



# \_Entrance/Exit

- At ease, Attention
- In-step with march music
- Knees lifted, toes pointed

## \_Ambidexterity

- Split Finger, 8 Finger, 4 Finger, etc.
- Twirls performed in both left and right hands

## Finger Twirls

- Vertical
- Horizontal

## Aerials

- Baton tossed into the air—difficulty determined by more intricate releases/receptions and complexity of bodywork (multiple turns, walkovers, illusions, etc.) performed under the baton
- Vertical
- Horizontal

## \_\_\_\_Leg/Footwork

- Perform on balls of feet
- Consistent leg extension and toe
  point

## \_\_Rolls

 Variety of rolls (elbow, mouth, arm/hand, neck, etc.) performed continuously without being held by hand or breaks in baton movement

## \_Spectacular tricks

• Tricks with high level of difficulty offering exceptional entertainment value

## Continuity

Connection and flow

# Skill of execution

- Well-practiced with few drops, breaks, and off patterns
- Smoothness, speed, and control through proper connection of tricks

## Baton technique/pattern

- Routine constructed with "connecting tricks"
- Correct aerial releases and receptions
- Correct body and footwork throughout routine
- · Horizontal tricks perfectly flat
- Vertical tricks side to side or front to back

## Speed control

- Speed that allows performer to maintain control and smoothness
- Fast rate of speed on baton revolution increases difficulty.

## \_Follow-through/continuity

- Tricks flow without breaks or drops.
- Aerial catches flow into next trick without stop or break.

## \_Smoothness/gracefulness

- "Connecting tricks" enable the routine to flow smoothly.
- Gained through good posture, proper foot and body work

## Body movements

- Performed on balls of feet
- Good posture consistently evident
- Strength exhibited through extension of arms and legs

## \_\_Balance

- Good posture essential
- Tight torso and core muscles
- Performed on balls of feet

# \_\_\_Appropriate attire

School-appropriate

## \_\_\_\_Grooming

School appropriate

## Posture

- Upper body lifted utilizing tight torso and core muscles
- Chin up
- Shoulders back and down
- Continuous extension of arms and legs

## \_\_Poise/confidence

 Demonstrated through performance of well-practiced routine, correct bodywork, and communication with audience

## \_\_\_Showmanship

 Ability to communicate with the audience the enjoyment of performing through facial expression and projection of mood

## \_Audience appeal

• The performer appeals to and connects with the audience.

## **EXCELLENCE** (continued)

## \_Free hand

Poised and positioned at all times

## \_\_\_Releases

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• Aerials and flips released "off the thumb" to allow control and correct placement of baton

## \_\_\_Catches

 Wide variety of catches/receptions enhancing difficulty and entertainment value

