

# CHOREOGRAPHY – TOTAL 10 POINTS

The A judge evaluates the CHOREOGRAPHY of the routine based on:

## CRITERIA

### ➤ Composition:

#### 1. Music and Musicality (max. 2 points)

- 1.1. Selection and composition
- 1.2. Usage (Musicality)

#### 2. Aerobic Content (max. 2 points)

- 2.1. Amount of AMP
- 2.2. Complexity / Variety

#### 3. General Content (max. 2 points):

- 3.1. Complexity / Variety
- 3.2. Fluidity

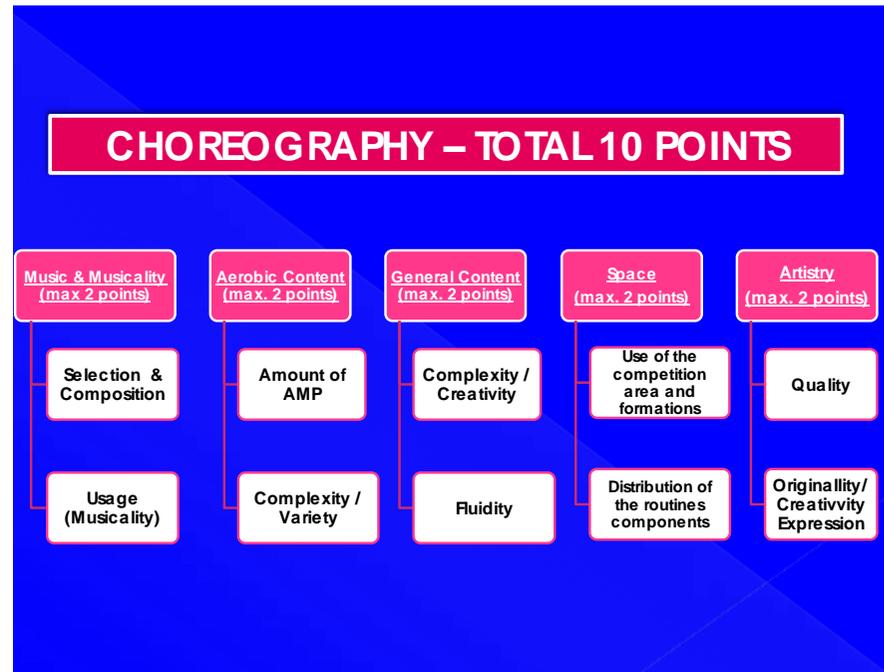
#### 4. Space (max. 2 points)

- 4.1. Use of the competition area and formations
- 4.2. Distribution of the routine components

### ➤ Performance:

#### 5. Artistry (max. 2 points)

- 5.1 Quality of the performance
- 5.2 Originality/Creativity and expression



Grade	Score Range	REFERENCE RANGE OF ARTISTIC Score
Excellent <input type="checkbox"/>	9.6 ~ 10.0 <input type="checkbox"/>	REFERENCE RANGE OF ARTISTIC Score
Very Good <input type="checkbox"/>	9.0 ~ 9.5 <input type="checkbox"/>	
Good <input type="checkbox"/>	8.0 ~ 8.9 <input type="checkbox"/>	
Satisfactory <input type="checkbox"/>	7.0 ~ 7.9 <input type="checkbox"/>	
Poor <input type="checkbox"/>	6.0 ~ 6.9 <input type="checkbox"/>	
Unacceptable <input type="checkbox"/>	5.0 ~ 5.9 <input type="checkbox"/>	

## SCORE SHEET

Criteria	Unacceptable		Poor		Satisfactory		Good		Very Good		Excellent	TOTAL
Music & Musicality	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Aerobic Content Step Content	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
General Content	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Space & Formation	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
Artistry	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	
<b>TOTAL</b>												

## MUSIC, SPACE, ARTISTRY

<b>Excellent 2.0 pt</b>	The routine includes/shows an outstanding, level of the criteria
<b>Very Good 1.8 – 1.9 pt</b>	The routine includes/shows high level of the criteria
<b>Good 1.6 – 1.7 pt</b>	The routine includes/shows good level of the criteria
<b>Satisfactory 1.4 – 1.5 pt</b>	The routine includes/shows average level of the criteria
<b>Poor 1.2 – 1.3 pt</b>	The routine includes/shows low level of the criteria
<b>Unacceptable 1.0 – 1.1 pt</b>	The routine includes/shows an unacceptable level of the criteria

## GENERAL CONTENT

<b>Excellent 2.0 pt</b>	G <sup>+</sup> G <sup>+</sup> G <sup>+</sup> G <sup>+</sup> (4 G <sup>+</sup> )
<b>Very Good 1.8 -- 1.9 pt</b>	G <sup>+</sup> G <sup>+</sup> G <sup>+</sup> G (3 G <sup>+</sup> )
<b>Good 1.6 - 1.7 pt</b>	G <sup>+</sup> G <sup>+</sup> G G (2 G <sup>+</sup> )
<b>Satisfactory 1.4 - 1.5 pt</b>	G <sup>+</sup> G G G (1 G <sup>+</sup> )
<b>Poor 1.2 - 1.3 pt</b>	G <sup>+</sup> G G G (1 G <sup>+</sup> ) showing repetitions
<b>Unacceptable 1.0 – 1.1 pt</b>	G G G G (0 G <sup>+</sup> )

## AEROBIC CONTENT

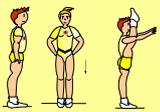
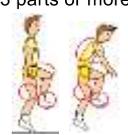
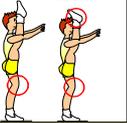
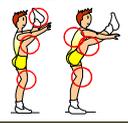
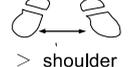
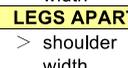
<b>Excellent 2.0 pt</b>	A <sup>+</sup> (8 AMP <sup>+</sup> )
<b>Very Good 1.9 pt</b>	A <sup>+</sup> A (7 AMP <sup>+</sup> )
<b>Very Good 1.8 pt</b>	A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A A (6 AMP <sup>+</sup> )
<b>Good 1.7 pt</b>	A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A A A (5 AMP <sup>+</sup> )
<b>Good 1.6 pt</b>	A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A A A A (4 AMP <sup>+</sup> )
<b>Satisfactory 1.5 pt</b>	A <sup>+</sup> A <sup>+</sup> A <sup>+</sup> A A A A A (3 AMP <sup>+</sup> )
<b>Satisfactory 1.4 pt</b>	A <sup>+</sup> A <sup>+</sup> A A A A A A (2 AMP <sup>+</sup> )
<b>Poor 1.3 pt</b>	A <sup>+</sup> A A A A A A A (1 AMP <sup>+</sup> )
<b>Poor 1.2 pt</b>	A A A A A A A A (0 AMP <sup>+</sup> )
<b>Unacceptable 1.1 pt</b>	A <sup>-</sup> A A A A A A A (1 AMP <sup>-</sup> )
<b>Unacceptable 1.0 pt</b>	A <sup>-</sup> A <sup>-</sup> A A A A A A A (2 AMP <sup>-</sup> OR MORE)

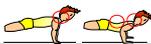
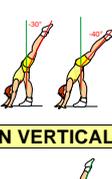
# EXAMPLES OF EXECUTION DEDUCTIONS - GENERAL

A. Deductions for Difficulty /Acrobatic elements			
Small	Medium	Unacceptable	Fall
0.1	0.3	0.5	1.0
Maximum deductions for an element 0.5			1.0
B. Deductions for Choreography			
Deviation from Perfection	Small	Medium	Fall
AMP (each 8 counts)	0.1	0.3	1.0
Transitions / Links (each time)	0.1	0.3	1.0
Lift	0.1	0.3	1.0
Partnership & Collaboration	0.1	0.3	1.0
C. Deductions for Synchronization			
Each time	0.1 point		
Whole routine (MP, TR, GR)	Maximum -2.0		
Whole routine (AD, AS)	Maximum -3.0		

General Errors	Small 0.1	Medium 0.3	Unacceptable 0.5
Incorrect body alignment	0.1	0.3	0.5
Incorrect body form	0.1	0.3	0.5
Legs not parallel to the floor	0.1	0.3	0.5
Legs / feet bent or apart	0.1	0.3	
Incorrect / Uncontrolled landing position in standing or PU	0.1	0.3	0.5
Incorrect / Uncontrolled landing position in Split	0.1	0.3	0.5
Incomplete rotation/turn	0.1	0.3	0.5
Incorrect technique	0.1	0.3	0.5
Touching the floor		0.3	0.5

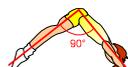
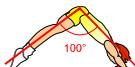
## GENERAL ERRORS

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
<b>INCORRECT BODY ALIGNMENT</b>			
 AMP Sequence (each 8-counts)	1 part or 2 parts 	3 parts or more 	
			
<b>UNCONTROLLED FEET POSITION</b>			
			
<b>FEET APART</b>			
	$\leq$ shoulder width 	$>$ shoulder width 	
<b>LEGS APART</b>			
V-Support	$\leq$ shoulder width 	$>$ shoulder width 	

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
<b>INCOMPLETE ROTATION / TURN</b>			
	$\pm 45^\circ$ 	$\pm 45^\circ - 90^\circ$ 	
<b>INCORRECT BODY ALIGNMENT</b>			
	1 part or 2 parts 	3 parts or more 	
<b>SHOULDERS NOT IN THE LINE WITH THE UPPER ARM</b>			
			
	$170^\circ$ to $160^\circ$ 	$< 160^\circ$ 	
<b>NOT IN VERTICAL LINE</b>			
			

## SPECIFIC ERRORS

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
<b>BODY / LEGS NOT PARALLEL TO THE FLOOR</b>			
	$20^\circ$ 	$50^\circ$ 	
<b>KNEES NOT AT WAIST LEVEL</b>			
	$-10^\circ$ 	$-15^\circ$ 	$-20^\circ$ 
<b>LEGS NOT PARALLEL TO THE FLOOR</b>			
PIKE	$80^\circ$ 	$75^\circ$ 	$70^\circ$ 
COSSACK	$-10^\circ$ 	$-15^\circ$ 	$-20^\circ$ 
STRADDLE	$-10^\circ$ 	$-15^\circ$ 	$-20^\circ$ 

EXAMPLES	SMALL 0.1	MEDIUM 0.3	UNACCEPTABLE 0.5
<b>LEGS LESS THAN 180°</b>			
	$-20^\circ$ 	More than $30^\circ$	
<b>INCORRECT BODY FORM</b>			
	$90^\circ$ 	$100^\circ$ 	
	$-15^\circ$ 	$-20^\circ$ 	
	$70^\circ$ 	$65^\circ$ 	
	$-15^\circ$ 	$-20^\circ$ 	

## SPECIFIC ERRORS FOR EXECUTION

Specific Mistakes for Group A	0.1	0.3	0.5
Adjust or correct hand position	0.1		
Shoulder is not in line with the upper arm	0.1	0.3	
Direction of the elbow in lateral and hinge is incorrect		0.3	
“Wenson shape” – Leg lower than upper triceps /not supported		0.3	
The hips are not lifted during the extension phase for leg circles and flairs		0.3	
Incomplete rotation/turn	0.1	0.3	
In Helicopter to PU, finishing with extended arms		0.3	
In High V support elements, back not parallel to the floor		0.3	
Ending in Split position: Incorrect arm position	0.1	0.3	0.5
Elements without airborne phase		0.3	
Touching the floor one time in group A		0.3	
Touching the floor more than one time in group A			0.5

Specific Mistakes for Group B	0.1	0.3	0.5
Incorrect position in Support and V-Support Families	0.1	0.3	
Any body parts touching the floor			0.5
In horizontal support families the body/legs are not parallel to the floor	0.1	0.3	
The skill is not held for at least 2 seconds			0.5
Touching the floor one time in group B			0.5

- **All elements in Group B: Touching the floor more than one time will be considered as a FALL (-1.0).**

Specific Mistakes for Group C	0.1	0.3	0.5
Uncontrolled arms in airborne phase	0.1		
Knees not at the waist level in Tuck	0.1	0.3	0.5
Legs not parallel to the floor in Straddle, Pike, Cossack, Split families	0.1	0.3	0.5
Leading leg not parallel to the floor in Scissors Kick, Scissors Leap and Switch Split Leap–	0.1	0.3	
In Split and Scissors families legs less than 180°	0.1	0.3	0.5
Legs and hand(s) not landing on the floor at the same time.		0.3	0.5
Off Axis & Butterfly: body and legs under horizontal	0.1	0.3	0.5
Ending in Split position: Incorrect arm position	0.1	0.3	0.5
Touching the floor in group C		0.3	0.5

Specific Mistakes for Group D	0.1	0.3	0.5
Leg position not horizontal		0.3	
Inability to complete the rotation in the vertical plane with the lifted leg (Illusion)		0.3	
Vertical split out of vertical line	0.1	0.3	
Loss of balance	0.1	0.3	0.5
Lack of continuity (flow) in turns & illusion	0.1	0.3	
Slide or hopping during Illusion and turn		0.3	
Extra turn after the Illusion	0.1	0.3	
Incomplete rotation / turns	0.1	0.3	
Turn not on the ball of the foot		0.3	
Hand in support on the leg during the free Illusion or free vertical split		0.3	
One hand touching the floor finishing in vertical or free vertical split position		0.3	
For Illusion and turns to vertical split, the supporting foot is off the floor in the vertical split			0.5
Touching the floor one time in group D		0.3	
Touching the floor more than one time in group D			0.5

## DIFFICULTY – MINIMUM REQUIREMENTS

### GROUP A

<b>PUSH UP</b>	PU, Wenson PU
<b>EXPLOSIVE PUSH UP</b>	A Frame, Cut
<b>EXPLOSIVE SUPPORT</b>	High V and Reverse Cut
<b>LEG CIRCLE</b>	Leg circle, Flair
<b>HELICOPTER</b>	Helicopter

All elements in Group A must be performed without fall.

FAMILIES	MINIMUM REQUIREMENTS
<b>PUSH UP</b>	<b>PUSH UP, WENSON PU</b> - Shoulder at least in line with the upper arm/s.
<b>EXPLOSIVE PU</b>	<b>A-FRAME</b> - Pike position (90° minimum) in airborne phase <b>CUT</b> - Hands must leave the floor before the cut - Shoulders higher than hips level before the cut in airborne phase.
<b>EXPLOSIVE SUPPORT</b>	- Back parallel to the floor - Airborne phase.
<b>LEG CIRCLE</b>	- From the starting position, swing to FREE front support on both hands - Rotation of the body in support on the hands (one after the other) with a complete circle
<b>HELICOPTER</b>	The ending position must be facing the same direction as the starting position.

### GROUP B

<b>SUPPORT</b>	Straddle & L Support
<b>V SUPPORT</b>	V & High V Support
<b>HORIZONTAL SUPPORT</b>	Wenson Support, Lever Support & Planche

All elements in Group B must be held **for 2 seconds**, and performed without fall / touch.

FAMILIES	MINIMUM REQUIREMENTS
<b>SUPPORT</b>	Without touching the floor
<b>V SUPPORT</b>	Without touching the floor
<b>HORIZONTAL SUPPORT</b>	The straight body must not exceed 20° above the horizontal

## GROUP C

<b>STRAIGHT JUMP</b>	Air Turn; Free Fall
<b>HORIZONTAL JUMP</b>	Gainer;
<b>BENT LEG(S) JUMP</b>	Tuck; Cossack;
<b>PIKE JUMP</b>	Pike;
<b>STRADDLE JUMP</b>	Straddle; Frontal Split
<b>SPLIT JUMP</b>	Split; Switch;
<b>SCISSORS LEAP</b>	Scissors Leap;
<b>KICK JUMP</b>	Scissors Kick
<b>OFF AXIS JUMP</b>	Off Axis Rotation
<b>BUTTERFLY JUMP</b>	Butterfly

All elements in Group C must be performed without a fall.

All elements in this group landing in 1 or 2 feet must finish in standing position.

All elements in Group C landing in PU, hands and feet must land at the same time.

All elements in Group C landing in Split position, both hands must be on each side of the body on the floor.

FAMILIES	MINIMUM REQUIREMENTS
<b>STRAIGHT JUMP</b>	Without a fall
<b>HORIZONTAL JUMP</b>	Without a fall
<b>BENT LEG(S) JUMP</b>	Legs at least parallel to the floor
<b>PIKE JUMP</b>	Legs at least parallel to the floor
<b>STRADDLE JUMP</b>	Legs at least parallel to the floor
<b>SPLIT JUMP</b>	Split position 170 °
<b>SCISSORS JUMP</b>	Split position 170 °
<b>KICK JUMP</b>	Leading leg at least parallel to the floor
<b>OFF AXIS JUMP</b>	Body must not exceed 45° above the horizontal
<b>BUTTERFLY JUMP</b>	Body must not exceed 45° above the horizontal

## GROUP D

<b>SPLIT</b>	Split; Frontal Split; Vertical Split with Turn
<b>TURN</b>	Turn; Turn with Leg in Horizontal
<b>BALANCE TURN</b>	Balance Turn;
<b>ILLUSION</b>	Illusion
<b>KICK</b>	High Leg Kicks

All elements in Group D must be performed without a fall;

All elements must meet the respective minimum requirements for the involved movements.

Elements ending in vertical split position: the foot of the supporting leg in the vertical split position must remain in contact with the floor and must be in vertical line (perpendicular) to the floor.

FAMILIES	MINIMUM REQUIREMENTS
<b>SPLIT</b>	Angle between the legs: 170°minimum
<b>TURN &amp; BALANCE TURN</b>	Must be performed on the ball of the foot without hopping.
<b>TURN WITH LEG AT HORIZONTAL</b>	Must be performed "en dedans", one leg in horizontal position and on the ball of the foot without hopping
<b>ELEMENTS IN VERTICAL SPLIT</b>	The foot of the supporting leg must remain in contact with the floor in vertical line (perpendicular).
<b>ILLUSION</b>	Full rotation of the free leg without hopping (170° minimum).
<b>KICK</b>	170° minimum