

SECTION NUMBER	DANCE SECTIONS FOR 2026	MAXIMUM TIMING
	NATIONAL DANCE SOLO	
D1	18 years & under (excluding Scottish & Irish)	Time limit 2 mins 30 sec
	TAP DANCE SOLO	
D2	6 years & under (Tiny Tots)	Time limit 2 mins 30 sec
D3	7 years	Time limit 2 mins 30 sec
D4	8 years	Time limit 2 mins 30 sec
D5	9 years	Time limit 2 mins 30 sec
D6	10 years	Time limit 2 mins 30 sec
D7	11 years	Time limit 2 mins 30 sec
D8	12 years	Time limit 2 mins 30 sec
D9	13-14 years inclusive	Time limit 3 mins 00 sec
D10	15-18 years inclusive	Time limit 3 mins 00 sec
	WALTZ TAP SOLO	
D11	12 Years & under	Time limit 2 mins 30 sec
D12	13 – 18 years inclusive	Time limit 3 mins 00 sec
	TAP CHAMPIONSHIPS (1st routine SLOW, 2nd routine is FAST)	
D13	12 years & under	Time limit 3 mins 30 secs each
D14	13-18 years inclusive	Time limit 3 mins 30 secs each
	<i>The committee have the right to change age groups or combine championship sections if numbers are insufficient. A minimum of 5 competitors is required. The fast routine must be fast tapping rhythms with fast music. Please make sure you have entered the relevant solos in your age group. Points will be deducted if no contrast to speeds.</i>	
	SONG & SOFT SHOE SOLO (equal singing & dancing)	
D15	8 years & under	Time limit 3 mins 30 secs
D16	9-10 years inclusive	Time limit 3 mins 30 secs
D17	11-12 years inclusive	Time limit 3 mins 30 secs
D18	13-18 years inclusive	Time limit 3 mins 30 secs
	SONG & TAP SOLO (equal singing & dancing)	
D19	8 years & under	Time limit 3 mins 30 secs
D20	9-12 years inclusive	Time limit 3 mins 30 secs
D21	13-18 years inclusive	Time limit 3 mins 30 secs
	SONG & DANCE CHAMPIONSHIP (1st routine Song & Soft Shoe, 2nd routine Song & Tap)	
D22	12 years & under - (may repeat 1 item already performed)	Time limit 3 mins 30 secs each
D23	13-18 years inclusive	Time limit 3 mins 30 secs each
	<i>The committee have the right to change age groups or combine championship sections, if numbers are insufficient. A minimum of 5 competitors is required. (SONG & SOFT SHOE FIRST, THEN SONG & TAP ROUTINE). This is not based on Slow & Fast. It is based on Song & Soft Shoe and Song & Tap. Please make sure you have entered the relevant solos in your age group.</i>	
	SONG OF CHOICE SOLO (no dancing)	
D24	12 years & under	Time limit 3 mins 00 secs
D25	13-18 years inclusive	Time limit 3 mins 00 secs

	CLASSICAL SOLOS	MAXIMUM TIMING
D26	5 years & under (Tiny Tots)	Time limit 2 mins 30 sec
D27	6 years (Tiny Tots)	Time limit 2 mins 30 sec
D28	7 years	Time limit 2 mins 30 sec
D29	8 years	Time limit 2 mins 30 sec
D30	9 years	Time limit 2 mins 30 sec
D31	10 years	Time limit 2 mins 30 sec
D32	11 years	Time limit 2 mins 30 sec
D33	12 years	Time limit 2 mins 30 sec
D34	13-14 years inclusive	Time limit 3 mins 00 secs
D35	15-18 years inclusive	Time limit 3 mins 00 secs
	DEMI CHARACTER SOLOS (see ruling about props)	
D36	5 years & under (Tiny Tots)	Time limit 3 mins 00 secs
D37	6 years (Tiny Tots)	Time limit 3 mins 00 secs
D38	7 years	Time limit 3 mins 00 secs
D39	8 years	Time limit 3 mins 00 secs
D40	9 years	Time limit 3 mins 00 secs
D41	10 years	Time limit 3 mins 00 secs
D42	11 years	Time limit 3 mins 00 secs
D43	12 years	Time limit 3 mins 00 secs
D44	13-14 years inclusive	Time limit 3 mins 30 secs
D45	15-18 years inclusive	Time limit 3 mins 30 secs
	CLASSICAL CHAMPIONSHIP (1st routine Classical, 2nd routine Demi)	
D46	18 years & under	3 mins 30 sec each item
	<i>The committee have the right to change age groups or combine championship sections if numbers are insufficient. A minimum of 5 competitors is required. Please make sure you have entered the relevant solos in your age group. If there are enough entrants, we will make a Junior & Senior Championship</i>	
	IMPORTANT MESSAGE FOR ALL MODERN SECTIONS: JAZZ/LYRICAL/CONTEMPORARY <i>For all modern sections, we allow ONLY 3 ACRO TRICKS per routine. If you choose to do more, it will be at the discretion of the adjudicator if it should have been entered into the ACRO section. This will be the 6th year we have had this ruling in place.</i>	
	MODERN SOLOS - JAZZ	
D47	5 years & under – Tiny Tots (Any style modern)	Time limit 2 mins 30 sec
D48	6 years – Tiny Tots (Any style modern)	Time limit 2 mins 30 sec
D49	7 years	Time limit 2 mins 30 sec
D50	8 years	Time limit 2 mins 30 sec
D51	9 years	Time limit 2 mins 30 sec
D52	10 years	Time limit 2 mins 30 sec
D53	11 years	Time limit 2 mins 30 sec
D54	12 years	Time limit 2 mins 30 sec
D55	13 years	Time limit 3 mins 00 secs
D56	14 years	Time limit 3 mins 00 secs
D57	15 years	Time limit 3 mins 00 secs
D58	16-18 years inclusive	Time limit 3 mins 00 secs

	MODERN SOLO – SLOW/LYRICAL – (Acro ruling applies)	MAXIMUM TIMING
D59	7-8 Years inclusive	Time limit 2 mins 30 sec
D60	9 years	Time limit 2 mins 30 sec
D61	10 years	Time limit 2 mins 30 sec
D62	11 years	Time limit 2 mins 30 sec
D63	12 years	Time limit 2 mins 30 sec
D64	13 years	Time limit 3 mins 00 secs
D65	14 years	Time limit 3 mins 00 secs
D66	15 years	Time limit 3 mins 00 secs
D67	16 - 18 years inclusive	Time limit 3 mins 00 secs
	MODERN CONTEMPORARY SOLO - (Acro ruling applies)	
D68	7 -9 years inclusive	Time limit 2 mins 30 sec
D69	10-11 years inclusive	Time limit 2 mins 30 sec
D70	12 years	Time limit 3 mins 00 secs
D71	13 years	Time limit 3 mins 00 secs
D72	14 years	Time limit 3 mins 00 secs
D73	15-18 years inclusive	Time limit 3 mins 00 secs
	MODERN CHAMPIONSHIPS (1st routine slow, 2nd fast)	
D74	12 years & under	Time limit 3 mins 30 secs each
D75	13-18 years inclusive	Time limit 3 mins 30 secs each
	<i>The committee have the right to change age groups or combine championship sections if numbers are insufficient. A minimum of 5 competitors is required. The Jazz routine must be danced fast & to fast paced music. ACRO trick rules apply to Championships as well. Please make sure you have entered the relevant solos in your age group.</i>	
	MUSICAL THEATRE/CABARET SOLO – <i>Floor show of dancing, acting, spoken dialogue & singing. (No lip Syncing) Choreographed to music from a stage or Broadway musical. If enough entrants, we will split this section.</i>	
D76	18 years & under	Time limit 3 mins 30 secs
	SPEED TAP SOLO	
D77	18 years & under	Time limit 3 mins 00 secs
	BROADWAY JAZZ SOLO	
D78	18 years & under	Time limit 3 mins 00 secs
	<i>Is a dynamic, theatrical dance style blending traditional jazz technique with storytelling, character, dynamic staging, and choreography. ACRO ruling applies</i>	
	ACRO SOLOS <i>A routine using controlled movements and flexibility, walkovers, aerials, back handsprings, etc. Must incorporate dance techniques. (This is the section where you can do all your tricks with no limits)</i>	
D79	18 years & under	Time limit 3 mins 00 secs
	HIP HOP SOLOS	
D80	12 years & under	Time limit 2 mins 30 secs
D81	13-18 years inclusive	Time limit 3 mins 00 secs

	ALL ABILITIES SOLO – OPEN AGE ANY STYLE	MAXIMUM TIMING
D82	Any age – any style	Time limit 2 mins 30 secs
	DUO SECTIONS <i>(Once entries have been received, we will split sections into appropriate age groups if we have enough numbers to do so.)</i>	
	TAP DUO	
D83	18 years & under	Time limit 3 mins 15 secs
	SONG & DANCE OR NOVELTY DUO	
D84	18 years & under	Time limit 3 mins 15 secs
	CLASSICAL OR DEMI CHARACTER DUO	
D85	18 years & under	Time limit 3 mins 15 secs
	NATIONAL DUO	
D86	18 years & under	Time limit 3 mins 15 secs
	MODERN DUO - JAZZ / HIP HOP	
D87	12 years & under	Time limit 3 mins 15 secs
D88	18 years & under	Time limit 3 mins 15 secs
	MODERN DUO – CONTEMPORARY / LYRICAL	
D89	18 years & under	Time limit 3 mins 15 secs
	TRIO SECTIONS – any style	
D90	12 years & under	Time limit 3 mins 15 secs
D91	18 years & under	Time limit 3 mins 15 secs
	GROUP SECTIONS <i>(Dance schools can perform 2 items in these sections and competitors can perform in both items). A maximum of 4 students can dance down an age group for troupes, only if majority in group are of correct age. This only applies up until 13 years & under. If sections are small we have the right to combine them e.g – 8 years & under could be in 10 years & under etc.</i>	
		MAXIMUM LIMIT
	TAP GROUPS	
D92	8 years & under	Time limit 5 mins 00 secs
D93	10 years & under	Time limit 5 mins 00 secs
D94	13 years & under	Time limit 5 mins 00 secs
D95	Open age	Time limit 5 mins 00 secs
	SONG & DANCE GROUPS	
D96	8 years & under	Time limit 5 mins 00 secs
D97	10 years & under	Time limit 5 mins 00 secs
D98	13 years & under	Time limit 5 mins 00 secs
D99	Open age	Time limit 5 mins 00 secs
	CLASSICAL GROUPS	
D100	8 years & under	Time limit 5 mins 00 secs
D101	10 years & under	Time limit 5 mins 00 secs
D102	13 years & under	Time limit 5 mins 00 secs
D103	Open age	Time limit 5 mins 00 secs

	DEMI CHARACTER GROUPS	MAXIMUM LIMIT
D104	8 years & under	Time limit 5 mins 00 secs
D105	10 years & under	Time limit 5 mins 00 secs
D106	13 years & under	Time limit 5 mins 00 secs
D107	Open age	Time limit 5 mins 00 secs
	MODERN GROUPS – JAZZ (acro rules apply)	
D108	8 years & under	Time limit 5 mins 00 secs
D109	10 years & under	Time limit 5 mins 00 secs
D110	13 years & under	Time limit 5 mins 00 secs
D111	Open age	Time limit 5 mins 00 secs
	MODERN GROUPS – LYRICAL (acro rules apply)	
D112	8 years & under	Time limit 5 mins 00 secs
D113	10 years & under	Time limit 5 mins 00 secs
D114	13 years & under	Time limit 5 mins 00 secs
D115	Open age	Time limit 5 mins 00 secs
	MODERN GROUPS – CONTEMPORARY (acro rules apply)	
D116	10 years & under	Time limit 5 mins 00 secs
D117	13 years & under	Time limit 5 mins 00 secs
D118	Open age	Time limit 5 mins 00 secs
	NATIONAL GROUPS	
D119	10 years & under	Time limit 5 mins 00 secs
D120	Open age	Time limit 5 mins 00 secs
	NOVELTY / MUSICAL THEATRE GROUPS	
D121	10 years & under	Time limit 5 mins 00 secs
D122	13 years & under	Time limit 5 mins 00 secs
D123	Open age	Time limit 5 mins 00 secs
	ACRO GROUPS	
D124	13 years & under	Time limit 5 mins 00 secs
D125	Open age	Time limit 5 mins 00 secs
	HIP HOP GROUPS	
D126	10 years & under	Time limit 5 mins 00 secs
D127	13 years & under	Time limit 5 mins 00 secs
D128	Open age	Time limit 5 mins 00 secs
	CABARET GROUPS	
D129	13 years & under	Time limit 5 mins 00 secs
D130	Open age	Time limit 5 mins 00 secs
	EDUCATION GROUPS (any style) – students must be members of the Education school entered. This section is not for Dance Schools. They will be held over the group weekend.	
D131	Primary grades 1-6 years	Time limit 5 mins 00 secs
D132	Secondary grades 7-12 years	Time limit 5 mins 00 secs