Utah High School Activities Association

2025-2026 SOLOS



revised 06/10/2025 ©

The emphasis of this routine is tecnique, style, and interpretation. The overall focus of this routine should be 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. School uniforms or modest dance attire, which adheres to NFHS rules, shall be worn. Props/backdrops/sets are prohibited.

COMPETITION

DANCER(S)

CLASSIFICATION 6A 5A 4A 3A 2A

			SC	ORING CATEGORIES					RATI	NG	TOTALS
	CHOREOGRAPHY			✓+ Denotes Superior Performa	ance		✓– Denotes Improvement Nee	ded			
	√+ √-	√+	√-		√+	√-					
	Continuity			Level Changes			Use of Space		Superior 1		
	Creativity			Musical Interpretation			Variety		Excellent 1 Good 1	14 – 17 11 – 13	
	Dance Focus			Technical Dance Elements			Visual Effects		Fair	7 - 10	
	Dynamics			Transitions			Movements (head, hands,		Poor	≤6	
	COMMENTS						arms, torso, hips, legs, footwor	rk)			
											20
	DIFFICULTY										
	√ + √ -	√+	√-		√+	√-					
	Ambidexterity			Flexibility			Technical Dance Skills		Superior 1 Excellent 1		
	Athletic Moves			Flow of Transitions			Variety in Armwork/Footwo	rk		11 - 13	
	Directional Changes			Intricacy of Movements			Variety in Turns/Leaps		Fair Poor	7 – 10 ≤6	
	Endurance			Rhythmic Timing Movements							
	COMMENTS										
											20
	EXECUTION										
	√+ √-	√+	√-		√+	√-					
	Body Control			Leaps/Jumps			Timing/Unison		Superior 2 Excellent 2		
	Completion of Moves			Precision			Transitions			19 – 22	
	Extensions of (arms,			Spacing/Alignment			Turns		Fair 1 Poor	L5 – 18 ≤14	
	legs, feet)			Technique			Movements (head, hands,				
	COMMENTS						arms, torso, hips, legs, footwo	rk)			
											30
	APPEARANCE / SHOWMANSHIP										
	√+ √ -	√+	√-		√+	√-		i			
	Accessories			Audience Appeal			Facial Expressions				
	Appropriate Costume			Confidence			Posture/Projection		Superior 2		
	Appropriate Footwear			Emotions			Strong/Powerful		Excellent 2 Good 1	23 – 26 19 – 22	
	🗆 🗌 Hair			Energy			Style		Fair 1	L5 – 18	
	🗆 🔲 Makeup			Eye Contact					Poor	≤14	
	Neatness										
	COMMENTS										
											30
Judge's Signature											
Tabulator(s)								TOTAL S	CORE		