



Rhythmic Xpress – Group FX

GROUP FLOOR – Special Olympics Group Floor Exercise or optional choreography

TEAM NAME				
BODY SKILL LIST		VALUE	FAULTS	SCORE
1.		1.0		
2.		1.0		
3.		1.0		
4.		1.0		
5.		1.0		
6.		1.0		
XPRESS CATEGORIES				
General Body Execution	Posture Use of arms Knees/Feet	1.0		
GROUP Execution	Synchronization Formations Group Unity	1.0		
Performance with expression		1.0		
Overall Impression	Musicality Crowd Appeal	1.0		
FINAL SCORE		10.0		

Judge's Signature _____



Rhythmic Express – Group Apparatus

GROUP HOOP or BALL – Special Olympics Group Routines, OTHER APPARATUS – Optional choreography (3 Body Skills & 2 Exchanges)

List the Body Skills and Exchanges in the appropriate boxes. List skills in the order they occur in the routine. It is at the coach’s discretion which skills in the routine are chosen to receive credit.

GROUP NAME			Apparatus:	
BODY SKILL LIST	EXCHANGES	VALUE	FAULTS	SCORE
1.		1.0		
2.		1.0		
3.		1.0		
4.		1.0		
5.		1.0		
XPRESS CATEGORIES				
General Body Execution	Posture Use of arms Knees/Feet	1.0		
Apparatus Handling	Proper technique	1.0		
Group Execution	Synchronization Formations Group Unity	1.0		
Performance with expression		1.0		
Overall Impression	Musicality Crowd Appeal	1.0		
FINAL SCORE		10.0		

Judge’s Signature _____