

## Supplementary Guidelines & Rules 2025

### Entries

Early Fees: \$11 per person per dance. Early bird entries close Friday 11<sup>th</sup> April 2025. Final entries close Friday 2<sup>nd</sup> May 2025

Entries must be submitted by using the online form to [ssldcomp@hotmail.com](mailto:ssldcomp@hotmail.com)

Once entries are received, you will receive an invoice to pay the entry fees. Entry fees must be paid within 7 days of receiving your invoice.

You can Direct Deposit the total amount via Internet Banking:

Commonwealth Bank  
 Name; Jessica Lamb  
 BSB: 063-126, Account No: 1025 4537  
**Note: Reference your CLUB NAME**

Or you can send a cheque payable to:

Jessica Lamb  
 8/296 Bay Road  
 Cheltenham, VIC 3192

### Music

| Music Time Limits   |                          |
|---|--------------------------|
| Solos / Set Song / Set Dance Sections (provided by SSLDC) | 2 minutes and 30 seconds |
| Own Choice - Standard Sections (duos, trios & teams)      | 3 minutes                |
| Victorian Open Dynamic Duo                                | 3 minutes and 30 seconds |
| Instructor Class  | 2 minutes                |
| Renegade Solo   | 2 minutes                |
| SSLDC Charity Team Challenge (Freestyle Section)          | 5 minutes                |

- 1 Music that is not supplied by SSLDC must be submitted by **Saturday 3rd May 2025**.
- 2 Dropbox links will be sent to each club representative and must be uploaded to the Dropbox. Each track must be labelled in this format – section number – club – competitors names – track name (*i.e.*: 2A – D2D – Adrian & Darren or Team Adrian – Jump)

### Victorian Open Dynamic Duo

- 3 This routine must be a new routine (never danced before)
- 4 This Duo section is a freestyle section but not mandatory. Dancers will dance together, this may be side by side, face to face, and at times apart from one another as long as they remain in performance connection. Dancers may hold hands. It is not a requirement that dancers move in unity, however, their movement must be complimentary.
- 5 Music must be one piece (not a compilation of songs spliced together) with a maximum time limit of 3 minutes and 30 seconds.

## Blast From The Past (Solos & Team)

- 6 The routine must be 10 years old and must not have been danced in competition the last 10 years.
- 7 The Team should have a minimum of four (4) and a maximum of eight (8) competitors.
- 8 The Open Solo and 40 & Over Solo will be chosen by the event directors. These dances will be a minimum of 10 years old.

## Novice (Basic Section)

- 9 Novice Means:
  - a. A competitor who has never entered a competition;
  - b. Or never having received a medal in a competition;
  - c. Or only having received a medal in a section of 3 competitors or less.
  - d. Or has been competing for less than 3 years

**PLEASE NOTE** you only need to satisfy one of the above criteria to compete in the novice section. For example, you may have entered your first competition last year, competed against 5 other people, and won silver and can still compete as you meet criteria number 4.

- 10 Competitors are required to dance a class dance (released to the public)
- 11 Competitors can change the music if required (but are encouraged to dance to the music it was choreographed to)

## Mentor and Novice Duo

- 12 A Mentor can dance up to **TWO** times in this section. Once with one Novice competitor and once with a different Novice competitor.
- 13 A Mentor can be a dancer who has competed before and/or an Instructor.
- 14 Rules 9 to 11 apply for this section as well.

## Set Dance Sections

- 15 These sections are aimed for Competitors to get on the floor and enjoy competing.
- 16 All you need to do is grab a friend or two, learn the dance that applies to your age group section and hit the floor. Feel free to add hand, hat, skirt work to your routine to make it more entertaining.
- 17 All competitors in your age group will be on the floor at the same time (or in heats).
- 18 These sections can be competed in a Duo, Trio or Team (Maximum of 8 competitors)

These sections are great if you are a First-Time competitor at there is no pressure if you don't like the spotlight. Just be yourself and dance. Please do let the event directors know that you are First Time competitors.

***We also encourage seasoned competitors to enter these sections.***

## Set Song Sections

- 19 These sections are aimed for Competitors to get on the floor and enjoy competing.
- 20 All you need to do is grab a friend or two, choreograph a dance that applies to your age group section and hit the floor. Feel free to add hand, hat, skirt work to your routine to make it more entertaining.
- 21 All competitors in your age group will be on the floor at the same time (or in heats).
- 22 These sections can be competed in a Duo, Trio or Team (Maximum of 8 competitors)

## Instructor Class

- 23 An instructor must conduct at least one (1) advertised class per week.
- 24 An instructor may enter this section once per class they teach.
- 25 Students may dance with each class group they attend.
- 26 An Instructor may dance as a student in another class if they attend the class regularly.
- 27 Instructors can choose any dance they have taught in their class or classes.
- 28 Competitors must wear their club shirt, with whatever they would wear to their class (i.e.: Jeans, skirt, boots, jazz shoes, shorts etc...)
- 29 This section can be competed in a Duo, Trio or Team.
- 30 All competitors will dance for (2) two minutes. If you haven't sent an edited version of the track, it will be faded out after (2) two minutes.
- 31 Natural hand movements and styling outlined on the step sheet are encouraged; however, choreographed arm movements are not for this section. **Points will be deducted for choreographed arm movements/ skirt work/ hat work.**

## Renegade Solo

- 32 This is an open age section.
- 33 Competitors will hear 10 seconds of a track of music. They will then have 30 seconds free time on the dance floor to formulate their routine.
- 34 The music track will be cut to 2 minutes.
- 35 Competitors will then need to freestyle a solo to the music track played.
- 36 Competitors will be judged on their creativity and ability to dance to the style of the track.
- 37 Additional information:
  - a. Competitors will be on the floor at the same time.
  - b. Entry into this section will be capped to ensure space on the dancefloor.
  - c. Solo etiquette is required by all competitors.
  - d. Costumes must be respectful, but do not need to adhere to the style of music as this will be unknown at the time, they take the floor
  - e. Arm, Hat, Skirt work etc. is encouraged during the performance.

## SSLDC Charity Team Challenge (Teams of 5)

- 38 This is an open age section.
- 39 There should be a minimum and maximum of five (5) competitors per team.
- 40 This is a freestyle section. Dancers will dance together, this may be side by side, face to face, and at times apart from one another as long as they remain in performance connection. Dancers may hold hands. It is not a requirement that dancers move in unity, however, their movement must be complimentary.
- 41 Music can be one piece or a compilation of songs spliced together with a maximum time limit of five (5) minutes.