



2019 KFA National Championships

in Fitness through Movement and Dance
Individual Section Guidelines for Producers

Section B: Movement and Dance – Solo 27+

Judging Criteria	Maximum Mark
CRITERIA 1 Overall Performance <ul style="list-style-type: none">➤ Movement of the whole body showing full extension and good focus➤ Good body alignment in held and moving positions	20
CRITERIA 2 Choreographic Skills <ul style="list-style-type: none">➤ Movements that are visually creative and show original content➤ Harmonious flow between movements that show control and an awareness of natural transitions	20
CRITERIA 3 Dynamic Quality and Music <ul style="list-style-type: none">➤ Dynamically contrasting qualities that influence the energy, emotion and attitude within the performance➤ Originality of interpretation of the chosen music style to reflect the influence of the dynamics	20
Please note: The following items have been removed as a specific judging criteria as they are considered a given in all aspects of KFA/Laban based movement and are applicable to all Sections in the KFA National Championships. <ul style="list-style-type: none">➤ Demonstrates a range of KFA Physical Objectives➤ Show effective and safe use of the spatial working area	

The information given in the Individual Section Guidelines for Producers is to be read in conjunction with the Terms of Entry to the 2019 KFA National Championships.

The use of Apparatus is not allowed in this section - no part of a garment/costume can be detached and used as apparatus.

The movements and music for this piece are to be the choice of the individual producer. The producer may ask for help and guidance but this is to be given on an individual basis at the request of the producer.

It is recommended that producers include some repetition of content in their item, allowing more opportunities for judges to assess performance against the criteria.



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The choice of footwear is down to the individual. However, performers should wear footwear / dance shoes appropriate to the content of the section

Penalty Points 1 mark will be deducted for non-compliance with KFA Health and Safety guidelines in each of the following criteria, carrying a maximum possible deduction of 2 marks from each judge. Judges are required to record the reason(s) as they mark for awarding a penalty point and details will be provided to Producers	
Unsafe Movement ➤ Movements such as full splits, handstands, cartwheels, somersaults, forward or backward rolls must not be included (Half splits and/or half shoulder rolls are permitted but care must be taken)	-1
Personal Safety ➤ Wearing of jewellery, including watches, eating sweets or chewing gum is not permitted	-1
Please note: If it is seen that spectacles have fallen to the floor during performance time then the item may be stopped and asked to restart if the spectacles remain in the working area and it is considered unsafe to continue – this will not incur a penalty	