

DANCE: BALLET

Solo Ballet Competition

Description

Perform a series of rhythmic and highly technical patterned bodily movements demonstrating your mastery of formal ballet technique, artistry, and musicality.

Overview

Demonstrate your mastery of ballet technique, artistry, and musicality by performing a solo piece of your choice in the style of classical ballet, contemporary ballet, neoclassical ballet, or story ballet.

Requirements

1. Performance Time: The solo performance must not exceed five (5) minutes. Exceeding this time limit may result in point deductions or disqualification.
2. Costume: Costumes are optional but should be appropriate to the style and theme of the choreography.
3. Style: The theme and style of the performance must be clearly identified to the judges prior to the presentation. Acceptable styles include:
 - a. Classical Ballet: Traditional ballet technique, emphasizing grace, precision, and elegance.
 - b. Contemporary Ballet: A blend of classical ballet and modern dance, often incorporating expressive movement and improvisation.
 - c. Neo-Classical Ballet: A modern interpretation of classical ballet, often featuring innovative choreography and contemporary music.
 - d. Story Ballet: A narrative ballet that tells a story through dance, often involving character development and plot.
4. Footwear: The piece must be performed in ballet slippers/flats, or pointe/demipointe shoes. Bare feet are only acceptable for Contemporary Ballet.

Necessary equipment:

1. 1 Sound System w/2 Speakers that is electricity based, not battery powered

2. Laptop w/charger or Phone w/Charger
 - a. [Dongle Adapter](#) for Macbooks
3. Aux Adaptor for playback from phones
 - a. USB C to 3.5 mm Aux Jack (most modern devices)
 - b. Lightning to 3.5 Aux Jack (older apple devices)
4. Aux cable
5. Outlet Surge Protector

Judging Criteria

Criteria	Weighting	Description
Technical Proficiency/Skill	25	
Clarity and Consistency in Style	25	
Phrasing/Dynamics/Musicality	25	
Clarity of Intent/Interpretation of Choreography	25	
Point Deduction	-1 to -5	In the event the student performance exceeds 5 mins one point will be deducted for every minute over up to five points.
Total	100	

Technical Proficiency/Skill:

- Alignment
- Strength
- Endurance
- Flexibility
- Coordination

Clarity and Consistency in Style:

- Adherence to the chosen style
- Clear and consistent execution of movements
- Appropriate use of body language and facial expressions

Phrasing/Dynamics/Musicality:

- Sensitivity to the music
- Variation in movement quality and intensity
- Clear phrasing and articulation of steps

Clarity of Intent/Interpretation of Choreography:

- Effective communication of the intended message or story
- Artistic expression and individuality
- Engagement with the audience

Notes for Judges

- Each contestant will have 5 minutes to present their performance and then the judging co-hort will have 5 minutes for any follow up questions and quick deliberations before the next contestant. Each contestant will only have an allocated time frame of 10 minutes.
- You should not under any circumstances engage with the students before or after the competition until the Awards Ceremony has concluded.
- You must provide honest constructive feedback for each contestant that you are judging.
- Scoring Rubric:
 - 95-100 - Qualifies as a Gold Medalist
 - 90+Up - Qualifies as a Silver Medalist
 - 85+Up - Qualifies as a Bronze Medalist
 - Please take heed that the identifying word here is “Qualifies”. There can be multiple contestants that can qualify as gold medalist and if that’s the case the highest score will receive the gold, and silver and bronze will be allocated to the next two highest scores.

- In the event the highest score is a 90 then there is no gold medalist and there's only a possibility for a silver and bronze medalist as long as the remaining scores land within the 85+Up region.

Tips for Contestants:

- Choose a piece that suits your strengths and interests.
- Practice regularly and consistently.
- Pay attention to detail.
- Work on your musicality and phrasing.
- Develop your stage presence and confidence.
- Warm up thoroughly before your performance.
- Stay focused and present during your performance.
- Enjoy the experience!

By following these guidelines and tips, you can create a memorable and successful solo ballet performance.