



STUDIO COMPETITION

DIVISIONS, CATEGORIES, AGES, TEAM SIZES & TIME LIMITS

Team Size & Time Limits	
Team Size	Time Limit
Solo	2:15
Duet/Trio (2 or 3 athletes)	2:15
Small Group (4-9 athletes)	3:00
Large Group (10-19 athletes)	3:00
Line (20+ athletes)	3:00
Production (20+ athletes)	6:00

Studio Age Divisions	
Division	Average Age
Peewee	4 years & under
Tiny	5 - 7 years old
Mini	8 - 10 years old
Youth	11 - 13 years old
Junior	14 - 16 years old
Senior	17 - 18 years old
Adult	19 & older

Studio Category Styles/Genres	
Jazz	Hip Hop
Pom	Kick
Tap	Ballet
Open	Musical Theater
Lyrical/Contemporary	

- All ages are determined by their “Year of Birth”. This is equivalent to the dancer’s age by the end of 2026. See chart on next page to determine each dancer’s age according to their year of birth.
- Duo/Trio and all Team divisions will be the average age of all athletes. Add ages of all athletes (as of Year of Birth) and divide by the number of athletes in the routine. Remove the decimal (if average age is 11.7, average age will be 11)
- Competing dancers may enter in as many categories as they please, but are not allowed to compete against themselves. Numbers entered in the same category must have a 50% change in participants.
- A dance routine may move UP an age division in order to avoid competing against itself within a category, but never down.



STUDIO COMPETITION

DANCER'S AGE BY BIRTH YEAR CHART

TARGE AGE RANGES (SOLO/DUETS/TRIOS)

PERFORMANCE LEVELS (SOLOS/DUETS/TRIOS)

Dancer's Age by Birth Year	
Birth Year	Age
2022	4
2021	5
2020	6
2019	7
2018	8
2017	9
2016	10
2015	11
2014	12
2013	13
2012	14
2011	15
2010	16
2009	17
2008	18
2007	19
2006	20
2005	21

Solo/Duet/Trios Age Divisions		
Division	Birth Years	Target Age Range
Peewee	2022 or after	4 years & under
Tiny	2019 - 2021	5 - 7 years old
Mini	2016 - 2018	8 - 10 years old
Youth	2013 - 2015	11 - 13 years old
Junior	2010 - 2012	14 - 16 years old
Senior	2008 - 2009	17 - 18 years old
Adult	2007 or before	19 & older

PERFORMANCE LEVELS

2 Performance Levels for Solos, Duets, Trios: Levels are based off of training level/time spent training per week

Performance Levels will be offered for Mini, Youth & Junior age divisions ONLY

****All Tiny & Senior solos, duets, trios will compete in the Premier Talent level****

- **RIISING TALENT:** our lower level for beginner/intermediate dancers. This level is for dancers with little to no experience competing and who perform at a level that would be expected from dancers who have trained 3 years or less **OR** around 3 hours or less per week.
- **PREMIER TALENT:** is our higher level for advanced dancers. This level is for dancers with competition experience and who perform at an advanced technical level. These dancers perform at a level that would be expected from dancers who have trained for 4+ years **OR** around 4+ hours per week.

PERFORMANCE LEVELS - ADDITIONAL DETAILS

- The intent of our Performance Levels is to provide dancers with the opportunity to compete against other dancers with similar experience and training.
- If a Duet/Trio contains a dancer who competes a solo in the Premier Talent level, it must compete in the Premier Talent level.
- ****IMPORTANT**** – It is at the judges discretion to move any routine that they feel is placed in a level below their ability to the higher level. *All judges decisions are FINAL.* If the judges determine that a routine should be moved to a different level, and that level has already competed, the routine will then be eligible for adjudication only.
- Once the tentative schedule is posted, routines may no longer change performance levels unless it is a technical error. Be careful with your level placements as you register, taking care to place your routines in the right level.
- Programs are left at their own sound judgement when entering routines and choosing performance levels.
- If you have any questions about routine level placements, please contact us.



STUDIO COMPETITION ROUTINE RULES

PROPS

- General props are allowed.
- Before registration, please notify Stage 8 Dance Brands of routines that require prop setup and removal from the stage. Props that require setup and removal may not be allowed at all venues/locations.
- It is the studio's/school's responsibility to setup and remove props from the stage within two minutes. Deductions will occur if overtime.
- It is the studio's/school's responsibility to ensure the stage is completely clean and clear after the routine is finished.
- Damage caused by props or performances may be subject to fines.
- Performers cannot stand above 6'6" on a prop.
- Props that stand above 10' are not guaranteed to fit on the stage.
- No dangerous props (swords, fire, etc.).
- No use of live animals.
- No scenery.

ROUTINE RULES

- General lifts are permitted.
- At no time can any person or any object be thrown or tossed off the stage.
- No substances of any kind are allowed on the stage. This includes, but is not limited to: baby powder, chalk, paint, liquid, sand, glitter and confetti.
- All routine music, costuming and choreography must be appropriate for family viewing. Point deductions or disqualification could result if judges find a number inappropriate.
- Visual coaching is prohibited during competition.
- Competition marley floor is a minimum of 42' x 42'.
- Routine time limits:
 - No minimum length.
 - There will be a 10 second "grace period" allowed for each routine.
 - 1-point deduction for each second overtime.
- High Kick Routines must include at least 40 kicks (waist high or above) performed by at least 50% of the team.

SOLO/DUET/TRIO RULES

- No props that bear weight or elevate a dancer from the performance surface.
- It is the Coach/Director's responsibility to only allow dancers to perform choreography and skills they have demonstrated competency in prior to competing.
- Note: Solo, Duet, Trio time limit will adjust to 2:00 minutes for the 2027-2028 season