



2025-2026: Prep Dance Score Sheet

DANCE Technical Execution

Category Style Execution

5 Points

Guidance Skills

Category Style Execution POM/TRADITIONAL POM - Quality of Pom motion Technique: placement, control, precise and strong completion of movement
 HIP HOP - Groove and quality of authentic hip hop/street style
 JAZZ - Continuity of movement and quality of style, extension and presence/carriage
 HIGH KICK - Quality of High Kick Technique: posture, flexibility, extension, control, foot prep/closure
 CONTEMPORARY/LYRICAL - Quality of movement using contraction/release, control, sustained and expressive movement.
 COMMERCIAL (FUTURE DANCE ONLY)- Incorporates different stylistics within Street and Jazz in order to create a crowd pleasing performance that captivates the audience. This style focuses intensely on a sharp clean movement base with texture and an enthralling amount of personality. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. Costuming should reflect the category style. See score sheet for more information. Tumbling, tricks and lifts are allowed, following IASF dance guidelines.
 MUSICAL THEATRE (FUTURE DANCE ONLY)- Combines the movement base of Jazz and traditional dance techniques with elements of acting and singing to create a theatrical based performance. Musical theater is a genre that allows movement to be eccentric whilst creating a captivating performance that the audience can follow a storyline from start to end. The choreography should be dynamic and effective, the routine should utilize musicality, staging, complexity of movement and skills. Costuming should reflect the category style. See score sheet for more information. Tumbling, tricks and lifts are allowed, following IASF dance guidelines.

Movement Technique Execution

5 Points

Guidance Skills

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

Skill Technique Execution

5 Points

Guidance Skills

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

Total DANCE Technical Execution

15 Points

DANCE Group Execution

Synchronisation/Timing with Music

10 Points

Guidance Skills

Synchronisation/Timing with Music Correct timing with team members and the music

Uniformity of Movement

10 Points

Guidance Skills

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

Spacing

10 Points

Guidance Skills

Guidance
Spacing

Skills

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

Total DANCE Group Execution

30 Points

DANCE Choreography

Musicality

10 Points

Guidance
Musicality

Skills

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

Routine Staging/Visual Effects

10 Points

Guidance

Skills

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.

Complexity of Movement

5 Points

Guidance

Skills

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

Total DANCE Choreography

25 Points

DANCE Overall Effect

Communication/Projection/Audience Appeal & Appropriateness

10 Points

Guidance

Skills

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 routine.

Total DANCE Overall Effect (Averaged across all judges)

10 Points

Maximum Score

80 Points