

*Artistic Acrobatics Section*



*Allegretto Inter Provincial Eisteddfod Syllabus*

*Carpe Diem*

*Allegretto...we are the leaders in  
culture...an  
eisteddfod with a difference*

**The Name and Mission of this Organization:**

The Eisteddfod is known as Allegretto Inter Provincial Eisteddfod for All and is therefore privately managed as an Arts Club.

**Mission of Allegretto Eisteddfod:**

- Maximum participation for all interested
- Prestigious incentives on all levels of participation
- To ensure a high standard of performance on stage
- Maximum opportunities for all participants
- To ensure proper development of all known South African Arts Participation

**Participation:**

Any interested person of any age may enter,

Participation fees will have to be paid per entered item/s

Participants must adhere to the given rules as well as Terms and Conditions of Allegretto Initiative

The CEO may adjust participation schedules and dates/times/venues/adjudicators if necessary.

**Adjudication:**

We strive to make use of only professional people as adjudicators. Proper feedback is part of the process to ensure a true learning experience for all. 3 Levels of Participation are possible for participants (except groups/ensembles) to ensure a high standard of National Winner performances.

## Adjudication Charter:



*95-100% A+++ Prestige*

*90-94% A++ Double Gold*

*85-89% A+ Gold plus 1*

*80-84% A Gold*

*79% A- Silver*

*77-78% B++ Double Silver*

*75-76% B+ Silver plus 1*

*70-74% B Silver*

*60-69% B- Silver*

## General Information as well as Terms and Conditions: Regulations:

1. Participants will have to report at least 25minutes prior to the scheduled performance time/s as per attached document.
2. Participants will have to register in the foyer for each and every entered item. Pro forma should be completed in full to enable and ensure a fair eisteddfod.
3. Participants should be always at best behaviour.
4. Participants have to compete within the given participation schedule. No one will be allowed to render items before or later than the given day and time for that specific item.
5. Participants should have respect for one another as well as appreciation.

6. Participants should be loyal and respectful towards representatives of Allegretto as well as any representative of an Eisteddfod Centre.
7. Participants are more than welcome to wear either school uniform or appropriate clothes/costume for solo as well as group performances on stage.
8. Participants are responsible for any valuables brought to the eisteddfod. Allegretto take no responsibility for any losses or damages during the eisteddfod whatsoever.
9. Participants are not allowed to make use of mobile phones while engaged in any eisteddfod performance.



### **Regulations for Spectators:**

1. Spectators will have to pay a daily Door Fee/ Ticket of R45 pp for all of the above-mentioned sections, R100 pp at Allegretto IPE Showcase Level and R120 pp at Allegretto IPE National Gala Level to assist us with costs.
2. Our Ticket Money is non-refundable.
3. Spectators should encourage participants and have appreciation for all performances rendered.

### **Participation Details:**

1. Participants will have to respect the time limits as per attached schedule.
2. Please note that Solo performances should not exceed 3 minutes (except Public Speaking for grade 10-12) 3. Duo performances should not exceed 3 minutes.
4. Performances should also not be shorter than 90 seconds.
5. Group performances should not exceed 10-15 minutes
6. Please familiarize yourselves with the genres prescribed in the syllabus.
7. Please be prepared and on time.
8. Participants must submit the Allegretto IPE Visual Literacy Evaluation Pro Forma for Visual Literacy together with each entered item.
9. All mentioned participants on the Visual Literacy Schedule must be present on the day of the Prize Giving to receive their certificates and collect their entered works
10. Out of Section Performances will be charged at an additional R99 per item at the door. You will have to arrange this with the appropriate Section Coordinator.

### **Terms and Conditions: CEO: The CEO has the right to-**

1. Ensure a proper and fair Eisteddfod for all,
2. Reschedule performance times, venues and dates if needed so,
3. Overrule an Adjudication process if unfair,
4. Disqualify a participant if not adhered to prescription as per syllabus,
5. And lastly remain to the Right of Participation.

Allegretto...we are the leaders in culture...an eisteddfod with a difference...for all



**Syllabus Rules:**

1. The Artistic Acrobatics Section Allegretto IPE Eisteddfod is open to all ages for participation.
2. Please ensure that all chosen works to be presented are of a high standard.

## 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

## 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 Level

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 coaches 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 into consideration.
- c. In this scenario the competitor will be taken as that he/she disqualified him/herself.

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 jewellery 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 too big or heavy to handle.

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

## **ARTISTIC ACROBATICS SECTIONS: Competition Syllabus**

**NOVICE SECTION:** 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 limit: 2:00 minutes)

Section 4: 8 and under 10 years Solo (time limit: 2:00 minutes)

Section 5: 10 and under 12 years Solo (time limit: 2:00 minutes)

Section 6: 12 and under 14 years Solo (time limit: 2:00 minutes)

Section 7: 14 and under 16 years Solo (time limit: 2:00 minutes)

Section 8: 16 years and over Solo (time limit: 2:00 minutes)

## **INTERMEDIATE SECTION**

Section 9: 6 and under 8 years Solo (time limit: 2:00 minutes)

Section 10: 8 and under 10 years Solo (time limit: 2:00 minutes)

Section 11: 10 and under 12 years Solo (time limit: 2:00 minutes)

Section 12: 12 and under 14 years Solo (time limit: 2:00 minutes)

Section 13: 14 and under 16 years Solo (time limit: 2:00 minutes)

Section 14: 16 years and over Solo (time limit: 2:00 minutes)



## **ADVANCED SECTION**

Section 15: 6 and under 8 years Solo (time limit: 2:00 minutes)

Section 16: 8 and under 10 years Solo (time limit: 2:00 minutes)

Section 17: 10 and under 12 years Solo (time limit: 2:00 minutes)

Section 18: 12 and under 14 years Solo (time limit: 2:00 minutes)

Section 19: 14 and under 16 years Solo (time limit: 2:00 minutes)

Section 20: 16 years and over Solo (time limit: 2:00 minutes)

## **(Novice) LYRICAL**

Section 21: 8 and under 10 years Solo (time limit: 2:00 minutes)

Section 22: 10 and under 12 years Solo (time limit: 2:00 minutes)

Section 23: 12 and under 14 years Solo (time limit: 2:00 minutes)

Section 24: 14 and under 16 years Solo (time limit: 2:00 minutes)

Section 25: 16 years and over Solo (time limit: 2:00 minutes)

## **(Intermediate) LYRICAL**

Section 26: 8 and under 10 years Solo (time limit: 2:00 minutes)

Section 27: 10 and under 12 years Solo (time limit: 2:00 minutes)

Section 28: 12 and under 14 years Solo (time limit: 2:00 minutes)

Section 29: 14 and under 16 years Solo (time limit: 2:00 minutes)

Section 30: 16 years and over Solo (time limit: 2:00 minutes)

**(Advanced) LYRICAL**

Section 31: 8 and under 10 years Solo (time limit: 2:00 minutes)

Section 32: 10 and under 12 years Solo (time limit: 2:00 minutes)

Section 33: 12 and under 14 years Solo (time limit: 2:00 minutes)

Section 34: 14 and under 16 years Solo (time limit: 2:00 minutes)

Section 35: 16 years and over Solo (time limit: 2:00 minutes)

DUETS Time limit (Straight/Character) (2:00 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

**TRIO'S:** Time limit - (Straight/Character) (2:00 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

**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 5-9 participants) Time limit - (2-3:00 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

**GROUPS** (Big Group 10 and more participants) Time limit - (2-5:00 minutes)

Section 91: Novice - 10 years and under

Section 92: Novice - 13 years and under

Section 93: Novice - 16 years and under

Section 94: Novice - any age

Section 95: Intermediate - 10 years and under

Section 96: Intermediate - 13 years and under

Section 97: Intermediate - 16 years and under

Section 98: Intermediate - any age

Section 99: Advance - 12 years and under

Section 100: Advance - 16 years and under

Section 101: Advance - any age

## ENTRY FEES:

- Solos Performances: R70 per entry
- Duo Performances: R140 per entry
- Trio Performances: R210 per entry
- Quartet Performances: R280 per entry
- Small Group: 5-9 Members: R450 per group
- Medium Group: 10-15 Members: R650 per group
- Large Group: 15-30 Members: R750 per group
- Production Group/ Revue: 30+ Members: R850 per group



**Allegretto IPE Artistic Acrobatics Entry Pro Forma:**

Please complete in full Please use this form for Artistic Acrobatics **ONLY**

**1. Name of Participant** (In case of a Group attach list of names): **2. School Grade of Participant:**

--	--

**3. Name of School/Studio:**

--

**4. Contact Details:**

Cellular Number:	Landline:
E mail:	

Acrobatic Genre	Section Number	Solo (Mark with an X)	Ensemble (Mark with an X)	Amount Due:
NOVICE				R70 PER SOLO
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
INTERMEDIATE				
	9			
	10			
	11			
	12			
	13			
	14			
ADVANCED				
	15			
	16			
	17			

<b>Acrobatic Genre</b>	<b>Section Number</b>	<b>Solo (Mark with an X)</b>	<b>Ensemble (Mark with an X)</b>	<b>Amount Due:</b>
ADVANCED				
	18			
	19			
	20			
NOVICE (LYRICAL)				
	21			
	22			
	23			
	24			
	25			
INTERMEDIATE (LYRICAL)				
	26			
	27			
	28			
	29			
	30			
ADVANCED (LYRICAL)				
	31			
	32			
	33			
	34			
	35			
DUETS				R140 PER DUET
	36			
	37			
	38			
	39			
	40			
	41			
	42			
	43			
	44			
	45			
	46			



<b>Acrobatic Genre</b>	<b>Section Number</b>	<b>Solo (Mark with an X)</b>	<b>Ensemble (Mark with an X)</b>	<b>Amount Due:</b>
MIXED PAIRS				R140 PER PAIR
	47			
	48			
	49			
	50			
	51			
	52			
	53			
	54			
	55			
	56			
	57			
TRIOS				R210 PER TRIO
	58			
	59			
	60			
	61			
	62			
	63			
	64			
	65			
	66			
	67			
	68			
QUARTETS				R280 PER QUARTET
	69			
	70			
	71			
	72			
	73			
	74			
	75			
	76			
	77			

<b>Acrobatic Genre</b>	<b>Section Number</b>	<b>Solo (Mark with an X)</b>	<b>Ensemble (Mark with an X)</b>	<b>Amount Due:</b>
QUARTETS				
	<b>78</b>			
	<b>79</b>			
SMALL GROUPS: 5-9				R450 PER SMALL GROUP
	<b>80</b>			
	<b>81</b>			
	<b>82</b>			
	<b>83</b>			
	<b>84</b>			
	<b>85</b>			
	<b>86</b>			
	<b>87</b>			
	<b>88</b>			
	<b>89</b>			
	<b>90</b>			
MEDIUM GROUPS: 10-15				R650 PER MEDIUM GROUP
	<b>91</b>			
	<b>92</b>			
	<b>93</b>			
	<b>94</b>			
	<b>95</b>			
	<b>96</b>			
	<b>97</b>			
	<b>98</b>			
	<b>99</b>			
	<b>100</b>			
	<b>101</b>			
	<b>102</b>			
LARGE GROUPS: 16-30				R750 PER LARGE GROUP
	<b>103</b>			
PRODUCTION GROUP: 30+				R850 PER PRODUCTION
	<b>104</b>			
ANY OTHER GROUP:				R850 PER ANY OTHER Group
	<b>105</b>			

**Total Number of Items:** \_\_\_\_\_

**Total Amount: R** \_\_\_\_\_ **Method of Payment: INTERNET ONLY**

**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*