

**Regional A Class guards are comprised of introductory/beginning level vocabulary skills and excellence. Success comes from strategic choices in vocabulary that lead to the achievement of excellence.**

Stylistic diversity is to be encouraged with all choices given equal potential for success.



# Regional A Class Movement

## Vocabulary

Score

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100

### Whose vocabulary contained the greater:

- Range and variety of movement skills
- Dynamic range through the efforts of space, time, weight, and flow
- Depth, range, and variety of blend between equipment and body
- Range of material most compatible with performers' training

Box 1	Box 2	Box 3	Box 4	Box 5
<b>0 to 6</b>	<b>7 14 22</b>	<b>30 41 51</b>	<b>60 71 81</b>	<b>90 94 97</b>
Seldom Experiences (WEAK) <b>0 to 6</b>	Rarely Discovers (FAIR) <b>7 to 29</b>	Sometimes Knows (GOOD) <b>30 to 59</b>	Frequently Understands (EXCELLENT) <b>60 to 89</b>	Always Applies (SUPERIOR) <b>90 to 100</b>

## Excellence

Score

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100

### Whose performers demonstrated the better:

- Understanding and application of movement principles
- Understanding and application of the efforts of space, time, weight, and flow
- Achievement of blended body and equipment challenges
- Development of breath, muscle, tension, flexion, and rotation
- Training to support vocabulary

### Sub Caption Spread Guidelines

Insignificant Differences	Slight Differences	Moderate Differences	Significant Differences
0 to 3 tenths	4 to 6 tenths	7 to 10 tenths	11 or more tenths

**TOTAL**

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**200**

**MOVEMENT CRITERIA REFERENCE**  
**REGIONAL A CLASS**

<b><u>VOCABULARY</u></b>	<b><u>EXCELLENCE</u></b>
<p><b>0 to 06</b> The introductory choreography generally lacks readability.</p>	<p><b>0 to 06</b> Individuals show no training in movement principles.</p>
<p><b>07 to 29</b> The choreographed vocabulary is limited, repetitious or presented only as a single effort. Phrasing is short. Techniques relative to dynamics are seldom included. Choreography is occasionally compatible to the individuals' skills. The movement program is extremely incomplete and may limit scoring potential.</p>	<p><b>07 to 29</b> Individuals are discovering the skills and principles and display some uniformity in method and timing, and show some training relative to movement principles. Body development is inconsistent causing variations in the look of the movement. Breaks and flaws are frequent. Essential efforts are not yet understood and are not yet even written into the book. Knowledge of breath, muscle, tension or flexion is still not understood or applied. Concentration is weak. The training process is in a developing stage. Program is extremely incomplete.</p>
<p><b>30 to 59</b> The choreographed vocabulary contains some variety and occasionally combines with movement or staging. It sometimes explores gradations of time and weight, and is usually compatible to the individuals' skills. The work may still be in progress, but it provides the performer with an adequate opportunity to develop their range.</p>	<p><b>30 to 59</b> Individuals know principles and essential efforts, and achieve more consistently in method and timing, but may vary from individual to individual or relative to the effort required. Body qualities are undeveloped causing a variation in the look of the movement. There is a beginning knowledge of muscle, tension, flexion, rotation, and breath, and is applied in simple efforts. Dynamics are attempted and are beginning to develop, but is sporadic. Breaks and flaws still occur and recovery is still a concern. Concentration and stamina are developing and are moderately achieved. Methods and techniques reflect an average degree of physical and mental development at this level. Style is developing. The training process is at a moderate level. The work may still be in progress but the performer has an adequate opportunity to demonstrate skills.</p>
<p><b>60 to 89</b> The range of the choreographed vocabulary is growing. Phrases show some dimensionality and some combining with equipment or staging. The presence of dynamic gradations is growing. Choreography is mostly compatible to the individuals' skills.</p>	<p><b>60 to 89</b> Individuals understand the skills and achieve a consistent degree of uniformity in method and timing. Body development is improving lending support beneath movement. Knowledge of muscle, tension, flexion, rotation, and breath is understood and applied in simple efforts. There are periods of time when dynamic gradations of time and weight are achieved. Breaks and flaws still occur but recovery is becoming evident. Concentration and stamina are developing and are moderately achieved for this level. All techniques reflect a good degree of physical and mental development. Adherence to style is growing. The training process is at a good developing level.</p>
<p><b>90 to 100</b> The choreographed vocabulary contains a good range with variety and some versatility. Phrases are lengthening and challenge the performer with a growing range of qualities and gradations. The choreography is fully compatible to the individuals' skills, which are properly developed in support of the growing choreography.</p>	<p><b>90 to 100</b> Individuals apply the principles and a dynamic range. There is a good degree of achievement of uniformity in method and timing. Body development is good for this level. Knowledge of muscle, tension, flexion, rotation, and breath is understood and applied in efforts. Greater success is seen moving with gradations in space, time, weight, and flow. Consistent uniformity exists in individual responsibilities. Breaks and flaws still occur but recovery is growing. Concentration and stamina are developing. All methods and techniques reflect an appropriate degree of physical and mental development for this level. Adherence to style is improving. The training process is good for this class.</p>