



revised 06/10/2025 ©

The emphasis of this routine is technique, style and interpretation. The overall focus of this routine should be on DANCE. Any stylized dance movement is accepted. Kicks, leaps, turns and any dance steps may be used. Tumbling and lifts, which adhere to UHSAA and NFHS rules and safety guidelines, may be included. Formation changes are recommended for effect. The movement, music and uniform may be stylized but cannot carry a storyline or portray a character. School uniforms or modest dance attire, which adheres to NFHS rules, shall be worn. Props/backdrops/sets are prohibited.

COMPETITION

TEAM

CLASSIFICATION 6A 5A 4A 3A 2A

SCORING CATEGORIES		RATING	TOTALS
STRENGTH OF MOVEMENT ✓+ Denotes Superior Performance ✓- Denotes Improvement Needed ✓+ ✓- <input type="checkbox"/> <input type="checkbox"/> Balance <input type="checkbox"/> <input type="checkbox"/> Body Control <input type="checkbox"/> <input type="checkbox"/> Completion of Moves <input type="checkbox"/> <input type="checkbox"/> Flexibility <input type="checkbox"/> <input type="checkbox"/> Maneuvering Transitions <input type="checkbox"/> <input type="checkbox"/> Power of Movement/Endurance <input type="checkbox"/> <input type="checkbox"/> Strength of Arms, Legs, and Feet <input type="checkbox"/> <input type="checkbox"/> Strength of Core/Torso		Superior 27 – 30 Excellent 23 – 26 Good 19 – 22 Fair 15 – 18 Poor ≤14	
COMMENTS			30
TECHNIQUE ✓+ ✓- <input type="checkbox"/> <input type="checkbox"/> Arms/Hands <input type="checkbox"/> <input type="checkbox"/> Body Alignment <input type="checkbox"/> <input type="checkbox"/> Extension <input type="checkbox"/> <input type="checkbox"/> Feet/Footwork/Legs <input type="checkbox"/> <input type="checkbox"/> Leaps/Jumps <input type="checkbox"/> <input type="checkbox"/> Shoulders/Posture <input type="checkbox"/> <input type="checkbox"/> Spacing/Interval Spacing <input type="checkbox"/> <input type="checkbox"/> Timing <input type="checkbox"/> <input type="checkbox"/> Turns <input type="checkbox"/> <input type="checkbox"/> Unison/In Step		Superior 27 – 30 Excellent 23 – 26 Good 19 – 22 Fair 15 – 18 Poor ≤14	
COMMENTS			30
OVERALL EFFECT ✓+ ✓- <input type="checkbox"/> <input type="checkbox"/> Authenticity of Emotions <input type="checkbox"/> <input type="checkbox"/> Confidence <input type="checkbox"/> <input type="checkbox"/> Consistent Performance Throughout <input type="checkbox"/> <input type="checkbox"/> Energy <input type="checkbox"/> <input type="checkbox"/> Esprit De Corps <input type="checkbox"/> <input type="checkbox"/> Eye Contact <input type="checkbox"/> <input type="checkbox"/> Facial Expressions <input type="checkbox"/> <input type="checkbox"/> Musicality <input type="checkbox"/> <input type="checkbox"/> Posture <input type="checkbox"/> <input type="checkbox"/> Vocals		Superior 18 – 20 Excellent 14 – 17 Good 11 – 13 Fair 7 – 10 Poor ≤6	
COMMENTS			20
Judge's Signature		<input type="checkbox"/>	DANCE EXECUTION
Tabulator(s)		<input type="checkbox"/>	
		TOTAL SCORE	