music and how the movement and choreography fit to the music. The group should be in rhythm with the music and demonstrate the style of music with the movement choice.		
Overall Impression		/5
Judges mark their overall impression of the routine based on presentation of the gymnast, difficulty level and crowd appeal.		
CHOR & EXEC POINT TOTAL		/30

CHOREOGRAPHY & EXECUTION

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difficulty level and crowd appeal.

CHOR & EXEC POINT TOTAL /30

DESIGNATED BODY SKILLS

Levels A thru C – 2 leaps, 2 pivots, 2 balances

GROUP NAME _____		LEVEL _____		APPARATUS _____	
	SYMBOL	DIFF. LEVEL	DESCRIPTION	SCORE	
1				/5	
2				/5	
3				/5	
4				/5	
5				/5	
6				/5	
7				/5	
8				/5	
BODY SKILLS POINT TOTAL				/30	

Check with technical director before computing scores.*DESIGNATED BODY SKILLS**

Levels A thru C – 2 leaps, 2 pivots, 2 balances

GROUP NAME _____		LEVEL _____		APPARATUS _____	
	SYMBOL	DIFF. LEVEL	DESCRIPTION	SCORE	
1				/5	
2				/5	
3				/5	
4				/5	
5				/5	
6				/5	
7				/5	
8				/5	
BODY SKILLS POINT TOTAL				/30	

**Check with technical director before computing scores.*

APPARATUS HANDLING – GROUP/DUET/TRIO

GROUP NAME _____ LEVEL _____

APPARATUS

TECHNIQUE	# REQ	OCCURENCES	COMMENTS	SCORE
Handling Category 1 (see chart)	3			/8
Handling Category 2 (see chart)	3			/8
Small Exchanges	2			/8
Large Exchanges	2			/8
Overall Apparatus Handling: Difficulty, Variety, Risk, Originality				/8
APPARATUS HANDLING POINT TOTAL				/40

APPARATUS HANDLING – GROUP/DUET/TRIO

GROUP NAME _____ LEVEL _____

APPARATUS

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Handling Category 2 (see chart)	3			/8
Small Exchanges	2			/8
Large Exchanges	2			/8

Overall Apparatus Handling: Difficulty, Variety, Risk, Originality	/8
APPARATUS HANDLING POINT TOTAL	/40

Gymnast _____

Level _____

APPARATUS	BODY SKILL	DESCRIPTION	Body (7 pts)	Apparatus (2 pts)	Integration (1 pt)	TOTAL SCORE (10 points)
ROPE – passing thru	Jump or Leap					
ROPE – circles	Jump or Leap					
BALL – bounce(s)	Flexibility					
BALL – roll or balance	Flexibility					
CLUBS – mills	Balance					
CLUBS – technical movements	Balance					
RIBBON – spirals or snakes	Flexibility					
RIBBON – large pattern	Flexibility					
HOOP	Toss # 1					
HOOP	Toss # 2					
			FINAL SCORE			
			(100 points total)			

Gymnast _____

Level _____

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RIBBON – spirals or snakes	Flow					
RIBBON – large pattern	Flow					
HOOP	Toss # 1					
HOOP	Toss # 2					
			FINAL SCORE			
			(100 points total)			

FINAL SCORE CALCULATION

GROUP NAME _____ LEVEL _____

APPARATUS

JURY	CATEGORY	SUBTOTAL
JURY 1	BODY SKILLS	/30
JURY 2	APPARATUS HANDLING	/40
JURY 3	CHOREOGRAPHY AND EXECUTION	/30

Subtotal	/100
Skill Testing Average	/100
FINAL POINT TOTAL	/200

FINAL SCORE CALCULATION

GROUP NAME _____ LEVEL _____

APPARATUS

JURY	CATEGORY	SUBTOTAL
JURY 1	BODY SKILLS	/30
JURY 2	APPARATUS HANDLING	/40
JURY 3	CHOREOGRAPHY AND EXECUTION	/30
Subtotal		/100
Skill Testing Average		/100
FINAL POINT TOTAL		/200