



CONTEMPORARY RULES

SET CHOREOGRAPHY SOLO RULES

CATEGORIES

Level	Age Categories						
Beginner	6 &Under	8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Intermediate		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Advance		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+

General Rules

- Dancers will perform their Contemporary Set Choreography solo on the dance floor with up to 18 dancers at the same time.
- Dancers will be placed 1st - 6th.
- Teachers will be sent the choreography so that they can teach it to their pupils before the event after a deposit of £25 is paid.
- The videos are for teachers only, please do not post on social media or forward to others.
- Videos sent to the teacher will include the routine performed slowly with counts and with the music.
- There will be 3 routines one for each level Beginner Intermediate and Advanced
- Dancers must wear appropriate style clothing for the style of dance.

Freestyle Solo

CATEGORIES

Level	Age Categories						
Beginner	6 &Under	8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Intermediate		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Advance		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+

Rules

- Dancers will perform their Contemporary Freestyle solo on the dance floor with up to 18 dancers at the same time. Dancers interpret the music how they choose to the music chosen by the DJ.
- Dancers will be placed 1st - 6th.
- No in the air tricks must be performed until a final with 6 dancers only.
- Dancers must stay in their own area of the dance floor.
- Dancers will wear numbers and dance to DJ's choice of music.
- Dancers must wear appropriate style clothing for the style of dance.



DUOS

CATEGORIES

Level	Age Categories						
Beginner	6 &Under	8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Intermediate		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Advance		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+

Rules

- Duos will perform their Contemporary routine on the dance floor with up to 18 duos at the same time. Dancers interpret the music how they choose to the music chosen by the DJ.
- Duos will be placed 1st - 6th.
- No in the air tricks must be performed until a final with 6 dancers only.
- Dancers must stay in their own area of the dance floor.
- Dancers will wear numbers and dance to Dj choice of music.
- Dancers must wear appropriate style clothing for the style of dance.

TEAMS

Level	Age Categories						
Beginner	6 &Under	8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Intermediate		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+
Advance		8 &Under	10 &Under	12 &Under	14 &Under	16 &Under	17+

- Minimum of 5 dancers maximum of 28 dancers
- Teams must compete in the correct age category.
- Currently Teams entered are going off the trust of their dance teacher putting them in the correct age group.
- Dancers cannot compete with less than 5 dancers or more than 28.
- Team's may consist of 25% of the dancers being older than the chosen category
- 75% of the team must be in the correct age category
- Dancer can only be older up to the next age category
 - ** example - If a dancer is 16, they may dance in 14 and under category but cannot dance in 12 and under category.
- Teams dance to their own music
- Dancers must perform within the floor area, which will be clearly marked out at each event
- Dancers cannot dance in more than one team.
- To be able to compete, Teams must be entered at least 2 weeks prior to an event.
- Once you have registered your teams in their category and the schedule announced on Social Media Teams cannot be changed from their category.
- It is at Stand Out UK's discretion to merge sections if there are fewer dancers in the category.



CONDUCT

- Dancers are not permitted to touch the judges or other members of the public in their set piece.
- Props are permitted providing they are not dangerous and can be removed from the dance floor immediately once they have performed.
- No inappropriate dance moves or gestures will be allowed.
- Outfits must be age appropriate
- Stand Out UK reserves the right to combine certain categories of age or level, whereby there are 3 or less competing. This will be discussed with you prior to the event and the running order posted to social media.
- Any broken rules will mean points deducted from your overall score.

MUSIC

- Beginners 1Minute 30 seconds - 2 Minutes
- Intermediate 2 Minutes - 2 Min 30 second s
- Advance minimum 2 Minutes 30 seconds - Maximum 3 Minutes.
- Music should be sent to organisers prior to the deadline date by email info@standout-uk.co.uk by the Wednesday before the event date. No Music will be accepted on the day of the event.
- It is the Dance Teachers/School's responsibility to ensure that Team music has been checked before use and brought a spare copy to the event on MP3 or phone format.
- No inappropriate language should be used, Stand Out UK will check music once it is sent in and if anything comes to our attention, we will contact you prior to the event.
- Music must be age appropriate for the Team
- Music must be cut at the correct time limit. Any Music over the time limit will incur a penalty
- If music is not sent in by the deadline or is incorrect on the day the Team will incur a penalty that will be deducted from the Head Judge



JUDGING CRITERIA FOR TEAMS

Judges will score each team from 1 to 10 to total out of 50 in the following.

SCORING MAX POINTS	SCORING MAX POINTS
Musicality	10
Formation and Spacing	10
Originality and Creativity	10
Choreography and Execution	10
Performance	10
Deductions -Use of foul language -Loss of clothing (etc - hat) -Music running over the specific time -Falls or Drops will be deducted. -Inappropriate Dance Moves Music and Costume -Clear mistakes	5