

DANCE SOLOS/ DUOS RULES:

(In addition to General Rules, Syllabus)

- 1 NO competitor will be allowed to perform without music.
- 2 Music and dance routines must be **age appropriate**.
- 3 Performers must wear dance or appropriate tights.
- 4 Costumes to be 'age appropriate'.
- 5 Tap shoes **NOT** to be worn in the auditorium, unless covered.
- 6 Lyrical dances to indicate **balletic** lines, and not contemporary.
- 7 Music uploads through the STARDOM platform. (Date for uploads will be advised)
- 8 Ensure you have a **backup** of music.
- 9 **No routine** to be repeated in championships or other sections. Novice dance routines can be repeated in unrestricted sections.

DANCE TROUPES RULES

(In addition to Dance Rules above)

- 1 **AGE FOR TROUPES** as at **1 January 2026**
- 2 Each studio entering troupes must provide one or more person/s (Dance coordinators) whose responsibility it will be to see that their dressing area is controlled, kept clean and left tidy and to safeguard competitors and their property.
- 3 Any troupe with a member dancing **out of age group** will be disqualified.
- 4 Only one entry per section for each dance group. Individual dancers cannot be included in more than one group in the section.
- 5 **All Troupes must have at least four (4) performers.**
- 6 Please note that 'Open to all ages' means that – not an age range.

PLEASE NOTE: A competitor is only allowed to dance **ONCE** in a section.

Please remember to have a backup copy of uploaded music.