



# Pom and Dance Skills

## Jumps & Leaps

Basic 1-3	Intermediate 4-5	Advanced 6-7	Elite 8-10
Double Tuck	Back Attitude	Double Attitudes	Switches
Turning Hitch	Jete	Axle	Chaine Jete/ Russian
Stag	Russian	Baryshnikov	Switch Russian
		Calypso/Ballerina Jump	Turning Switches
		Cheer Jumps	Turning C-Jumps

### Other Factors to Consider:

- Variety of Skills Performed
- Proportion of team performing skills
- Number of Skills in Routine
- Rate of Skills
- Number, variety, difficulty and integration of transitions and sequences

Criteria	Poor 1-2	Below Average 3-4	Average 5-6	Above Average 7-8	Excellent 9-10
Synchronization	<ul style="list-style-type: none"> <li>- Timing indistinguishable</li> <li>- Body position of athletes not synchronized</li> <li>- Height of jumps not synchronized</li> <li>- Arm placement indistinguishable</li> <li>- Landings indistinguishable</li> <li>- Few toes are pointed</li> </ul>	<ul style="list-style-type: none"> <li>- Some preparations synchronized</li> <li>- Inconsistencies distract from the performance</li> <li>- Body position, height of jump/leap and arm placement of some athletes is synchronized</li> <li>- Some landings synchronized</li> <li>- some toes pointed</li> </ul>	<ul style="list-style-type: none"> <li>- Most preparations synchronized and defined</li> <li>- Body position, height of jump/leap, and arm placement of most athletes is synchronized</li> <li>- Most landings synchronized</li> <li>- Inconsistencies do not distract from performance</li> <li>- Most toes pointed</li> </ul>	<ul style="list-style-type: none"> <li>- All preparations synchronized with minor errors</li> <li>- Body position and arm placement synchronized in all athletes with minor errors</li> <li>- Height synchronized with minor deviations in timing of reaching pinnacle of jump.</li> <li>- All toes pointed with minor errors</li> </ul>	<ul style="list-style-type: none"> <li>- All preparations perfectly synchronized</li> <li>- Perfectly synchronized body position and exact arm placement in all jumps/leaps</li> <li>- All athletes jump to same height, hitting the pinnacle of the jump with precise timing</li> <li>- All athletes land at the same time</li> <li>- Every toe perfectly pointed</li> </ul>
Control	<ul style="list-style-type: none"> <li>- Approach is weak not controlled</li> <li>- Body position poor</li> <li>- Height of jump/leap poorly controlled</li> <li>- Arms weak and flail during the jump</li> <li>- Extension is poor</li> <li>- Jumps/leaps appear labored</li> <li>- Landing not controlled, often landing on straight leg(s)</li> </ul>	<ul style="list-style-type: none"> <li>- Approach weak with some control</li> <li>- Proper body position in some jumps/leaps</li> <li>- Height of jumps below average with some control</li> <li>- Arms weak and flail on occasion</li> <li>- Extension below average</li> <li>- Jumps appear difficult to athletes</li> <li>- Landings weak with some landings on straight legs</li> </ul>	<ul style="list-style-type: none"> <li>- Approach controlled by athletes</li> <li>- Proper body position demonstrated in most jumps/leaps</li> <li>- Height of jump is average and controlled by athletes</li> <li>- Arm placement strong with no evidence of flailing</li> <li>- Extension is average</li> <li>- Jumps do not appear to be labored</li> <li>- Landings controlled and absorbed with bent legs</li> </ul>	<ul style="list-style-type: none"> <li>- Approach well controlled and strong with minor errors</li> <li>- Proper body position demonstrated in all jumps/leaps</li> <li>- Height of jumps/leaps above average and well controlled</li> <li>- Arm placement strong and deliberate with minor errors</li> <li>- Extension above average</li> <li>- Jumps/leaps appear easy to athletes</li> <li>- Landings strong and smooth</li> </ul>	<ul style="list-style-type: none"> <li>- Approach strong and well controlled</li> <li>- Body position excellent with evident lifting from the chest</li> <li>- Height of jumps superb with control demonstrated by athlete</li> <li>- Arms strong and supported from underneath</li> <li>- Extension superb</li> <li>- Every jump/leap appears to be effortless</li> <li>- Landing strong and controlled</li> </ul>

# Kicks

Basic 1-3	Intermediate 4-5	Advanced 6-7	Elite 8-10
Straight Kick	Fan	Penche	Lay Back
Develope Kick	Tilt	Double Fan	Turning hold
	Hitch	Hold	Illusion
		Kick Lay Back	Pitch
		Needle	

## Other Factors to Consider

- Variety of Skills Performed
- proportion of team performing skills
- Number of Skills in Routine
- Rate of Skills
- Number, variety, difficulty and integration of transitions and sequences

Criteria	Poor 1-2	Below Average 3-4	Average 5-6	Above Average 7-8	Excellent 9-10
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>- Timing indistinguishable</li> <li>- Body position, arm and leg placement not synchronized</li> <li>- Height of kicks synchronized</li> <li>- Few toes pointed</li> </ul>	<ul style="list-style-type: none"> <li>- Some kicks synchronized</li> <li>- Body position, arm and leg placement in some kicks is synchronized</li> <li>- Height of some kicks is synchronized</li> <li>- Some toes pointed</li> </ul>	<ul style="list-style-type: none"> <li>- Most kicks synchronized</li> <li>- Body position, arm and leg placement in most kicks is synchronized</li> <li>- Height of most kicks is synchronized</li> <li>- Most toes pointed</li> </ul>	<ul style="list-style-type: none"> <li>- All kicks synchronized with minor errors</li> <li>- Body position, arm and leg placement synchronized with minor errors</li> <li>- Height of all kicks synchronized with minor errors</li> <li>- All toes pointed with minor errors</li> </ul>	<ul style="list-style-type: none"> <li>- All kicks perfectly synchronized</li> <li>- All athletes have perfectly synchronized body position, arm and leg placement</li> <li>- Height of all kicks perfectly synchronized</li> <li>- Every toe perfectly pointed</li> </ul>
<b>Control</b>	<ul style="list-style-type: none"> <li>- Approach weak and not controlled</li> <li>- Flailing of arms is evident</li> <li>- Body position, arm and leg placement poor</li> <li>- Kicks appear labored</li> <li>- Poor balance and centre of gravity demonstrated.</li> <li>- Extension poor</li> <li>- Few toes pointed</li> </ul>	<ul style="list-style-type: none"> <li>- Approach weak with some control demonstrated</li> <li>- Some flailing of arms is present.</li> <li>- Proper body position, arm and leg placement demonstrated in some kicks</li> <li>- Kicks appear difficult to athletes</li> <li>- Balance and center of gravity demonstrated in some kicks</li> <li>- Extension is below average</li> <li>- Toes pointed in some kicks</li> </ul>	<ul style="list-style-type: none"> <li>- Approach to kick controlled</li> <li>- No flailing of arms</li> <li>- Proper body position, arm and leg placement demonstrated in most kicks</li> <li>- Kicks do not appear labored</li> <li>- Balance and center of gravity demonstrated throughout majority of kicks</li> <li>- Extension is average</li> <li>- Toes pointed in majority of kicks</li> </ul>	<ul style="list-style-type: none"> <li>- Approach well controlled</li> <li>- Proper body position, arm and foot placement demonstrated in all kicks</li> <li>- Kicks appear easy to athletes</li> <li>- Balance and centre of gravity demonstrated throughout all kicks and is under control of athlete</li> <li>- Extension is above average</li> <li>- Toes pointed in all kicks</li> </ul>	<ul style="list-style-type: none"> <li>- Approach perfectly controlled</li> <li>- Body position, arm and foot placement precise with exceptional control throughout all kicks</li> <li>- Every kick appears effortless</li> <li>- Balance and center of gravity clearly demonstrated throughout kick and is clearly under control</li> <li>- Extension is exceptional</li> <li>- Every toe is perfectly pointed</li> </ul>

# Turns

Basic 1-3	Intermediate 4-5	Advanced 6-7	Elite 8-10
Chaine	Single Pirouette (Parallel)	Double Pirouette	Fouette
Pique	Single Pirouette (turned out)	Single Pirouette Leg Away From Midline (attitude, arabesque)	Double Pirouette Leg Away From Midline (a la seconde)
	Single Pirouette (Cou-de- pied)		Triple Pirouette
			Pirouette into Intermediate Leap
			Series on One Leg Including Advanced Turn

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Criteria	Poor 1-2	Below Average 3-4	Average 5-6	Above Average 7-8	Excellent 9-10
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>- Timing indistinguishable</li> <li>- Body position, arm and foot placement not synchronized</li> <li>- Exits from turns not synchronized</li> </ul>	<ul style="list-style-type: none"> <li>- Some turns synchronized</li> <li>- Body position, arm and foot placement in some athletes is synchronized</li> <li>- Exits from some turns synchronized</li> <li>- Inconsistencies distract from performance</li> </ul>	<ul style="list-style-type: none"> <li>- Most turns synchronized</li> <li>- Body position, arm and foot placement of most athletes is synchronized</li> <li>- Most exits synchronized</li> <li>- Inconsistencies do not distract from performance</li> </ul>	<ul style="list-style-type: none"> <li>- All turns synchronized with minor errors</li> <li>- Body position, arm and foot placement synchronized with minor errors</li> <li>- Exits from all turns synchronized with minor errors</li> </ul>	<ul style="list-style-type: none"> <li>- All turns perfectly synchronized</li> <li>- Body position, arm and foot placement exact and perfectly synchronized</li> <li>- Exits perfectly synchronized</li> </ul>
<b>Control</b>	<ul style="list-style-type: none"> <li>- Approach weak and poorly controlled</li> <li>- Body position, arm and foot placement poorly controlled</li> <li>- Turns not fluid, athletes hop to complete turn or step out of turn</li> <li>- Effective spotting not demonstrated</li> <li>- Turns do not occur on releve</li> <li>- Exits poorly controlled</li> </ul>	<ul style="list-style-type: none"> <li>- Approach weak with some control</li> <li>- Body position, arm and foot placement during turn demonstrates some control</li> <li>- Some turns fluid. Some athletes hop to complete turn or step out early</li> <li>- Some turns occur on releve</li> <li>- Some exits controlled</li> </ul>	<ul style="list-style-type: none"> <li>- Approach well controlled in most turns</li> <li>- Proper body position, arm and foot placement demonstrated in most turns</li> <li>- Turns are fluid, no hopping, or early step outs</li> <li>- Effective spotting demonstrated</li> <li>- Turns occur on releve</li> <li>- Control is demonstrated during exit from turns</li> </ul>	<ul style="list-style-type: none"> <li>- Approach well controlled in all turns with minor errors</li> <li>- Proper body position, arm and foot placement demonstrated in all turns</li> <li>- All turns are fluid</li> <li>- Spotting is sharp and effective</li> <li>- Turns occur on releve and are strongly supported by turning leg</li> <li>- Exits from turns sharp and well controlled</li> </ul>	<ul style="list-style-type: none"> <li>- Approach well controlled</li> <li>- Body position arm and foot placement precise with exceptional control</li> <li>- Turns are fluid. Strong center is demonstrated by all athletes</li> <li>- Spotting is exceptional</li> <li>- All turns take place on releve with athlete "on their leg"</li> <li>- Exceptional control demonstrated when exiting turns</li> </ul>