



**SYLLABUS
2025**

5-9 JULY 2025

GUNGAHLIN COLLEGE

CANBERRA

ENTRIES

WWW.COMPS-ONLINE.COM.AU

ENQUIRIES ADRENALINEDANCE2020@GMAIL.COM

ENTRY FEES

SOLO SECTIONS - \$45

TITLE AWARD - \$25

BATTLEGROUND CHAMPIONSHIP - \$60

TROUPES - \$80

COMPETITOR PASS - \$30

**IF DANCING IN BOTH TROUPES AND SOLOS YOU
ONLY NEED TO PURCHASE ONE PASS**

**ENTRIES WILL CLOSE WHEN AGE
DIVISIONS ARE SOLD OUT**

**SOLOS - AGE AS AT 1ST DAY OF
SOLO COMPETITION
TWO JUDGES
TARKETT FLOORING**

SOLO DANCE LEVELS

NEWCOMERS

FOR DANCERS WHO ARE IN THEIR FIRST YEAR
OF SOLOS.

INTERMEDIATE

UNDER 2 YEARS SOLO COMPETITION
EXPERIENCE

ELITE

2 FULL YEARS OR MORE SOLO
COMPETITION EXPERIENCE

SOLO AGE DIVISIONS

NEWCOMERS SECTIONS

FOR DANCERS WHO ARE IN THEIR FIRST YEAR OF SOLOS
THIS SECTION IS NOT INCLUDED IN HIGH POINT SCORE
4YRS, 5YRS, 6YRS, 7YRS, 8YRS, 9YRS, 10YRS ONLY

DANCERS MAY ENTER AND REPEAT ROUTINE IN GENERAL AGE SECTIONS

GENERAL SECTIONS

4YRS & UNDER, 5YRS, 6YRS, 7YRS, 8YRS, 9YRS, 10YRS, 11YRS, 12YRS, 13YRS, 14YRS, 15YRS & OVER

OVERALL TOP TEN AGE DIVISIONS

6 & UNDER

7-8YRS INTERMEDIATE

7-8YRS ELITE

9-10YRS INTERMEDIATE

9-10YRS ELITE

11-12YRS INTERMEDIATE

11-12YRS ELITE

13-14YRS INTERMEDIATE

13-14YRS ELITE

15YRS & OVER

SOLO DANCE GENRES

4YRS & UNDER - JAZZ/HIP HOP

4YRS & UNDER - LYRICAL/CONTEMPORARY/BALLET

4YRS & UNDER - OPEN- ANY STYLE

5YRS & 6YRS

JAZZ

BALLET

CONTEMPORARY

LYRICAL

OPEN - ANY STYLE

INTERMEDIATE & ELITE AGE GROUPS -

7YRS AND ABOVE

JAZZ

BALLET

CONTEMPORARY - COMMERCIAL

CONTEMPORARY - TRADITIONAL

LYRICAL

HIP HOP

**ENTERTAINMENT - TAP, BROADWAY, MUSICAL THEATRE, SONG &
DANCE, ACROBATICS**

OPEN - ANY STYLE

**STUDENT CHOREOGRAPHY - MUST BE CHOREOGRAPHED BY THE
DANCER**

SOLO TITLE AWARD

**TITLE AWARD CAN BE ADDED TO ANY OF YOUR ROUTINES
IN GENERAL SECTIONS.**

**1ST, 2ND & 3RD PLACES PLUS CASH PRIZE WILL BE AWARDED IN EACH
AGE DIVISION.**

**ADRENALINE TITLE AWARDS WILL BE JUDGED ON A SEPARATE
SCORE SHEET.**

THIS WILL BE SCORED ON X FACTOR

SOLO BATTLEGROUND CHAMPIONSHIP

THIS IS OUR CHAMPIONSHIP SECTION

**DANCERS MAY REPEAT A ROUTINE
OR PERFORM A NEW ROUTINE**

**BATTLEGROUND IS ALWAYS THE FINAL SECTION
OF THE SESSION**

TROUPE AGE GROUPS

AGE IS OF ELDEST COMPETITOR AT 1/1/25

SMALL TROUPES 4 – 11 DANCERS

LARGE TROUPES 12 OR MORE DANCERS

YOU MAY HAVE 2 DANCERS ONE YEAR OLDER

EG. 6YRS & UNDER SECTIONS YOU CAN HAVE 2 7YR OLDS

5YRS & UNDER

6YRS & UNDER

8YRS & UNDER

10YRS & UNDER

12YRS & UNDER

14YRS & UNDER

16YRS & UNDER

OPEN AGE

**SMALL AND LARGE TROUPES MAY BE COMBINED DEPENDING ON
ENTRIES**

MAXIMUM 2 ENTRIES PER SECTION – IF SAME DANCERS

TIME LIMIT – 5 MINS MAXIMUM

**ANY ROUTINES WITH MUSIC OVER 5 MINS WILL BE FADED AT 5 MINS –
PLEASE ENSURE YOU HAVE CUT YOUR MUSIC TO CORRECT TIME.**

TROUPE SECTIONS

5/U TROUPES

JAZZ

LYRICAL

ANY STYLE

ALL OTHER AGE GROUPS

JAZZ

LYRICAL

CONTEMPORARY

BALLET

HIP HOP

ENTERTAINMENT – TAP, BROADWAY, MUSICAL THEATRE,
SONG & DANCE, ACROBATICS

SECTION SCORING

STAR ELITE
190 – 200

HIGH ELITE
175 – 189.9

ELITE
160 – 174.9

PRE ELITE
150 – 159.9

AWARDS

AWARDS WILL BE AT THE END OF EACH SESSION

GENERAL SECTIONS
TITLE AWARDS
BATTLEGROUND CHAMPIONSHIP
OVERALL TOP TEN

FINALS QUALIFYING

TO QUALIFY FOR FINALS SECTIONS, DANCERS MUST RECEIVE A PRE ELITE, ELITE, HIGH ELITE OR STAR ELITE SCORE.

TO QUALIFY FOR THE ULTIMATE DANCER SOLOISTS MUST RECEIVE AN ELITE, HIGH ELITE OR STAR ELITE SCORE AT ANY 2025 REGIONAL.

ALL TROUPES THAT COMPETE AT A REGIONAL QUALIFY FOR OUR 2025 FINALS.

**ENTRIES WILL OPEN ON
WWW.COMPS-ONLINE.COM.AU
AFTER EACH REGIONAL**

PAYMENT PLANS

**EMAIL – ADRENALINEDANCE2020@GMAIL.COM
FOR MORE INFO**

MUSIC

WE WILL BE USING WWW.MUSICUPLOADS.COM.AU FOR ALL
MUSIC AND AUDIO CRITIQUES.

MUSIC WILL NEED TO BE UPLOADED ONCE NUMBERED FINAL
PROGRAM IS RELEASED.

ALL MUSIC MUST BE UPLOADED BY DUE DATE.
IF YOUR MUSIC HAS NOT BEEN UPLOADED BY DUE DATE YOU
WILL NOT RECEIVE CRITIQUES.

LATE MUSIC WILL INCUR A \$15 ADMIN FEE PER ROUTINE.
PLEASE BRING USB WITH BACKUP MUSIC.

subheading

TIME LIMIT
SOLOS 3 MINS
TROUPES – 5MINS

A COUPLE OF THINGS

DEPENDENT ON ENTRY NUMBERS – AGES MAY BE COMBINED.

IF YOUR DANCER HAS ANY PROPS THAT REQUIRE CLEANING UP AFTER THEIR ROUTINE, IT IS YOUR RESPONSIBILITY TO CLEAN THE STAGE AND SUPPLY OWN CLEANING EQUIPMENT.

ALL DANCERS MUST HAVE ADULT SUPERVISION AT ALL TIMES.

ALL DANCERS MUST CHANGE IN DRESSING ROOMS ONLY. DO NOT USE TOILETS FOR CHANGING.

EVERYONE ATTENDS ADRENALINE DANCE AT THEIR OWN RISK.

JUDGES ARE NOT TO BE APPROACHED AT ANY TIME DURING COMPETITION.

IF A JUDGE IS UNABLE TO PERFORM HIS/HER DUTIES AD RESERVES THE RIGHT TO APPOINT A NEW JUDGE WITHOUT NOTICE.

VIDEO & PHOTOGRAPHY



WE WILL HAVE THE AMAZING POINTE, SHOOT, LOUE
AT ALL OUR COMPS.

NO PERSONAL VIDEOING OR PHOTOGRAPHY IS ALLOWED.

ANYONE FOUND TO BE DOING THIS WILL RISK DISQUALIFICATION
FOR THEIR DANCER.

CREDIT/REFUND POLICY

ADRENALINE DANCE DOES NOT OFFER REFUNDS OR CREDITS FOR
TROUPES.

WE WILL OFFER CREDITS FOR SOLOS -

IF YOU ARE UNABLE TO ATTEND DUE TO A SERIOUS INJURY OR
ILLNESS, YOU MUST LET US KNOW PRIOR TO START OF COMPETITION
AND SUPPLY A MEDICAL CERTIFICATE.

WE WILL CREDIT YOU TO ANOTHER OF OUR COMPETITIONS IN THE
FUTURE.

NO CREDITS WILL BE OFFERED FOR ANY OTHER REASON.