



ARTISTIC ACROBATICS SECTION



ARTISTIC ACROBATICS

Competition Rules and Regulations.

1.1 **NOVICE** (Straight) (No Vocal / Props)

Compulsory: MINIMUM OF FIVE ELEMENTS (One element of each category)

Technical:

a. **Category:** **Elements:**

Over: Front walk over's / Back walk over's / Front bend over's - feet touching head.

Split: Stride split / Ordinary side split.

Balance: Forearm balance / Head balance / Front star balance / Side star balance / Chin or chest balance.

Contortion: Reverse outlook / Side outlook / Front mount on forearms / Semi basket.

Tumbling: Ordinary cartwheel - one or two hands.

b. **Choreography:** Use of stage, rhythm and pattern, movements and elements to complement the music.

c. **Personality:** Still developing, to complement the music, (smile, serious, vibrant, natural,) style and presentation.

d. **Musicality:** Use of music, effective introduction and ending, fluency of movements and elements linking each other.

e. **Artistic Impressions:** Music, costume and dancer must complement each other and must be a entirely harmonized routine.

Technique: Entry and recovery of elements - arms above head, point feet, stretch legs, hold tricks – neatness and control.

Difficulty: Still developing.

f. Participant is allowed to do more advanced elements - of own choice.





1.2 **INTERMEDIATE** (Straight) (No Vocal / Props)

Compulsory: MINIMUM OF EIGHT ELEMENTS (Minimum of **ONE** element of each category - Three elements of own choice within category)

a. Technical:

Category:

Elements:

Over:

Front over plus variation / Back walk over's / Front bend over's - shoulder pull.

Split:

Split picture / Rotation split / Scissor splits / Crawling splits.

Balance:

Forearm plus variations (three different) directly after each other / Flip-up's / Hand walks / Side mount / Advance side star.

Contortion:

Advanced front outlook / Back mount on tummy / Basket / Chicken position.

Tumbling:

Cartwheel Variations / Head springs.

b. **Choreography:**

Use of stage, rhythm and pattern, movements and elements to complement the music.

c. **Personality:**

Developed, to complement the music, (smile, serious, vibrant, natural, ...) style and presentation.

d. **Musicality:**

Use of music, effective introduction and ending, fluency of movements and elements linking each other.

e. **Artistic Impressions:**

Music, costume and dancer must complement each other and must be a entirely harmonized routine.

Technique:

Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control.

Difficulty:

Developed.

f. Participant is allowed to do more advanced elements - of own choice.



1.3 **ADVANCED** (Straight) (No Vocal / Props)

Compulsory: MINIMUM OF FIVE ELEMENTS (Minimum of ONE element of each category - Three elements of own choice within categories)

a. Technical:

Category:

Elements:

Over:

Advanced front bend over's / Advanced Back bend over's / One hand front or back walk over's

Split:

Circling splits / Back bend into split / Scissors splits

Balance:

Back roll into head balance / Back mount standing / Hand balance - variations

Contortionist:

Advanced outlook / Chicken position and walks / Advanced back mount on tummy / Chest rolls

Tumbling:

Hand-spring into head spring and upstart combo / Round off plus straddle jump / Flick-flack or one leg flick-flack

b. **Choreography:** Use of stage, rhythm and pattern, movements and elements to complement the music.

c. **Personality:** Advanced, to complement the music, (smile, serious, vibrant, natural, ...) style and presentation.

d. **Musicality:** Use of music, effective introduction and ending, fluency of movements and elements linking each other.

e. **Artistic Impressions:** Music, costume and dancer must complement each other and must be a entirely harmonized

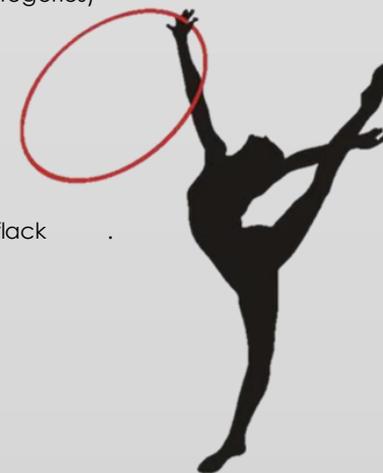
Technique:

Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control.

Difficulty:

Advanced degree, movement and elements with variation

f. Participant is allowed to do more advanced elements - of own choice.



1.4 **NOVICE / INTERMEDIATE / ADVANCE** (Lyrical) (No Props)

Compulsory: MINIMUM OF FIVE DIFFERENT ELEMENTS

a. Technical:

Any category of elements

b. Choreography:

To portray the music

c. Personality:

Developed - According to music mood

d. Music:

Vocal music must be used

e. Artistic Impression:

Body language, facial expressions and costume

Technique:

Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control

Difficulty:

Developed degree, movement and elements with variation

1.5 **DUET'S & MIXED DUET'S** (No Props)

Compulsory: MINIMUM OF FOUR DIFFERENT ELEMENTS (Three must be group elements and three human mounted / double work.)

a. **Technical:**

Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control

b. **Choreography:**

Human mounted / double work is compulsory

c. **Personality:**

According to music mood. Novice - still developing. Intermediate - Developed. Elite - Advanced

d. **Music:**

Vocal music may be used

- e. **Artistic Impression:** Body language, facial expressions and costume
 Technique: Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control.
 Difficulty: Novice - still developing. Intermediate – Developed - Advanced
 Difficulty degree: Level 1: Novice
 Level 2: Intermediate
 Level 3: Advance



1.6 **TRIO'S** (No Props)

Compulsory: MINIMUM OF FOUR DIFFERENT ELEMENTS (Two must be group elements and two human mounted / double work.)

- a. **Technical:** Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control
 b. **Choreography:** Human mounted / double work is compulsory
 c. **Personality:** According to music mood. Novice - still developing. Intermediate - Developed. Ad - Advanced
 d. **Music:** Vocal music may be used
 e. **Artistic Impression:** Body language, facial expressions and costume
 Technique: Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control.
 Difficulty: Novice - still developing. Intermediate - Developed. Advance - Advanced
 Difficulty degree: Level 1: Novice
 Level 2: Intermediate
 Level 3: Advance
 Group elements: Separate individual elements complementing each other / elements creating a picture in that all dancers entered participating in routine must be on stage.
 Pyramids: Two and more dancers mounting each other to create human build pyramids (**without making use of props to build pyramid**)

1.7 **QUARTET'S** (No Props)

Compulsory: MINIMUM OF FOUR DIFFERENT ELEMENTS (TWO must be group elements and TWO human mounted / double work.)

- a. **Technical:** Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control
 b. **Choreography:** Human mounted / double work is compulsory
 c. **Personality:** According to music mood. Novice - still developing. Intermediate - Developed. Advance - Advanced
 d. **Music:** Vocal music may be used
 e. **Artistic Impression:** Body language, facial expressions and costume
 Technique: Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control.
 Difficulty: Novice - still developing. Intermediate - Developed. Elite - Advanced
 Difficulty degree: Level 1: Novice
 Level 2: Intermediate
 Level 3: Advance
 Group elements: Separate individual elements complementing each other / elements creating a picture in that all dancers entered
All dancers participating in routine must be on stage.
 Pyramids: Two and more dancers mounting each other to create human build pyramids (**without making use of props to build pyramid**)
 dancers entered /participating in routine must be on stage.

1.8. GROUPS

Compulsory: **MINIMUM OF FOUR DIFFERENT ELEMENTS**

- a. **Technical:** Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control
 - b. **Choreography:** Human mounted / double work is compulsory
 - c. **Personality:** According to music mood. Novice - still developing. Intermediate - Developed. Advance - Advanced
 - d. **Music:** Vocal music may be used
 - e. **Artistic Impression:** Body language, facial expressions and costume
- Technique: Entry, recovery and execution of elements and movement - arms above head, pointed feet, stretch legs, hold tricks - neatness and control.
- Difficulty: Novice - still developing. Intermediate - Developed. Advance - Advanced
- Difficulty degree: Level 1: Novice
Level 2: Intermediate
Level 3: Advance
- Group elements: Separate individual elements complementing each other / elements creating a picture in that all dancers entered all dancers all dancers participating in routine must be on stage
- Pyramids: Two and more dancers mounting each other to create human build pyramids all dancers participating in routine must be on stage.

2. COMPETITORS

2.1 Competitors must conform to requirements as stipulated by Rules, Regulations and Schedules applicable to avoid disqualification.

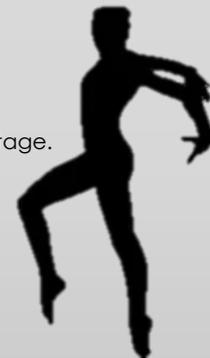
2.2 Participation

- a. Competitor must appear in order as allocated, program will not be changed.
- b. Special grant and time limit may be given only for the duration of the current section, as determined by committee.
- c. **No** competitor will perform out of section, unless for a highly motivated and good reason beyond his/her control. All other coach's involved in section to grant permission there to.
- d. The competition committee may if required due to special requests split a section if so required, but must inform all coaches involved of such split.

2.3 **NO** competitor will be allowed to enter twice in the same section.

2.4 Should a competitor be injured during his/her routine;

- a. Recovery period will be given. Maximum of three minutes and/or will be moved to last participant in said section.
- b. Competitor can restart without any points being deducted.
- c. Should the extent of injury be of such nature that he/she can no longer compete judging will be given up to that stage of participation, in these circumstances will no competitor be disqualified. Being that such competitor has completed the minimum time period as stipulated.
- d. The competition committee will give a final decision should there be any other dispute, time laps, etc. depending on the circumstances prevailing.



2.5 Should a competitor run of stage during his/her routine:

- a. Without any cause judging will be given up to stage of participation.
- b. Competitor may restart but no further judging will be taken in to consideration.
- c. In this scenario the competitor will be taken as that he/she disqualified him/her self.

2.6. Competitors will be marked down if for any fault of their own, (forgetting his/her arrangement) but stays on stage - unable to complete their routine. Judging will be given on what was presented.

2.7. **NO** jewelry will be allowed in any section - unless used as a prop.

2.8. **NO PROMPTING** will be admitted, any kind of movements backstage will be taken as prompting and the competitor will be disqualified.

2.9. Dressing rooms and hall are to be kept tidy. The hall is not to be used to do make-up etc.

2.10. **NO** parent or any person closely connected with any club, will be allowed on or backstage during any performance.

3. **PROPS**

a. **Any** (Even one or even the least amount, no matter who or what) accessories and/or object used (Something that can be seen or touched) during a routine including décor. A prop used must be affixed to the body and may not leave the body (E.g. hat)

b. Props used on stage must be adequately protected so as not to damage the floor, or any other part of the building. Should touched) making not be to big or heavy to handle.

c. **NO** props will be stored on stage. Props must be removed directly after each routine.

AWARDS WILL BE AS FOLLOW:

Adjudication Charter:

Section Winner Prestigious Award/Trophy Gala Concerto Invite

Grade Winner Medal	A+++	Embossed Golden Sticker
Prestige Certificate	95-100% A+++	Embossed Golden Sticker
Allegretto Certificate	90-94% A++	Gold
Allegretto Certificate	85-89% A+	Gold
Allegretto Certificate	80-84% A	Gold
Allegretto Certificate	79% A-	Silver
Allegretto Certificate	77-78% B++	Silver
Allegretto Certificate	75-76% B+	Silver
Allegretto Certificate	70-74% B	Silver
Allegretto Certificate	69% B- C++	Bronze
Allegretto Certificate	67-68% C+	Bronze
Allegretto Certificate	65-66% C	Bronze
Allegretto Certificate	60-64% C	Bronze
Allegretto Certificate	59% C-	Blue
Allegretto Certificate	0-58% C-	Participation Certificate



ARTISTIC ACROBATICS SECTIONS

Competition Syllabus

NOVICE

Time limit - 2 minutes (No minimum time applicable, will always be in contention)

- Section 1 5 years and under (Never Participated Before)
- Section 2 5 years and under (Previously Participated)
- Section 3 6 and under 8 years
 - Solo (time 2:00 minutes)
- Section 4 8 and under 10 years
 - Solo (time 2:00 minutes)
- Section 5 10 and under 12 years
 - Solo (time 2:00 minutes)
- Section 6 12 and under 14 years
 - Solo (time 2:00 minutes)
- Section 7 14 and under 16 years
 - Solo (time 2:00 minutes)
- Section 8 16 years and over
 - Solo (time 2:00 minutes)

INTERMEDIATE SECTION

- Section 9 6 and under 8 years
 - Solo (time 2:00 minutes)
- Section 10 8 and under 10 years
 - Solo (time 2:00 minutes)
- Section 11 10 and under 12 years
 - Solo (time 2:00 minutes)
- Section 12 12 and under 14 years
 - Solo (time 2:00 minutes)
- Section 13 14 and under 16 years
 - Solo (time 2:00 minutes)
- Section 14 16 years and over
 - Solo (time 2:00 minutes)

ADVANCED SECTION

- Section 15 6 and under 8 years
 - Solo (time 2:00 minutes)
- Section 16 8 and under 10 years
 - Solo (time 2:00 minutes)
- Section 17 10 and under 12 years
 - Solo (time 2:00 minutes)
- Section 18 12 and under 14 years
 - Solo (time 2:00 minutes)
- Section 19 14 and under 16 years
 - Solo (time 2:00 minutes)
- Section 20 16 years and over
 - Solo (time 2:00 minutes)

(Novice) LYRICAL

- Section 21 8 and under 10 years
 - Solo (time 2:00 minutes)
- Section 22 10 and under 12 years
 - Solo (time 2:00 minutes)
- Section 23 12 and under 14 years
 - Solo (time 2:00 minutes)
- Section 24 14 and under 16 years
 - Solo (time 2:00 minutes)
- Section 25 16 years and over
 - Solo (time 2:00 minutes)



(Intermediate) LYRICAL

- Section 26..... 8 and under 10 years
Solo (time 2:00 minutes)
- Section 2710 and under 12 years
Solo (time 2:00 minutes)
- Section 2812 and under 14 years
Solo (time 2:00 minutes)
- Section 2914 and under 16 years
Solo (time 2:00 minutes)
- Section 30 16 years and over
Solo (time 2:00 minutes)

(Advanced) LYRICAL

- Section 31..... 8 and under 10 years
Solo (time 2:00 minutes)
- Section 3210 and under 12 years
Solo (time 2:00 minutes)
- Section 3312 and under 14 years
Solo (time 2:00 minutes)
- Section 34..... 14 and under 16 years
Solo (time 2:00 minutes)
- Section 35 16 years and over
Solo (time 2:00)

DUETS

Time limit (Straight/Character) (3:00 minutes)

- Section 36 Novice - 10 years and under
- Section 37 Novice - 13 years and under
- Section 38 Novice - 16 years and under
- Section 39 Novice - any age
- Section 40 Intermediate - 10 years and under
- Section 41 Intermediate - 13 years and under
- Section 42 Intermediate - 16 years and under
- Section 43 Intermediate - any age
- Section 44 Advance - 12 years and under
- Section 45 Advance - 16 years and under
- Section 46 Advance - any age

MIXED PAIRS (Male and Female)

Time limit (Straight/Character) (Minimum 3:00 minutes)

- Section 47 Novice - 10 years and under
- Section 48 Novice - 13 years and under
- Section 49 Novice - 16 years and under
- Section 50 Novice - any age
- Section 51 Intermediate - 10 years and under
- Section 52 Intermediate - 13 years and under
- Section 53 Intermediate - 16 years and under
- Section 54 Intermediate - any age
- Section 55 Advance - 12 years and under
- Section 56 Advance - 16 years and under
- Section 57 Advance - any age

TRIO'S

Time limit - (Straight/Character) (Minimum 3:00 minutes)

- Section 58 Novice - 10 years and under
- Section 59 Novice - 13 years and under
- Section 60 Novice - 16 years and under
- Section 61 Novice - any age
- Section 62 Intermediate - 10 years and under
- Section 63 Intermediate - 13 years and under
- Section 64 Intermediate - 16 years and under
- Section 65 Intermediate - any age
- Section 66 Advance - 12 years and under
- Section 67 Advance - 16 years and under
- Section 68 Advance - any age



GROUPS (Big Group 8 and more participants)

Time limit - (3:00 minutes)

Section 92	Novice	- 10 years and under
Section 93	Novice	- 13 years and under
Section 94	Novice	- 16 years and under
Section 95	Novice	- any age
Section 96	Intermediate	- 10 years and under
Section 97	Intermediate	- 13 years and under
Section 98	Intermediate	- 16 years and under
Section 99	Intermediate	- any age
Section 100.....	Advance	- 12 years and under
Section 101.....	Advance	- 16 years and under
Section 102	Advance	- any age

PARTICIPANT ENTRY FEE

Solo Item	R55 per item
Duet	R55 per partner
Trio	R55 per partner
Small group of 5 - 7 members	R450 per Group
Group of 8+ members	R650 per Group
Large Group of 16 – 30 members	R750 per Group
Mass Group – 30 plus members	R850 per group
Allegretto IPE Showcase	Free of Charge
Allegretto IPE Gala	Free of Charge

QUARTET'S

Time limit (Straight/Character) 3:00 minutes)

Section 69	Novice	- 10 years and under
Section 70	Novice	- 13 years and under
Section 71	Novice	- 16 years and under
Section 72	Novice	- any age
Section 73	Intermediate	- 10 years and under
Section 74	Intermediate	- 13 years and under
Section 75	Intermediate	- 16 years and under
Section 76	Intermediate	- any age
Section 77	Advance	- 12 years and under
Section 78	Advance	- 16 years and under
Section 79	Advance	- any age

GROUPS (Small Group 5-7 participants)

Time limit - (3:00 minutes)

Section 80	Novice	- 10 years and under
Section 81	Novice	- 13 years and under
Section 82	Novice	- 16 years and under
Section 83	Novice	- any age
Section 84.....	Intermediate	- 10 years and under
Section 85	Intermediate	- 13 years and under
Section 86	Intermediate	- 16 years and under
Section 87	Intermediate	- any age
Section 88.....	Advance	- 12 years and under
Section 89.....	Advance	- 16 years and under
Section 90.....	Advance	- any age



Acrobatic Section

Entry Pro Forma, Please complete in full
 Please use this form for Dance Entries **ONLY**

Name of participant: _____

Grade: _____

School/Studio: _____

Cell phone: _____

Email: _____

Landline: _____

<u>Acrobatic Genre</u>	<u>Section No</u>	<u>Solo (Mark with an X)</u>	<u>Ensamble (Mark with an X)</u>	<u>Amount Payable</u>
				R55 Per Item
<u>Novice</u>				
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
<u>Intermediate</u>				
	9			
	10			
	11			
	12			
	13			
	14			
<u>Advanced</u>				
	15			
	16			
	17			
	18			
	19			
	20			
<u>(Novice) Lyrical</u>				
	21			
	22			
	23			
	24			
	25			
<u>(Intermediate) Lyrical</u>				
	26			
	27			
	28			
	29			
	30			

<u>Acrobatic Genre</u>	<u>Section No</u>	<u>Solo (Mark with an X)</u>	<u>Ensamble (Mark with an X)</u>	<u>Amount Payable</u>
<u>(Advanced) Lyrical</u>	31			
	32			
	33			
	34			
	35			
<u>Duets</u>				R55 per partner
	36			
	37			
	34			
	35			
	36			
	37			
	38			
	39			
	40			
	41			
	42			
	43			
	44			
	45			
	46			
<u>Mixed Pairs</u>				R110 per couple
	47			
	48			
	49			
	50			
	51			
	52			
	53			
	54			
	55			
	56			
	57			
<u>Trio's</u>				R165 per item
	58			
	59			
	61			
	62			
	63			
	64			
	65			
	66			
	67			
	68			

Acrobatic Genre	Section No	Solo (Mark with an X)	Ensemble (Mark with an X)	Amount Payable
Quartet's				R220 per group
	69			
	70			
	71			
	72			
	73			
	74			
	75			
	76			
	77			
	78			
	79			
Groups (Small 5-7)				R450 per group
	80			
	81			
	82			
	83			
	84			
	85			
	86			
	87			
	88			
	89			
	90			
Groups (Big 8 and more)				R650 per group
	92			
	93			
	94			
	95			
	96			
	97			
	98			
	99			
	100			
	101			
	102			

Total Number of Items: Total Amount: R _____

Method of Payment: INTERNET

Kindly provide us with Proof of Payment when entering for our Eisteddfod to ensure proper participation

Performing isn't only about the acrobatics and the high notes: It's staying in the moment, connecting with the audience in an authentic way, and making yourself real to them through the music. I am more than the notes I hit, and that's how I try to approach my life. You can't get it all right all the time, but you can try your best. If you've done that, all that's left is to accept your shortcomings and have the courage to try to overcome them - Idina Menzel

