



# SPECIAL OLYMPICS DANCESPORT DEVELOPMENT DAY

## JUDGING CRITERIA

### 1. MUSICALITY

- a. Do the athletes move in time with the music;
- b. Are they able to reproduce musical emphases through their bodies;
- c. Do they use musical breaks; and
- d. Are they being creative with the music.

### 2. CHOREOGRAPHY

- a. Does the routine have a natural flow;
- b. Is it executed clearly, and do athletes express the meaning of the choreography;
- c. Is the level of difficulty of the choreography appropriate.

### 3. ATHLETICISM

- a. Are the competitors completely involved physically, mentally and emotionally;
- b. Is the athlete independently moving from their partner;
- c. Endurance and Stamina – all athletes must show their performance on the highest possible level throughout the whole dance;
- d. Strength – all athletes should include elements/patterns which show maximal strength and power;
- e. Speed – athletes must show speed over a short period of time using arms, legs or whole body;
- f. Flexibility – do athletes elongate and lengthen their movement to show their flexibility;
- g. Motor Skill and Balance – do athletes move in a coordinated way and do they show good balance while executing their movement.

### 4. PRESENTATION

- a. Athletes' connection with the audience;
- b. How well does the athlete use space, arm lines;
- c. Appropriate dress and/or costuming.

### 5. GENERAL SCORING

- a. 0 to 4          Below average
- b. 5 or 6          Average
- c. 7 or 8          Above average
- d. 9 or 10        Excellent