

# SDHSAA Dance Rubric (5/21/23)

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. (Majority is defined as half. If odd number of athletes, round down).

<b>JUMPS – Degree of Difficulty: 10 points</b>	<b>LEAPS – Degree of Difficulty: 10 points</b>	<b>TURNS – Degree of Difficulty: 10 points</b>	<b>KICKS – Degree of Difficulty: 10 points</b>	<b>TRICKS &amp; STALLS – Degree of Difficulty: 10 points</b>
<b>Beginning: 1-3 points</b>	<b>Beginning: 1-3 points</b>	<b>Beginning: 1-3 points</b>	<b>Beginning: 1-3 points</b>	<b>Beginning: 1-3 points</b>
<ul style="list-style-type: none"> <li>Star</li> <li>Arabesque</li> <li>Sissone</li> </ul>	<ul style="list-style-type: none"> <li>Stag</li> <li>Split Leap</li> </ul>	<ul style="list-style-type: none"> <li>Any Single Rotation                             <ul style="list-style-type: none"> <li>Pencil</li> <li>Coupé</li> <li>Pirouette</li> <li>Fouetté/a la secondé</li> </ul> </li> <li>Chainé</li> <li>Piqué</li> </ul>	<ul style="list-style-type: none"> <li>Hip/Waist Height                             <ul style="list-style-type: none"> <li>Straight Leg</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>3 step</li> <li>Forward Roll</li> <li>Backward Roll</li> <li>Round Off</li> <li>Coffee Grinder</li> </ul>
<b>Plus Any Additional Intermediate Skills: 3.5- 5 points 4-5 points</b>				
<b>Intermediate: 5-6 points</b>	<b>Intermediate: 5-6 points</b>	<b>Intermediate: 5-6 points</b>	<b>Intermediate: 5-6 points</b>	<b>Intermediate: 5-6 points</b>
<ul style="list-style-type: none"> <li>Side Hurdler</li> <li>Double Attitude/Stag</li> <li>C Jumps</li> <li>Front Hurdle</li> </ul>	<ul style="list-style-type: none"> <li>Side/Center</li> <li>Axle</li> <li>Tour Jeté</li> <li>Reverse</li> </ul>	<ul style="list-style-type: none"> <li>Any Double Rotation</li> <li>Front or Back Attitude</li> <li>Tour en l'air</li> <li>Illusion</li> </ul>	<ul style="list-style-type: none"> <li>Chin/Chest Height                             <ul style="list-style-type: none"> <li>Flick</li> <li>Hitch</li> <li>Pitch/Pick a Boo</li> <li>Fan (Inside/Outside)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Freeze variations</li> <li>Front Handspring (*see note below)</li> <li>K-stand/Colt</li> <li>Nike</li> <li>Headstand variations</li> <li>Handstand variations</li> <li>Kip up from knees</li> </ul>
<b>Plus Any Additional Advanced Skills: 6-7 points</b>				
<b>Advanced: 7-8 points</b>	<b>Advanced: 7-8 points</b>	<b>Advanced: 7-8 points</b>	<b>Advanced: 7-8 points</b>	<b>Advanced: 7-8 points</b>
<ul style="list-style-type: none"> <li>Ring</li> <li>Pike</li> <li>Around the World</li> <li>Toe Touch/Russian</li> <li>Pitch/Tilt</li> </ul>	<ul style="list-style-type: none"> <li>Any Turning Leap                             <ul style="list-style-type: none"> <li>Turning C/Suicide</li> <li>Turning Toe Touch/Disc</li> </ul> </li> <li>Any Leap with Switch                             <ul style="list-style-type: none"> <li>Front/Open/Center</li> <li>Side</li> </ul> </li> <li>Calypso</li> <li>Romversé</li> </ul>	<ul style="list-style-type: none"> <li>Any Triple or Greater Rotation</li> <li>Leg Hold Turn/Leg Pirouette</li> <li>Changing spot in a la secondé</li> <li>Float a la secondé</li> <li>Leap in combo w/ a la secondé</li> </ul>	<ul style="list-style-type: none"> <li>Nose/Forehead Height                             <ul style="list-style-type: none"> <li>Tilt</li> <li>Hanger</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Headspring</li> <li>Handstand pirouettes</li> <li>Hollow back</li> <li>Back Handspring (*see note below)</li> <li>Kip up from back</li> <li>Invert</li> <li>Side or Front Aerials (bent or straight legs)</li> <li>Baerials (barrel roll aerials)</li> </ul>
<b>Any Connected Advanced Skills: 8.5 -10 points 9-10 points</b>				
<b>JUMP EXECUTION KEY POINTS:</b>	<b>LEAP EXECUTION KEY POINTS:</b>	<b>TURN EXECUTION KEY POINTS:</b>	<b>KICK EXECUTION KEY POINTS:</b>	<b>TRICKS &amp; STALLS EXECUTION KEY POINTS:</b>
<ul style="list-style-type: none"> <li>Synchronization/Uniformity</li> <li>Technique                             <ul style="list-style-type: none"> <li>BodyPosition/Control</li> <li>Hand/Arm Placement</li> <li>Pointed Feet</li> <li>Height/Extension of Leg(s)</li> </ul> </li> <li>Entry/Landing (feet together)</li> </ul>	<ul style="list-style-type: none"> <li>Synchronization/Uniformity</li> <li>Technique                             <ul style="list-style-type: none"> <li>BodyPosition/Control</li> <li>Hand/Arm Placement</li> <li>Pointed Feet</li> <li>Height/Extension of Leg(s)</li> </ul> </li> <li>Preparation/Landing</li> </ul>	<ul style="list-style-type: none"> <li>Synchronization/Uniformity</li> <li>Preparation/Landing</li> <li>Technique                             <ul style="list-style-type: none"> <li>BodyPosition/Control</li> <li>Hand/Arm Placement</li> <li>Foot Placement (coupé/passé)</li> <li>High Relevé</li> <li>Supporting Leg Locked</li> </ul> </li> <li>Rotation Stability</li> </ul>	<ul style="list-style-type: none"> <li>Synchronization/Uniformity</li> <li>Body Control                             <ul style="list-style-type: none"> <li>Mid-Section</li> </ul> </li> <li>Technique                             <ul style="list-style-type: none"> <li>Hand/Wrist Placement</li> <li>Shoulders Down/Pressed Back</li> <li>Hook-up/Arm Placement</li> <li>Feet/KneesParallel</li> </ul> </li> <li>Head Precision/Placement</li> <li>Height</li> <li>Variety</li> </ul>	<ul style="list-style-type: none"> <li>Synchronization/Uniformity</li> <li>Balance/Control                             <ul style="list-style-type: none"> <li>Stable Entry/Exit</li> </ul> </li> <li>Technique                             <ul style="list-style-type: none"> <li>Head/Han d/Leg/Foot Placement</li> </ul> </li> <li>Precision/Uniformity</li> </ul>

**NOTE: The following tumbling skills will be allowed: cartwheels, round offs, aerials (front and side with bent or straight legs), front and back handsprings as long as the feet or hands land first.**

**Any flipping movement that takes off or lands on two feet are illegal with the exception of round offs, front and back handsprings. Front and back tucks are illegal. Tumbling passes that connect different or same skills remain illegal.**

**\*\*Majority is half and if odd number – round down.**