

Rules

Please read through the following rules as stipulated by THE COMMITTEE of In Motion PAC. All rules must be adhered to at all times throughout the challenge. Failure to do so may result in a performer being disqualified.

1. ALL Performers dance at own risk.
2. The Adjudicators' decision is FINAL.
3. The competition is open to amateur performers only. Full-time or professional dancers are NOT to compete in any sections in the program
4. Duo's & Trio's must dance at the age of the OLDEST Performer.
5. Troupe age's are AVERAGE AGE – Please make sure you enter correctly.
6. Age of Performers participating in ALL SECTIONS to be determined as at the 1st January 2020. Any Performers found not dancing in correct Age Group/Section will be disqualified. Birth Certificates may be required for proof of age upon request.
7. Non-Competitors/ Audience Members MUST pay for entry to the Theatre prior to entering dressing rooms or auditorium. Entry for Performers and Children under 16 is free.
8. A maximum of two (2) Teacher Passes will be provided per school. Passes will only be allocated to the names specified on the entry form.
9. Performers aged twelve (12) and under are NOT permitted to wear pointe shoes.
10. Entry submissions MUST be accompanied by full payment and a copy of receipt or reference to payment.
11. Performers MUST appear only once in any section and dance routines MUST not be repeated.
12. THE COMMITTEE has the right to refuse any entry and may cancel or combine any sections that have insufficient entrants or split sections that have a large number of entries.
13. Scheduled times are provided as a guide only and sessions may run early. It is suggested competitors arrive one (1) hour before advertised times.
14. Troupes must contain a MINIMUM of five (5) Members.
15. Music must be presented on a CD at day of competition.
 1. CD's must contain only one (1) song
 2. Music MUST be checked in at least 30 minutes prior to the start of the section
16. Time Limits will be STRICTLY adhered to:
 1. Troupes: 5 minutes maximum for all genres.

2. Solos/Duos / Trios: 3 minutes maximum for all genres.
17. Cameras or recording equipment are NOT permitted in the auditorium whilst performers are on stage, with the exception of video/ photography personnel hired by THE COMMITTEE. Any persons associated with a Performer or a Dance School found videoing or photographing performances (including smart phones or other electronic devices) will result in the disqualification of the performer and/or the Dance School.
18. Props are permitted as long as the Performer or Teacher can place and collect items from the stage.
19. Communication with an Adjudicator is strictly prohibited. If it is established that a Performer, or person associated with a Performer, has made personal contact with the Adjudicator before or during a session or at any time over the duration of the In Motion PAC, the Performer will be disqualified.
20. Only one (1) support person is allowed backstage with Troupes. All persons must leave stage and wing areas immediately after competitors perform. Competitors will be collected from the loading bay / green room for adjudication.
21. STRICTLY NO COACHING is permitted from the wings during performances.
22. The In Motion PAC supports children and their positive experiences in dance. This responsibility is to be reflected in all attending the competition. Please respect staff, competitors, audience members and all items within the Theatre. The In Motion PAC has a STRICTLY ZERO TOLERANCE to any form of bullying. *If you have nothing positive to say, do not say anything at all!*
23. Choreography, costumes & musical lyrics must be appropriate for a family audience.
24. All competitors MUST wear tights with ALL costumes, points will be taken off for anyone not adhering to this rule.
25. For any dance that includes knee drops, dancers MUST wear knee pads, points will be taken off for anyone not adhering to this rule and it is up to the adjudicator to disqualify any dance that does not adhere to safe dance practices.
26. Aggregate points are awarded to all solo sections that have three (3) or more competing dancers.
27. InMotion PAC reserve the right to combine any sections when there are not enough entrants
28. To qualify for ALL championship sections dancers need to have appeared in ANY two solo sections throughout the competition, AND take part in the master class held in the morning of the last day of the competition.

Genre Expectations

Please read through the following genre expectations prior to completing your entry. Responsibility will not be taken by the In Motion PAC when an entry is incorrect.

Classical

Performers focus on Classical Technique using formalized movements and positions of their arms, feet and body. It showcases agility, control, speed, lightness, and grace to a piece of classical dance music. Ballet shoes must be worn.

Demi Character/ Character

A dance in ballet representing a character.

Neo-Classical

Performers use Classical Ballet technique to dance to modern music in flowing costumes suited to the mood.

Jazz

A Modern Jazz style of dance to commercial music in costumes suited to the music and theme.

Musical Theatre

A Broadway Jazz style of dance to music from a Musical Theatre production, costumed to match the mood/style of the music or to portray characters from the production. No singing and no tapping. Performers who present a Musical Theatre piece which includes Singing or Tapping will be disqualified.

Song & Dance / Song & Tap

Performers sing a portion of the performance to showcase their vocal ability and dance in a style that suits the music chosen and costumed appropriately.

Lyrical

Performers use dance skills, technique, expression and feeling through face and body movements to connect with and relay the story, theme and mood of the music/song to the audience. Performers must tell the story.

Contemporary

A style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floor work, using gravity to pull them down to the floor.