



**SOUTHERN FEDERATION  
OF DANCE**

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# **SFD Melbourne**

## **Syllabus Competition 2026**

**Dates:** **Sunday 11<sup>th</sup> October 2026**

**Venue:** **The Dance Studio**  
9 Harker St, Burwood

**Closing Date:** **Sunday 31st August 2026**  
**(Sections may close early if Sold Out)**

### **REGISTRATION FEES:**

<b>Syllabus Competition</b> (includes score sheet)	\$50 per exam level
Audience Viewing (pre book or payments on the day) (Seats are limited)	\$10 per session

**To Register:** [\*\*SFD Syllabus Competition Registration\*\*](#)

# SFD MELBOURNE SYLLABUS COMPETITION RULES

1. Students must have already completed (or are scheduled to complete) an SFD Exam (normal or progress) in the 2026 exam season.
2. Students attending a full-time dance course (more than 15 hours per week) or teaching unsupervised for more than 6 hours per week will not be eligible to enter the Syllabus competition.

**Prizes:**

- 1st Place Trophy
- 2nd Place Trophy
- 3rd Place Trophy
- Honourable Mentions
- Encouragement Awards

## Registrations:

1. Entries must be lodged via Comps-Online - see above link.  
**A \$5 booking fee will be charged by Comps-Online per invoice.**
2. Some exam levels may close early, if sold out before the closing date.
3. Registrations will only be accepted once the full entry fee has been received.
4. Refunds will not be given for non-attendance or change of mind.
5. Performers must compete under the name that they have registered with and cannot be swapped.
6. Performers must be available for the whole day.  
The Syllabus Comp timetable will be finalised once registrations have closed.  
Requests for specific scheduling times will not be accepted.  
Performers will be emailed a copy of the program once completed.

## Adjudication:

1. Adjudicators/Examiners will be appointed by the SFD Committee.
2. The Committee reserves the right to substitute an Adjudicator in the event of unforeseen circumstances.
3. The competitor and teacher must accept as final any decision made by the Adjudicator/Examiner and no correspondence will be entered into.

## General Rules:

1. The Committee reserves the right to amend the program and to cancel any level if insufficient entries are received. Entry fees will be refunded if a level is cancelled (or if SFD is forced to cancel the competition due to Government restrictions or unforeseen circumstances), **less booking fees & credit card fees.**
2. **a)** Competitors must arrive at least **30 minutes** prior to the publicised start of their level.  
**b)** Competitors must remain in the warm-up area until summoned by an SFD representative.
3. It is agreed upon entering this competition that participants, including students, parents, teachers and other spectators, will not hold Southern Federation of Dance or its committee or volunteers, or host facilities liable for injuries sustained, illnesses contracted by them or loss of property while in attendance and/or participating in any activity related to this event.
4. SFD will not post or arrange collection of any prizes once the event has finished.
5. No personal filming or photography is allowed.
6. Cell Phones, iPads, Video Cameras, Cameras or any other recording devices must **NOT** be used by the audience to video or take photographs whilst competitors are performing. Breaking this rule may risk disqualification.

## Syllabus Competition Rules:

1. If a competitor leaves the room before completing all of their exercises they will not be eligible for a 1st, 2nd or 3rd prize but may receive an Honourable Mention or Special Mention at the adjudicator's discretion.
2. Late competitors who miss their allotted competition time, will not be able to perform.
3. Exam style uniform or dancewear should be worn that clearly shows all body lines. Participants will not be assessed on what they wear. (Make Up is optional).
4. Students will be assigned a number to be worn whilst in the competition.

## Media and Publicity Consent

SFD may use brief excerpts of videos or photographs of dancers for promotional purposes. By participating in this competition, you consent to having photos or videos taken by SFD's designated social media manager for event coverage. If any performers within your group do not have consent for their image/s to be shared, it is the responsibility of the studio owner to notify SFD in advance. Please provide the name of the dance school and the performer's name(s) and ensure that these performers are aware to step out of any publicity photos or videos.

## SFD Melbourne Syllabus Competition Categories and Codes

<b>Classical Syllabus</b>	<b>Code</b>	<b>Syllabus Exercises to be performed</b>
Level 3 (new update 2026)	001	Port de Bras, Turns, Soubresaut & Changement, Spring Points, Gallop with Temps Levé
Level 3 (old)	002	Port de Bras, Balletic Walks, Preparation for Spotting, Soubresauts & Echappés, Gallops & Spring Points
Level 4 (new update 2026)	003	Port de Bras, Chaine Turns (2 or 3 turn option), Soubresaut & Changement, Pas de Valse, Temps Levé
Level 4 (old)	004	Port de Bras, Chasse Exercise, Soubresauts & Changements, Balletic Walks, Gallops with 1/2 turn
Level 5	005	Port de Bras, Battement Tendu with Side Stretch, Soubresauts & Changements, Petit Jeté, Pose Coupe
Level 6	006	Port de Bras, 1st, 2nd & 3rd Arabesque, Echappé Saute with Soubresaut, Glissade and Assemble A, Pose Coupe Waltz
Level 7	007	Port de Bras, Exercise for Arabesque, Pirouette en Dehors, Sissone Fermé de Cote (Over), Pas de Valse
Pre-Elementary	008	Port de Bras, Temps Lie en L'air (set), Pirouette en dehors, Jete Enchaînement, Grand Allegro
Elementary	009	Port de bras, Adage Study, Pirouette Enchaînement, Batterie Enchaînement (option A or B), Grand Allegro
Intermediate	010	Port de bras, Adage Study, Grande Pirouette, Fouetté Ronds de Jambe en Tournant, Grand Allegro
<b>Jazz Syllabus</b>	<b>Code</b>	<b>Syllabus Exercises to be performed</b>
Level 3 (new update 2026)	011	Isolations, Arms & Turns, Kick Ballchange, Tuck Jumps, Combination 3
Level 3 (old)	012	Bending Combination, Arm Exercise, Kick Ballchange, Step Hitch, Jump into 1st
Level 4 (new update 2026)	013	Floor Exercise, Hip Hop, Chasse Turns, Jetes, Combination 4
Level 4 (old)	014	Body Curls & Isolations, Co-Ordination Step, Step Ballchange & Drag Runs, Jump Kick Travelling Back, Combination 4
Level 5	015	Step Ballchange and Tum, Hip Hop, Jazz Springs, Pounce, Combination 5
Level 6	016	Forward Body Curl, Funk Steps, Kick with Tum Progression, Jazz Springs & Hitchkick, Combination 6
Level 7	017	Hip Hop, Lyrical Jazz, Contemporary, Elevation Step, Combination 7
Level 8	018	Hip Hop, Single & Double Turns, Contemporary, Jete Combination, Combination 8
Level 9	019	Floor Exercise, Turning Sequence R & L, Kicks, Contemporary, Combination 9
Level 10	020	Commercial Jazz, Lyrical, Virtuosity, Tango, Combination 10
<b>Tap Syllabus</b>	<b>Code</b>	<b>Syllabus Exercises to be performed</b>
Level 3 (new update 2026)	021	Shirley Temple, Single Waltz Timestep, Pick Ups B, Turning Step, Combination 3
Level 3 (old)	022	Pick Up Steps, Tap Steps and Tap Springs, Preparation for Timestep, Tap Step Ballchange Amalgamation, Single Waltz Timestep
Level 4 (new update 2026)	023	Single & Double Waltz Timesteps, Shuffle Hops with Stamps, Pick Ups, Travelling Step with Turn, Combination 4
Level 4 (old)	024	Pick Ups, Shuffle Hop Step, Tap-Step Heelchange Turning Step, Waltz Timestep Combination 4
Level 5	025	Pick Ups, Drum Rolls, Waltz Timestep, Flap Stomp, Combination 5
Level 6	026	Trebles, Cincinnati & Double Pick Ups, Cramp Roll & pick up change, Hopovers, Combination 6
Level 7	027	Pick-ups, Tap Strolls, Turning Step, Timesteps, Combination 7
Level 8	028	Wings From One Foot, Riffs and Scuffles, Paddle Turn Amalgamation, Shuffle Progression, Combination 8
Level 9	029	Ripples and Brush Pick Ups, Wings with Hop Shuffle Preparation, Travelling Turn, Slow Combination, Quick Combination
Level 10	030	Blues, Combination, Wing Combination, Urban Combination, Latin Combination, Broadway Combination