

change to this order on the day of competition.

### **PROPS**

Props are permitted as long as the competitor or teacher can place on stage.  
Props are not the responsibility of Energy Dance Competitions.

### **ACROBATICS**

Safe acrobatic moves will be permitted in routines, however our adjudicators will favour dance content over acrobatics tricks. Whilst we accept certain acrobatic moves should not take up more than 10% of any routine.

### **TEACHERS/PARENTS**

Competitors may be accompanied by only one teacher in the sidestage area and must be wearing a wristband, this applies to all sections. This is to ensure there is no contact between the competitors and Energy staff, especially during large sections. Teachers must be available from the front desk.

Parents will not be permitted access to the side stage area.

Absolutely no men are allowed in change rooms besides teachers. Please inform all families and parents prior to the event.

### **CURTAIN**

There will be NO curtain used at Troupe Day. Please ensure your dancer is prepared appropriately.

### **PRIZES**

Prizes will be presented at the end of each section. Competitors are asked to be prepared as far as possible.

Each section will have a 1st, 2nd and 3rd awarded, as well as HM's in each section. The adjudicators decision is final and no discussion or correspondence can be made. There to be no communication with the adjudicator.

### **DRESSING ROOMS**

Dressing Rooms – the backstage dressing rooms may be prioritised for competitors and dancers only.

The Troupe dressing rooms will be in the classrooms. All competitors, parents and teachers must keep the dressing rooms clean and use the rubbish bins provided. Extra points will be deducted from schools if the dressing rooms are left untidy.

[Return to top](#)