Rhythmic Xcel Evaluator’s Scoring Guide

EVALUATING GROUP & INDIVIDUAL ROUTINES

There are 2 parts to the score sheets: the Skill List & the XCEL categories. One evaluator can complete the entire score sheet, or one evaluator can do the Skill List & another evaluator can do the Xcel categories.

The Team Floor Exercise is not divided by level, so Body Skills of any value may be performed. Skills should be appropriate for the level of the gymnasts in the group.

The Group Apparatus routine and all Individual routines are divided by level. The skill values for each level are suggested, not required. For example, a Level C may perform FIG 0.1 skills and receive credit. However, execution being comparable, the Overall Impression for this gymnast should be lower than for a gymnast in her level who performs all FIG 0.2 & 0.3 skills.

SKILL LIST

Gymnasts should not be severely penalized for lack of natural flexibility and lines

Standards should be judged according to each level

BODY SKILLS (Group & Individual Routines): rotations, balances, leaps/jumps

- **1.0**  
  Skill very nicely executed, toes pointed, knees straight, proper technique

- **0.8-0.9**  
  Toes and knees are a not in line, but skill was mostly properly executed

- **0.6-0.7**  
  Toes/knees not in line, basic form of the body skill not shown (not held long enough in a balance, insufficient rotations in a turn, etc.)

- **0.4-0.5**  
  Attempted skill but needs work

- **0.1-0.3**  
  Sorry, try again

- **0**  
  Did not attempt skill
### DANCE STEPS (Group RFX & all Individual Routines)

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>Dance steps are clearly visible, matching the tempo, rhythm, musical character, and accents. The steps show ample variety in the levels, directions, speed, and modalities of movement.</td>
</tr>
<tr>
<td>0.8-0.9</td>
<td>Dance steps are clearly visible, with few minor errors in rhythm or missing accents. The steps show some variety in the levels, direction, speed, and modalities of movement.</td>
</tr>
<tr>
<td>0.6-0.7</td>
<td>Dance steps are visible, with numerous errors in rhythm or missing accents. The steps lack character, and/or show limited variety</td>
</tr>
<tr>
<td>0.4-0.5</td>
<td>Dance steps are visible, yet performed completely off the rhythm and character of the music</td>
</tr>
<tr>
<td>0.1-0.3</td>
<td>Dance steps attempted, but movements are not well defined and do not correlate at all with the rhythm or character of the music.</td>
</tr>
<tr>
<td>0</td>
<td>Did not attempt dance steps</td>
</tr>
</tbody>
</table>

### EXCHANGES (Group Apparatus Routines)

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0</td>
<td>Exchange very nicely executed with proper technique</td>
</tr>
<tr>
<td>0.8-0.9</td>
<td>Exchange nicely executed, but with minor infractions (incorrect catches, trajectory errors, etc.)</td>
</tr>
<tr>
<td>0.6-0.7</td>
<td>Partial credit for the skill. For example, gymnasts completed the exchange correctly, but did not catch. Or, skill completed, but with one or more major infractions</td>
</tr>
<tr>
<td>0.4-0.5</td>
<td>Attempted exchange, but needs work</td>
</tr>
<tr>
<td>0.1-0.3</td>
<td>Sorry, try again</td>
</tr>
<tr>
<td>0</td>
<td>Did not perform exchange</td>
</tr>
</tbody>
</table>
INTERACTIONS/COLLABORATIONS (Group RFX & Group Apparatus Routines)

1.0  Interaction very nicely executed with proper technique

0.8-0.9  Interaction nicely executed, but with minor infractions

0.6-0.7  Partial credit for the skill. For example, gymnasts completed the interaction, but with one or more major infractions, for example, a drop, collision of the gymnasts, etc.

0.4-0.5  Attempted Interaction, but needs work

0.1-0.3  Sorry, try again

0  Did not perform Interaction

XCEL CATEGORIES

GENERAL BODY EXECUTION (Group & Individual Routines)— Posture, Form & execution (toes, knees, arms, relevé, starting and finishing elements), Balanced sides

1.0  Excellent execution. Very good toes, knees, relevé, arms. Possibly a few minor infractions, but in general shows control and proper technique. Excellent posture and body alignment. Balanced use of both sides throughout the routine.

0.8-0.9  Near perfect, one or two minor improvements to be made (sloppy toes in a few instances, etc). OR, if gymnast does not have naturally flexible toes/knees, etc, but is clearly doing the best of her ability to point her toes, straighten knees, etc. Good posture and body alignment. Use of both sides.

0.6-0.7  Generally good execution, posture and body alignment, but small errors throughout the routine. Routine done predominantly one sided.

0.4 -0.5  Toes, knees, arms bent through a lot of the routine. Lack of gppd posture and body control. Routine done completely one sided.

0.1-0.3  Technique needs work
APPARATUS HANDLING (Group Apparatus & Individual Apparatus routines)

1.0  Skills very nicely executed with proper technique

0.8-0.9  Skills nicely executed, but with minor infractions (bent arm in a ball roll, bounces of the hoop in a boomerang, wobbly toss, etc.)

0.6-0.7  Has minor technique flaws in the handling throughout the routine. Skills nicely executed, but with many minor infractions. For example, gymnast completes tosses correctly, but does not catch.

0.4-0.5  Skills attempted, but with many minor infractions or 1-2 major mistakes

0.2-0.3  Many minor and major infractions throughout the routine

0.1  Poor apparatus technique

GROUP EXECUTION – Synchronization, Formations, Group Unity

1.0  The group is very well synchronized throughout the routine. There is ample variety in formations and the lines of the formations are precise. The athletes perform the collective work in a smooth and unified manner.

0.8-0.9  The group is well synchronized with isolated interruptions in synchronization. Minor deviations in formations are apparent. The athletes perform the collective work with a few slight errors.

0.6-0.7  There are clear errors in synchronization throughout the routine. Formations are imprecise and/or lack variety. Visible errors in the collective work are present, however, the athletes still exhibit a spirit of cooperation and unity.

0.4-0.5  A majority of the routine is performed without synchronization. There are clear alterations in several formations. The athletes exhibit difficulty in executing a majority of the collective work and in cooperating as a unified team.

0.1-0.3  The gymnasts perform the entire routine without synchronization. Formations are difficult to decipher. There is an overwhelming lack of unity and cooperation in the collective work throughout the entire composition.
**CHOREOGRAPHY (Group RFX & Individual Routines)** — *dance steps, integration of apparatus with body skills, performance, presence on the floor, WOW factor; level changes, floor coverage (Note: Floor coverage is relative to the size of the gymnast or gymnasts in the group), use of the carpet, staying on the carpet*

1.0 Creative and expressive dance steps, gymnast/group wows the crowd with a great performance; Gymnast/group changes levels, moves around the carpet, integrates apparatus with body skills, and has creative movements/interactions.

0.8-0.9 Very good dance steps, gymnast/group has very good presence on the floor; Gymnast/group mostly covers the floor, changes levels in the routine, integrates apparatus with body skills.

0.6-0.7 Gymnast/group performed dance steps, has good presence; Sufficient integration of apparatus with body skills, floor coverage and level changes.

0.4-0.5 Dance steps performed without zest. Gymnast/group does not move around very much, leaves carpet area. Apparatus barely integrated with body skills.

0.1-0.3 No dance steps, gymnast/group made the judges fall asleep; Gymnast/group stays in the same space and level during routine. Apparatus not integrated with body skills.

**OVERALL IMPRESSION (Group & Individual Routines)** — *flow, rhythm, starting and ending with the music, facial and body expression, showing the mood, skills appropriate to the level of the gymnast, crowd appeal*

1.0 Choreography goes well with the music; gymnast/group finishes on time at the end of the routine. Gymnast/group shows understanding of the music. Excellent expression. Gymnast/group uses facial expressions, as well as body movements to show the mood throughout the routine. Totally engages the audience with the performance.

0.7-0.8 Slight musical infractions, or gymnast/group finishes slightly early or slightly late. Very good expression throughout most of the routine. Engages the audience with the performance.

0.5-0.6 Pauses in the routine, gymnast/group finishes noticeably early or late, but routine more or less makes sense with the music. Good expression and presentation. Gymnast/group uses facial expressions but not so much body movements to show the mood. Performance has crowd appeal.

0.3-0.4 Major musical infractions, gymnast/group finishes very early or late. Expression needs improvement, or gymnast/group sulks off the carpet. Performance has little crowd appeal.

0.1-0.2 Background music through most of the routine. Expression does not match the music, or gymnast/group is not expressive. Performance has no crowd appeal.