

DANCE: CONTEMPORARY

Description

Perform a series of rhythmic and highly technical patterned bodily movements to contemporary/popular music.

Overview

Showcase your dance prowess in this solo competition and perform a series of rhythmic and technical patterned bodily movements set to contemporary/popular music and style.

Requirements:

1. Time Limit: Your solo performance must not exceed 5 minutes. Exceeding this limit may result in point deductions or disqualification.
2. Costume: Costumes are optional but should be appropriate to your choreography.
3. Theme and Dance Form: Clearly identify the theme and dance form of your performance (e.g., Broadway/Musical Theater, Hip-Hop, Jazz, Lyrical, Tap, Afrobeats, Soca, Dancehall, Liturgical, Majorette) to the judges before your performance.
4. Performance Guidelines: Avoid aerobic exercises, miming, cheerleading, and drill team routines.

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	
	25	
Clarity and Consistency in Style		
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 to 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:

- Practice, Practice, Practice: The more you practice, the more confident you'll be.
- Choose a Strong Song: Select a song that complements your dance style and inspires your performance.
- Tell a Story: Use your body to convey a story or emotion through your dance.

- Master the Fundamentals: Focus on strong technique and clean lines.
- Perform with Passion: Let your enthusiasm shine through your performance.
- Connect with the Music: Feel the rhythm and let it guide your movements.
- Stage Presence: Command the stage with confidence and charisma.
- Dress to Impress: Choose a costume that enhances your performance and reflects your style.
- Warm-up Before Your Performance: Prepare your body for the physical demands of dancing.
- Have Fun! Enjoy the experience and let your love for dance shine.