

MOMENTUM

CONTEMPORARY CHAMPIONSHIPS

INFORMATION & RULES

1st EVENT – SET ROUTINES

Level	Age Categories						
Set Routine 1	6 & Under	8 & Under	10 & Under				
Set Routine 2		8 & Under	10 & Under	12 & Under	14 & Under	16 & Under	17+
Set Routine 3		8 & Under	10 & Under	12 & Under	14 & Under	16 & Under	17+

2nd EVENT - TEAMS

Level	Age Categories						
Beginner		8 & Under		12 & Under		16 & Under	17+
Inter/Adv		8 & Under		12 & Under		16 & Under	17+

3rd EVENT – IMPROV SOLO

Level	Age Categories						
Beginner	6 & Under	8 & Under	10 & Under	12 & Under	14 & Under	16 & Under	17+
Inter/Adv	6 & Under	8 & Under	10 & Under	12 & Under	14 & Under	16 & Under	17+

4th EVENT - DUOS

Level	Age Categories						
Beginner	6 & Under	8 & Under	10 & Under	12 & Under	14 & Under	16 & Under	17+
Inter/Adv	6 & Under	8 & Under	10 & Under	12 & Under	14 & Under	16 & Under	17+

All events are run under Momentum Contemporary Championship rules

The Promoters decision is final and Momentum reserve the right to add, combine or remove events

The promoter and/or venue are not held responsible for any injuries or losses incurred at their events

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General rules and guidance on Solos, Set Routines and Duos

- Momentum reserves the right to combine certain age and/or level categories
- We will also add in categories if enough entries, for example a 14&U team category may be added if we had enough entries to do so
- Any competitor dancing in the wrong age category will be disqualified
- Competitors numbers must be worn on the front of the dancer's clothes with a least 2 safety pins to secure the number
- Dancers are only permitted to dance in one solo, one set routine, one team and one duo category during a competition
- Please note that the Solo & Duo categories are based on new dancers starting as complete beginners and working their way up to inter/advanced level by competing at Momentum competitions. For dancers who have more experience or have competed previously at other competitions (in any style) it is teachers' discretion as to which section a competitor competes in
- Student teachers/unqualified teachers are allowed to dance but must dance in the advanced section. Any teacher that has taken a teaching qualification are classed as a professional and therefore are not allowed to compete. Teachers choosing to compete are expected to purchase a competitor ticket

Costume Rules for Solos, Duos, Set Routines and Teams

- Competitors must wear plain dancewear (minimal sparkle/sequins are permitted)
- All costumes MUST be in keeping with the 'lyrical' 'contemporary' style
- No multi patterned material or logos
- Gemstones/Rhinestones (freestyle style costumes) are NOT permitted
- Outfits MUST be age appropriate

Contemporary Set Routine Information

Set routines are choreographed by contemporary dancers and filmed. Video footage is sent out prior to the competition, teachers with the help of the tutorials are expected to learn the routines and teach them to their dancers. Teachers will receive the Set Routine footage once ticket orders have been placed.

- All dancers competing in a set routine must dance that set routine as the set routine is shown on the footage provided. We understand that the routines may be interpreted differently but please try to dance the routine as they are shown on the footage provided
- Set routine 1 – this routine is choreographed with young beginners (10&U) in mind. All other dancers must choose to compete in either set routine 2 or set routine 3
- Dancers must compete in only one set routine
- Dancers will perform to the same music on the day of the competition that is on the set routine footage provided

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Team Sections

- Teams must be entered at least 2 weeks prior to an event
- Teams can consist of 5 to 20 dancers
- If a student teacher/teacher is competing in the team, the team must dance in the advanced section
- Teams may consist of 25% of the dancers being older than the chosen category, 75% of the team must be in the correct age category, members can only be older up to the next age category - **Example** - If a dancer is 16 they may dance in the 14 & under category but cannot dance in the 12 & under category
- Dancers must perform within the floor area which will be clearly marked out at each event
- Dancers cannot compete in more than one team
- Small props **ARE** permitted
- Controlled well executed lifts **ARE** permitted
- Free-handed tricks (such as aerials) are **NOT** permitted in any Beginner teams
- All controlled well executed tricks/acrobatics **ARE** permitted in Inter/Advanced Teams (**this is completely at the teachers discretion and we accept no responsibility for injuries sustained from poorly executed tricks**)
- If your Team places 1st out of 3 or more teams at a Momentum event they automatically move up to the Inter/Advanced section for the next competition

Team Music

- Music time for beginners is up to 2 minutes
- Music time for intermediate/advanced is 2-3 minutes
- Music must be cut at the correct time limit
- Teams dance to their own music
- Team music must be sent to info@momentumcontemporary.co.uk 1 week prior to the event
- A copy of the team music must also be brought to the event on a CD
- It is the dance teacher/schools responsibility to ensure that team music has been checked before the day of the event
- No adjustments to music on the day will be permitted

Judges criteria and marking system for teams

- Judges will sit at a designated table to judge teams
- All judges will score on score sheets (Feedback from the judges scoresheets will be emailed to teachers within one week after the competition)
- Judges will give a percentage score out of 100 for the criteria below
 - **Musicality**
 - **Formation/Spacing**
 - **Originality/Creativity**
 - **Performance/Story**
 - **Choreography**
 - **Execution**

Points may be deducted for: Loss of clothing (e.g. – hat) /Music running over the specific time/Falls or Drops/ Use of ‘not permitted’ moves etc

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Contemporary Solo Section (improvisation solo)

Contemporary Solo section

- Music will be chosen at random on the day of the event by the DJ
- Competitors are requested to dance in their own space and improvise to the music provided (no moving around the floor in any direction) up to 16 dancers may be dancing on the floor

Beginner Dancers Contemporary solo section (improvisation solo)

- First time dancer - basic level of dance/beginner in other styles of competitions (i.e. street/freestyle)
- Free-handed (i.e. with no hands) 360 degree rotating movements in any direction are **NOT** permitted at any time (including chest rolls and chest stands)
- All forms of acrobatics are **NOT** permitted in any rounds (some acrobatics are permitted in the final solo spots – please see the section below about spots)
- Solo dancers move up to intermediate level when they have placed top 3 in a final three times. If there are over 21 dancers in a section being placed 4th, 5th or 6th can be included
- Once you have moved up to intermediate you are not permitted to ever dance at beginner level again even if you move up an age category

Intermediate/advanced Contemporary solo section (improvisation solo)

- Dancers must have good technique, musicality, stage presence and clean movement
- If a dancer is intermediate level or above in another competition style they should dance in this section however ultimately teachers must decide on a dancers category
- Chest rolls and chest stands are **NOT** permitted at any time
- All forms of acrobatics are **NOT** permitted in any rounds (some acrobatics are permitted in the final solo spots – please see the section below about spots)
- Once you are in inter/adv you are not permitted to ever dance at beginner level again even if you move up an age category

ALL dancers who make a final will perform a solo spot of 12 bars

- The dancers spot can be choreographed beforehand or improvised on the day, again the music will be chosen at random by the DJ
- Free-handed tricks (such as aeriels) are **NOT** permitted in Beginner spots. Walkovers or any move where at least one hand is on the floor **ARE** permitted
- All controlled well executed tricks/acrobatics **ARE** permitted in Inter/Advanced Solos (**this is completely at the teachers discretion and we accept no responsibility for injuries sustained from poorly executed tricks**)
- For your own safety chest rolls and chest stands are completely **BANNED**

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Contemporary Duos information

- Music will be chosen at random on the day of the event by the DJ
- Duos are to dance in their own space on the spot (no moving around the floor in any direction) up to 12 duos may be dancing on the floor
- Controlled lifts may be used if the dancers are competent

Beginner Duos

- First time duos - basic level of dance/beginner duo in other styles of competitions (i.e. street/freestyle)
- Free-handed (i.e. with no hands) 360 degree rotating movements in any direction are **NOT** permitted at any time (including chest rolls and chest stands)
- All forms of acrobatics are **NOT** permitted in any rounds (some acrobatics are permitted in the final solo spots – please see the section below about spots)
- Duo Competitors move up to intermediate level when they have placed top 3 in a final 3 times. If there are over 21 duos in a section 4th, 5th & 6th place can be included
- Once you have moved up to intermediate you are not permitted to ever dance at beginner level again even if you move up an age category

Intermediate/advanced Duos

- Duo Dancers must have good technique, musicality, stage presence and clean movement
- If a dancer is intermediate level or above in another competition style they should dance in this section however ultimately teachers must decide on a dancers category
- Free-handed (i.e. with no hands) 360 degree rotating movements in any direction are **NOT** permitted at any time (including chest rolls and chest stands)
- All forms of acrobatics are **NOT** permitted in any rounds (some acrobatics are permitted in the final solo spots – please see the section below about spots)
- Once you have moved up to intermediate you are not permitted to ever dance at beginner level again even if you move up an age category

Time permitting Duos who make a final may be asked to perform a duo spot of 12 bars

- The dancers spot can be choreographed beforehand or improvised on the day, again the music will be chosen at random by the DJ
- Free-handed tricks (such as aerals) are **NOT** permitted in **ALL** duo spots. Walkovers or any move where at least one hand is on the floor **ARE** permitted