

HSP Dance – ACRO/GYMNASTICS

of team members

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.

LEVEL: Beginning Intermediate Advanced

STUDIO/GYM _____ CLASS: Tiny Mini Junior Senior Elite Adult Adaptive

(✓) Denotes Superior Performance (O) Denotes Improvement Needed

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