

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.		10		
2.		10		
3.		10		
4.		10		
5.		10		
6.		10		
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 _____