

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.

☒ Denotes Superior Performance

Total Team Members =

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

100