



SYLLABUS 2019

Thank you for your interest in competing at Dance From Your Heart (DFYH). DFYH is an independently owned and run dance competition, and is not affiliated with any dance studio.

GENERAL RULES AND CONDITIONS OF ENTRY

By submitting an entry, you agree to all rules and regulations contained in this Syllabus and the Program. Any breach of these rules may result in disqualification from DFYH, and/or removal from the venue.

GENERAL ENQUIRIES

- Email: dancefromyourheartcomp@gmail.com (preferred method of contact)
- Telephone: Kylie on 0405 158 883 between 9-10am or 5-6pm
- Facebook www.facebook.com/dancefromyourheartcomp Please, no instagram messages.

VENUE

- **Troupes: St Mary Star of the Sea College 15 Harbour St, Wollongong NSW 2500**
- **Solos: Woonona High School 12 Nicholson Lane, Woonona NSW**
- The venues, campus and surrounds are a smoke free and alcohol free zone.

COMPETITION DATES

- Troupes - Sunday, 15 September 2019 and if necessary Saturday 14 September also.
- Solos and Duos/Trios - 28 September -2 October 2019
- Solo Championships on age days if possible. Some age groups may need to be combined for champs.
- We will endeavour to accommodate same age groups for solo and duo/trio sections on the one day.

COMPETITORS AGES

- Solos - age as at **1 July 2019**
- Duos/Trios – age of oldest duo/trio member as at 1 July 2019
- Troupes – age of oldest troupe member as at **1 January 2019**

Proof of age may be requested at the event if deemed necessary by DFYH. Please ensure you have a copy of the competitor's birth certificate available if required.

COMPETITORS

DFYH is open to amateurs only. An amateur refers to a person whose principal source of income is not, and has not been derived from the exercise or teaching of dance. Competitors must enter and compete in their own age group, and no competing below age is permitted. Competitors may enter an age group older than their own, if a genre isn't available in their own age group. No person may enter under a name other than their own, and entries are not transferable. Competitors must be ready to compete in the order in which their name appears in the program, and will not be allowed to compete out of section. No competitor will be allowed to compete more than once in any solo section unless sections are combined with the exception of variety. DFYH may refuse an entry, demand proof of age of an entrant in an age section, demand proof of amateur or professional status, and/or vary the prizes where needed.

ENTRY DATES

ENTRIES CLOSE **Friday, 30 August 2019**

Entries may only be submitted via online submission for solos. Online or email for troupes. Postal entries will not be accepted. Entries may close early if full capacity is reached prior to advertised closing date. Please note we had to close entries early last year and many people were disappointed. Don't leave it too late this year, we may not have time to answer the many many emails that come in from people who missed out.

- Online submission: via www.comps-online.com.au
- Email: dancefromyourheartcomp@gmail.com (no solo entries via email please)

An email will be sent to you to confirm your entry from comps online. It is the entrant's responsibility to notify DFYH by email by August 30 if entry confirmation has not been received. Only entries with full payments will be accepted.

PLEASE SEE PAGE 5 FOR DANCE SPECIFICS

ENTRY FEES

Solos	\$12.00 per section
Duo/Trios	\$20.00 per section
Troupes	\$25.00 per routine
Championship	\$20 per championship
Administration fee (compulsory)	\$12.00 includes emailed program.

All entry fees are inclusive of AMCOS fees.

No refunds will be granted, unless a section has been cancelled by DFYH.

PAYMENT DETAILS

The method of payment is via credit or debit card via PayPal.

If studios wish to make a manual entry for their troupes and pay via direct deposit, please email dancefromyourheartcomp@gmail.com for bank details.

SPORTSMANSHIP

We remind everyone involved that the emphasis of this competition is for the competitors to have fun, and to be able to have the chance to do what they love in a warm and friendly environment. Please show respect for the competitors during performances. Discourtesy to other competitors, adjudicators, or DFYH volunteers, will not be tolerated. Bad sportsmanship may result in that person being asked to leave the auditorium, possible disqualification of the competitor/s or dance studio and asked not to return next year.

ADJUDICATION

This is a no protest competition and the adjudicator's decision is final. Communication with the adjudicator, either by competitors or interested parties, is PROHIBITED. DFYH reserves the right to disqualify any competitor who, or whose parent, guardian or teacher, breaches this rule.

DFYH reserves the right to appoint a substitute adjudicator if circumstances require. A competitor, who during the six months preceding the first date of the competition in which he or she has entered, has been taught, coached, managed or advised by the appointed adjudicator of the competition, shall not be eligible to compete in that section of the competition. In the event of the change of adjudicator affecting eligibility to enter, you will receive a refund.

An adjudicator's report will be provided for each competitor in each section. Reports and prizes may be collected from the report table as soon as possible after the relevant section is completed. No duplicate copies of reports will be made available. Reports not collected at the end of the competition may be destroyed.

LIABILITY

Competitors enter and compete at their own risk. No responsibility will be taken by DFYH for any accident, injury or loss of property incurred by competitors or any other persons in attendance. DFYH and the adjudicator reserves the right to stop any performance if a competitor has suffered an injury, or is at risk of doing so. In the event of an accident or illness, an ambulance may be called at the expense of the parent/guardian.

DAMAGE TO PROPERTY

Any person or group found responsible for defacing or damaging the venue or equipment will be disqualified. DFYH may take steps to recover any costs of repair from the persons responsible. Supervisors of groups must remain with their troupes at all times, and will be held accountable for the actions of their troupes.

VIDEO AND PHOTOGRAPHY

A professional videographer service will be available.

For the protection of the children performing, and to respect the copyright of all performances, photography, recording, or broadcasting of any kind, by members of the audience or competitors, is NOT permitted. This includes on stage, backstage, or in dressing room areas. This includes, but is not limited to, the use of private video recorders, still cameras, mobile phones and other recording devices. Offenders may be asked to leave, and competitors may face disqualification.

DFYH reserves the right to photograph any entrant, item or event in the competition without notification. Any such photograph may be used at DFYH's discretion for publicity or promotional purposes, but shall not necessarily constitute an endorsement of any entrant. No remuneration or compensation whatsoever shall be attributable to any entrants so featured.

CHILD PROTECTION

Music selection, choreography and costuming should be kept age appropriate and suitable for family entertainment for the protection of our child performers. All adult staff and volunteers of DFYH hold current Working With Children clearance.

PRIZES

Solos, Duos/Trios sections, Solo Championship, and Troupe winners will be awarded trophies, medals and/or cash prizes. DFYH reserves the right to provide alternate prizes at our discretion.

GENERAL ADMISSION

All persons entering the auditorium must purchase a ticket, or possess a pass to enter. EFTPOS will not be available on site; cash only.

Adult	\$10.00 per session
Day pass	\$25.00 per day
Seniors	\$5
Students	\$5
Children (under 12)	free
Competitors	free
Teachers	Troupe days: Two free teachers passes per studio per session Solo days: One free teachers pass per studio per session

CANTEEN

Plenty of delicious hot and cold foods, and drinks, will be available for purchase throughout the event. EFTPOS will not be available on site; cash purchases only.

ADVERTISING

If you are interested in promoting your business, advertising space is now available in our Program. Please contact DFYH before 1 September 2018 to book your ad space, or for assistance designing your ad. Please contact Kylie via email to dancefromyourheartcomp@gmail.com to discuss your advertising needs.

- Quarter A4 page \$20.00
- Half A4 page \$40.00
- Full A4 page \$75.00
- Graphic design \$50.00

PAYMENT FOR ADVERTISING AND GRAPHIC DESIGN SERVICES MUST BE MADE PRIOR TO PUBLISHING THE "DANCE FROM YOUR HEART PROGRAM".

MARKET STALLS

Market stall spaces are available at a reasonable cost to relevant businesses at both of our venues on troupe days and during solo days. Please contact us on dancefromyourheartcomp@gmail.com for more information.

DANCE SPECIFICS

Please read the following rules and regulations carefully, as failure to comply may result in disqualification.

TIME LIMITS

- Solos 3 minutes
- Song and Dance 4 minutes
- Improvisations 1 minute
- Duos/Trios 3 minutes
- Troupes 5 minutes

Time limits will be strictly enforced. Please ensure your performance is within the allocated time limit. Music will be faded out if you exceed these time limits, and penalties may apply.

MUSIC

Music may be submitted at the beginning of each session, and must be available by the start of your section. Competitors must supply music on CD only. Each CD must have one track only, and be of good quality. The

competitor's name, section number, competitor number, and whether they start/finish on or off the stage, must be clearly marked on either the CD or cover. Please do not use stickers on CDs.

DFYH accepts no responsibility for music supplied and used during the competition. Please ensure you bring a backup of your music on USB or iPhone in case of CD failure. Music not collected by the end of the competition will be destroyed.

Please note: DFYH does not permit music with vocals and/or backing vocals in Demi Character or Song and Dance sections, nor music with tapping in Tap sections. Any breach will automatically incur disqualification.

PROMPTING

Prompting or demonstrating during a performance of any item, except for competitors aged 6 years and under, is strictly prohibited. Failure to comply may result in disqualification.

REPEATING PERFORMANCES

Solo competitors may repeat their routine after forgetting at the discretion of the adjudicator. 5U and 6U solo competitors may repeat their routine with no penalty. 8U and 10U solo competitors may repeat their routine, but will not be eligible for "1st placing". All other ages may repeat their routine for report only.

BACKSTAGE

Please keep noise in the backstage area and wings to a minimum at all times. Rehearsals are NOT permitted in the auditorium, side stage or in backstage corridors.

DRESSING ROOMS

Dressing rooms will be provided. No hair, makeup, or costume changes will be permitted in the auditorium, backstage corridors or bathrooms. A separate change area will be provided for male competitors.

SOLOS (Open, Restricted, Specially Restricted)

GENRE	BABIE S 5U	6U	8U	10U	12U	14U	OPEN (15+)
VARIETY	•	•	•	•	•	•	•
JAZZ	•	•	•	•	•	•	•
CLASSICAL BALLET		•	•	•	•	•	•
DEMI-CHARACTER			•	•	•	•	•
BROADWAY JAZZ / MUSICAL THEATRE			•	•	•	•	•
LYRICAL		•	•	•	•	•	•
CONTEMPORARY			•	•	•	•	•
HIP HOP			•	•	•	•	•
SLOW TAP			•	•	•	•	•
FAST TAP			•	•	•	•	•
WALTZ TAP				•	•	•	•
ENSEMBLE TAP						•	•
SONG & TAP			•	•	•	•	•
SONG & SOFT SHOE			•	•	•	•	•
STUDENT CHOREOGRAPHY			•	•	•	•	•
NATIONAL CHARACTER			•	•	•	•	•
ALL ABILITIES			•	•	•	•	•

SPECIALLY RESTRICTED SECTIONS (8U, 10U, 12U ONLY)

Specially Restricted sections are limited to competitors who have NEVER gained a place in that genre at any age in any recognised competition.

RESTRICTED SECTIONS (8U, 10U, 12U, 14U ONLY)

Restricted sections are limited to competitors who have placed 1st, 2nd or 3rd in a Specially Restricted section, but have NOT won a 1st place in a Restricted Section at any age in any recognised competition.

OPEN SECTIONS

Open sections are for competitors who have placed 1st in a Restricted section at any age in any recognised competition.

VARIETY SECTION - BABIES 5 YEARS AND UNDER ONLY

In this section, dancers aged 5 years and under may choose to perform any genre of dance, excluding Jazz. This section may be entered more than once by the same dancer with different routines.

VARIETY SECTION - 6 YEARS AND UNDER ONLY

In this section, dancers aged 6 years and under may choose to perform any genre of dance, excluding Jazz, Classical Ballet, and Lyrical. This section may be entered more than once by the same dancer with different routines.

VARIETY SECTION - 8/U 10/U 12/U 14/U OR 15+ YEARS

In this section, dancers may choose to perform any genre of dance that does not fit into another category or that they have already danced and have an additional routine in the same genre. Please do not enter this section when there IS a category for your routine if you have not already danced in that category with another routine. This section may be entered more than once by the same dancer with different routines. No repeat routines. Alternatively enter the championship sections to showcase your extra routines.

ALL ABILITIES

For dancers with special needs. Solos and troupes are available. Contact us if you wish to discuss further.

STUDENT CHOREOGRAPHY

This section will allow dancers to showcase their own choreography to the style of dance that they choose. No teachers or parents will be allowed side stage during this performance.

AMENDMENTS TO SECTIONS

DFYH reserves the right to cancel, amend, and/or combine sections where there are insufficient entries, and/or split sections where there are a large number of competitors. Allocation of competitors in split sections will be by age, and competitors must perform in the division allocated. Decisions made by DFYH are final and no correspondence will be entered into.

SOLO IMPROVISATIONS

- Time limit: 1 minute
- The adjudicator will select the music for each improvisation genre. Competitors for improvisation sections are to meet at the registration desk one section prior to competing.
- No Repeats for run offs in impro sections.

GENRE	6U	8U	10U	12U	14U	OPEN (15+)
JAZZ	•	•	•	•	•	•
CLASSICAL BALLET		•	•	•	•	•
LYRICAL	•	•	•	•	•	•
TAP		•	•	•	•	•
CONTEMPORARY		•	•	•	•	•
HIP HOP		•	•	•	•	•

IMPROVISATION CLOTHING

- Studio logos are not permitted.
- Dancers are permitted to wear a small bow, ribbon or flower in their hair.

GENRE	GIRLS	BOYS
CLASSICAL BALLET	Plain leotard, pink ballet stockings and ballet shoes, ballet bun; no pointe shoes	Plain tights and/or socks and shoes, plain t-shirt
ALL OTHER GENRES	Plain leotard, with stockings and shoes suitable to the genre, ballet bun or low ponytail OPTIONAL <ul style="list-style-type: none"> • Hip Hop: hip hop pants • All other genres: dance shorts or skirt permitted • Lyrical/Contemporary - barefoot or shoes; stockings optional 	Plain dress/dance pants or shorts, plain t-shirt, shoes suitable to the genre Dancers may wear the clothing specified for either gender so long as it is plain.

DUOS/TRIOS

- Time Limit: 3 minutes
- Competitors may choose to compete in older age groups if the genre they wish to compete in is not available in their current age group.

GENRE	6U	8U	10U	12U	14U	OPEN (15+)
JAZZ	•	•	•	•	•	•
LYRICAL	•	•	•	•	•	•
CONTEMPORARY		•	•	•	•	•
HIP HOP			•	•	•	•
TAP			•	•	•	•
CLASSICAL BALLET			•	•	•	•

SOLO CHAMPIONSHIPS

- Time limit per routine: 3 minutes for all genres, except Song and Dance (4 minutes)
- Solo championship age groups may be combined if insufficient numbers are entered and for programming reasons.
- **Championships: Please read rules/syllabus carefully.**
- **Please check you've entered the correct 2 sections to qualify.**
- **Please check you have the correct routines to dance in the championship.**
- **Finally, please note only one routine may be a repeat, the other must be a routine you have not danced in the sections already.**
- Failure to abide by the rules of the championships will result in a report only.

SECTION	TO QUALIFY	DANCES FOR CHAMPIONSHIP
BABIES CHAMPIONSHIP 6 years and under	Competitors must compete in two sections in either 5 years and under or 6 years and under	Two routines to be performed in two different genres of your choice; One routine may be a repeat
8 YEARS AND UNDER CHAMPIONSHIP	Competitors must compete in and two sections in the 8 years and under sections	Two routines to be performed in two different genres of your choice; One routine may be a repeat
BALLET CHAMPIONSHIPS 12 years and under 13 years and over	Competitors must compete in both Open Classical Ballet and Open Demi Character sections OR National Character.	Two routines to be performed; One Classical Ballet, and One Demi Character or National Character; One routine may be a repeat
ENTERTAINMENT CHAMPIONSHIPS 10 years and under 12 years and under 13 years and over	Competitors must compete in two Open entertainment sections from Jazz, Hip Hop, Broadway Jazz/Musical Theatre, and/or Song and Dance	Two routines to be performed in your choice of two different genres - Jazz, Hip Hop, Broadway Jazz/Musical Theatre, or Song and Dance; One routine may be a repeat
MODERN/JAZZ CHAMPIONSHIPS 10 years and under 12 years and under 13 years and over	Competitors must compete in two Open sections from Jazz, Lyrical and/or Contemporary	Two routines to be performed; One Jazz, and One Lyrical or Contemporary; One routine may be a repeat
TAP CHAMPIONSHIPS 12 years and under 13 years and over	Competitors must compete in two Open Tap sections from Slow, Fast, Waltz and/or Ensemble Tap	Two routines to be performed; One Slow Tap and One Fast Tap; One routine may be a repeat
RESTRICTED CHAMPIONSHIPS 10 years and under 12 years and under 14 years and under	Entry available for restricted competitors only who have never won a championship. Competitors must compete in two Restricted sections of your choice	Two routines from two different restricted genres only to be performed; One routine may be a repeat

TROUPES

- Time limit: 5 minutes
- A minimum of four dancers are required to be considered a troupe.
- Small troupes offered for jazz and lyrical. Small (4-8 dancers) and large (9 or more dancers).
- School troupes and dance studios may enter up to three routines in each section.
- Please email dancefromyourheartcomp@gmail.com if you require other sections that we don't have listed for troupes.
- Please email with your numbers in each troupe after entering via comps online.

GENRE	6U	8U	10U	12U	14U	OPEN (15+)
BABIES JAZZ	•					
BABIES ANY STYLE	•					
JAZZ LARGE TROUPE >8 dancers		•	•	•	•	•
LYRICAL LARGE TROUPE >8 dancers		•	•	•	•	•
CONTEMPORARY		•	•	•	•	•
HIP HOP		•	•	•	•	•
TAP		•	•	•	•	•
CLASSICAL BALLET		•	•	•	•	•
MUSICAL THEATRE/BROADWAY/SONG & DANCE		•	•	•	•	•
JAZZ SMALL TROUPE 4-8 DANCERS		•	•	•	•	•
LYRICAL SMALL TROUPE 4-8 DANCERS		•	•	•	•	•
PRIMARY SCHOOL TROUPE	Open to all Primary School troupes; genre of choice					
HIGH SCHOOL TROUPE	Open to all High School troupes; any genre, sections allocated according to entries.					
ALL ABILITIES	Any genre, sections allocated according to entries.					