



**SOLO
SYLLABUS
2026**

ENTRIES

WWW.COMPS-ONLINE.COM.AU

ENQUIRIES ADRENALINEDANCE2020@GMAIL.COM

ENTRY FEES

SOLO SECTIONS – \$45

TITLE AWARD – \$25

BATTLEGROUND CHAMPIONSHIP – \$60

COMPETITOR PASS – \$35

**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 & 5YRS

JAZZ – BALLET – CONTEMPORARY

LYRICAL – OPEN – ANY STYLE

6YRS

JAZZ – LYRICAL – BALLET – CONTEMPORARY COMMERCIAL

OPEN – ANY STYLE – CONTEMPORARY TRADITIONAL

ENTERTAINMENT

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**

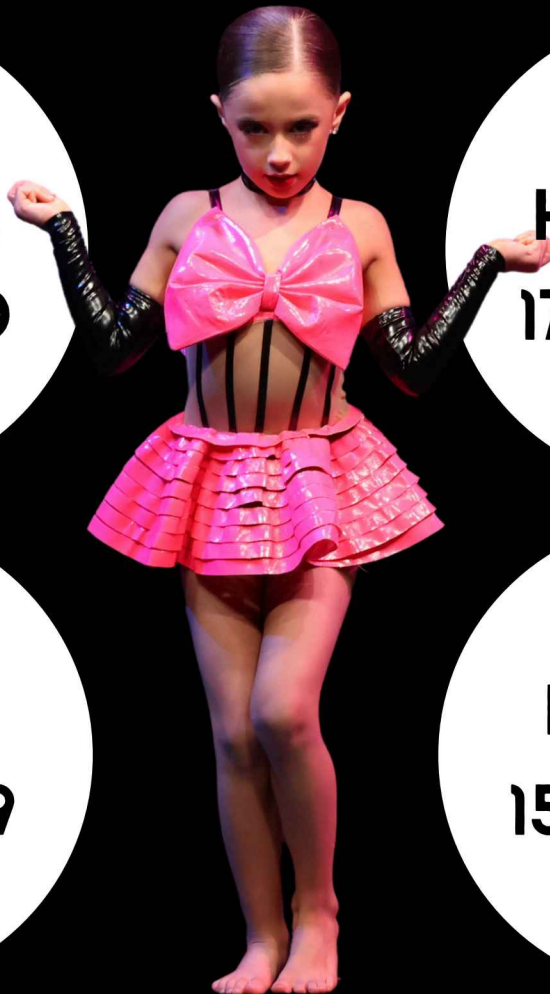
SECTION SCORING

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 2026 REGIONAL.**

**ALL TROUPES THAT COMPETE AT A REGIONAL
QUALIFY FOR OUR 2026 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**

A COUPLE OF THINGS

DEPENDENT ON ENTRY NUMBERS – AGES MAY BE COMBINED.

WE DO NOT SEND OUT SCORES

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 TEAM FROM
POINTE, SHOOT, LOUE
AT EACH OF OUR EVENTS

NO PERSONAL VIDEOING OR
PHOTOGRAPHY ALLOWED

CREDIT/REFUND POLICY

ADRENALINE DANCE DOES NOT OFFER REFUNDS
WE WILL OFFER A CREDIT TO ANOTHER REGIONAL
WITHIN THE SAME YEAR FOR THE FOLLOWING REASONS
INJURY OR ILLNESS WITH A MEDICAL CERTIFICATE AND
WE MUST BE INFORMED PRIOR TO START OF
COMPETITION