



# 'Rise Up'

## Dance Creative

**2026 DATES:**

**Solos, Duos and Trios – 31<sup>st</sup> October and 1<sup>st</sup> November  
Troupes, School and Studio Groups – 7<sup>th</sup> and 8<sup>th</sup> November**

**Venue: Yass High School, Yass NSW**

**RISE UP DANCE CREATIVE**

# 2026 RULES AND SYLLABUS

Rise Up Dance Creative is a passionate dance organisation dedicated to enriching the lives of children in rural communities through the transformative power of dance.

To enter, please click on the link below:

<https://www.comps-online.com.au/>

**Please note that entries will close once capacity is reached. This is to avoid overloading of the program and prevent late nights from occurring.**

## GENERAL COMPETITION RULES

Age as at 1st January 2026.

Rise Up Dance Creative 2026 welcomes competitors to showcase their talent alongside a championship/scholarship entry and any number of duo or trio performances.

Doors will open approximately 45 minutes before the competition's scheduled start time. Rise Up Dance Creative reserves the right to run AHEAD of schedule. Performers should always check our social media pages <https://www.instagram.com/riseupdancecreative/> where we will advise if we are running ahead of schedule where possible. Competitors should arrive a minimum of 1 hour before their scheduled start time unless you are due to perform at 9am (you can arrive by 8:15am).

Full payment is required at time of entry.

Rise Up Dance Creative does not support the solicitation of students from other studios at its events.

Changes will not be made to existing entries as of the **closing date**. This includes adjustments to specialty restricted/restricted/open entries due to placing at other competitions following entry into Rise Up Dance Creative.

Entries for troupes, studio groups and school groups will open on Monday 12th April 2026 and close on Friday 26th June 2026 unless capacity is reached prior to this date.

Entries for solos, duos and trios will open on Monday 29th June 2026 and close on Friday August 28th 2026 unless capacity is reached prior to this date.

**NB – Solos, duos and trios may be combined with the troupe, studio groups and school groups weekend pending entries and will be advised prior to solo, duo, trio entries opening.**

There cannot be any prompting, etc during any performance to 'coach' the competitors.

Privacy is paramount to Rise Up Dance Creative. We will not distribute any information regarding our entrants to any third party.

By submitting your entry, you agree to receive marketing emails from Rise Up Dance Creative from time to time.

We will not publish any results with scores on any social media site.

Mobile phones must be switched to silent and all recording, audio or visual, is strictly prohibited. Any unauthorised recording will result in the disqualification of all associated competitors.

Rise Up Dance Creative Director/s can overrule any of the below rules at any time. The Director/s shall decide on any matter not covered by these rules and their decision shall be final.

### **ADJUDICATOR(s)**

Rise Up Dance Creative adjudicators are industry professionals and are carefully chosen to judge at each competition. Placings are awarded at the adjudicator's discretion. The adjudicator's decision is final. No protests will be accepted under any circumstances. Please do not speak to the adjudicator at any time during the competition. If an adjudicator is unable to perform his/her duties, Rise Up Dance Creative reserves the right to appoint a new adjudicator without notice.

### **BEHAVIOUR / RESPECT / GOOD SPORTSMANSHIP**

At Rise Up Dance Creative, we expect that all competitors, teachers, parents and audience members lead by example. Bad sportsmanship and unsavoury behaviour displayed by anyone, child or adult, within the boundaries of the venue **WILL NOT** be tolerated and they will be asked to leave immediately.

### **AGE-APPROPRIATE PERFORMANCE / COSTUMING**

We clearly understand the wide range of styles and appropriateness that dancers are exposed to in different settings including on social media and TV.

We have the expectation that every performance be in good taste for viewing by a "family-friendly" audience. Inappropriate routines are not acceptable and may have points deducted, be ineligible for prizes, or potentially be disqualified.

### **DANCE RESTART**

Any competitor that forgets their performance will have the opportunity to restart. This will be at the adjudicator's discretion.

A restart will earn a voice critique only if restarted after 30 seconds.

### **DRESSING ROOMS**

These spaces are to be shared equally. Showing courtesy and respect is a high expectation at Rise Up Dance Creative Competitions.

Dressing rooms must always be kept clean and tidy.

Parents/guardians and teachers, it is your responsibility to supervise and lead by example. Teachers must hold a valid 'working with children check' (NSW) or 'working with vulnerable people check' (ACT).

No Males are permitted in the dressing rooms unless they are a competitor. A male change room will also be made available.

**TO ENSURE THE PRIVACY AND COMFORT OF ALL PARTICIPANTS, NO PHOTOGRAPHY OR VIDEOGRAPHY IS PERMITTED IN DRESSING ROOMS.**

**COMPETITORS RISK DISQUALIFICATION IF FOUND TO BE IN BREACH OF THIS RULE.**

## **MUSIC UPLOADS**

To ensure a smooth competition, all performance music must be submitted one week prior to your competition day. It should be uploaded as an MP3 file via the music uploads platform by the deadline. Having your music uploaded in advance is essential for your eligibility to perform. We cannot accommodate other music formats.

It is the responsibility of the competitors, studios and schools to understand and adhere to copyright requirements.

For your peace of mind, we strongly recommend having a backup of your music readily available on a phone, tablet, or USB drive in the unlikely event of a technical issue with the music platform.

## **VOICE CRITIQUES**

Will be available via music uploads after close of competition.

## **PHOTOS / VIDEOS AND MEDIA COPYRIGHT**

We take child safety very seriously!!!

### **VIDEOING OR TAKING OF PHOTOS OF ANY PERFORMANCE IS STRICTLY PROHIBITED!!!**

Photography and Videography must be booked in with the media teams listed below.

ES Fotografi are our official photographers - <https://www.esfotografi.com.au/>

Image in Motion are our official videographers - <https://www.toswang.com.au/av-production>

\*We reserve the right to appoint another media team should they be unavailable.

Upon receipt of paid entry, all participants in our competitions automatically grant their permission for any photograph or video that is taken of them to be used in the promotion of Rise Up Dance Creative. This includes the rights of newspapers, brochures, websites, social media, and tv advertising. If you do not wish for your child to be included in above promotional material, please send us an email at: [riseupdc@outlook.com](mailto:riseupdc@outlook.com)

Photos may be taken in front of the media boards found at the back of the venue or in the foyer. Please see Photo / Video ruling above for official providers.

## **PROGRAMS**

All programs will be published electronically. The electronic program will be sent to the email address provided at registration and will be forwarded prior to the competition.

## **PUBLIC LIABILITY**

All individuals entering the premises, whether as competitors or spectators, do so at their own risk. To the fullest extent permitted by law, Rise Up Dance Creative, its employees, and the venue disclaim all liability for any accident, injury, or loss of personal property incurred by any person (including but not limited to competitors, volunteers, and members of the public) at any time while present at the event or within the venue complex.

## **SIDESTAGE ACCESS**

Parents **ARE NOT** permitted side stage except in the event that props are required to be put on stage and taken off. Props must be set up and removed off stage without disrupting other performers.

Competitors are fully responsible for the placement and use of their props. Rise Up Dance Creative accepts no liability for any injuries caused by props.

There will be a side stage marshall available to assist.

6 YEARS AND UNDER may have one teacher side stage for moral support. PROMPTING IS NOT PERMITTED!!!

### **TAP SHOES**

MUST BE COVERED AT ALL TIMES!! Or removed until side stage ready to perform.

### **VENUES**

Our goal is to choose top-tier venues that are fully equipped with all the necessary facilities to create a memorable experience for both performers and audiences whilst factoring in accessibility for regional competitors.

### **SPECTATOR ENTRY**

TEACHERS ENTRY - Each troupe, studio group or school group entering routines will receive two complimentary teacher passes.

Spectator entry is \$10 per day per person.

Competitors are free and included in entry.

We reserve the right to refuse entry to any person.

### **CANTEEN**

A canteen will be available with light refreshments and snacks.

### **ENTRY AND REGISTRATION FEES**

Entries will be accepted on a first-come, first-served basis. To secure your place, full payment must be submitted at the time of registration. Please note that incomplete registrations, including those without full payment, will not be processed or confirmed.

For each dancer competing, a registration fee is required per competition. This fee includes one spectator pass and helps manage the administrative aspects of the event. It's a one-time cost per competitor.

Troupes, School Groups and Studio groups will be provided two entry passes for teachers for the duration of the competition. Additional teachers will be required to pay the \$10 spectator fee per day.

Solos \$25

Duos/Trios \$40

Championship/Scholarship \$50

Improvisation \$15

Competitor Pass (One off registration fee per competitor for solos, duos/trios) \$35

Comps online admin fee - \$5.00

Troupes – Prices available via Comps-online

School Groups / Studio Groups - Prices available via Comps-online

Refunds can ONLY be given in the unlikely event that the competition is cancelled. You will be refunded all entry fees with the exception of the Comps Online admin fee (\$5.00) which is non-refundable.

## **AGE GROUPS**

Competitors are only permitted to dance in their respective age groups. Competing in an upper age group will not be permitted unless a request has been made in writing to the Rise Up Dance Creative Directors who will review requests on an individual, case by case, basis. Competitor requests will be responded to via email. Rise Up Dance Creative Director/s decisions are final.

NB. The entry platform prevents competitors from entering up or down an age group.

Age cut offs for ALL categories is age as at 1st January 2026.

The duo/trio age limit is governed by the ELDEST competitor and will compete in the equivalent section.

### **Troupes / School / Studio Groups**

#### **Age & Group Entry Rules**

All competitors are to be entered according to age as of 1st of January 2026 and group entry is to be calculated by average age.

To work out average age please add all competitors ages and divide by the total number of competitors in your group.

Competitors are only permitted to compete down ONE AGE group below their age group. If your average for your group is 12 and you have a 15 year old in your group you must compete in the 14 and Under age group.

**Average Age Rule (for 16 & Under groups only):**

Groups may include dancers aged 17–18, only if the group's average age remains 16 & Under.

However, if any dancer is aged 19–24, the group must compete in Open Age

The School/Studio Group section is open exclusively to school groups and studio classes that do not compete in troupe categories at other competitions.

Troupe or competitive group entries are not permitted in this section.

Studio owners – please ensure that your entries are made in accordance with the intended spirit of this category. Please do not enter class routines in this category when that class is comprised almost entirely of dancers who also regularly compete as part of a troupe. This is likely to be obvious to the adjudicator and may result in disqualification.

## **Solos/Duos/Trios**

6/U  
8/U  
10/U  
12/U  
14/U  
16/U  
Opens

## **Troupes**

6/U  
8/U  
10/U  
12/U  
14/U  
16/U  
Opens

## **School/Studio Groups**

Preschool – 3 years to 5 years old (must not be enrolled in primary school).

### Primary -

Grade 2 and Under  
Grade 6 and Under

### Highschool/College -

Grade 9 and Under  
Grade 12 and Under

\*Students must be enrolled in school to participate.

\*Studio group entries will be based on above listed school grades

## **Small Schools Section**

Open only to primary schools (K-6) with less than 50 enrolled students.

Groups must have a minimum of 2 competitors.

Students must be enrolled in the school to participate.

*Please read our section on School/Studio Groups on our website page.*

**All attempts will be made to ensure changes are made before the release of the official program.**

## **CATEGORIES**

We trust in the integrity of our entrants at Rise Up Dance Creative. To ensure fair competition, please take a moment to review the eligibility criteria for each category below and select the one that accurately reflects your status. Entering an ineligible category may result in disqualification.

## **OPEN**

Is for those competitors who have placed 1st in a restricted section, in that chosen genre, against 5 or more competitors. All competitors may enter open sections provided they are not entered in specially restricted or restricted in that genre or if there is no Specially Restricted or Restricted section available for that genre. Once you have competed in an open division in that chosen genre, you are not permitted to dance in specially restricted or restricted sections.

## **RESTRICTED**

For those competitors that have never placed 1<sup>st</sup> in that style in any age group or for those who have placed 1st, 2nd or 3rd in a specially restricted section in that chosen genre.

## **SPECIALLY RESTRICTED**

For those competitors that have never placed at any competition in that style in any age group or for those who have never placed 1st, 2nd or 3rd in any section at any competition in a restricted section. Perfect for competitors new to the competition circuit. **NO TRICKS** will be allowed in specially restricted. If you have tricks in your routines, please enter the Restricted section. Acro will not be offered in Specialty restricted.

***No Tricks** is defined as no acrobatic or stunt-like movements where both feet go over the head—such as flips, aerials, or big lifts.*

**Dancers are ineligible for any Specially Restricted sections if they have ever competed in an Open solo section for any genre.**

## **GENRES**

**Classical Ballet** - Choreography must contain ballet technique and steps (Pointe shoes are optional but are not permitted for dancers in 10/u and below age groups)

**National Character** - Stylized representation of a traditional folk or national dance

**Demi Character** - Demi character must involve or resemble a character dance that uses classical technique as a basis for interpretation (Pointe shoes and props are optional however, pointe shoes are not permitted for dancers in 10/u and below age groups).

**Variation** - Can be a performance from any well-known ballet (Pointe shoes are optional but not permitted for dancers in 10/u and below age groups).

**Lyrical** - Choreography containing expressive movements through interpretation of the chosen song. Must demonstrate expressive and emotional movements including balance, flexibility, and control.

**Commercial Contemporary** - A blend of contemporary technique with influences from jazz, lyrical, ballet, and pop culture. It emphasizes visual impact, emotional storytelling, and performance quality, often set to popular or cinematic music.

**Traditional Contemporary** - Choreography focuses on organic movement, emotional expression, and exploration of form. It values authenticity over spectacle and often incorporates grounded movement, improvisation, and abstract themes.

**Jazz** - Choreography containing movements based on Jazz Technique.

**Slow/Straight Tap** – Emphasizes clear, controlled sounds and technique at a slower tempo. It allows dancers to focus on accuracy and musicality.

**Fast Tap** - Performed at a quicker pace with sharper, more energetic footwork. It highlights speed, precision, and rhythm complexity.

**Waltz Tap** - A tap style set in 3/4 time, focusing on smooth, flowing movements with elegant timing and rhythm.

**Song and Dance/Tap** - 50% dance (soft shoe or tap) and 50% vocal - no backing vocals in the song portion

**Broadway Jazz** – Should contain Jazz technique with a cabaret style.

**Musical Theatre** - Live presentation from a stage or film musical. Can include singing, dialogue, and dance. Some backing vocals permitted. Portraying a character/acting and should be animated.

**Hip Hop** - Choreography containing the foundations of hip hop / jazz funk.

**Acro** - Choreography containing acrobatic/gymnastic technique.

**Student Choreography** - Can perform any style. Needs to be choreographed by the entrant only, with no teacher assistance.

**Improvisation** - we will offer an improvisation section for the following genres: Lyrical, Hip Hop, Contemporary, Jazz.

All competitors will hear the music played once before performing. Each dancer will then take the stage one at a time to showcase their individual improvisation. Dancers who are waiting for their turn will stay in a holding area where they won't hear the music until they are called to perform. This section won't be formally adjudicated, however the adjudicator will choose dancers to receive a placing award. Everyone else will receive a participation ribbon to celebrate their creativity and effort.

Dancers are required to wear a plain leotard only for all improvisation sections with appropriate footwear to suit genre. No music upload is needed.

**Rise Up Dance Creative reserves the right to combine sections if there are insufficient entries.**

## **RISE UP DANCE CREATIVE CHAMPIONSHIPS/SCHOLARSHIPS**

OPEN TO ALL COMPETITORS

Routines cannot be repeated from Open sections. Only dancers entered in Restricted or Specialty Restricted sections may repeat a routine.

To be eligible to enter in the Championship/scholarship section, dancers must be competing in at least two genres/sections.

### **TIME LIMITS**

Solos - 3 minutes maximum

Duos/Trios - 3 minutes maximum

Troupes/School Groups/Studio Groups - 4 minutes maximum

### **AWARDS / PLACINGS**

SECTIONS – Top awards of 1st, 2nd & 3rd will be awarded with highly commended at the adjudicator's discretion. Additional places may be awarded at the adjudicator's discretion with respect to the number of competitors entered.

In addition to performance placings, a variety of special awards may be presented, including:

- Most Creative Costume
- Best Choreography
- Rise Up Dance Creative Encouragement Award
- Rise Up Dance Creative Spirit Award

Other awards may also be given at the discretion of the Rise Up Dance Creative team, in recognition of outstanding qualities shown throughout the event.

CHAMPIONSHIPS/SCHOLARSHIPS – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> will be awarded cash prizes and/or scholarships and highly commended placings will be awarded at the discretion of the adjudicator.

\*In each age division and category (Open, Restricted and Specially Restricted), the top 10 highest scoring routines will be announced. A competitor can only appear in the top 10 once with their highest scoring routine (solos only).

### **COMPETITION CANCELLATION**

Rise Up Dance Creative reserves the right to change competition days or move location due to unforeseen circumstances - entries will not be refunded in this instance. Refunds will not be given once entries are received unless sections are cancelled or evidence of hospitalisation or at the discretion of Rise Up Dance Creative. In the event that Rise Up Dance Creative competition is cancelled all refunds will be processed less administration fee.