

9th & 10th August-Solos, Duos, Trios

Inspire ARTS CHALLENGE

St Agnes Catholic HS, Rooty Hill

- ◆ Restricted & Open ◆ Tarkett Flooring ◆ Sponsored Prizes & Specialty Awards
- ◆ 2025 Commercial & Technical Dancer Titles ◆ All performers will receive an IAC Pin
- ◆ 1st time on Stage ◆ DanceAbility ◆ Music Uploads & Voice Critiques
- ◆ Syllabi & Entries via Comonline



inspire
Arts Challenge

Proudly Supporting

#SHOEBOX
REVOLUTION

CARE PACKAGES FOR PEOPLE
WITHOUT HOMES

PLEASE NOTE

This Syllabus only has information & rules pertaining to
August Solo / Duo / Trio Event.

2025 IAC S/D/T

Details At A Glance

| | |
|---|--|
| Venue & Dates | 9 th & 10 th August 2025 St Agnes Catholic High School, Rooty Hill |
| Adjudicator/s | TBC via Social Media |
| Entries Open | Friday 28 th February 2025 |
| Entries Close | Tuesday 1st July 2025 |
| How To Enter | Comps On Line – https://comps-online.com.au/ |
| 2025 Charity We Are Supporting | ShoeBox Revolution - Sydney https://www.shoebboxrevolution.com/ https://www.facebook.com/ShoebboxRevolutionSydney |
| How to Contact Us | Inspiredancefitness.pmw@gmail.com 0409 399 440 |
| Age Rule | Age as of 1 st day of competition – 9 th August 2025 All dancers must be at or under the age as of 9 th August 2025. Duo / Trio – Age as of 1 st January 2025 |
| Entry Fees | Solos – \$28.50 Duos / Trios - \$17.50 per competitor Miss Inspire & Mr Inspire - \$10 per entry (see description for rules) |
| Compulsory Program & Admin Fee | \$7 per entry. This will be automatically added to your invoice. Original programs will be emailed 2-3 weeks before commencement of 2025 IAC Event Updated copies will be emailed and notifications and special notes will be posted on social media (FB & Insta) for all to see. It is up to you to stay updated through our Social Media. |
| Door Entry For Comp | Adults (15yrs+) \$15 / session \$30 / day (2-3 sessions) Conc / Child (5-14yrs) \$10 / session \$20 / day (2-3 sessions) Non School Age (0-4yrs) FREE CASH ONLY – PLEASE TELL ALL PARENTS / GUESTS TEACHER ENTRY – Each studio is permitted 1 teacher FREE ENTRY per session (morning, afternoon, evening). Studio Directors / Teachers will need to inform IAC via studio email of who will be attending so names will be at the door. Appropriate ID may be needed. Teachers will be given a wristband on arrival. |

Any Further Enquiries

inspiredancefitness.pmw@gmail.com

0409 399 440

<https://www.facebook.com/InspireDanceFitness/>

<https://www.instagram.com/inspiredancefitness/>



Follow us on
Instagram



FOLLOW US ON
facebook

Be Featured With Motivational Moments & Adjudicator Tips

We would like to invite ALL ARTISTS to submit images to be featured artists with INSPIRE Dance & Fitness MOTIVATIONAL MOMENTS & ADJUDICATOR TIPS that run on our socials. A great way to kick off your day or finish your day with some positivity & also to learn something.

INTERESTED? – Simply DM your images to our insta or FB with relevant insta handles

Don't be afraid to put yourself out there. If you take the initiative, people will see & recognise you.

Always train with the same energy and passion as you would perform.

Authenticity - the courage to be yourself.

inspire DANCE & FITNESS

@the_mv_girls
@hitcreative.au
@thedaydreamers33
@pawsstudios

@shylamaddendance2024
@pawsstudio
@lcphoto

@keira_steg
rthousedancefactory

Let's Band Together To Help Others

INSPIRE Arts Challenge 2025

is pleased to announce that they are Proudly Supporting



\$1 from EVERY act

will be donated to **SHOEBOX REVOLUTION SYDNEY** along with

ALL proceeds from Raffle, Self Videography & Photography Fees, Group Improv Gold Coin Entry & Online Donations.

WE ENCOURAGE INDIVIDUALS, STUDIOS & SCHOOLS TO GET INVOLVED -

We will be having a Collection Station where dancers / families / studios / schools can donate to SHOEBOX REVOLUTION – either donate singular items or create a shoebox of essentials for those doing it tough on the streets.

(I will be posting details on Insta on how this will all work)

How Nice Would It Be For Those Less Fortunate to Receive A Box Of Essentials & A Loving Handwritten Note – this could make their day!

Want to know more about SHOEBOX REVOLUTION and the work they do – check out their website <https://www.shooboxrevolution.com/about-us/> or like and follow FB <https://www.facebook.com/ShooboxRevolutionSydney> or Insta <http://www.instagram.com/shooboxrevolutionsydney>

Constant updates of \$ raised will be made on socials. Direct Deposit will be made to SHOEBOX REVOLUTION official account at the end of the IAC events along with all the Shoebox Donations. A receipt will be issued and will be presented on Socials.

INSPIRE ARTS CHALLENGE 2025

Be A Supporter SUPPORT YOUTH ARTS SUPPORT SHOEBOX REVOLUTION

- ◆ Cash Donations ◆ Vouchers ◆ GiftPacks
- ◆ Advertisements ◆ Opportunities ◆ Raffle Prizes
- ◆ Pop Up Stall ◆ Goody Bag Placement ◆ Volunteer



For more information on how you can be a Supporter & benefits please DM me or inspiredancefitness.pmw@gmail.com

Are You An Individual, Studio or Business That Would Like To Support IAC in 2025?

All Donations graciously received.

For more Information or to be an IAC SUPPORTER please email inspiredancefitness.pmw@gmail.com

Sections Available For 2025 IAC S/D/T

PLEASE NOTE THAT THERE ARE CHANGES WITH GENRES & AWARD STRUCTURES THIS YEAR SO READ CAREFULLY & ASK QUESTIONS IF UNSURE!!

| | | | |
|---|--|--|--|
| Solos – Babies (3&4 years) | Ballet / Lyrical / Contemporary (O) | Jazz / HipHop (O) | Miss Inspire / Mr Inspire (Photographic Section) Please read description below |
| Solos – 6u, 8u, 10u, 12u, 14u, 15+ | Commercial Section Jazz (R/O) | Commercial Section Hip Hop (R/O) | Commercial Section Musical Theatre / Broadway (R/O) |
| | Commercial Section Own Choice (R/O) – Acro, Tap, Song & Dance, Student Choreography | | |
| | Technical Section Lyrical (R/O) | Technical Section Contemporary (R/O) | Technical Section Own Choice (R/O) – Ballet, Demi Character, Student Choreography |
| | 1st Time On Stage As A Soloist– Any Genre | DanceAbility – 1 age section. | Group Improvisation – various genres. Not booked in till the day – time permitting. |
| | Miss Inspire & Mr Inspire (Photographic Section) Please read Description Below | | |
| Duos / Trios | Commercial Duo / Trio Jazz, HipHop, Tap, Musical Theatre, Broadway, Acro, Song & Dance | Technical Duo / Trio Lyrical, Contemporary, Ballet, Demi Character | Mixed Age Duo / Trio min 4 years age difference between competitors ages Any Genre |

- ❖ We will only be offering Restricted & Open categories at this event along with our 1st TIME ON STAGE AS A SOLOIST & DANCEABILITY being any Genre
- ❖ **Restricted** – Will include the usual Specially Restricted & if you place 1st in SR you will go to Restricted
- ❖ **Open** – Is for performers who have placed 1st in Restricted
- ❖ **NOTE** – Remember just because you get a new routine or go up an age it does not mean you start at the beginning again in SR or R. Once in Open – always in Open.

WHAT IS 1st TIME ON STAGE? – As the name implies it is for soloists who are competing for the 1st time as a soloist. They perform ANY GENRE in that section OR you can enter in the general style specific.

WHAT IS DANCEABILITY? – There is only one age category. DanceAbility is a section for performers with intellectual or physical disability. **DanceAbility** – 2025 will be the 3rd year we are inviting DanceAbility dancers to perform. All performers in DanceAbility sections will receive a Participation Pin. This section is created for students who may have physical or mental disabilities. Helpers / carers are welcome to perform with their dancer. This is about PERFORMANCE & INCLUSION rather than COMPETITION.

WHAT IS MISS INSPIRE & MR INSPIRE? – Miss Inspire & Mr Inspire is a photographic section. Dance is an artform and to capture emotion, lines, movement in a photograph takes skill from photographer & dancer. **For Only \$10 you can enter a series of images – 2 dance shots & 1 headshot.** Dance shots are NOT TO BE STAGE SHOTS FROM OTHER COMPS and they do not have to be taken by a professional photographer. They could be studio, posed, movement or outdoor shots. Headshot can be natural or fully made up. Can be colour or black & white. 4 categories – Babies (3-4years), Junior (6u, 8u), Intermediate (10u, 12u), Senior (14u, 15+).

How will it be judged? What resonates with the judge. Does it stir emotion. Are lines clean. Creativeness.

What will they win? A medal, certificate and Supporter Prize.

How to enter? Enter through CompsOnLine. Images are to be emailed to inspiredancefitness.pmw@gmail.com BEFORE 1st July 2025. Each photo should be labeled AGE NAME A / B / C ie 10 Sarah Jacobs A, 10 Sarah Jacobs B etc. Please include relevant insta handles ie dancers name, studio, photographer / costume / HMUA (if needed). Subject Heading Miss or Mr Inspire.

WHAT IS BEST IAC COMMERCIAL DANCER? **Slight Change to Last Year** - Best IAC Commercial Dancer is decided based on the best average score out of 3 of your commercial routines – Jazz, Hip Hop, Musical Theatre / Broadway & Own Choice (See Above). **HOW TO QUALIFY** – MUST ENTER JAZZ and either Hip Hop and/or Musical Theatre/Broadway or Commercial Other (acro, song & dance, tap, student choreography in commercial genre or repeat a genre). Please note you can enter 2 routines in 1 section. Junior (6u, 8u), Intermediate (10u, 12u), Senior (14u, 15+). In the event of a tie the Adjudicator will decide. Winner will win a Trophy /Plaque, Tiara, Certificate and a great Supporter Pack thanks to our Sponsors. **YOU SIMPLY ENTER 3 ACTS TO QUALIFY – NO EXTRA FEE!!!!**

WHAT IS BEST IAC TECHNICAL DANCER? **Same as Last Year** - Best IAC Technical Dancer is decided based on the best average score out of your 3 Technical routines – Lyrical, Contemporary & Own Choice (See Above). **HOW TO QUALIFY** – MUST ENTER LYRICAL & CONTEMPORARY and other routine can be another Lyrical, Contemporary OR Technical Other (Ballet, Demi, student choreography in technical genre). Please note you can enter 2 routines in 1 section. Junior (6u, 8u), Intermediate (10u, 12u), Senior (14u, 15+). In the event of a tie the Adjudicator will decide. Winner will win a Trophy /Plaque, Tiara, Certificate and a great Supporter Pack thanks to our Sponsors. **YOU SIMPLY ENTER 3 ACTS TO QUALIFY – NO EXTRA FEE!!!!**

GROUP IMPROVISATION - dancers all hit the floor at once or in groups (dependant on entries). Various genres. Gold Coin Donation made on the day with all money going to ShoeBox Revolution - Sydney. Will run if time permits on the day. Money raised will go to SHOEBBOX REVOLUTION - SYDNEY. So please bring suitable dance attire – NO COSTUMES – just regular dance attire.

2025 IAC Rules & Conditions

AGE –

Age as of 1st day of competition – 9th August 2025
All dancers must be at or under the age as 9th August 2025.
Duo / Trio – Age as of 1st January 2025

CLOSING DATE -

4th July 2025
Entries may close early dependant on entries. Notification of early close will be made on Inspire Dance & Fitness socials.

LATE ENTRIES -

Late entries MAY (not guaranteed) be accepted and will incur an extra \$10 flat late fee. Late entries may be required to dance first. Notification of availability will be made through socials.

HOW TO ENTER –

Online – www.compsonline.com.au
Secure Payments online via PayPal & Credit Card Options.
INSPIRE Arts Challenge respects the privacy of all our users and we are committed to safeguarding the personal information which you provide us. To protect your privacy, we only collect information necessary to process your registration & purchases.

After you complete your online registration, you will receive an email confirmation from us containing your entry details. We are not responsible for incorrect entries. Once entries have been accepted, no refunds will be given unless the section is cancelled.

MEDIA RELEASE –

When you enter INSPIRE Arts Challenge you give consent for INSPIRE Dance & Fitness / INSPIRE Arts Challenge & affiliated IAC Supporters to use and retain the name & image of your child / students for the purposes of public relations, media & promotion in print or through the INSPIRE Dance & Fitness / INSPIRE Arts Challenge socials. This consent would remain in place for 5 years unless you advise otherwise. If you have any questions or concerns regarding this please do not hesitate to contact inspiredancefitness.pmw@gmail.com

AWARDS – (at Adjudicator's discretion)

- All Dancers / Performers will receive an IAC Participation Pin.
- 1st, 2nd, 3rd medals for place winners (dependant on entries)
- Highly Commended certificates
- Some sections may have Supporter Prizes. Supporters will

be announced on Socials so be sure to keep an eye out.
- Best Technical Dancer – Junior, Intermediate & Senior (Lyrical, Contemporary, Own Choice) will win an awesome Supporter Prize Pack, Certificate, Tiara
- Best Commercial Dancer – Junior, Intermediate & Senior (Jazz, Hip Hop, Musical Theatre/Broadway, Own Choice) will win an awesome Supporter Prize Pack, Certificate, Tiara
- Miss Inspire & Mr Inspire – Babies, Junior, Intermediate & Senior will win Medal, Certificate & Supporter Prize
SEE ABOVE PAGE FOR MORE INFO ON BEST TECHNICAL & BEST COMMERCIAL DANCER & MISS INSPIRE / MR INSPIRE.

Please Note that there may be other Specialty Awards arise – these will be announced on our socials.

AMMENDED SINCE LAST YEAR

TIME LIMITS – 2.5 mins max. including reprise

NOTE: Reprise is not essential

Should a performance go overtime by more than 15 seconds a deduction of 4 points will occur.

Music / Act will be timed from 1st movement / 1st sound to last movement / sound.

PROMPTING –

No prompting from side stage or in the audience is permitted for competitors 8u+ - this can lead to disqualification. Babies (3&4years) & 6u may have prompting – prefer to be done from the mid / back of the venue – this is to avoid little ones turning their heads to view side stage.

CHANGE OF SECTIONS – Please be honest with entries - Should you need to change your category ie Restricted to Open or 1st Time to Restricted due to a win since entering please email inspiredancefitness.pmw@gmail.com with all relevant details.

PROPS -

- If reasonable to do so the dancers should set up & remove own props.
- Props are not to be stored in the hall throughout the day without previous permission. They can be placed backstage or front of house at the beginning of each section and must be removed immediately after use.
- No flammables or live flames are to be used.
- No use of live animals
- If you use petals, snowflakes, glitter, paper, loose feathers etc and it makes a mess on the stage YOU must clean it

quickly & immediately after your act. Please notify backstage manager as we may ask you to dance last.

- If a prop is thrown from the stage / performance area into the audience and is deemed a hazard / dangerous this may lead to disqualification.

- ALL FREE STANDING PROPS MUST HAVE PROTECTIVE CAPS / RUBBER / FELT ON THE LEGS / BASE TO PREVENT DAMAGE TO TARKETT / FLOORS.

TAP SHOES -

Please AVOID wearing tap shoes throughout the ENTIRE VENUE & the hall (request of venues & courtesy to other patrons)

ARRIVAL -

Competitors are encouraged to arrive at least an hour before to ensure adequate warmup, set up, registration & incase we are running early. We will endeavor to provide updates on socials.

PROTESTS -

Protests will only be accepted in writing, accompanied with a \$10 fee within 10mins of completion of section / award ceremony. The protest must be handed to an IAC Official who will communicate with convenor & adjudicator.

ADJUDICATORS -

Under no circumstances should the Adjudicator be approached by anyone at the desk. This can lead to disqualification of associated studio / act.

DUTY OF CARE -

Whilst we take all reasonable care with our events it is the responsibility of studio Directors / teachers/ parents that students / children remain in permitted areas and are behaving appropriately.

All competitors & spectators enter at their own risk. No responsibility will be taken for any accidents, injury or loss of property. This also applies to cars parked in the venue grounds.

REFUNDS -

- Once entries have been accepted there will be no refunds unless the section is cancelled. You may transfer entries to another event.

- CoVid Refund Guarantee – should IAC have to be cancelled due to CoVid (government or venue cancellation) we will refund your entry fees minus your Comps OnLine Booking Fee or we can transfer to another event.

SMOKING -

Smoking and vaping is prohibited inside venue & on school premises. You must exit the venue gate in order to smoke or vape. This is a rule & regulation from the venue. Failure to abide by this rule may lead to disqualification of associated competitors or if caught by venue staff / security may incur a direct fine.

DONATIONS & SPONSORSHIPS -

If any individuals, studios or businesses would like to support 2025 IAC & our chosen charity – ShoeBox Revolution – Sydney we would love to hear from you.

* Advertising in program, socials, section board and announcements throughout the comp.

* Donate cash, services, opportunities, experiences or tangible prizes.

* Pop Up Stores at event

* Donation of Prizes for Raffle to support ShoeBox Revolution - Sydney

* Advertising / Product placement in Teacher Goody Bags & on advertising table.

You may nominate a section that you wish to support or leave it open to IAC to nominate. Please contact inspiredancefitness.pmw@gmail.com for more information on how you can be involved.

POP UP STORES - If any individuals or businesses that are dance / arts / child friendly related (no studios) would like to have a Pop Up Store at IAC please contact inspiredancefitness.pmw@gmail.com

VIDEOGRAPHY / PHOTOGRAPHY – In order to raise more funds for ShoeBox Revolution – Sydney we are allowing 2 (two) representatives from each act to take photos &/or video. ONLY THEIR ACTS.

Must offer a GOLD COIN (minimum) DONATION FOR EACH ACT. Money to be put in money container in designated area.

Representatives MUST STAND / SIT IN DESIGNATED AREA.

There is to be NO PHOTOGRAPHY / VIDEOGRAPHY FROM THE AUDIENCE. Failure to comply to these rules may lead to disqualification.

We would love if you could share any images / videos with us by emailing to inspiredancefitness.pmw@gmail.com or DM'ing or posting & tagging.

A photo media wall will be made available for all students / teachers & parents. Please take those pics, post and tag @inspiredancefitness #2025IAC #inspireartschallenge and any supporters that have sponsored your section if you won.



MUSIC -

Music Uploads Management is coming to us, we will now be using this service for our competitions. It's contactless, all online, and will help take out the stress of music issues that arise from time to time, Plus they offer Voice critiques and all in one storage location including the option to access the routine videos. As a requirement to enter into the competition you will be required to upload your music via this service," in the given time period" no other options will be given.

No CDs ,USB's will be used now as we are using this system totally contactless.

Music Uploads offer this service and include features that will handle our music. This is a low cost paid service, (less than the cost of a USB) and includes a full range of benefits for The Dancers, Parents, and Studio owners, and event organisers. You will be required to have a valid "music uploads cloud storage" this will allow you, to store your Music, Voice Critiques, and Routine Videos all in one location. Plans are charged at a Minimum of 3 to 12 months starting at less than \$1/month, Plus your music can be transferred to other participating competitions all over Australia without having to re upload your music each time.

Region Add-ons

For each competition that is entered, you will need to add a region to your cloud account. This will link the Music, Critiques and Videos so they can be transferred or viewed from one to the other. The fee for this is per Family, Studio or School is \$2.50, and there is no limit to siblings or students, it will just depend on your selected storage plan.

How it works

- If you have already uploaded your music to this service before, you can simply purchase the region add-on, and transfer your music over to us.
- If you are new to this, you need to set up the cloud storage account first and confirm it is active.
- Upload your Music into the Storage Folder in your account.
- Transfer a copy of the songs to the Region, you can check them to make sure they are all correct.
- Done! No need to stress about your music now, as you now can see the music is 100% ready to go.

Just Remember, It is the responsibility of the competitors to ensure that they have the correct music files uploaded to each routine. You can

change your music files at any time before the cutoff dates, and this is all done within your Music Uploads account, you have full control over this from now.

Critiques and Videos

Critiques will be uploaded either on the day or after the event has finished. To access these, log into you Music Uploads account and on the main dashboard page look to the top Left of the screen or on a mobile device click on the Menu list.

If the onsite video company is collaborating with Music Uploads they will deliver your videos directly into your storage account.

Support

If you would like some support there are videos located on the support page or you can send a ticket in, and one of the team members will respond to you. DO NOT Post on Social Media , Text or Message any questions to these pages, as the support team will not see them You must send a ticket from the support page so they can offer you some assistance.

From the Team at Music Uploads

www.musicuploads.com.au

*We Are Looking Forward To Seeing
You All At IAC & Supporting
SHOEBOX REVOLUTION - SYDNEY.
Remember to enter early to avoid
disappointment.*