

SDHSAA Dance Rubric (updated 9/9/21)

Teams will earn the high point value based on the number of athletes who complete the skills. Below are examples, and are not meant to be all inclusive outline of skills.

JUMPS Degree of Difficulty: 10 points	LEAPS Degree of Difficulty: 10 points	TURNS Degree of Difficulty: 10 points	KICKS Degree of Difficulty: 10 points	TRICKS & STALLS Degree of Difficulty: 10 points
Beginning Level: 1-3 points	Beginning Level: 1-3 points	Beginning Level: 1-3 points	Beginning Level: 1-3 points	Beginning Level: 1-3 points
<ul style="list-style-type: none"> Star Arabesque Sissone 	<ul style="list-style-type: none"> Stag Split Leap 	<ul style="list-style-type: none"> Any Single Rotation <ul style="list-style-type: none"> Pencil Coupé Pirouette Fouetté/a la secondé Chaîné Piqué 	<ul style="list-style-type: none"> Hip/Waist Height Straight Leg 	<ul style="list-style-type: none"> 3 step Forward Roll Backward Roll Round Off Coffee Grinder
Plus Any Additional Intermediate Level Skills: 4-5 points				
Intermediate Level: 5-6 points	Intermediate Level: 5-6 points	Intermediate Level: 5-6 points	Intermediate Level: 5-6 points	Intermediate Level: 5-6 points
<ul style="list-style-type: none"> Side Hurdler Double Attitude/Stag C Jumps Front Hurdle 	<ul style="list-style-type: none"> Side/Center Axle Tour Jeté Reverse 	<ul style="list-style-type: none"> Any Double Rotation Front or Back Attitude Tour en l'air Illusion 	<ul style="list-style-type: none"> Chin/Chest Height <ul style="list-style-type: none"> Flick Hitch Pitch/Peek a Boo Fan (Inside/Outside) 	<ul style="list-style-type: none"> Freeze variations K-stand/Colt Nike Headstand variations Handstand variations Kip up from knees
Plus Any Additional Advanced Level Skills: 6-7 points				
Advanced Level: 7-8 points	Advanced Level: 7-8 points	Advanced Level: 7-8 points	Advanced Level: 7-8 points	Advanced Level: 7-8 points
<ul style="list-style-type: none"> Ring Pike Around the World Toe Touch/Russian Pitch/Tilt 	<ul style="list-style-type: none"> Any Turning Leap <ul style="list-style-type: none"> Turning C/Suicide Turning Toe Touch/Disc Any Leap with Switch <ul style="list-style-type: none"> Front/Open/Center Side Calypso Romversé 	<ul style="list-style-type: none"> Any Triple or Greater Rotation Leg Hold Turn/Leg Pirouette Changing spot in a la secondé Float a la secondé Leap in combo w/ a la secondé 	<ul style="list-style-type: none"> Nose/Forehead Height <ul style="list-style-type: none"> Tilt Hanger 	<ul style="list-style-type: none"> Headspring Handstand pirouettes Hollow back Kip up from back Invert Front Semis/Websters Side Semis Side or Front Aerials Baerials (barrel roll aerials)
Any Connected Advanced Level Skills: 9-10 points				
JUMP EXECUTION KEY POINTS:	LEAP EXECUTION KEY POINTS:	TURN EXECUTION KEY POINTS:	KICK EXECUTION KEY POINTS:	TRICKS & STALLS EXECUTION KEY POINTS:
<ul style="list-style-type: none"> Synchronization/Uniformity Technique <ul style="list-style-type: none"> Body Position/Control Hand/Arm Placement Pointed Feet Height/Extension of Leg(s) Entry/Landing (feet together) 	<ul style="list-style-type: none"> Synchronization/Uniformity Technique <ul style="list-style-type: none"> Body Position/Control Hand/Arm Placement Pointed Feet Height/Extension of Leg(s) Preparation/Landing 	<ul style="list-style-type: none"> Synchronization/Uniformity Preparation/Landing Technique <ul style="list-style-type: none"> Body Position/Control Hand/Arm Placement Foot Placement (coupé/passé) High Relevé Supporting Leg Locked Rotation Stability 	<ul style="list-style-type: none"> Synchronization/Uniformity Body Control <ul style="list-style-type: none"> Mid-Section Technique <ul style="list-style-type: none"> Hand/Wrist Placement Shoulders Down/Pressed Back Hook-up/Arm Placement Feet/Knees Parallel Head Precision/Placement Height Variety 	<ul style="list-style-type: none"> Synchronization/Uniformity Balance/Control <ul style="list-style-type: none"> Stable Entry/Exit Technique <ul style="list-style-type: none"> Head/Hand/Leg/Foot Placement Precision/Uniformity