

# FCF DANCE Feedback Form Pom



Division \_\_\_\_\_

Team Name \_\_\_\_\_

Judge \_\_\_\_\_

## TECHNICAL PERFORMANCE

### **Pom Technique**

Levels, sharpness, power, placement, control, precise and strong completion of movement



### **Dance Technique**

Correct movement and lines of arms/hands/body/hips/legs/feet; body control, flexibility, strength, balance



### **Technical Skills**

Correct technical execution of dance leaps, cheer jumps, turns, lifts, partner work etc.



## TEAM PERFORMANCE

### **Synchronization / Timing with music**

Correct timing with team members and the music



### **Uniformity of Movement**

Movements are the same on each person: clear, clean and precise



### **Spacing**

Correct positioning/distance between individuals on the performance surface during the routine and transitions



## CHOREOGRAPHY

### **Musicality**

Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner



### **Routine Staging / Visual effects**

Formations & transitions, visual impact of group work, floor work, lifts, levels, contrasts, use of poms etc.



### **Complexity of Movement**

Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity etc. Difficulty of skills being credited in relation to correct technical execution.



## OVERALL IMPRESSION

### **Communication / Audience Appeal & Appropriateness**

Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. Age appropriate music, costume and choreography that enhances the performance.



### COMMENTS:

# Score Sheet Pom



Division \_\_\_\_\_

Team Name \_\_\_\_\_

Judge \_\_\_\_\_

## TECHNICAL EXECUTION

### **Category Style Execution**

Quality of Pom Motion Technique: placement, control, precise and strong completion of movement

10 \_\_\_\_\_

### **Movement Technique Execution**

Movement that has strength, intensity, placement, control, presence and commitment

10 \_\_\_\_\_

### **Skill Technical Execution**

Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement

10 \_\_\_\_\_

## GROUP EXECUTION

### **Synchronization / Timing with Music**

Correct timing with team members and the music

10 \_\_\_\_\_

### **Uniformity of Movement**

Movements are the same on each person: clear, clean and precise

10 \_\_\_\_\_

### **Spacing**

Correct positioning/distance between individuals on the performance surface during the routine and transitions

10 \_\_\_\_\_

## CHOREOGRAPHY

### **Musicality**

Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner

10 \_\_\_\_\_

### **Routine Staging / Visual Effects**

Utilization of varied formations and seamless transitions.

Visual impact of staging through group work, partner work, floor work, lifts, levels, opposition, etc.

10 \_\_\_\_\_

### **Complexity of Movement**

Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution

10 \_\_\_\_\_

## OVERALL EFFECT

### **Communication/ Projection/ Audience Appeal & Appropriateness**

Ability to exhibit a dynamic routine with genuine showmanship and audience appeal.

The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance

10 \_\_\_\_\_

**TOTAL** 100 \_\_\_\_\_

**Comments:**

# Score Sheet Pom Doubles



Division \_\_\_\_\_

Team Name \_\_\_\_\_

Judge \_\_\_\_\_

## TECHNICAL EXECUTION

**Execution of Category Specific Style** 10 \_\_\_\_\_  
Pom motion technique: control, levels, placement, complete, precise and strong

**Execution of Overall Movement** 10 \_\_\_\_\_  
Body alignment, placement, balance, control, completion of movement, extension and flexibility

**Execution of Technical Skills and Movement Used Within Category** 10 \_\_\_\_\_  
Kicks, leaps, jumps, turns, floor work, freezes, partner work lifts, etc.

**Execution of Quality of Movement** 10 \_\_\_\_\_  
Strength, intensity, presence and commitment to the movement

## EXECUTION AS A PAIR

**Synchronization** 10 \_\_\_\_\_  
Timing of movement with the music  
Synchronization and uniformity of the athletes

## CHOREOGRAPHY

**Musicality** 10 \_\_\_\_\_  
Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative, unique and original manner

**Routine Staging** 10 \_\_\_\_\_  
Utilization of floor space, transitions, partner work, group work, levels, opposition, etc.  
Interaction of the pair while allowing for a seamless flow of the routine

**Complexity of Movement** 10 \_\_\_\_\_  
Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc.

**Difficulty of Skills** 10 \_\_\_\_\_  
Level of difficulty of technical skills, partner work, lifts, etc.

## OVERALL EFFECT

**Communication/ Projection/ Audience Appeal & Appropriateness** 10 \_\_\_\_\_  
Ability to exhibit a dynamic routine with genuine showmanship and audience appeal. The performance fulfills the category description and has age appropriate music, costume and choreography that enhances the performance

**TOTAL** 100 \_\_\_\_\_

**Comments:**

# Penalty Protocol



Division \_\_\_\_\_  
Team Name \_\_\_\_\_  
Judge \_\_\_\_\_

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## DISQUALIFICATION

Reason for disqualification:

## RULE VIOLATIONS

**Time Limit Violation (5 – 10 seconds)** -1 pt \* \_\_\_\_\_

**Time Limit Violation ( > 11 seconds)** -3 pts \* \_\_\_\_\_

**Illegal Element** -5 pts \* \_\_\_\_\_  
Incident & Rule violated:

**Missing Spotter** -5 pts \* \_\_\_\_\_  
Incident & Rule violated:

**Other violation of the safety guidelines** -5 pts \* \_\_\_\_\_  
Incident & Rule violated:

**TOTAL** \_\_\_\_\_