Round 1 Technique

Score Sheet 2024



Round 2, 3, and 4 will be Choreography

0=Not Present 1=Poor 2=Below Average 3=Average 4=Above Average 5=Excellent

SKILLS DEMONSTRATION			
CATEGORY	COMMENTS	POSSIBLE POINTS	SCORE
Kicks		5	
Left, Right, Center Splits		5	
Tilt Jumps		5	
Leg Holds, or Extensions		5	
Double Pirouette (R)		5	
Double Pirouette (L)		5	
Triple Pirouette R or L		5	
Illusions		5	
Left Leap		5	
Right Leap		5	
Second Leap		5	
Switch Leaps		5	
Calypso		5	
Capezio/Firebird		5	
Disk		5	
Chaine/pique turns		5	
Second Turns		5	
Floor Work		5	
Total		90	
BONUS			
Acro Skills: Aerial, Front Walk Over, Back Walk Over, Headsprings, kip-ups, death drops, stalls, jump splits, tumbling passes		10	
TOTAL		100	