



*The Ballet Shoppe presents:*

# Dance From Your Heart 2024

## SYLLABUS

Thank you for your interest in competing at The Ballet Shoppe's Dance From Your Heart (DFYH). DFYH is an independently owned and run dance competition, and is not affiliated with any dance studio.

### GENERAL RULES AND CONDITIONS OF ENTRY

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By submitting an entry, you agree to all rules and regulations contained in this Syllabus and the Program. Any breach of these rules may result in disqualification from DFYH, and/or removal from the venue.

#### GENERAL ENQUIRIES

- Email: [dancefromyourheartcomp@gmail.com](mailto:dancefromyourheartcomp@gmail.com) (preferred method of contact)
- Before sending a question please check the syllabus first.
- You are welcome to come in and pay at The Ballet Shoppe via EFTPOS

#### VENUE

- Woonona High School 12 Nicholson Rd, Woonona NSW 2517

#### COMPETITION DATES

- Solos - 22nd, 23rd & 24th April 2024
- Monday 10/u
- Tuesday 8/u 14/u 15+
- Wednesday 5/u 6/u 12/u

## COMPETITORS AGES

- Solos - [age as at 21st April 2024]

Proof of age may be requested at the event if deemed necessary by DFYH. Please ensure you have a copy of the competitor's birth certificate available if required.

**Refund POLICY:** Refunds will be granted in the case of cancellation due to government restrictions. **There will be no other refunds or credits under any circumstances.** If we need to postpone for whatever reason credits will be issued. **Please do not enter if you are not accepting of this policy.** This includes no refunds for dance rehearsal/workshop clashes , illness , injury etc. You are paying for your place in the program that could've gone to someone else.

**Covid safety:** We will run our event within covid safe guidelines and current requirements.

## MUSIC

Please email music as soon as you can in a separate email. You will not hear back from us unless there is a problem. We check that every entrant has sent music and contact those who haven't. If you don't hear from us you'll know we have your music and all is OK!

Please send it to [dancefromyourheartcomp@gmail.com](mailto:dancefromyourheartcomp@gmail.com) as a new email- not as a reply to a previous email. Please name it **[AgeGroup]\_[SectionName]\_[DancerName]**. Eg entering a 10/u Restricted Jazz section - **10u\_RestrictedJazz\_FredJones**. We prefer mp3 files. Please be aware you may need to send tracks in multiple emails depending on your server.

Please ensure you bring a USB , CD or iPhone as a backup in the case of technology failure. Music not collected by the end of the competition will be destroyed.

## ENTRY

**As we only have a short time, please enter ASAP. We will close when full.**

- entry is available via [www.theballetshoppe.com.au](http://www.theballetshoppe.com.au)
- Payment is via credit or debit card, paypal or afterpay etc

**Entries may close early if full capacity is reached prior to advertised closing date.** Please note we've had to close entries early every year and many people are disappointed. Don't leave it too late this year, we may not have time to answer the many many emails that come in from people who missed out.

It's a short entry period this year so get in ASAP.

You are also welcome to just send the details in an email for your entry!

- Email: [dancefromyourheartcomp@gmail.com](mailto:dancefromyourheartcomp@gmail.com)
- Bank Details: The Ballet Shoppe BSB: 062528 Account no: 10508878
- Paypal: [kyliesp@icloud.com](mailto:kyliesp@icloud.com)

It is the entrant's responsibility to notify DFYH by email if a program has not been received one week before.

## **ENTRY FEES (all prices include GST)**

Solos \$33.00 per section. Championship \$44 Impros \$13 Duos \$36

Administration and spectator fee: \$25 per family, you can enter for more than one dancer at a time but they must be siblings. Teachers please do not enter your students together to avoid paying admin fees. Entries to be submitted by parents only.

No refunds will be granted, unless a section has been cancelled by DFYH.

## **COMPETITORS**

DFYH is open to amateurs only. An amateur refers to a person whose principal source of income is not, and has not been derived from the exercise or teaching of dance. Competitors must enter and compete in their own age group, and no competing below age is permitted. Competitors may enter an age group older than their own, if a genre isn't available in their own age group. No person may enter under a name other than their own, and entries are not transferable. Competitors must be ready to compete in the order in which their name appears in the program, and will not be allowed to compete out of section. No competitor will be allowed to compete more than once in any solo section unless sections are combined with the exception of variety. DFYH may refuse an entry, demand proof of age of an entrant in an age section, demand proof of amateur or professional status, and/or vary the prizes where needed.

## **SPORTSMANSHIP**

We remind everyone involved that the emphasis of this competition is for the competitors to have fun, and to be able to have the chance to do what they love in a warm and friendly environment. Please show respect for the competitors during performances. Rudeness to other competitors, adjudicators, or DFYH staff, will not be tolerated. Bad sportsmanship may result in that person being asked to leave the auditorium, possible disqualification of the competitor/s or dance studio and asked not to return next year. This also applies to parents being aggressive and rude via emails and messages.

## **ADJUDICATION**

This is a no protest competition and the adjudicator's decision is final. Communication with the adjudicator, either by competitors or interested parties, is PROHIBITED. DFYH reserves the right to disqualify any competitor who, or whose parent, guardian or teacher, breaches this rule.

DFYH reserves the right to appoint a substitute adjudicator if circumstances require. A competitor, who during the six months preceding the first date of the competition in which he or she has entered, has been taught, coached, managed or advised by the appointed adjudicator of the competition, shall not be eligible to compete in that section of the competition. In the event of the change of adjudicator affecting eligibility to enter, you will receive a refund.

An adjudicator's report will be provided for each competitor in each section. Reports and prizes may be collected from the report table as soon as possible after the relevant section is completed. No duplicate copies of reports will be made available. Reports not collected at the end of the competition may be destroyed.

## **LIABILITY**

Competitors enter and compete at their own risk. No responsibility will be taken by DFYH for any accident, injury or loss of property incurred by competitors or any other persons in attendance. DFYH and the adjudicator reserves the right to stop any performance if a competitor has suffered an injury, or is at risk of doing so. In the event of an accident or illness, an ambulance may be called at the expense of the parent/guardian.

## **DAMAGE TO PROPERTY**

Any person or group found responsible for defacing or damaging the venue or equipment will be disqualified. DFYH may take steps to recover any costs of repair from the persons responsible. Supervisors of groups must remain with their troupes at all times, and will be held accountable for the actions of their troupes.

## **VIDEO AND PHOTOGRAPHY**

Professional videography and/or photography to be advised.

For the protection of the children performing, and to respect the copyright of all performances, photography, recording, or broadcasting of any kind, by members of the audience or competitors, is NOT permitted. This includes on stage, backstage, or in dressing room areas. This includes, but is not limited to, the use of private video recorders, still cameras, mobile phones and other recording devices. Offenders may be asked to leave, and competitors may face disqualification.

DFYH reserves the right to photograph any entrant, item or event in the competition without notification. Any such photograph may be used at DFYH's discretion for publicity or promotional purposes, but shall not necessarily constitute an endorsement of any entrant. No remuneration or compensation whatsoever shall be attributable to any entrants so featured.

Any orders or purchases from photographers, videographers or any other vendors at the event are separate to Dance From Your Heart or The Ballet Shoppe and all enquiries must be directed to the business that your transaction was with.

## **CHILD PROTECTION**

Music selection, choreography and costuming should be kept age appropriate and suitable for family entertainment for the protection of our child performers. All adult staff and volunteers of DFYH hold current Working With Children clearance.

## **PRIZES**

Prizes will be awarded such as trophies, medals, vouchers, tiaras, sashes and/or prizes from our sponsors. DFYH reserves the right to provide alternate prizes at our discretion. Special awards TBA.

## **CANTEEN**

There may be a small canteen with drinks and snacks.

## **THE BALLET SHOPPE**

The Ballet Shoppe will be in attendance with a range of popular brands such as Capezio, Energetiks and much more. Please message or call to order any items such as shoes, stockings etc. Message The Ballet Shoppe on facebook, email [hello@theballetshoppe.com.au](mailto:hello@theballetshoppe.com.au) or call 42009619 so we can make sure we bring the items you need.

## **ADVERTISING**

If you are interested in promoting your business, advertising space is now available in our Program. Please contact DFYH ASAP to book your ad space, or for assistance designing your ad. Please contact Kylie via email to [dancefromyourheartcomp@gmail.com](mailto:dancefromyourheartcomp@gmail.com) to discuss your advertising needs.

- Quarter A4 page      \$20.00
- Half A4 page         \$40.00
- Full A4 page         \$75.00
- Graphic design      \$50.00

**PAYMENT FOR ADVERTISING AND GRAPHIC DESIGN SERVICES MUST BE MADE PRIOR TO PUBLISHING THE "DANCE FROM YOUR HEART PROGRAM".**

## DANCE SPECIFICS

Please read the following rules and regulations carefully, as failure to comply may result in disqualification.

### TIME LIMITS

- Solos 3 minutes
- Song and Dance 4 minutes

Time limits will be strictly enforced. Please ensure your performance is within the allocated time limit. Music will be faded out if you exceed these time limits, and penalties may apply.

### PROMPTING

Prompting or demonstrating during a performance of any item, except for competitors aged 6 years and under, is strictly prohibited. Failure to comply may result in disqualification.

### REPEATING PERFORMANCES

Solo competitors may repeat their routine after forgetting at the discretion of the adjudicator. 5U and 6U solo competitors may repeat their routine with no penalty. 8U and 10U solo competitors may repeat their routine, but will not be eligible for "1st placing". All other ages may repeat their routine for report only.

### BACKSTAGE

Please keep noise in the backstage area and wings to a minimum at all times. Rehearsals are NOT permitted in the auditorium, side stage or in backstage corridors.

Spectators please don't stand in the side entries watching.

### DRESSING ROOMS

Partitioned areas are available at the back of the auditorium as well as several small dressing rooms.

## SOLOS (Open, Restricted, Specially Restricted)

GENRE	BABIES 5U	6U	8U	10U	12U	14U	15+
VARIETY	•	•	•	•	•	•	•
JAZZ	•	•	•	•	•	•	•
CLASSICAL BALLET		•	•	•	•	•	•
DEMI-CHARACTER			•	•	•	•	•
BROADWAY JAZZ / MUSICAL THEATRE			•	•	•	•	•
LYRICAL		•	•	•	•	•	•
CONTEMPORARY			•	•	•	•	•
HIP HOP			•	•	•	•	•
SLOW TAP			•	•	•	•	•
FAST TAP			•	•	•	•	•
WALTZ TAP				•	•	•	•
SONG & TAP			•	•	•	•	•
SONG & SOFT SHOE			•	•	•	•	•
STUDENT CHOREOGRAPHY			•	•	•	•	•
CHAMPIONSHIP OPEN ONLY		•	•	•	•	•	•
ALL ABILITIES			•	•	•	•	•

## **SPECIALY RESTRICTED SECTIONS (8U, 10U, 12U ONLY)**

Specially Restricted sections are limited to competitors who have NEVER gained a place in that genre at any age in any recognised competition.

## **RESTRICTED SECTIONS (8U, 10U, 12U, 14U, 15+)**

Restricted sections are limited to competitors who have placed 1st, 2nd or 3rd in a Specially Restricted section, but have NOT won a 1st place in a Restricted Section at any age in any recognised competition.

## **OPEN SECTIONS**

Open sections are for competitors who have placed 1st in a Restricted section at any age in any recognised competition.

## **CHAMPIONSHIPS**

A championship is offered for each age group. To qualify competitors must dance in at least 2 open sections. One dance is danced in the championship which may be a repeat or a new routine. Any genre. First place and runner up will be awarded.

## **VARIETY SECTION - BABIES 5 YEARS AND UNDER ONLY**

In this section, dancers aged 5 years and under may choose to perform any genre of dance, excluding Jazz or lyrical. This section may be entered more than once by the same dancer with different routines. The 5/u variety section may be separated into genres only if there are enough entries for a particular genre.

5/u can enter 6/u for other genres.

## **VARIETY SECTION - 6 YEARS AND UNDER ONLY**

In this section, dancers aged 6 years and under may choose to perform any genre of dance, excluding Jazz, Classical Ballet, and Lyrical. This section may be entered more than once by the same dancer with different routines.

## **VARIETY SECTION - 8/U 10/U 12/U 14/U OR 15+ YEARS**

In this section, dancers may choose to perform any genre of dance that does not fit into another category or that they have already danced and have an additional routine in the same genre. Please do not enter this section when there IS a category for your routine if you have not already danced in that category with another routine. This section may be entered more than once by the same dancer with different routines. No repeat routines. Alternatively enter the championship section to showcase your extra routine.

## **ALL ABILITIES**

For dancers with special needs. Contact us if you wish to discuss further.

## **STUDENT CHOREOGRAPHY**

This section will allow dancers to showcase their own choreography to the style of dance that they choose. No teachers or parents will be allowed side stage during this performance.

## **AMENDMENTS TO SECTIONS**

DFYH reserves the right to cancel, amend, and/or combine sections where there are insufficient entries, and/or split sections where there are a large number of competitors. Allocation of competitors in split sections will be by age, and competitors must perform in the division allocated. Decisions made by DFYH are final and no correspondence will be entered into.

## SOLO IMPROVISATIONS

- Time limit: 1 minute
- The adjudicator will select the music for each improvisation genre. Competitors for improvisation sections are to meet at the registration desk one section prior to competing.
- No Repeats for run offs in impro sections.

GENRE	6U	8U	10U	12U	14U	OPEN (15+)
JAZZ	•	•	•	•	•	•
CLASSICAL BALLET		•	•	•	•	•
LYRICAL	•	•	•	•	•	•
TAP		•	•	•	•	•
CONTEMPORARY		•	•	•	•	•
HIP HOP		•	•	•	•	•

## IMPROVISATION CLOTHING

- Studio logos are not permitted.
- Dancers are permitted to wear a small bow, ribbon or flower in their hair.

GENRE	GIRLS	BOYS
CLASSICAL BALLET	Plain leotard of any colour, ballet stockings and ballet shoes, ballet bun; no pointe shoes. Skirt optional.	Plain tights and/or socks and shoes, plain t-shirt
ALL OTHER GENRES	<p>Plain leotard or dancewear such as crop top &amp; shorts and shoes suitable to the genre, ballet bun or low ponytail.</p> <p><b>OPTIONAL</b></p> <ul style="list-style-type: none"> <li>• Hip Hop: hip hop pants</li> <li>• All other genres: dance shorts or skirt permitted</li> <li>• Lyrical/Contemporary - barefoot or shoes; stockings optional</li> </ul>	<p>Plain dress/dance pants or shorts, plain t-shirt, shoes suitable to the genre</p> <p>Dancers may wear the clothing specified for either gender so long as it is plain.</p> <p><b>DANCERS MUST BE READY TO REPORT SIDE STAGE AT THE BEGINNING OF THE IMPRO SECTION. SO IF YOU ARE IN MULTIPLE SECTIONS PLEASE BRING ALL YOUR SHOES WITH YOU TO CHANGE SIDE STAGE.</b></p>

## DUOS/TRIOS

- Time Limit: 3 minutes
- Competitors must choose to compete in older age groups if the genre they wish to compete in is not available in their current age group.

GENRE	6U	8U	10U	12U	14U	OPEN (15+)
JAZZ	•	•	•	•	•	•
LYRICAL	•	•	•	•	•	•
CONTEMPORARY		•	•	•	•	•
HIP HOP			•	•	•	•
TAP			•	•	•	•
CLASSICAL BALLET			•	•	•	•

