



# **SYLLABUS 2025**

**23/24 & 30/31 AUGUST 2025  
FLINDERS PERFORMANCE CENTRE  
1-47 STRINGYBARK RD BUDERIM**

**ENTRIES**

**[WWW.COMPS-ONLINE.COM.AU](http://WWW.COMPS-ONLINE.COM.AU)**

**ENQUIRIES [ADRENALINEDANCE2020@GMAIL.COM](mailto: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**  
**BATTLEGROUNDS 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](http://WWW.COMPS-ONLINE.COM.AU)  
AFTER EACH REGIONAL**

**PAYMENT PLANS**

**EMAIL – [ADRENALINEDANCE2020@GMAIL.COM](mailto:ADRENALINEDANCE2020@GMAIL.COM)  
FOR MORE INFO**

# MUSIC

WE WILL BE USING [WWW.MUSICUPLOADS.COM.AU](http://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.