



Wes-Boland Eisteddfod

DANCE

GENERAL RULES:

1. Costumes, hairstyle, make-up and shoes: must match the dance. All Ballet solo dances should be danced in a leotard with the option of a chiffon/cotton skirt. Tutu's will only be allowed for solo dance students 15-16/17-19 years preferably doing pointe solos, but not limited.
2. MUSIC: The music must be handed in before the beginning of the session at the sound room at the back of the school hall (Swartland Primary School). The music must be on a memory stick. Please mark each cut of music on the memory stick clearly with the name of the dancer, name of the dance and the category. E.g. 1. Susan Smith, Cinderella, Ballet solo 9-10. This is important for the smooth running of the programme on the day. No cell phones with music on will be allowed. The music must be cut to the required length on the memory stick. If the music needs to fade out, it must be recorded as such on the memory stick. It will not be the responsibility of the music player to fade music for any dancer. All memory sticks must be collected at the end of the session from the sound room – we will not be held responsible for any lost memory sticks that were not collected on the day.
3. No set syllabi or set exam dances will be allowed. Choreography must be the teacher's own work. Syllabus (set) dances are copy righted and may not be used.
4. Dancers must be ready to dance 30 minutes before the commencement of the category in which they are entered.
5. The teacher is responsible for ensuring that the pupil is at the stage door at the commencement of the section.
6. A dancer may dance in a higher age group but not in a lower age group.
7. An entrant's age shall be as on 1 January of that year.
8. **PLEASE ADHERE TO THE TIME LIMITS OF EACH CATEGORY. Music will be stopped according to the time limit (with maximum 15 seconds over the indicated time). Students will not be allowed to continue with their dance.**
9. Inquiries can be made to Adele Immelman (082 899 1071).

AGE GROUPS (ALL CATEGORIES)

An entrant's age shall be as on 1 January of that year.

5-6 (Gr R / Gr 1)	5 years turning 6 and 6 yrs turning 7
7-8 (Gr 2 / Gr 3)	7 years turning 8 and 8 yrs turning 9
9-10 (Gr 4 / Gr 5)	9 years turning 10 and 10 yrs turning 11
11-12 (Gr 6 / Gr 7)	11 years turning 12 and 12 yrs turning 13
13-14 (Gr 8 / Gr 9)	13 years turning 14 and 14 yrs turning 15
15-16 (Gr 10 / Gr 11)	15 years turning 16 and 16 yrs turning 17
17-18 (Gr 12)	17 years turning 18 and 18 yrs turning 19

TIME LIMITS AND ENTRY FEES (ALL CATEGORIES)

NB: 15 Seconds maximum over the time will be allowed. p.d = per dancer, p.g = per group

SOLO	All age groups	MAX 2 MIN	R45
DUET	All age groups	MAX 3 MIN	R90
TRIO	All age groups	MAX 3 MIN	R135
SMALL GROUP	All age groups	MAX 4 MIN	R45 / DANCER
BIG GROUP	All age groups	MAX 5 MIN	R425

Please note: Only ONE certificate will be issued for groups with more than 10 dancers. Should all dancers in a group of more than 10 wish to have their own certificate an additional R25,00 must be paid by each of the dancers to cover the costs of certificates.

CATEGORY CODES AND CATEGORY DEFINITION

BALLET:

Includes Sub- Categories: Classical Ballet, "Demi-Character" and Character

All Ballet solo dances should be danced in a leotard with the option of a chiffon/cotton skirt. Tutu's will only be allowed for solo dance students 15-16/17-19 years preferably doing pointe solos, but not limited.

BS – BALLET SOLO

BD – BALLET DUET

BT – BALLET TRIO

BSG – BALLET SMALL GROUP

BBG – BALLET BIG GROUP

MODERN DANCE:

Includes Sub-categories: Straight, Jazz and creative dance that are taught by schools. Specify on entry form e.g: MS – creative dance (i.e. modern straight – creative dance) or MD – Jazz (i.e. Modern duet – jazz)

MS – MODERN SOLO

MD – MODERN DUET

MT – MODERN TRIO

MSG – MODERN SMALL GROUP

MBG – MODERN BIG GROUP

CONTEMPORARY DANCE:

Contemporary dances should include technique as in Martha Graham, Alvin Ailey, Merce Cunningham and Lester Horton techniques, i.e. work should demonstrate an understanding of specific contemporary elements such as contraction and release, fall and recovery from floor, T-lines, stag positions, coccyx balance, lateral stretches, primitive squats, release swings, leg swings and deep lunges, etc.

CS – CONTEMPORARY SOLO

CD – CONTEMPORARY DUET

CT – CONTEMPORARY TRIO

CSG – CONTEMPORARY SMALL GROUP

CBG – CONTEMPORARY BIG GROUP

HIP HOP:

All styles e.g. pop n lock, Bboy, crumping, etc as well as Amapiano.

HHS – HIP HOP SOLO

HHD – HIP HOP DUET

HHT – HIP HOP TRIO

HHSG – HIP HOP SMALL GROUP

HHBG – HIP HOP BIG GROUP

TAP:

A dance performed wearing shoes fitted with metal taps, characterized by rhythmical tapping of the toes and heels.

TS – TAP SOLO

TD – TAP DUET

TT – TAP TRIO

TSG – TAP SMALL GROUP

TBG – TAP BIG GROUP

NATIONAL DANCES:

Sub Categories include any National and Folk dances including Spanish, Greek, Irish, African dances.

NS- NATIONAL SOLO

ND – NATIONAL DUET

NT – NATIONAL TRIO

NSG – NATIONAL SMALL GROUP

NBG – NATIONAL BIG GROUP

OPEN DANCE SECTION: (OTHER DANCE FORMS)

This section will be assessed on overall performance and dance technique, and—where adjudicators are not qualified instructors—according to their best knowledge and ability.

A complete list of items indicating the categories in which students are participating must be sent by email to the convener, Mrs. Immelman, after the closing date (adeleballetschool@gmail.com).

Sub-Categories include:

- **Worship Dance** (also known as liturgical or praise dance).
- **Ballroom** (Waltz, Foxtrot, Quickstep, Tango, Viennese Waltz).
- **Latin** (Cha Cha, Samba, Jive/Swing, Paso Doble, Salsa, Mambo, Rumba).
- **Musical Theatre** (a form of theatrical performance combining songs, spoken dialogue, acting, and dance).
- **Acro Dance** (a combination of acrobatic and gymnastic skills with choreographed dance movements).
Dancers may not perform tricks or elements for which they have not been fully trained, or those beyond their level of expertise. The Wes-Boland Eisteddfod will not be held responsible for any injuries sustained during performances.

OS – OPEN DANCE SOLO

OD – OPEN DANCE DUET

OT - OPEN DANCE TRIO

OSG – OPEN DANCE SMALL GROUP

OBG – OPEN DANCE BIG GROUP

YOUNG CHOREOGRAPHERS:

This is an opportunity to showcase your choreographic talent: your choice of music, costumes and choreography. It may be in any dance style that reflects your passion.

NB: THE CHOREOGRAPHY MUST BE THE DANCER'S OWN ORIGINAL WORK. IF IT IS DISCOVERED THAT A TEACHER HAS ASSISTED, THE ITEM WILL BE DISQUALIFIED.

Please note the allocated music time slots, which differ from other sections. Participation is limited to learners aged 12 years and older.

- **YCS – Solo:** 1 minute 30 seconds
- **YCD – Duet:** 1 minute 30 seconds
- **YCT – Trio:** 2 minutes
- **YCSG – Small Group:** 2 minutes
- **YCBG – Large Group:** 2 minutes 30 seconds

PRIZE WINNERS' CATEGORIES:

To qualify as a prize-winner, a learner must achieve a **Cum Laude (90+)** for their item. Only items in categories with more than two participating learners will be eligible for a category prize if a Cum Laude award is granted.

Ballet / Modern Dance / Hip Hop / Contemporary Dance / National Dance / Tap

Junior and Senior Solo

Junior and Senior Duet

Junior and Senior Trio

Junior and Senior Group

For the **Open Section**, only the best item will be designated as the overall prize-winner, provided a Cum Laude is achieved.