

Rhythmic Xcel - GROUP Apparatus - Levels C & D

- 6 Body Elements with Handling (2 Pivots, 2 Balances, 2 Jumps/Leaps); 2 Large Exchanges;
- 2 Interactions/Collaborations
- List the Requirements (Body Elements, Exchanges, Interaction) in the order they occur in the routine.
- Level C & D - FIG .2 skills and higher, Combinations

GROUP NAME:		Level:	Apparatus:	
REQUIREMENT	HANDLING	VALUE	FAULTS	SCORE
1.		6		
2.		6		
3.		6		
4.		6		
5.		6		
6.		6		
7.		6		
8.		6		
9.		6		
10.		6		
XCEL CATEGORIES				
General Body Execution	Posture Form and Execution (arms/hands, legs/feet, head)	10		
Apparatus Handling	Basic technique Variety of handling Execution (arms, planes, trajectories)	10		
Group Execution	Synchronization Formations Group Unity	10		
Overall Impression	Musicality Expression Mastery Crowd Appeal	10		
FINAL SCORE		100		