

Rhythmic Xcel – GROUP RHYTHMIC FX - (no level designations)

List 3 Body Difficulties, 2 Interactions/Collaborations, 1 Dance Sequence in the order they occur in the routine.

Body Difficulties must be synchronized or in canon to receive credit.

Maximum Time: 2 min 30 sec

TEAM NAME:			
SKILL LIST	VALUE	FAULTS	SCORE
1	10		
2	10		
3	10		
4	10		
5	10		
6	10		

XCEL CATEGORIES

General Body Execution	Posture Form & Execution- (Arms/hands, legs/feet, head) Balanced sides	10		
Group Execution	Synchronization Formations Group Unity	10		
Choreography	Use of levels Use of floor space Creative interactions	10		
Overall Impression	Musicality Expression Mastery Crowd Appeal	10		
FINAL SCORE		100		

Judge's Signature _____

Rhythmic Xcel – GROUP Apparatus – Levels Gold, Platinum, Diamond & Sapphire

- 10 Body Difficulties with Handling (1 Pivots, 1 Balance, 1 Jump/Leap, & 2 Additional Body Difficulties); 2 Large Exchanges (at least 4 meters, each using a different technique)
- 2 Interactions/Collaborations, & 1 Dance Sequence
- List the Requirements (Body Elements, Exchanges, Interaction) in the order they occur in the routine.
- 2 points will be deducted for a body difficulty if the apparatus is not in motion
- Level Gold, Platinum, Diamond, & Sapphire – up to FIG .2 skills and higher, Combinations

GROUP NAME:		Level:	Apparatus:	
REQUIREMENT	HANDLING	VALUE	FAULTS	SCORE
1		6		
2		6		
3		6		
4		6		
5		6		
6		6		
7		6		
8		6		
9		6		
10		6		

XCEL CATEGORIES

General Body Execution	Posture Form and Execution (arms/hands, legs/feet, head)	10		
Apparatus Handling	Basic technique Variety of handling Execution (arms, planes, trajectories)	10		
Group Execution	Synchronization Formations Group Unity	10		
Overall Impression	Musicality Expression Mastery Crowd Appeal	10		
FINAL SCORE:		100		

Judge's Signature: _____

Rhythmic Xcel – GROUP Apparatus – Levels Copper, Bronze, & Silver

- 3 Body Difficulties with Handling (1 Pivot, 1 Balance, 1 Jump/Leap); 1 Exchange; 1 Interaction/ Collaboration, 1 Dance Sequence
- List the Requirements (Body Difficulties, Exchanges, Interaction) in the order they occur in the routine.
- 2 points will be deducted for a body difficulty if the apparatus is not in motion.
- Levels Bronze & Copper – up to FIG .1 skills. Level Silver – up to FIG .1 and .2 skills

GROUP NAME:		Level	Apparatus:	
REQUIREMENT	HANDLING	VALUE	FAULTS	SCORE
1		6		
2		6		
3		6		
4		6		
5		6		
6		6		

XCEL CATEGORIES

General Body Execution	Posture Form and Execution (arms/hands, legs/feet, head)	10		
Apparatus Handling	Basic technique Variety of handling Execution (arms, planes, trajectories)	10		
Group Execution	Synchronization Formations Group Unity	10		
Overall Impression	Musicality Expression Mastery Crowd Appeal	10		
GLOBAL DEDUCTIONS:				
FINAL SCORE:		100		

Judge's Signature: _____

Rhythmic Xcel – GROUP AESTHETIC FX- (no level designations)

Please list requirements in the order they occur in the routine:

Body Movement Series, Steps/Skips/Hops Series, Additional Series (Balance, Jump/Leap), Balance, Jump/Leap, Pivot (Dynamic Balance), Acrobatic Element, and Collaboration/Interaction.

Body Difficulties must be synchronized or in canon to receive credit.

Maximum Time: 2 min 30 sec

TEAM NAME:			
SKILL LIST	VALUE	FAULTS	SCORE
1	10		
2	10		
3	10		
4	10		
5	10		
6	10		
7	10		
8	10		

XCEL CATEGORIES

General Body Execution	Posture Form & Execution- (Arms/hands, legs/feet, head) Balanced sides	5		
Group Execution	Synchronization Formations Group Unity	5		
Choreography	Use of levels Use of floor space Creative interactions	5		
Overall Impression	Musicality Expression Mastery Crowd Appeal	5		
FINAL SCORE		100		

Judge's Signature _____