

EXPRESSIONS

NATIONAL DANCE COMPETITION

2025 CONVENTION RULES & REGULATIONS

CONVENTION

Classes

At Expressions Dance Convention, there will be a variety of classes taught throughout the day. Classes may include Contemporary, Jazz, Hip Hop, Musical Theater, Pro Prep, and Improv. Such classes will be scheduled throughout the day.

Schedule

A schedule will be emailed to the registered studio one week prior to the convention.

Attire

Attire for the Convention should be fitted dancewear that allows the instructor to see each dancer's body alignment while in class. Dancers with inappropriate attire will be asked to change. Should the dancer not have a change of clothes, they will be removed from the class and fees will be forfeited.

Dancers may wear the respective footwear. For classes such as Hip Hop and Pro Prep, we do recommend for each dancer to wear sneakers.

Awards

Awards will be given by the Director of ENDC and/or Convention Instructor(s) to select dancers. These awards may include Awards of Excellence or Scholarships.

Scholarships

Scholarships are not interchangeable. Scholarships cannot be exchanged for cash. Scholarships can only be used for the specified event on the certificate. Scholarship recipients can only utilize one scholarship per convention location.

Teachers, Studio Directors & Parents

Teachers, Studio Directors, and parents must be registered as a dancer, should they wish to participate in classes. Teachers, Studio Directors, and parents must purchase an observer band, should they wish to observe classes. No one will be allowed in the Convention rooms without a chest number or wristband. Teachers and Observers must wear their respective chest number or wristbands at all times. Expressions National Dance Competition, LLC reserves the right to ask a teacher and/or observer to show them their wristband. If the teacher or observer

cannot produce a wristband, they will be asked to either purchase one or leave. Wristbands should be visible at all times. Teachers and Observers must submit a Participant Waiver to enter a dance room.

There is no limit to the number of students any studio can register.

Observers

Teachers, Studio Directors, and parents must purchase an observer band, should they wish to observe classes. Observer bands can only be purchased the day of the event at the merchandise table.

Registration

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.

Payment

All entry fees must be paid in full 15 days prior to the event. Fees that are received after this time period are subject to a late fee per entry. Registrations that are not paid in full 8 days prior to the event will not be able to participate 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. Checks will not be accepted after the initial payment deadline - 15 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.

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.

Mailing Address:
PO Box 7401
Rocky Mount, NC 27804

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

Refunds

We do not provide refunds nor credits under any circumstances.

Independent Entries

Expressions National Dance Competition accepts independent entries for its dance conventions. You will be subject to an Independent Entry Fee. Fees associated with independent entries are non-refundable.

Behavior

Anyone attending or observing convention classes must conduct themselves in a professional and appropriate manner at all times. Observers should not be a distraction to the class. Should observers be a distraction to the class, they will be asked to leave and will forfeit their fees.

Everyone is expected to display good sportsmanlike conduct to all participants at all times. Expressions National Dance Competition, LLC does not discriminate, but we do reserve the right to refuse entrance to any competitor, spectator, studio or individual that has been deemed to exhibit unsportsmanlike behavior.

Marketing Content

All teachers, parents and participants give Expressions National Dance Competition, LLC the right to use their photo or video for any advertising or media campaign. By attending the Expressions Dance Convention, 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 without royalty, fee or other compensation.

Food & Beverages

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

Participant Waivers

Participant Waivers can be accessed from the DanceComp Genie Dashboard once respective dancers have been registered. Waivers must be submitted by the respective deadline, outlined on our website and in informative emails. 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; this includes dancers, teachers, and observers.

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 equipment that may lead to an accident or injury. Persons present at the convention 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 convention 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 Convention Rules at any time.

2026 COMPETITION RULES & REGULATIONS

COMPETITION

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	6 & Under
Petite	7-9 years old
Junior	10-12 years old
Teen	13-15 years old
Senior	16-18 years old
Adult	19 & Older

All ages should be calculated as of January 1, 2026.

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

Dancers must compete in their respective age division. Dancers cannot choose to compete in a higher age division.

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 based on the trust system and 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. Judges can elect to deduct ten points per routine for any routines they feel were knowingly registered incorrectly.

STYLES OF DANCE

Contemporary
Modern

Lyrical
Ballet

Pointe
Jazz

Tap	Musical Theater	Acro
Clogging	Baton	Open
Hip Hop	Pom Pom	Character

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 + NATIONAL TITLE COMPETITION

Regional + National Title Competitions are 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 (or hat) and awards.

REGIONAL + NATIONAL IMPROV COMPETITION

The Improv Competition will consist of the following age divisions:

Mini + Petite	9 & Under
Junior	10-12 years old
Teen	13-15 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 dancers 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, dancers 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. Dancers can wear a dance shoe of their choice. Props are not allowed for the Improv Competition.

The Improv Competition cannot be registered prior to the event through DanceComp Genie. Should a dancer wish to compete in the Improv Competition, they must be registered the day of the event, prior to registration closing. Improv registration closing times will be noted in the program, and announced the day of the event.

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.

ACTION PHOTOGRAPHY COMPETITION

At the regional and national level, we offer an Action Photography Competition.

Our Action Photography Competition will be scored by age division, only: Mini, Petite, Junior, Teen, and Senior. The image should consist of the dancer demonstrating a dance pose, still or action. Images can be judged on technique, image quality, lighting, creativity, composition, use of color, style, presentation, etc.

Our Action Photography Competition must be registered for the day of the event at the merchandise table. At the time of registering, an 8X10 hard copy of the shot must be provided for entry. Concluding the event, all participants must retrieve their hard copy from the merchandise table with the exception of the Action Photography Competition winner. Any property that is not retrieved from the merchandise table at the conclusion of the event will be discarded. Expressions National Dance Competition, LLC is not responsible for any property of the participant.

Our National Action Photography Winners will be invited to a photoshoot hosted by Expressions later in the year. Time and location will be determined by Expressions, and winners will be notified. Expressions is not responsible for any travel expenses associated with the photoshoot.

ALL STARS (NATIONALS)

Want to dance alongside our PROs and Ambassadors? This is your chance! Expressions All Stars will be hand selected by the judges during our regional tour, and invited to perform alongside our PROs and Ambassadors at Nationals in the All Star Performance. Our regional judges will select a number of dancers throughout each event to be invited to participate in this exclusive routine, choreographed by one of our Nationals judges.

All Stars will be selected based on their technique and overall performance.

All Stars must be ten (10) years of age or older as of January 1 of the current year.

Applications will be sent to all eligible applicants at the end of our regional tour. Every dancer wishing to perform in the All Star Performance must submit an application. There are a limited number of performance spots available, so final selections will be on a first come, first serve basis. Dancers who participate in our All Star Performance will be required to pay an entry fee.

Details, including rehearsal + performance times will be provided at the end of our regional tour. Rehearsals are mandatory for every dancer to participate in the All Star Performance. All Star Performers should plan to be present every day of Nationals.

BATTLE OF THE STARS - GRAND FINALS (NATIONALS)

The Battle of the Stars will be the best of the best solos + group dances performed at Nationals. The routines selected to battle will be the three highest scoring routines of the week in each above entry type in the respective age divisions (12 & Under + 13 & Older), in the Recreational, Competitive, and Elite Divisions. In addition to the three highest scoring group routines, each judge will select one routine for entertainment value to battle it out amongst the other groups. A Grand Champion will be named in each respective entry type, age division, and level.

A soloist can only perform their highest scoring solo in the battle. Studios are limited to only one routine per division level in the group battles.

There must be more than three routines in each category of Nationals to battle.

12 & UNDER BATTLE

Minis
Petites
Juniors

Solos

12 & Under Recreational (Top 3)
12 & Under Competitive (Top 3)
12 & Under Elite (Top 3)

Groups

12 & Under Recreational (Top 3)
12 & Under Competitive (Top 3)
12 & Under Elite (Top 3)
12 & Under Most Entertaining (Top 3)

13 & OLDER BATTLE

Teens
Seniors
Adult

Solos

13 & Older Recreational (Top 3)
13 & Older Competitive (Top 3)
13 & Older Elite (Top 3)

Groups

13 & Older Recreational (Top 3)
13 & Older Competitive (Top 3)
13 & Older Elite (Top 3)
13 & Older Most Entertaining (Top 3)

STUDIO INCENTIVE ARCHIVE

Want to take advantage of the rare incentive? Attend our very first Nationals!

For studios that attend our very first nationals (2025) and compete fifteen (15) or more routines, forever receive our early bird rate for Nationals, each consecutive year after.

Nationals Incentive will take effect in 2026. This incentive is for Nationals, only. For studios to continue to receive the early bird rate, they must attend Expressions Nationals, consecutively, competing fifteen or more routines. Should a studio not attend and/or compete fifteen or more routines at Expressions Nationals, consecutively, the studio incentive will no longer be honored. Studios who receive this studio incentive will still follow the respective deadline schedules for payment.

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 payment deadlines can be found on our website.
Payment deadlines cannot be extended for any reason, no exceptions.

Registration closes 31 days prior to the event start date. Once registration closes, late fees will be applied to each registration, per routine. Late Fees will not be waived for any reason.

Fees can be paid through DanceComp Genie or by sending a Certified Check to Expressions National Dance Competition. Checks will not be accepted after registration closes. Any other forms of payment are at the sole discretion of Expressions National Dance Competition. No personal checks are accepted.

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.

Mailing Address:
PO Box 7401
Rocky Mount, NC 27804

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

DEPOSITS

For the 2026 Competition Season, deposits will be required to hold your spot. If your deposit has not been paid, your spot is not guaranteed and could be waitlisted if the event sells out prior to registration closing. Deposits are event specific and cannot be transferred to another event.

Deposits are non-refundable. Deposits will be applied to your registration fees through DanceComp Genie, less any credit card convenience fees for the number of routines you estimate. Deposits depend on a range of routines - fees can be accessed on the DCG Dashboard. Should you pull routines and fall below the estimated range, you will not be credited the difference for the estimated routines you paid for and the deposit difference will be forfeited.

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 + CREDITS

Refunds/credits are at the sole discretion of Expressions National Dance Competition, LLC. Refunds or credits will not be given for sold out events; no exceptions. **NEW!** Refunds and/or credits will not be granted if the time period is within 31 days of the event or after an event has taken place. Studio owners should communicate this information to their dance families, as it is not our responsibility.

Independent entry fees are non-refundable.

PROPS

Freestanding props are allowed on the Expressions stage. Props should be placed down gently on the dancefloor and should not be dragged on the dancefloor. Should a routine's props damage the dancefloor by any means, the representing studio will be financially liable for the repair/replacement of the dancefloor, whichever ENDC deems necessary.

Any props being used must be placed on stage within one minute. Likewise, the removal of props cannot exceed one minute. For productions, studios are allowed five minutes to place and remove props on stage. Any routines that exceed the allotted time will receive a five point deduction.

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

It is the studio's responsibility to thoroughly review the summary, as changes cannot be promised after registration has closed. Any changes that need to be made after registration closes will incur a fee of five dollars per change.

Any scheduling conflicts should be noted at time of registration. Conflict requests are never promised, but tried to accommodate.

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

NEW! Dances cannot re-perform due to any reason, with the exception of a soloist running off stage and/or technical difficulties on behalf of Expressions National Dance Competition. If a soloist wishes to re-perform for one of the above reasons, a studio representative must notify our backstage manager immediately. Should a solo routine choose to re-perform due to the dancer running off stage, with the exception of any technical difficulties on behalf of Expressions National Dance Competition, the respective routine will incur a ten point deduction.

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

NEW! Photography 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 a performance. Spectators can video performances, however spectators are only allowed to video performances from their respective studio only. 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

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.