

MOVEMENT

THE ELITE DANCE EXPERIENCE

Rules and Regulations

Movement Dance Competition Rules and Regulations

These rules are designed to help you prepare for Movement Dance Competition. They apply to all divisions and are subject to change. Please read them carefully.

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DANCE STYLES

- **Contemporary:** Combines elements of ballet and modern dance. Judging criteria emphasize musicality and synchronization.
 - **High Kick:** Involves a variety of kick sequences, which must account for at least 60% of the performance. Judged on both musicality and precision.
 - **Hip-Hop:** A high-energy, street-inspired dance style. Judged on musicality and synchronization, with penalties for inappropriate choreography or music.
 - **Jazz:** Highlights technical skills like leaps and turns. Judging focuses on musicality and synchronization.
 - **Jazz Funk:** A fusion of jazz and hip-hop styles, characterized by quick rhythmic shifts. Judged on musicality and synchronization.
 - **Lyrical:** Merges techniques from jazz and ballet. Includes skill-appropriate movements, judged on musicality and synchronization.
 - **Pom:** Emphasizes visual impact with poms and strong dance technique. Poms must be utilized for at least 80% of the performance. Judged on musicality and synchronization.
 - **Open:** A mix of any of the above dance styles or other genres.
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ENTRY TYPES

- **Solos:** Any style, maximum duration of 2 minutes and 30 seconds. Judged on artistry, musicality, and technique.
 - **Duos/Trios:** Any style, maximum duration of 2 minutes and 45 seconds. Judged on artistry, musicality, and technique.
 - **Officers/Ensembles:** Any style, maximum duration of 3 minutes. Judged on artistry, musicality, showmanship, and technique.
 - **Team Routine:** For small teams (9-16 dancers) or large teams (17+ dancers), maximum duration of 4 minutes. Judged on costume, choreography, technique, showmanship, staging, and musicality.
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PERFORMANCE LEVELS

- **Elementary:** Age 10 and under, grade level 5th and below.

- **Middle:** Age 13 and under, grade level 6th to 8th.
 - **Junior Varsity:** Age 16 and under, grade level 9th and 10th.
 - **Varsity:** Age 19 and under, grade level 11th and 12th.
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GENERAL SAFETY

Directors and coaches are responsible for ensuring the safety of their teams. Movement Dance Competition will not be held liable for any injuries resulting from skills such as partnering, tumbling, or acrobatics.

ROUTINE RULES & REGULATIONS

1. No equipment that can damage the floor.
 2. Time limits must follow category descriptions.
 3. Music must be uploaded through Dance Bug at least two weeks before the event.
 4. Jewelry is allowed but may need to be removed for safety reasons.
 5. Props are allowed but must be safe. No confetti, glass, canned smoke, or liquids. Heavy props must be set and moved by team volunteers.
 6. Entry fees apply per routine, except for solos.
 7. Written changes to entries must be submitted at least 14 days prior, with a \$100 fee for changes.
 8. Withdrawals or cancellations within 30 days of the event will be charged in full.
 9. No flash photography or videotaping of other teams.
 10. No landing on the head or neck from airborne skills.
 11. Entrances and exits are not judged.
 12. Time starts with the first note of music. Exceeding the time limit results in point deductions.
 13. A 3-point deduction applies for exceeding the time limit, and a 6-point deduction for exceeding it by one minute or more.
 14. Music must be PG-13 and uploaded two weeks prior to the event.
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ENTRY REGULATIONS AND AWARDS

TEAM ENTRY

1. School teams may compete in Contemporary, Pom, Jazz, Jazz Funk, Lyrical, Hip-Hop, Kick, and Open styles. Solos, duos/trios, and officer routines are unlimited.
2. Teams are allowed to enter more than one routine per style.

REGIONAL AWARDS

1. All registered teams will receive trophies or pins in their division and style.
2. Additional specialty awards may be given at the discretion of the judges.
3. The top 10 soloists in each grade division will receive a trophy or medal.

AWARD CATEGORIES

- **Diamond:** 295-300 points.
- **Platinum:** 270-294.9 points.
- **Elite Gold:** 200-269.9 points.

- Silver: 250 points and below.
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OVERALL AWARDS

- High score awards for Solo, Duet/Trio, and Team.
 - The highest scoring entry in each age division.
 - Top 10 scoring entries in each age division and style.
 - In the case of a tie, the highest technique score will break the tie, followed by showmanship.
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JUDGING

1. Judges are experienced professionals from the dance industry.
 2. All judging decisions are final.
 3. Performances are evaluated based on technique, choreography, execution, showmanship, and overall impact.
 4. Penalties will be enforced for exceeding time limits, using inappropriate music or costumes, and violating safety rules.
 5. Judges' feedback will be accessible through Dance Bug following the competition.
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Thank you for participating in Movement Dance Competition! We can't wait to watch your performances and wish you all the best of luck!

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