

DANCE: MODERN

Description

Dance that is performed through a series of improvisation, expressive gestures, and unconventional movements from your emotion/feelings and interpretation of your selected music.

Overview

Are you ready to bring emotion and creativity to life through movement? Modern dance is all about interpreting music and feelings with expressive gestures, improvisation, and unconventional moves that tell a story. For this performance, your routine must be rooted in one or more recognized modern dance techniques—such as Dunham, Graham, Horton, Humphrey, Limon, or another established style. Let your artistry shine as you push boundaries and share your unique expression!

Requirements

1. Time Limit: Your solo performance must not exceed 5 minutes. Exceeding this time limit may result in point deductions or disqualification.
2. Costumes: Costumes are optional, but they should be appropriate to the theme and style of your choreography.
3. Theme: Clearly identify the theme of your performance to the judges prior to your presentation. This will help the judges understand your artistic intent.
4. Technique: Your performance must be rooted in one or more of the following modern dance techniques: Dunham, Graham, Horton, Humphrey, Limon, or other recognized modern dance techniques.

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	Weight	Description
Technical Proficiency/Skill	25	Alignment, strength, endurance, flexibility, and coordination.
Clarity and Consistency in Style	25	The clarity and consistency of your chosen modern dance style.
Phrasing/Dynamics/Musicality	25	The quality of your phrasing, dynamic range, and musical interpretation.
Clarity of Intent/Interpretation of Choreography	25	The clarity of your artistic intent and your ability to convey emotion through movement.
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	

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 strong theme: A strong theme will help guide your choreography and performance.
- Master the technique: Practice your chosen technique regularly to ensure that your movements are precise and expressive.
- Connect with the music: The music should inspire your movement and enhance your performance.
- Express yourself: Let your emotions shine through your movement.
- Practice, practice, practice: The more you practice, the better your performance will be.
- Perform with confidence: Believe in yourself and your choreography.
- Enjoy the process: Dance is a form of self-expression, so have fun!

By following these tips and focusing on the judging criteria, you can create a powerful and memorable performance!