



# Artistry Checklist

Gymnast Name:

Gymnast Level:

Apparatus:

**Note:** All artistry scores are deductions

## General

What is the name of the piece of music?			
What is the style /genre?			
What is the tempo and time signature?			
Are there words in the piece?	Yes	No	
Do you know what all the words mean and how this will be interpreted to give a clear guiding idea?	Yes	No	

## Guiding Idea (GI)

Do the dance steps reflect the style of the music	Yes	No	0.5 penalty if No
Does this style of movements carry over to connections, e.g. moving in character similar to dance steps <i>at times</i>	Yes	No	0.3 penalty if No
Is this style of movement present in the <i>majority</i> of the exercise (but missing at times)	Yes	No	0.1 penalty if No

## Dynamic Changes (DC)

If the music speeds up or slows down does the gymnast speed up or slow down to correspond to this change?	Yes	No	0.3 penalty if No
If the music doesn't change tempo does the gymnast speed up or slow down independent of this?	Yes	No	0.3 penalty if No

## Body Wave (BW)

Are there 2 different Body Waves either partial or full	Yes	No	0.2 penalty if No
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## Variety

### Directions and Trajectories

During the routine does the gymnast move forwards, backwards, sideways etc creating different patterns?	Yes	No	0.2 penalty if No
During the routine does the gymnast stop in one area of the floor for a prolonged period of time (as a guide either 2 BD or 15 seconds)	Yes	No	0.2 penalty if YES
Is the whole floor are covered during the routine	Yes	No	0.2 penalty if No

### Levels and modalities of travelling

During the routine does the gymnast move through different levels of space e.g. in flight, standing, floor work, running, skipping, stepping	Yes	No	0.2 penalty if No
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## Apparatus

During the routine does the gymnast use different planes for the apparatus e.g horizontal, vertical, oblique	Yes	No	0.2 penalty if No
During the routine does the gymnast move the apparatus in different directions e.g. out of sight, without hands, backward throws and not all forward in same direction	Yes	No	0.2 penalty if No
Have all 4 Fundamental apparatus elements been shown in the routine?	Yes	No	0.3 penalty if No, each fundamental

### Field Choreography

- Find the **dynamic changes** in the **music**
- Find the **dynamic changes** in the **routine**
- Find the **accents in the music** (time signature and rhythm)
- Note if the **character and accents** in the music are in harmony with the **character and accents** in the movements

### Choreography plan

- Start and end near the center to focus attention
- Movements within the area try should cover the full space
- Mark the **Dynamic Changes**
- Mark the **BD, AD and R**
- Mark the **compulsory Body Waves**

