



# **FD** **CHALLENGE**

**SOLOS & DUOS SYLLABUS**  
**OCTOBER 2025**  
**V3.0**



Fiercedancechallengemanager@gmail.com

# COMPETITION DETAILS

**DATE:** Friday 3<sup>rd</sup> October (PM Only), Saturday 4<sup>th</sup> October, 5<sup>th</sup> October 2025



**Location:** 2/48 Shearson Cres, Mentone, VIC, 3194



**Contact:** Fiercedancechallengemanager@gmail.com

**\$35**

Solos  
Per Section Entry

**\$50**

Duos  
Per Section Entry

**\$35**

Compulsory Competitor Pass

- Emailed Program and OneMusic Charges included in price
- Access for spectators is included in this price.

# IMPORTANT INFORMATION

## TIME LIMIT

Solo Dances must not exceed **3 minutes** in length.

Song and Dance time limit will be **4 Minutes**  
Duo Dances must not exceed **4 Minutes** in length

Time limits must be strictly adhered to or penalties will apply.

## CHECK IN

Arrive **1 hour** before scheduled time. Please ensure you check in at registration desk when you arrive. For dancers who are scheduled to perform within the first 2 hours of the competition, they should be present when the doors open. Please do not arrive before the doors open time.

## MUSIC

We use Music Uploads for all music registrations. Music must be uploaded 7 days prior to competition commencing. Please ensure a back up resource is brought on a USB flash drive

## PHOTO/ VIDEOS

No photography or video to be taken of performers whilst performing on stage, and in any backstage and changing areas.

We will have a professional photographer and videographer present on the day for photos and videos to be purchased from

## COMMUNICATION

All updates and communication will be done through the Fierce Dance Competition Facebook page. Please ensure you follow this plus the Instagram account for all latest updates



# DANCE STYLES

## JAZZ ACRO

This section will allow  
Acrobatic Elements

## JAZZ NO ACRO

Jazz routine must not include  
ANY tricks, this includes  
cartwheels, walkovers and  
headstands. Can include  
leaps, split jumps and leg  
mounts

## CLASSICAL

A routine comprised of  
classical steps & ballet  
technique.  
Ballet shoes must be worn

## NEO CLASSICAL

Incorporates elements of  
traditional ballet technique  
while embracing modern  
and abstract movements.

## SONG AND DANCE

Song and dance combines  
vocal performance with  
choreographed movements,  
blending music and dance  
into one presentation. This  
section includes Song and  
Tap

## LYRICAL

Lyrical dance blends fluid  
ballet and jazz movements  
to convey emotion, tell  
stories, and interpret music

## HIP HOP

Hip hop dance features  
energetic, rhythmic  
movements with freestyle,  
isolations, and sharp,  
dynamic choreography.

## CONTEMPORARY

Contemporary dance blends  
ballet, modern, and  
improvisational techniques,  
emphasizing fluidity,  
emotion, and creative  
expression.

## DEMI CHARACTER

Demi-character is a dance  
style that blends classical  
ballet technique with  
expressive storytelling,  
using mime, acting, and  
theatrical elements to  
convey a character or  
narrative.

## TAP

Tap dance is characterized  
by rhythmic foot movements



# DANCE STYLES

## **OWN CHOREOGRAPHY**

This routine can be in any style of the dancers choosing.  
The routine must be choreographed by themselves

## **FIRST TIME ON STAGE**

This section can involve any dance style of the competitors choosing.  
This section is for any dancer 6 and Under who has never danced on stage before

# AGE GROUPS AND LEVELS

## Open

Open categories are intended for participants who have competed in a dance competition in the last 3 years and earned 1st or 2nd place in the individual dance style

8 and Under  
10 and Under  
12 and Under  
14 and under  
15 and above

## Novice

Novice categories are intended for competitors who haven't secured 1st or 2nd place in any competition within the last 3 years

8 and Under  
10 and Under  
12 and Under  
14 and under  
15 and above

## Combined

These age groups do not have skill level sections, and all competitors will participate together in each Dance Style category

All Styles 6 and Under  
All ages Own Choreography  
All Ages, all styles Duo Dances  
All Ages Demi Character

**Please note - Age is as of the time of the competition**

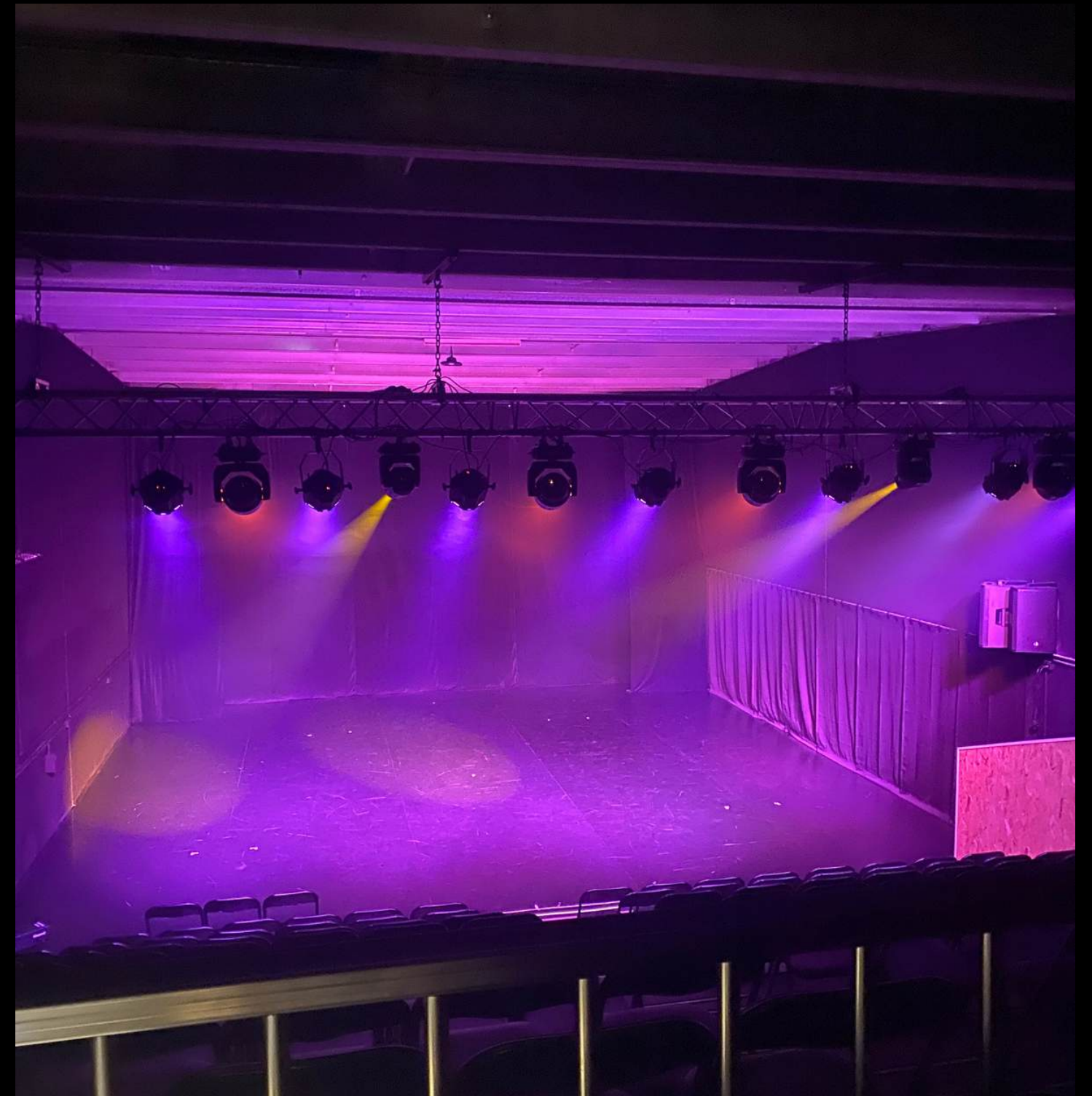
**If you have participated in Nationals in the last 2 years, you must register for Open sections in all categories**

# VENUE

ADDRESS: 2/ 48 SHEARSON CRES MENTONE

DOORS OPEN 7AM

- The stage features a single set of wings at the back for entries and exits (see image). Please be aware that this is the ONLY method for entering and exiting the stage.
- Wheelchair access for spectators is unfortunately not available. We apologise for any inconvenience this may cause
- Out of respect for the dancers, please only enter the theatre whilst no one is performing on stage.
- One parent or teacher is allowed backstage unless otherwise approved by the Backstage Manager.
- There will be a kiosk onsite during the event which will open at 8am.
  - Snacks, soft drinks and some hot food will be available all day
  - Beer, Wine and Champagne will be available for purchase after 12pm
  - Basic tea and Coffee will be available.



# RULES AND REGULATIONS

It is understood, that by participating in FD Challenge, you **understand** and **agree** to all the rules and regulations below

No refunds will be provided once payment has been received and processed unless we cancel the event and do not reschedule

There will be no charge for audience spectating.

Please ensure that all music, choreography and costumes are suitable for family viewing. Failure to comply will result in a disqualification

FD Challenge staff and associates shall in no way assume responsibility for lost possessions or theft of any kind at any venue. Please be safe and keep any personal items of value safe at home

The use of any equipment that can capture photos or videos is strictly prohibited. To protect the participants, no such devices are allowed during stage performances.

FD Challenge reserves the right to make changes to the event schedule. This may include adjusting session start times to ensure the competition runs smoothly. Please be aware that sessions may begin up to **one hour earlier** than planned, so we highly recommend arriving at least one to two hour before your scheduled time. If we are running early, we will notify entries via our Facebook Page.

FD Challenge is not responsible if you miss your event due to an early start.

We will provide updates on our Facebook and Instagram pages throughout the competition day regarding session times. It is your responsibility to stay informed by accessing these updates.



# RULES AND REGULATIONS

## ADJUDICATION

The adjudicator's decision is final.

Competitors who have received regular instruction from the adjudicator in the past six months—such as weekly private lessons or choreography created by the adjudicator for their entry—will be ineligible to compete and will be eligible for critique only. This policy does not apply to workshop classes, industry briefings or Acrobatics lessons. Additionally, competitors represented by an agency associated with the adjudicator must disclose this information before the competition begins. FD Challenge will announce the adjudicators before the event.

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The adjudicator reserves the right to withhold a prize if the performance does not meet the required standard.

Approaching the adjudicator by any competitor, parent, or dance teacher for any reason will result in disqualification.

Additionally, the adjudicator may impose a penalty if the time limit is exceeded. If there are not enough participants in a section, we may combine or adjust the section as needed. We will only cancel sections if absolutely necessary, but prefer to merge them instead.

Awards will be announced at the end of each session. All performers will be asked to come back onto the stage for the award ceremony.

All Voice Critiques will be uploaded to MusicUploads within 48 hours of the event finishing.

# RULES AND REGULATIONS

## Performances

Solo performances must not exceed 3 minutes in length. Song and Dance time limit will be 4 minutes. Duo performances will have a time limit of 4 minutes

Performers or their designated support (such as an instructor, parent, or coach) are responsible for bringing props on stage. All props, mats, or equipment must be set up within 2 minutes after the previous performance concludes. The performance time will officially start once the 2-minute setup window ends

One parent or teacher is allowed backstage unless otherwise approved by the Backstage Manager.

Anyone causing a disturbance backstage may be asked to leave by the Backstage Manager and must comply.

All dancers must compete with 2 shoes on AND knee pads for lyrical & contemporary.

There is to be no spectators backstage, entry to backstage will be directed by the Backstage Manager

If a competitor cannot complete their entire routine during their performance, only Novice Level Dancers are allowed to repeat their routine, unless the Adjudicator grants special permission. However, the competitor will no longer be eligible for any prizes, as the routine will be considered incomplete. Despite this, the dancer will still receive a critique from the judges.

# RULES AND REGULATIONS

## MUSIC

All music is to be uploaded ONLINE via Music Uploads when FD Challenge advises it is time to do so

Each Dancer should register with the Music Upload program when requested to do so after entry. You are responsible for remembering your log in details and passwords as this is where any music changes can be made leading up to the event including checking your music during the competition.

Instructions for this will be provided with the draft and final program

It is the responsibility of the Competitor to ensure that the correct music file has been uploaded successfully for each routine (i.e. is playable upon upload) – FD Challenge does not have the ability to check your music account. If you have any issues uploading your music, you should contact the Music Upload team, contact details can be found on their website.

All Music should be uploaded **7 days** prior to the competition

Music Uploads charges a small fee to upload music. This is a cost at the competitors expense.



# RULES AND REGULATIONS

## DANCERS CODE OF CONDUCT

**Respect:** Show courtesy and sportsmanship to all participants, judges, staff, and the audience.

**Professionalism:** Be on time, prepared, and maintain a positive attitude both on and off stage.

**Health & Safety:** Warm up properly, listen to your body, and follow all safety protocols.

**Public Behaviour:** Avoid disruptive or inappropriate behaviour in public and keep shared areas clean.

**Social Media:** Represent yourself positively and avoid negative posts or comments online.

**Judging & Feedback:** Respect judges' decisions and accept feedback gracefully.

Applaud other dancers as you would like to be applauded.

**Have Fun!**

## PARENTS CODE OF CONDUCT

**Supportive Behaviour:** Encourage all dancers, including your own, with positive reinforcement and respect for their effort and hard work.

**Respect for Judges and Staff:** Accept the decisions of the judges and competition staff without confrontation or criticism.

**Cheering with Courtesy:** Applaud for all performances, while avoiding negative or distracting comments toward other dancers or teams.

**Respect Competition Rules:** Abide by all rules set by the event organizers, including seating, video recording, and photography policies.

**Avoid Coaching:** Leave the coaching to the professionals and refrain from instructing your child or other dancers during the competition.

**Role Model Behavior:** Demonstrate sportsmanship and composure, even if the outcome is not as expected, setting a positive example for your child.

**Venue Respect:** Treat the competition venue, equipment, and facilities with care, cleaning up after yourself and respecting property.

**Social Media:** Use social media responsibly, sharing positive messages and avoiding criticism of judges, competitors, or the event.

**Enjoy and be proud of your performer on stage!**



# RULES AND REGULATIONS

All competitors participate at their own risk. FD Challenge, along with its staff and volunteers, will not be liable for any injuries sustained during the competition.

Existing and known medical conditions are the responsibility of the competitor and their legal guardian.

All acrobatic moves are performed at the dancer's own risk.

It is mandatory for dancers aged 11 and above to wear knee pads for any routines that involve knee drops, fly rolls or move that involves drops onto knees. This is to protect the safety of competitors wellbeing. Adjudicators have the right to penalise competitors if they do not wear knee pads in a routine that involves these moves.

FD Challenge staff and all individuals involved in the competition will not be held liable for any loss, damage, injury, or inconvenience that may occur to any person or property as a result of participation in, or attendance at, the competition.

By participating in our competitions, all contestants grant permission for any photographs or videos taken during the event to be used for the promotion of FD Challenge. This includes, but is not limited to, use in newspapers, brochures, websites, social media, and TV advertisements. If you prefer that your child not be featured in such promotional material, please contact us via email at [fiercedancechallengemanager@gmail.com](mailto:fiercedancechallengemanager@gmail.com).

# *Fierce*

## DANCE CHALLENGE

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 <https://www.facebook.com/FDChallengeAU>

 fiercedancechallenge\_aus

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