



2016 Season Guidelines

For Regional Competitions Events

New For 2016 are notated in Red

Changes for Nationals are notated In Blue



COMPETITION LEVELS

Please level your dancers according to the following guidelines. Dancers must fit all guidelines to qualify for the lower level. Example: A competitor that has 1 year competition experience rehearses less than 3 hours a week, and performs in 4 routines would be placed in the **Encore Level**.

Elite Dance Cup staff will move any dancer and or routine that is improperly leveled.

Competition Levels	Premier Level	Encore Level	Elite Level
<i>Competition Experience</i>	2 years or less minimal experience	3 to 5 years limited experience	6 or more significant experience
<i>Number of routines per individual competitor</i>	3 or less	4 to 9	10 or more
<i>Hours per Week (including class & rehearsal time)</i>	3 or less	4 to 6	6 or more

A 50% crossover of levels will be allowed up or down one level only. Example: Premier Level dancers cannot compete in an Elite Level routine and an Elite Level dancer will not be allowed to compete in a Premier Level routine.

LEVEL RESTRICTIONS AND GUIDELINES

Competition Levels	Premier Level	Encore Level	Elite Level
<i>General Categories</i>	groups and lines only	all general categories	all general categories except productions
<i>Age Divisions</i>	all age divisions	all age divisions	junior, teen, senior & adult division
<i>Solo</i>	No	Yes	Yes
<i>Duo/Trio</i>	Yes, but will be in Encore Level	Yes	Yes
<i>Cash Awards</i>	None	Gift Certificates	Cash Awards or Gift Certificates
<i>Title Solo</i>	No	Yes, but scored at Elite Level	Yes

AGE DIVISIONS

Petites	Juniors	Teens	Seniors	Adults
4 - 8	9 – 12	13 - 15	16 – 19	20 and over

Calculate a dancer's age as of January 1st 2016. For routines with more than one dancer, determine age by adding the ages of all dancers (as of January 1st 2016) and divided by the number dancers in the routine. If the average of the ages ends in .5 or more, round up to the next whole number.

Elite Dance Cup has implemented the bump rule. A performer is only allowed to dance one (1) level down from their age division no matter what the average age calculates. Example, if a performer is 17 years of age performing in a group that the average age calculates to age 10 Junior division, the routine would be bumped in the Teen division. This rule does not apply to the Production Category.

[At Nationals, dancers must compete in the same age division, performance category, and general category as the routine qualified in the regional event.](#)

Competitors may be required to show proof of age in the form of a birth certificate in the event a protest regarding age occurs.

PRO-AM - A professional is considered a person 20 years of age or over who is a teacher, assistant teacher, or professional entertainer. Anyone under 20 years of age will be considered an amateur regardless of his or her teaching or entertainment status. You may combine professional and amateur competitors in this division, but professionals will not be allowed to crossover to any other division.

GENERAL CATEGORIES

General categories are determined by the number of dancers in a routine and have set time limits as shown below.

Solo (1 Dancer).....	up to 3 minutes	
Duo/Trio (2 or 3 Dancers).....	up to 3 minutes	
Small Group (4 to 8 Dancers).....	up to 3 minutes	(Extended time up to 5 minutes)
Large Group (9 to 15 Dancers).....	up to 3 minutes	(Extended time up to 5 minutes)
Line (16 or more Dancers).....	up to 3 minutes	(Extended time up to 5 minutes)
Production (15 or more Dancers).....	4 to 6 minutes	(Extended time up to 8 minutes)

- A production consists of multiple entrances and exits, crossovers, and individual group choreography to create multiple focus points. Props or set pieces do not necessarily create a production. All productions regardless of performance category or age division compete against one another for Overall High Score. All productions will be scored at the **Encore Competition Level.**
- Competitors may perform a maximum of 3 solos provided they are in different performance categories which includes one entry in the title division. Only one solo will be allowed to place in the overall high score awards. Title Division is a separate division from overall high score.
- There will be a **5-point deduction** for every 15 seconds or portion thereof in excess of time limits.



PERFORMANCE CATEGORIES

Acrobatic/Gymnastic – Controlled acrobatic or gymnastic movements involving flexibility and balance.

Routine must include dance technique, choreography, and fluid moves. If the routine requires the use of mats, the studio must provide the mats, as well as set-up and breakdown with-in the prop set-up time requirements.

Ballet – Dancers wear ballet shoes, or a combination of ballet and pointe shoes while executing ballet technique; classical, neo-classical or contemporary.

Clogging – Dancers wear clogging shoes executing clogging technique including, either traditional or Contemporary.

Contemporary – Dancers execute modern, jazz and ballet technique, beyond the standard jazz vocabulary.

Hip Hop – Dancers replicate a style of street dance with movements including, but not limited to, the fundamentals of popping, locking and freezing.

Jazz - Dancers must execute stylized characteristics of American jazz dance technique.

Lyrical – Dancers interpret the lyrics, mood or intent of a song with or without lyrics using a combination of ballet, jazz and/or modern technique demonstrating balance, flexibility, and control.

Modern/Abstract – Dancers demonstrates balance, extensions, isolations, and control based on such principles as space, force, weight and time. Must be in the contemporary modern style.

Musical Theatre/Character - A routine that portrays an easily recognizable character throughout using any style of dance. May be from a play, movie, television show, musical or portraying a stereotype.

Open – A combination of any two or more dance styles, or a routine that does not fit any subject listed. This is not a catch all category, the routine must combine dance styles or not fit any other performance category.

Pointe - Dancers wear pointe shoes and execute pointe technique in the classical, neo-classical, modern, contemporary, and/or character style.

Tap - Dancers wear tap shoes and execute tap technique. May be performed with or without music accompaniment. Tap sounds may not be recorded.

- For safety measures, a competitor may not stand or be physically lifted higher than six feet above the stage floor. Though 6-foot height is only a benchmark, Elite Dance Cup reserves the right to disqualify any routine that it deems unsafe.
- Acrobatic/Gymnastic Passes – Acrobatic/Gymnastic, Open and Character may include more than 3 acrobatic/gymnastic movements. All other subjects are limited to 3 acrobatic/gymnastic movements or passes. General lifts are permitted and do not count as a movement or pass. Non-compliance to the acrobatic/gymnastic rule results in a **10-point deduction**.
- The Exact Same Combination of Dancers May Not Compete More Than Once In The Same Age Division, General Category and Performance Category.



COMPETITION PERFORMANCE ORDER AND CHANGES

Elite Dance Cup does not have a general format in which we follow at our regional or national competitions. Every schedule is set up based on the breakdown of entries received for that particular event. After all entries are processed a schedule is set up which best accommodates the entries received for that particular competition. We do this to best utilize time available at each event.

A competition schedule, approximate performance and award times will be sent out no later than ONE WEEK prior to each event via studio EMAIL submitted at registration. You will **NOT** receive a program via mail or telephone.

It is the responsibility of the studio director to review all information before submitting. Changes to the program/paperwork are made at the discretion of the Elite Dance Cup office staff. Each entry change will be subject to a \$10.00 change fee once entry is received in the office. No changes can be made any later than 14 days prior to the first day of the competition. This fee must be paid by credit card at the time the change is made. No changes will be permitted at the competition without prior approval of the Director and only under special circumstances.

Routines are expected to perform in the order they are scheduled. Elite Dance Cup will place routines containing the same competitor, on average at least 4 routines apart. Competitors are expected to be prompt and ready with all costume changes. Competing out of order for any reason without prior approval by the onsite Stage Manager will result in **adjudication only and will not be eligible for overall awards**.

Elite Dance Cup will make every effort to accommodate scheduling requests included under Special Instructions on the entry form; however, requests may not be honored due to the hardship it places on other competitors. **Dancers who request to dance outside of their scheduled grouping of age division, general or performance category may do so for adjudication and critique only. They may not be eligible for any special or overall awards.**