

## DANCE

If you have questions, please contact the Dance Representative at [dance@kfpa.ca](mailto:dance@kfpa.ca) for guidance  
**REGISTER ONLINE AT [KFPA.CA](http://KFPA.CA) – REGISTRATION OPENS NOVEMBER 10**

### DANCE FEES

SOLO AND GROUP CLASSES		
CLASS	LEVEL	FEE
SOLOS	ALL	\$18
OWN CHOREOGRAPHY	ALL	\$18
ADULT SOLO		\$20
TECHNIQUE CLASS	ALL	\$15
DUETS	ALL	\$20
TRIOS	ALL	\$25
GROUPS	ALL	\$9 per person – No Max

- \* Out of respect to all our participants, teachers, volunteers, and stage crew with allergies, it is requested that **NO AEROSOL PRODUCTS** (including hair spray, static guard, glitter, etc.) be used by anyone in any of the indoor rooms or indoor areas of Sagebrush Theatre. If the use of these products is required, please step outside, away from the doors, to use them.  
 Thank you.

### DANCE RULES

1. No substitutions permitted in solos. **One (1)** substitution will be permitted in group numbers. For more than one (1) substitution, approval of the Board is required.
2. No person except the Hall Supervisor and Theatre personnel will be permitted on the platform or backstage with the participant during performances. **EXCEPTION:** Teachers/assistants may be backstage with participants aged 10 YEARS and UNDER. Participants **MUST** not receive assistance at the time of performance in any class.
3. All tap shoes **MUST** be removed before and after competing.
4. Participants are forbidden from walking around or practicing in the stage/backstage areas during the sessions. Any participants using the stage (walking on the stage, marking out a dance, etc.) before or after a session **DURING THE FESTIVAL** will be disqualified.
5. Centre stage will be marked.
6. \*Music for dances **MUST** be submitted **ELECTRONICALLY IN MP3 OR WAV FORMAT FOR THE 2019 FESTIVAL**. Participants are responsible for ensuring that copies of recorded music comply with all copyright restrictions that apply to the source material. **Please submit music two (2) weeks before Dance begins**. Please submit the music for each dance as a separate email. You **MUST** still bring **BACKUP MUSIC** to the Festival.
7. RECORDING A PERFORMANCE OR ADJUDICATION WITHOUT WRITTEN CONSENT FROM THE CHOREOGRAPHER AND/OR ADJUDICATOR WILL RESULT IN DISQUALIFICATION ENTIRELY FROM THE CURRENT FESTIVAL.

8. All participants for a class **MUST** be **BACKSTAGE or IN WARM-UP ROOM or ASSIGNED DRESSING ROOM** fifteen (15) minutes prior to their class, and remain there until it is their turn to dance. Failure to comply with this time limit will result in the participant being disqualified and not permitted to perform in that class. This includes being disqualified from performing as Non-Competitive as well.
9. No participants are to be in the Theatre auditorium **IN COSTUME**, visible to the Adjudicator, prior to Performance.
10. KFPA follows the rules for sets and props as set out in the Provincial Syllabus for Dance classes. Check the Provincial Syllabus at **bcprovincials.com**. Sets and props are optional and are the sole responsibility of the participant. Quick set-up is essential. Only Festival volunteers may assist in the setting-up or removal of these items, which **MUST** be **light in weight and easily handled**.
11. A **NOVICE PARTICIPANT** is one who has had **NO** dance lessons in the competing category of dance (i.e. JAZZ, TAP, BALLET, etc.) before the **SEPTEMBER** immediately preceding the Festival. In Novice Groups, **ALL** members **MUST** be Novice participants.
12. Although time limits are set for each dance category, it is not intended to imply that a dance **MUST** be the maximum time limit.
  - **NO SOLO, IN ANY CLASS, SHOULD EXCEED three (3) minutes** (as per Provincial rules)  
**EXCEPT** the SONG AND DANCE category, which may be four (4) minutes in length.
  - **DUET and TRIOS MUST** not exceed 5 (five) minutes.
  - **GROUPS MUST** not exceed ten (10) minutes.
13. \*Groups to be identified only **by SELECTION TITLE**, not by **DANCE STUDIO** or city. All Group entries **MUST** be entered with a **SELECTION TITLE** on the entry form. The selection title may be changed prior to **TWO (2) WEEKS BEFORE DANCE BEGINS** by contacting the Discipline Representative to make the change. If no title submitted, the initials of the participants will be used in the program. See General Rule 36.
14. Material should be appropriately chosen and edited, if necessary, for the participants and a general audience. **MATERIAL THAT CONTAINS OBSCENE, VIOLENT, SUGGESTIVE OR SEXUALLY EXPLICIT LANGUAGE WILL NOT BE ACCEPTED AND MAY RESULT IN DISQUALIFICATION.**
15. ACRO, LYRICAL BALLET, OWN CHOREOGRAPHY, FOLK/ETHNIC, NATIONAL and ADDITIONAL REPERTOIRE are **NOT** accepted for Provincial recommendation.

**NOTE:** Also see General Rules at front of Syllabus.

## DANCE CLASSES

<b>SOLO CLASSES</b>	
ANY CLASS MAY BE ENTERED AS NON-COMPETITIVE — SEE APPENDIX 1 FOR DEFINITIONS ALL SOLO CLASSES MAY BE ENTERED BY ADULTS	
CLASS NAME	AGES AND LEVELS
<b>SOLO</b>	One (1) selection. <ul style="list-style-type: none"> <li>• 6 YEARS and UNDER.</li> <li>• 7 and 8 YEARS.</li> <li>• 9 and 10 YEARS.</li> <li>• 11 and 12 YEARS. Level I (Junior). *Only participants 10, 11 or 12 years of age will be considered for Provincial recommendation.</li> <li>• 13, 14 and 15 YEARS. Level II (Intermediate).</li> <li>• 16 YEARS and OVER. Level III (Senior).</li> <li>• *NOVICE – Any class may be entered as Novice.</li> <li>• *19 YEARS and OVER. Adult. Non-Competitive</li> </ul>

<b>GROUP CLASSES</b>	
ANY CLASS MAY BE ENTERED AS NON-COMPETITIVE — SEE APPENDIX 1 FOR DEFINITIONS	
CLASS NAME	AGES AND LEVELS
<b>GROUP</b>	One (1) selection. <ul style="list-style-type: none"> <li>• 6 YEARS and UNDER.</li> <li>• 8 YEARS and UNDER.</li> <li>• 10 YEARS and UNDER.</li> <li>• 12 YEARS and UNDER.</li> <li>• 14 YEARS and UNDER.</li> <li>• 16 YEARS and UNDER.</li> <li>• 17 YEARS and OVER.</li> <li>• *NOVICE – Any class may be entered as Novice.</li> <li>• *19 YEARS and OVER. Adult. Non-Competitive.</li> <li>• <b>SMALL GROUP</b> – 4 to 7 Participants.</li> <li>• <b>MEDIUM GROUP</b> – 8 to 12 Participants.</li> <li>• <b>LARGE GROUP</b> – 13 Participants and Over.</li> </ul>

## DEFINITIONS OF DANCE CATEGORIES

<b>BALLET</b>	
Lyrics NOT permitted in the BALLET category. EXCEPTIONS: CONTEMPORARY, LYRICAL and ADDITIONAL REPERTOIRE. See below.	
<b>CLASS</b>	<b>DESCRIPTION</b>
<b>ADDITIONAL REPERTOIRE</b>	Using any, and all, balletic movements. This category allows for an additional performance in the BALLET category that may be a repeat of another entry class. Music may contain words. No lip-syncing permitted. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION OR SCHOLARSHIP.</b>
<b>CHARACTER</b>	<b>MUST</b> portray a specific character (real or fictitious) with the whole body for the duration of the entire solo, but not tell a story. Ballet technique with stylized movement. One (1) hand-held prop may be used if integral to the dance. Music with <b>NO WORDS</b> . No lip-syncing permitted.
<b>CONTEMPORARY</b>	Incorporates classical ballet techniques with greater range of movements which may not adhere to strict body lines for classical ballet. This style includes non-traditional movements, such as more relaxed steps, floor work, and turned in legs, etc., to portray the concept of being more innovative, free and earth bound. The physical interpretation of the theme that the choreographer envisioned allows for more expressive emotions and feelings. One (1) hand-held prop may be used if integral to the dance. Music with lyrics permitted. No lip-syncing permitted.
<b>DEMI-CHARACTER</b>	Dance based on any method of classical ballet technique. Pointe shoes, one (1) hand-held prop may be used if integral to the dance. Music with <b>NO WORDS</b> . No lip-syncing permitted.
<b>DEMI-POINTE CLASSICAL</b>	Dance based on any method of classical ballet technique (e.g. Cecchetti, RAD, Vaganova, etc.). Soft shoes and one (1) hand-held prop may be used if integral to the dance. Music with <b>NO WORDS</b> . No lip-syncing permitted.
<b>ETHNIC/FOLK</b>	Dances from different peoples based on customs, languages, and cultures of that specific group of people's ancestry. Different from National Dance in that <i>National</i> refers to citizenship of a specific state, not necessarily the customs of one (1) ethnic group in a nation. Music may contain words. No lip-syncing permitted. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION.</b>
<b>INTERPRETIVE</b>	Participants <b>MUST</b> use ballet technique incorporating the body as the medium of expression and interpretation of the music to portray an intangible thought or mood, real or imagined. This category should express an idea but not tell a story. Ballet shoes (soft shoe or Pointe) <b>MUST</b> be worn. No props permitted. Music with <b>NO WORDS</b> . No lip-syncing permitted.
<b>LYRICAL</b>	Continual, gentle flowing technical ballet movements. Music may contain words. No lip-syncing permitted. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION.</b>
<b>NATIONAL OR CHARACTER NATIONAL</b>	*Not including Folk Dancing or Highland Dancing* Participant required to select one (1) country only, and portray, by costume and dance, the traditional dance style of that country. Music with <b>NO WORDS</b> . No lip-syncing permitted. See Ethnic/Folk Dance for clarification. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION.</b>

<b>NEO-CLASSICAL</b>	Dance based on any method of classical ballet technique in the style of the 20th and 21st centuries. Original choreography should be musically driven without plot, narrative, or mime. Participant's movements should be the main artistic medium. One (1) hand-held prop may be used if integral to the dance. Music with <b>NO WORDS</b> . No lip-syncing permitted.
<b>POINTE CLASSICAL</b>	Dance based on any method of classical ballet technique. Pointe shoes, one (1) hand-held prop may be used if integral to the dance. Music with <b>NO WORDS</b> . No lip-syncing permitted.

<b>MODERN</b>	
Lyrics and/or vocals permitted in the music in the MODERN category. Ballet shoes (soft or Pointe) and Jazz shoes (full or half-sole) NOT permitted in the MODERN Category.	
<b>CLASS</b>	<b>DESCRIPTION</b>
<b>ADDITIONAL REPERTOIRE</b>	Using any and all modern/contemporary dance movements. This category allows for an additional performance in the Modern category that may be a repeat of another entry class. Music may contain words. No lip-syncing permitted. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION OR SCHOLARSHIP.</b>
<b>CONTEMPORARY</b>	Free movement of dance encompassing various dance disciplines with modern technique as its underlying base, such as the choreography of William Forsythe, Wayne McGregor, Akram Khan, Ohnad Narin (Gaga), Hofesch Shechter (Release Technique), etc.; a constantly evolving style of movement that explores and gives physicality to human ideologies, behaviours and emotions, with emphasis on engaging the whole body. No lip-syncing permitted.
<b>INTERPRETIVE CONTEMPORARY</b>	Dance that uses contemporary movement vocabulary from stylized to pedestrian (with modern techniques as its basis) to tell a story, express a feeling, and interpret a character, behaviours or emotional state, e.g. Pina Bausch (Tanztheatre Wuppertal). Movement should be related to the intent of the music while the choreography <b>MUST</b> engage the whole body. No lip-syncing permitted.
<b>INTERPRETIVE MODERN</b>	Dance that uses a recognized/codified modern technique to tell a story, express a feeling, interpret a character, behaviours or emotional state. Movement should be related to the intent of the music. No lip-syncing permitted.
<b>MODERN*</b>	A stylized dance form with its foundations on a technically based discipline such as Graham, Limon, Cunningham, Humphrey and Horton, etc. Dance that rejects the limitations of Classical Ballet. Modern Dance was formulated from natural rhythms, and favours movement derived from the expression of inner feeling, contraction and release, suspension, fall and recovery, and dynamism. Movement may or may not be related to the music. No lip-syncing permitted. <b>*PARTICIPANTS MUST ENTER THIS CATEGORY TO QUALIFY FOR PROVINCIAL RECOMMENDATION.</b>

<b>STAGE</b>	
Lyrics permitted in all STAGE categories. Lip-syncing not permitted except in VARIETY and ADDITIONAL REPERTOIRE categories. In all forms of STAGE DANCE (except ACRO) there shall be NO MORE than three (3) acrobatic elements in the number.	
<b>CLASS</b>	<b>DESCRIPTION</b>
<b>ACRO</b>	A style of dance that combines classical dance techniques with precision acrobatic elements. Number <b>MUST</b> include at least <b>four (4)</b> acrobatic elements, but <b>NOT</b> exceed 50 percent of the entire routine. Its unique choreography seamlessly blends dance and acrobatics. No lip-syncing permitted. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION OR SCHOLARSHIP.</b>
<b>ADDITIONAL REPERTOIRE</b>	A combination of any and all dance techniques, live voices, words, and sound effects permitted on stage. This category allows for an additional performance in the stage category that may be a repeat of another entry class. Lip-syncing permitted. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION OR SCHOLARSHIP.</b>
<b>JAZZ</b>	Dance technique based on isolation and contraction/release. Upbeat tempo. Music may contain words. Discretion required for suitability and to prevent disqualification. See General Rule 21 and Dance Rule 14. No lip-syncing permitted.
<b>LYRICAL JAZZ</b>	Technical movements blending and linking to slower-paced music interprets the intent of that piece of music. This category <b>MUST</b> use soft jazz technique and style utilizing facial and body emotions to portray an idea, story, mood or feeling. Music may contain words. Discretion required for suitability and to prevent disqualification. See General Rules 21 and Dance Rule 14. No lip-syncing permitted. A solo entry in Lyrical Jazz is <b>NO LONGER</b> an acceptable entry for Provincial Recommendation in MODERN DANCE. Stage participants qualifying to attend Provincials with either a JAZZ or LYRICAL JAZZ solo <b>MUST</b> choose second solo from one (1) of: TAP, SONG AND DANCE, STAGE DANCE, STREET DANCE or VARIETY. Second solo may <b>NOT</b> be another JAZZ solo.
<b>STAGE PRODUCTION NUMBER</b>	Is for very large groups. A combination of all ages and dance techniques. Vocals, lip-syncing, and words on tape permitted. <b>THIS ENTRY DOES NOT QUALIFY FOR PROVINCIAL RECOMMENDATION.</b>
<b>SONG AND DANCE (WITH OWN VOICE)</b>	A routine suited to a stage production. Song and Dance solos may be four (4) minutes in length. Equal effort in dancing, live singing, and acting will be an integral part of the overall performance. No recorded vocals. <b>MUST</b> be 50 percent dance (using any dance medium) and 50 percent voice. <b>NO</b> microphones or lip-syncing permitted.
<b>STREET DANCE/ HIP HOP</b>	A constantly evolving form of dance that relies on individualism and personal style and emphasizes the expressive power of movement. Should include, but not be limited to, choreography that incorporates a blend of contemporary funk and street style with jazz techniques. May include moves such as gliding, popping, locking, waving and utilize house, old school and new school. May also include gymnastics/ power moves or any series of tricks or stunts as long as <b>MUSIC,</b>

	<p><b>COSTUMES AND LYRICS ARE AGE AND AUDIENCE APPROPRIATE.</b> Music may contain words. Discretion is required for suitability and to prevent being disqualified. See General Rule 21 and Dance Rule 14. No lip-syncing permitted.</p> <p>*Participants qualifying for Provincials may only use Street Dance/Hip Hop as a second solo. Participants <b>MUST</b> have qualified in one (1) of the other Stage dance classes and perform that number first.</p>
<b>VARIETY</b>	<p>Adapted from film or musical theatre productions. Dance suitable for a stage or musical production, cabaret, a revue, live theatre, etc. Content <b>MUST</b> be predominately dance. Choreography should have a character base to it without straight line work. <b>MUST</b> be composed of a diversified vocabulary of steps and may utilize any dance genre. Music may contain words. Discretion is required for suitability and to prevent being disqualified. See General Rule 21 and Dance Rule 14. Lip-syncing permitted.</p>
<b>TAP</b>	<p>Arms are complementary and coordinated to the footwork. The rhythm of percussion is articulated through the feet and the entire body. The emphasis is on the clarity and shading of sounds, whether they are regular rhythm or syncopated. NO dubbing of tap sounds permitted in accompaniment. Music may contain words. Discretion is required for suitability and to prevent being disqualified. See General Rule 21 and Dance Rule 14. No lip-syncing permitted.</p>

## TECHNIQUE CLASS

A minimum twenty (20) minute adjudicated session under the direction of the Adjudicator or his/her designate. This is a class that allows the Adjudicator to view the participant in an unprepared performance, showing the participants' knowledge of vocabulary and performance of dance steps.

### TO PREPARE FOR PROVINCIAL RECOMMENDATION, TECHNIQUE CLASSES ARE REQUIRED.

1. **BALLET TECHNIQUE CLASS** — For dance participants 10 YEARS and OVER  
**GIRLS:** Pink tights; solid colour leotard; hair in bun; ballet slippers. RAD exam skirt optional.  
**BOYS:** Light-coloured shirt; dark tights; ballet slippers.
2. **MODERN TECHNIQUE CLASS** — For dance participants 10 YEARS and OVER  
Leotard or tight-fitting top; jazz pants or unitard in dark, solid colour; hair tied back; jazz thongs or socks, or no footwear.
3. **JAZZ TECHNIQUE CLASS** — For dance participants 10 YEARS and OVER  
Leotard or tight-fitting top; jazz pants, shorts, or unitard in dark, solid colour; hair tied back; jazz footwear.
4. **TAP TECHNIQUE CLASS** — For dance participants 10 YEARS and OVER  
Leotard or tight-fitting top; jazz pants, shorts or unitard in dark, solid colour; hair tied back; tap shoes.

## OWN CHOREOGRAPHY

1. Participant performs own choreography of dance, choosing own music and theme suitable for entry into each category and following definitions of dance.
2. Participant **MUST SUBMIT** Choreography Notes detailing steps, counts, direction of travel on floor plan, and theme of dance, **BEFORE FEBRUARY 15**.

**Mail to: Kamloops Festival of the Performing Arts**  
**Attention: Dance Representative**  
**Box 162**  
**Kamloops, BC**  
**V2C 5K6**

### NOTES WILL ACCOUNT FOR 25 PERCENT OF THE TOTAL MARK

- a. Notes should contain the following:
  - I. Use of correct dance terminology.
  - II. Musical count with corresponding step count.
  - III. Stage directions for step counts.
  - IV. Head and hand movements with step counts.
  - V. Stick drawings showing steps with start, directional arrows, and finish spot and pose.
  - VI. A preamble that includes:
    - 1) Thoughts regarding choice of music.
    - 2) What the music brought out in the choreographer.
    - 3) Possible costume ideas to add to the music (use drawings or fabric scraps for this if desired).
    - 4) Theme of dance/music.
  - VII. Be sure to include choreographer's name, date, and name of dance on the first page. Please advise participant that choreography notes are copyrightable.
  - VIII. KEEP A PHOTOCOPY OF ALL **NOTES** and a duplicate receipt of mail delivery, in the case there is a question or document misplaced or lost in the mail.  
 Participants **MUST** present notes prior to performing.
  - IX. Notes may be emailed to the Festival office at [admin@kfpa.ca](mailto:admin@kfpa.ca).
3. Participants in Choreography are **NOT** permitted to wear costumes. Practice clothes ARE REQUIRED as follows:
  - a. Leotard or tight fitting top, jazz pants, shorts or unitard in dark solid colour; hair tied back, footwear appropriate to the dance style.
  - b. BALLET – Solid, dark colour leotard and pink tights. RAD exam skirt optional.
4. PROPS permitted if USED during the dance.
5. NO SPECIAL STAGE MAKEUP, ADORNMENTS, OR EXTRAS PERMITTED.
6. THIS ENTRY DOES **NOT** QUALIFY FOR PROVINCIAL RECOMMENDATION.
7. Category begins at 10 YEARS and OVER.



## DANCE SCHOLARSHIPS, AWARDS AND PROVINCIAL RECOMMENDATIONS

See General Rules 45 through 56, 58 through 61, and Appendices 2 and 3.

- Solo entries in LYRICAL BALLET, ACRO, ADDITIONAL REPERTOIRE, NOVICE, OWN CHOREOGRAPHY, DUETS, TRIOS and GROUPS do **NOT** QUALIFY FOR SCHOLARSHIPS AND AWARDS OR FOR PROVINCIAL RECOMMENDATION. Participants qualifying for Provincials may only use STREET DANCE/HIP HOP as a **second solo**.
- Participant **MUST** have performed at least **two (2) solos** at the local Festival, **BOTH SOLOS WITHIN THE SAME DISCIPLINE OF BALLET, MODERN, or STAGE** and received a mark of **AT LEAST 85** in **BOTH** solos.
- The first solo performed at Provincials **MUST** be the qualifying solo from the local Festival.
- To be considered for KFPA scholarships and Provincial recommendation participants **MUST ENTER:**
  - BALLET**
    - Two (2) contrasting solos from CLASSICAL BALLET (Pointe or Demi-Pointe), CHARACTER, DEMI-CHARACTER, or INTERPRETIVE BALLET, with a mark of AT LEAST 85.
    - BALLET Technique class, with mark of AT LEAST 85.
  - MODERN**
    - One (1) MODERN solo, with a mark of AT LEAST 85.
    - A second contrasting solo from INTERPRETIVE MODERN, CONTEMPORARY DANCE, or INTERPRETIVE CONTEMPORARY category, with a mark of AT LEAST 85.
    - MODERN Technique class, with a mark of AT LEAST 85.
  - STAGE**
    - Two (2) contrasting solos, from JAZZ or LYRICAL JAZZ, VARIETY, SONG AND DANCE and TAP, with a mark of AT LEAST 85. Participants qualifying for Provincials may only use STREET DANCE/ HIP HOP as a second solo. Participants **MUST** have qualified in one (1) of the other Stage dance classes and perform that number first.
    - TAP and/or JAZZ Technique class, with a mark of AT LEAST 85. It is suggested that any participant interested in Provincial recommendation take both TAP and JAZZ Technique classes.