

COMPETITION LEVELS!



Elite Dance Cup has four performance levels. Level each student once and allow our online system to track year to year for you!

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 5 routines would be placed in the **Encore Level**.*

With help registering an Inspire Level dancer(s) please contact Elite Dance Cup.

Elite Dance Cup staff will move any dancer and or routine that is not leveled correctly.

| COMPETITION LEVELS | PREMIER LEVEL | ENCORE LEVEL | ELITE LEVEL | INSPIRE LEVEL |
|--|---|--|---|---|
| <i>Competition Experience (per individual competitor)</i> | <i>3 years or less minimal experience</i> | <i>4 to 6 years limited experience</i> | <i>7 or more significant experience</i> | <i>designed to celebrate dancers with a special need and have exceptional mental and/or physical disabilities</i> |
| <i>Number of Routines (per individual competitor)</i> | <i>4 or less</i> | <i>5 to 9</i> | <i>10 or more</i> | |
| <i>Hours per Week (including class & rehearsal time)</i> | <i>3 or less</i> | <i>4 to 6</i> | <i>6 or more</i> | |

- ◆ 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.
- ◆ If registered in the INSPIRE Level, all solos must compete in the INSPIRE Level. An INSPIRE Duo/Trio or Group performance must have at least one performer registered as INSPIRE in order to compete as an INSPIRE Level routine(s).
- ◆ INSPIRE dancers may perform in the Premier and Encore Levels as well as Production. An INSPIRE dancer(s) will not affect the leveling of any other routine(s).

LEVEL RESTRICTIONS & GUIDELINES

| COMPETITION LEVELS | PREMIER LEVEL | ENCORE LEVEL | ELITE LEVEL | INSPIRE LEVEL |
|---------------------------|------------------------------|---|--|--|
| <i>General Categories</i> | <i>groups and lines only</i> | <i>all general categories</i> | <i>all general categories except productions</i> | <i>all general categories</i> |
| <i>Age Categories</i> | <i>all age categories</i> | <i>all age categories</i> | <i>junior, pre-teen, teen & senior</i> | <i>12 & under, 13 & over</i> |
| <i>Solo</i> | <i>12 & under</i> | <i>all age categories</i> | <i>junior, pre-teen, teen & senior</i> | <i>12 & under, 13 & over</i> |
| <i>Duo/Trio</i> | <i>12 & under</i> | <i>all age categories</i> | <i>junior, pre-teen, teen & senior</i> | <i>12 & under, 13 & over</i> |
| <i>Cash Awards</i> | <i>N/A</i> | <i>Gift Certificates</i> | <i>Cash Awards or Gift Certificates</i> | <i>N/A</i> |
| <i>Title Solo</i> | <i>N/A</i> | <i>Yes, encore level dancers may compete for title solo, however will be scored on the elite level except for petites</i> | <i>junior, pre-teen, teen & senior</i> | <i>N/A</i> |

AGE CATEGORIES!



Elite Dance Cup has five age categories. Enter each student's date of birth once and allow our online system to track year to year for you!

| | | | | |
|------------------------|-------------------------|----------------------------|------------------------|--------------------------|
| Petite 4 - 7 | Junior 8 - 10 | Pre-teen 11 - 12 | Teen 13 - 15 | Senior 16 - 20 |
|------------------------|-------------------------|----------------------------|------------------------|--------------------------|

- ◆ Calculate a dancer's age as of January 1st 2024. For routines with more than one dancer, determine age by adding the ages of all dancers (as of January 1st 2024) and divide by the number of 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 category 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, the routine would be bumped to Teen. This rule does not apply to the Production Category.
- ◆ **At Nationals, Dancers must compete in the same age category, performance category, and general category as the routine qualified at the regional event.**
- ◆ Competitors may be required to show proof of age in the form of a birth certificate in the event of a protest regarding age occurs.

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) | <i>up to 2 minutes 45 seconds</i> |
| Title Solo (1 dancer) | <i>up to 3 minutes</i> |
| Duo/Trio (2 or 3 dancers) | <i>up to 3 minutes</i> |
| Small Group (4 to 8 dancers) | <i>up to 3 minutes (Extended time up to 5 minutes)</i> |
| Large Group (9 to 15 dancers) | <i>up to 3 minutes (Extended time up to 5 minutes)</i> |
| Line (16 or more dancers) | <i>up to 4 minutes (Extended time up to 6 minutes)</i> |
| Production (15 or more dancers) | <i>4 to 8 minutes (Extended time up to 10 minutes)</i> |

- ◆ 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 (*except Premier Level*) provided they are in different performance categories. Only one solo will be allowed to place in the overall high score awards.
- ◆ The Title Category is a separate category and will be separate from the solo category for overall high score awards.
- ◆ There will be a **3-point deduction** for every 15 seconds or portion thereof in excess of time limits.
- ◆ Solos and Duo/Trios are not permitted extended performance time.

PERFORMANCE CATEGORIES!

| Performance Categories | |
|---------------------------|---|
| Acrobatic/Gymnastic | <i>Controlled acrobatic or gymnastic movements involving flexibility and balance. Routine must include 50% dance technique, choreography, and fluid moves. If the routine requires the use of mats, that studio must provide the mats, as well as set-up and breakdown with-in the prop set-up time requirements.</i> |
| Ballet | <i>Dancers wear ballet, or combination of ballet and pointe shoes while executing ballet technique; classical, neo-classical or contemporary.</i> |
| Clogging | <i>Dancers wear clogging shoes executing clogging technique including, either traditional or contemporary.</i> |
| Contemporary | <i>Dancers execute modern, jazz and ballet technique, beyond the standard jazz vocabulary.</i> |
| Hip Hop | <i>Dancers replicate a style of street dance with movements including, but not limited to, the fundamentals of popping, locking and freezing.</i> |
| Jazz | <i>Dancers must execute stylized characteristics of American jazz dance technique.</i> |
| Lyrical | <i>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.</i> |
| Modern/Abstract | <i>Dancers demonstrates balance, extensions, isolations, and control based on such principles as space, force, weight and time. Must be in the contemporary modern style.</i> |
| Musical Theatre/Character | <i>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.</i> |
| Open | <i>A combination of any two or more dance styles, or a routine that does not fit any other performance category.</i> |
| Pointe | <i>Dancers wear pointe shoes and execute pointe technique in the classical, neo-classical, modern, contemporary, and/or character style.</i> |
| Tap | <i>Dancers wear tap shoes and execute tap technique. May be performed with or without music accompaniment. Tap sounds may not be recorded.</i> |

- ◆ For safety measures, a competitor may not stand or be physically lifted higher than eight feet above the stage floor. Though 8-foot height is only a benchmark, Elite Dance Cup reserves the right to disqualify any routine that is deemed unsafe.
- ◆ Acrobatic/Gymnastic Passes – Acrobatic/Gymnastic, Open, Character and Contemporary 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 **3 point deduction**.
- ◆ The exact same combination of dancers may not compete more than once in the same age category, general category and performance category.