

EXPRESSIONS

NATIONAL DANCE COMPETITION

2024 Competition Rules and Regulations

Entry Types

Solo	1 dancer	3:00 time limit
Solo Title	1 dancer	3:00 time limit
Duet	2 dancers	3:00 time limit
Trio	3 dancers	3:00 time limit
Small Group	4-8 dancers	3:00 time limit
Large Group	9-15 dancers	3:00 time limit
Super Group	16+ dancers	5:00 time limit
Production	15+ dancers	8:00 time limit

A fee will be assessed for any routine that exceeds the allotted time.

Age Divisions

Mini	5 & Under
Petite	6-8 years old
Junior	9-11 years old
Teen	12-15 years old
Senior	16-18 years old
Adult	19 & Older

All ages should be calculated as of January 1, 2024.

For Duets/Trios and all groups, age division is determined by the average age of all dancers in the respective dance.

Should anyone question a dancer's age, the studio director and/or parent must be able to provide date of birth proof within one hour of proof being requested by the Executive Director of Expressions National Dance Competition.

Division Levels

Expressive Star
Recreational
Competitive
Elite

Pro-Am

The **Expressive Star** division is an inclusive level for students with developmental disabilities. Developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or behavior areas.

The **Recreational** division is for participants who invest no more than three hours per week in the studio; this includes any class time as well as private lessons. This division is a less intimidating level that is designed for dancers who may be new to the competitive world and have less dance experience.

Soloists at the recreational level may only perform one solo.

Productions *cannot* compete in the Recreational division.
Productions must be registered as Competitive or Elite.

To enter into the **Competitive** division, the dancer may invest up to six hours in the studio each week; this includes any class time as well as private lessons. This level is designed for the intermediate dancer.

Soloists at the competitive level may only perform two solos.

The **Elite** division is for participants who invest seven or more hours per week in the studio; this includes any class time as well as private lessons.

Competing in the **Pro-Am** division is for any routine that contains a *professional*. We consider a professional to be a director, teacher/choreographer or a dancer that is being and/or has been paid to teach or perform.

Duet/Trios and Groups containing a combination of recreational, competitive, and elite dancers should be entered in the division in which the majority of the dancers fall.

Because there is no way for us to know how many hours a dancer invests in the danceroom each week, division levels are at the discretion of the studio director(s) and/or teacher.

Should anyone in attendance challenge a routine's registered division level, the judges will make a final decision on which level the respective routine should ultimately compete in. Should the judges unanimously decide that a routine's level should be altered, the studio director will be notified, and the routine will be moved accordingly; no exceptions.

Styles of Dance

Contemporary	Jazz	Baton
Modern	Tap	Pom Pom
Lyrical	Clogging	Acro
Ballet	Hip Hop	Open
Pointe	Musical Theater	

Entries that consist of more than three acrobatic tricks or passes must be entered in the Acro or Open categories. All other styles of dance are limited to no more than three acrobatic tricks. If routines contain more than three acrobatic tricks and are not registered as Acro or Open, such routines will automatically be moved to the proper category.

To clarify, an acrobatic trick consists of a complete 360-degree rotation of the body or a pass containing multiple gymnastic skills; this does not include shoulder rolls. If multiple students perform the same trick at the same time, it is only counted as one. All passes with multiple tricks are counted as one.

Regional Title Competition

Regional Title Competition is for soloists who want to take it to the next level. The Title competition is open to soloists who register for the respective regional competition as solo Titlist in the Recreational, Competitive or Elite divisions.

Pro-Am soloists and the Adult age division are ineligible to compete for Title.

One Title winner will be announced in each division level and age division, registered for each city. Regional Title winners will receive a crown and awards.

Improv Competition

The Improv Competition will consist of the following age divisions:

Junior	9-11 years old
Teen	12-15 years old
Senior	16-18 years old

The detailed schedule will show when the Improv Competition will take place. Prior sessions could be running ahead, so participants should be ready at least an hour before the scheduled time. Anyone registered for the Improv Competition will be notified when to make their way backstage to prepare.

Once the Improv Competition has begun, dancers in the chosen age division will take the stage. Once the judges are ready, the Sound Engineer will play a random song. The song played at random could be any genre, so dancer's should expect to perform any style. The dancer will

have one minute to perform to the given song. Each dancer participating in the competition will be given a different song. Once each dancer has been given the opportunity to improv, the judges may ask to see any/all dancers perform again. Should this happen, dancer's will be given different songs the second time around. Dancers will be scored on musicality, technique, and showmanship. The winner of the Improv Competition will receive respective awards and Expressions merchandise.

Attire for the Improv Competition should be fitted dancewear that allows the judges to see each dancer's body alignment while performing. Dancer's can wear a dance shoe of their choice. Props are not allowed for the Improv Competition.

The Improv Competition may be pre-registered through our online registration software or you may register at the event at our merchandise table.

Should there only be one participant registered for an age division of the Improv Competition, the respective dancer must receive an average of ninety points to be awarded the Improv Competition winner for that age division.

Registration & Entry Fees

We are proud to be partnered with the leading software registration company servicing the dance community. The DanceComp Genie software is simple to use, stable, and secure. All entries must be registered through our DanceComp Genie portal online.

Studio Owners or Directors will have access to fees once registered through DanceComp Genie. Proof of studio ownership may be required.

All entry fees must be paid in full 31 days prior to the event. Fees that are received after this time period are subject to a late fee per entry. Entries that are not paid in full 21 days prior to the event will not be able to compete and any paid fees will be forfeited.

Fees can be paid through DanceComp Genie or by sending a Certified Check to Expressions National Dance Competition. **NEW!** Checks will not be accepted after the initial payment deadline - 31 days prior to the event. Any other forms of payment are at the sole discretion of Expressions National Dance Competition. No personal checks are accepted.

NEW! Please note that to receive the Early Bird rate, we must RECEIVE your payment before the Early Bird Deadline; this can be found on our website under each event's location details. If paying with a check, please allot sufficient enough time for mail delays.

If you wish to pay with a Certified Check, please make it payable to Expressions National Dance Competition, LLC and send it to our mailing address.

NEW!

Mailing Address:

PO Box 7401
Rocky Mount, NC 27804

Any returned checks are subject to a \$75 fee.

Independent Entries

Expressions National Dance Competition accepts independent entries for its dance competitions. The only entries accepted for an independent are solos, title, and improv competitions.

Should you wish to register a solo as an independent entry, please contact us for the Independent Entry fee. Independent entry fees are non-refundable.

Refunds

Refunds are at the sole discretion of Expressions National Dance Competition, LLC.

Should Expressions National Dance Competition, LLC deem that a refund is necessary, it must be done 21 days prior to the event. No refunds will be provided 21 days prior to the event or after an event has taken place.

Independent entry fees are non-refundable.

Props

Freestanding props are allowed on the Expressions stage. Any props being used must be placed on stage within one minute. Likewise, the removal of props cannot exceed one minute. If more time is needed, this must be discussed with the Backstage Manager at check-in.

At check-in, you should inform the Backstage Manager if your dance consists of any props. For the safety of anyone backstage, props may not be placed in the wings until directed to do so by an Expressions staff member. Props must be removed from the wings immediately following the dance. Props cannot be stored anywhere in the venue, unless directed otherwise.

All props must be able to fit through a standard doorway, as some venues may not have a garage door on their loading dock.

Props should not be built backstage.

For safety measures, props that place a dancer 8' or higher off the ground are not allowed, as it is unsafe.

Human props are allowed, however they must be registered as a dancer.

No form of liquid, fire, swords, knives, guns, live animals, powders, gel, glitter, confetti, paint, sand, excessive littering, etc. are allowed. If a routine contains any of these props, it will automatically be disqualified and entry fees for that dance will be forfeited.

Any prop that could damage the Marley dance floor or stage is prohibited. Should a prop damage the Marley dance floor or staging, the registering studio is responsible for any damages.

Expressions National Dance Competition, LLC is not responsible nor are we liable for any props. Expressions National Dance Competition, LLC cannot be held liable for any injuries sustained from props.

Dressing Rooms

Dressing rooms are to be used for dancers to dress and warm up. They will be assigned when possible, but cannot guarantee. If dressing rooms have been assigned, you will get directions to your designated dressing room when the studio director checks in at the merchandise table. Assigned dressing rooms will be labeled.

Dancers, teachers, studio owners, and one parent or guardian per dancer are the only ones allowed in the dressing rooms. Expressions National Dance Competition reserves the right to remove anyone from the dressing room should it be deemed necessary.

Studios may have to share the dressing room space. Because we pride ourselves in running a family friendly competition, any representative from another studio must be kind and share the space with fellow dancers and studios.

A separate dressing area will be assigned for boys, as men aren't allowed in the dressing rooms.

Expressions National Dance Competition, LLC cannot be held liable for any items left in the dressing rooms during or after the event. Studio owners should check their dressing rooms each day to ensure that all personal items have been removed from the space and dressing rooms are left clean.

Music

All music must be uploaded two weeks prior to the first day of competition. Music must be uploaded as a mp3 file through our registration software, DanceComp Genie. It is the studio's responsibility to ensure all music files are mp3 format.

Each studio representative must bring a backup of all music. Backup music must be on a USB Drive, labeled with the studio's name. Backup files must be labeled as the exact name of the entry to make it easily accessible. CD's will not be accepted. Expressions National Dance Competition is not responsible for any music left at the event.

Scheduling

A draft schedule will be sent to each studio three weeks prior to the event. Studios will then have two days to make any changes to entry type, age division, division level or style of dance. It is the studio's responsibility to thoroughly review the draft schedule, as changes cannot be promised after this time period. **NEW!** Any changes that need to be made after this time period will incur a fee of five dollars per change.

A final schedule will be sent to each studio one week prior to the event. Once the final schedule is released, changes cannot be made.

Because competitions are known for running early, dancers must be ready to perform at least one hour prior to their scheduled time.

Performance

Should a routine choose to re-perform for any reason with the exception of any technical difficulties on behalf of Expressions National Dance Competition, the respective routine will incur a ten point deduction. If you wish to re-perform, a studio representative must notify our backstage manager immediately.

Music and choreography for each routine should be family friendly. Should a Judge or Expressions Director deem a routine inappropriate, that routine will be disqualified and all fees will be forfeited.

Judge's Critiques

Judges' critiques will be available to studios within five business days after the last day of the competition. Studios will be notified when judge's critiques are available.

Photography & Videography

Photography and videography is strictly prohibited during performances. Expressions National Dance Competition reserves the right to disqualify the respective routine and/or studio should anyone be caught photographing or videoing a performance. It is the studio director's responsibility to inform all spectators of this rule to avoid disqualification. Photography and videography is allowed during awards ceremonies.

Marketing Content

All teachers, parents and participants give Expressions National Dance Competition, LLC the right to use their video, audio, and photographs for any advertising, media campaign or promotional material without royalty, fee or other compensation. By attending an Expressions National Dance Competition event, you give consent to the use of photos and/or video footage for promotional purposes on our website, social media accounts or any promotional products.

Food & Beverages

Unless permission is posted by the theater, no food or beverages are allowed anywhere in the venue.

Participant Waivers NEW!

Participant Waivers will be emailed to the registered studio once registration has closed. Waivers must be submitted by the respective deadline, outlined in the email. If a participant waiver is not received for anyone on or before the deadline, that respective dancer will not be allowed to participate in the event, and all fees will be forfeited.

Liability

Expressions National Dance Competition, LLC reserves the right to cancel any events due to lack of registration or other unforeseen circumstances. Expressions National Dance Competition, LLC reserves the right to change an event's location, venue, and/or dates. Upon canceling, changing a location, venue, and/or date, the primary contact for the representing studio will be notified. Expressions National Dance Competition, LLC will not be held liable for any costs endured for any type of travel arrangements made upon canceling an event, changing a location, venue, and/or date, including but not limited to hotel fees, transportation fees, or bank fees.

Expressions National Dance Competition, LLC and the hosting venue will not be held responsible for personal injury or property loss to either participants, spectators or anyone attending before, during or after the event.

Expressions National Dance Competition, LLC will not be held responsible for unforeseen flaws in theater stages or equipment that may lead to an accident or injury. Persons present at the competition must assume responsibility for any accident or injury. It is the studio's responsibility to educate themselves, their staff, dancers, parents, and other attendees from their studio of these rules and policies.

Participants in a dance competition are subject to risks and/or injuries which can include, but are not limited to sprains, pulled muscles and broken bones. Participation in Expressions National Dance Competition, LLC events indicates the acceptance of these types of risks. Participants and spectators agree that they will not hold Expressions National Dance Competition, LLC, its officers, employees or staff responsible for injuries or illnesses contracted while in attendance at any Expressions event.

Waivers must be signed for anyone participating in an Expressions National Dance Competition event.

By attending an Expressions National Dance Competition, LLC event, you are agreeing to all rules and regulations.

Expressions National Dance Competition, LLC reserves the right to make changes to Competition Rules at any time.