

SD SANCTION DANCE RUBRIC

Teams fall into the highest category they attempt. If 50% of a team's skills fall in a category level they should receive the upper end of the point range for difficulty. The below skills are examples and not meant to be all-inclusive.

JUMPS Degree of Difficulty: 5 points	LEAPS Degree of Difficulty: 5 points	TURNS Degree of Difficulty: 5 points	KICKS Degree of Difficulty: 5 points	TRICKS AND STALLS Degree of difficulty: 5 points
Beginning Level: 1-2 points <ul style="list-style-type: none">StarTuckEagleSplit	Beginning Level: 1-2 points <ul style="list-style-type: none">StagGrande Jeté / Front Split	Beginning Level: 1-2 points <ul style="list-style-type: none">Any Single Rotation<ul style="list-style-type: none">PencilCoupe'Pique'PirouetteFouette' / a la seconde'Chaîne'	Beginning Level: 1-2 points <ul style="list-style-type: none">Hip / Waist Height<ul style="list-style-type: none">Straight Leg	Beginning Level: 1-2 points <ul style="list-style-type: none">3 stepForward RollBackward RollRound Off
Intermediate Level: 2.5-3.5 pts <ul style="list-style-type: none">HerkieSide HurdlerDouble AttitudeCToe Touch / RussianPitch / TiltFront HurdleArabesqueSissone	Intermediate Level: 2.5-3.5 pts <ul style="list-style-type: none">Side / CenterFront Split with Back AttitudeAxle variationTour Jeté	Intermediate Level: 2.5-3.5 pts <ul style="list-style-type: none">Any Double RotationAttitude (Front or Back)Tour en l'air	Intermediate Level: 2.5-3.5 pts <ul style="list-style-type: none">Chin / Chest Height<ul style="list-style-type: none">FlickHitchPitch / Peek a Boo	Intermediate Level: 2.5-3.5 pts <ul style="list-style-type: none">Freeze variationsCoffee GrinderK-stand / ColtNikeInvertHeadstand variationsHandstand variationsKip up from kneesAerial
Advanced Level: 4-5 points <ul style="list-style-type: none">Any Turning Jump (Turning C / Suicide, Turning Toe Touch / Disc)RingPikeDouble NineAround the World	Advanced Level: 4-5 points <ul style="list-style-type: none">Any Leap with Switch (Front, Side, Open / Center, Turning)CalypsoFirebirdReverseRomberse'	Advanced Level: 4-5 points <ul style="list-style-type: none">Any Triple or Greater RotationLeg Hold Turn / Leg PirouetteIllusionChanging spot of any turn combo in a la seconde'	Advanced Level: 4-5 points <ul style="list-style-type: none">Nose / Forehead Height<ul style="list-style-type: none">TiltFan (Inside / Outside)Hanger	Advanced Level: 4-5 points <ul style="list-style-type: none">HeadspringHandstand pirouettesHollow backKip up from back- variationsHeadspinsThreadingWindmill
JUMP EXECUTION KEY POINTS:	LEAP EXECUTION KEY POINTS:	TURN EXECUTION KEY POINTS:	KICK EXECUTION KEY POINTS:	HIP HOP EXECUTION KEY POINTS:
<ul style="list-style-type: none">SynchronizationTechnique<ul style="list-style-type: none">Body Position / ControlArm PlacementPointed FeetLanding (feet together)Height	<ul style="list-style-type: none">Preparation & LandingTechnique<ul style="list-style-type: none">Body Position / ControlArm PlacementStraight Knees (if applicable)Pointed feetHeight	<ul style="list-style-type: none">PreparationTechnique<ul style="list-style-type: none">Body Position / ControlHand / Arm PlacementFoot Placement (Coupe'/Passe')Releve' (Higher/Knee locked)Rotation Stability	<ul style="list-style-type: none">Body Control<ul style="list-style-type: none">Mid-SectionTechnique<ul style="list-style-type: none">Hand/Wrist PlacementShoulders pressedHook-up / Arm PlacementFeet/Knees ParallelHead Precision / PlacementHeightVariety	<ul style="list-style-type: none">Balance and Control<ul style="list-style-type: none">not falling out or swayingstrong landingTechnique<ul style="list-style-type: none">head, hand, leg & foot placementClarity in each movement and as a teamCreativity (originality)