

## SRDC Soloist Rules & Regulations

Judging is based on 100 point system

### A. Score Sheet/ Judging Criteria

- APPEARANCE/ PROJECTION (30 points)
  - Facial Expressions, Eye Contact, Costuming, Appearance and Overall Effect
- CHOREOGRAPHY (30 points)
  - Variety, Difficulty, Creativity and Style and Complements with music
- Technique (40 points)
  - Execution of technical skill, Body Positioning/ Alignment, Placement and Control

\*\* (A 5-point per judge penalty will be given to any dancer violating the rules and regulations stated)

### B. Time

- Solo performers will have a one minute and thirty seconds time limit to demonstrate their style and expertise.
- Time begins at the first choreographed movement and end with the last choreographed movement
- Dancers exceeding the time limit will be given a penalty for each violation. There will be a 3 point deduction for 6-10 seconds over. There will be a 5 point deduction for 11 or more seconds over the time limit.
- Each dancer must have a coach/ representative to play dancer's music

### C. Choreography and Costuming

- Suggestive, offensive, or vulgar choreography and/or music is not suitable
- The use of glitter, powder or any other airborne substance that can remain on the competition floor is restricted
- All costuming and makeup must be age appropriate
- Costume malfunctions are grounds for disqualification if dancer is exposed. Please make sure to work out all costuming prior to competition
- Dancers must have shoes on both feet. Dance Paws are acceptable. Socks and footed tights are not permitted

### D. Props

- Props are allowed in the solo division. A prop is anything you dance with not attached to your costume

### E. Tumbling and Tricks

- Allowed: Forward/Backward rolls, Shoulder rolls, Cartwheels, Headstands, Handstands, Front/Back Walkovers, Stalls/Freezes, Head Spins, Head Spins, Windmills, Kick Up, Round Off, Head Springs
- Not Allowed: Aerials, Front/Back Handsprings, Front/Back Tucks, Side Somi, Layouts, Diving Rolls