



SFD Syllabus Competition 2025

Dates: Sunday 12th October 2025
Venue: The Dance Studio
Closing Date: Saturday 20th September 2025,
(Sections may close early if SOLD OUT)

REGISTRATION FEES:

Syllabus competition \$50.00 per exam level
(includes score sheet)

Audience Viewing (pre-booked only) \$10.00 per person
(Seats are limited)

To Register: [SFD Syllabus Competition Registration](#)

Syllabus Competition Rules:

1. Students must have already completed (or are scheduled to complete) an SFD Exam (normal or progress) in the 2025 exam season
2. Students attending a full-time dance course (more than 15 hours per week) or teaching unsupervised for more than 6 hours per week will not be eligible to enter the Syllabus competition.

Prizes: 1st Place Trophy
2nd Place Trophy
3rd Place Trophy
Honourable Mentions
Encouragement Awards

Registrations:

1. Entries must be lodged via Comps-Online - see above link.
- A \$5 booking fee will be charged by Comps-Online per invoice.
2. Some exam levels may close early, if sold out before the closing date.
3. Registrations will only be accepted once the full entry fee has been received.
4. Refunds will not be given for non-attendance or change of mind.
5. Performers must compete under the name that they have registered with and cannot be swapped.
6. Performers must be available for the whole day. The Syllabus Comp timetable will be finalised once registrations have closed. Requests for specific scheduling times will not be accepted. Performers will be emailed a copy of the program once completed.

Adjudication:

1. Adjudicators/Examiners will be appointed by the SFD Committee.
2. The Committee reserves the right to substitute an Adjudicator in the event of unforeseen circumstances.
3. The competitor and teacher must accept as final any decision made by the Adjudicator/Examiner and no correspondence will be entered into.

General Rules

1. The Committee reserves the right to amend the program and to cancel any level if insufficient entries are received. Entry fees will be refunded if a level is cancelled (or if SFD is forced to cancel the competition due to Government restrictions or unforeseen circumstances), **less booking fees & credit card fees**.
2. a) Competitors must arrive at least **30 minutes** prior to the publicised start of their level.
b) Competitors must remain in the warm-up area until summoned by an SFD representative.
3. It is agreed upon entering this competition that participants, including students, parents, teachers and other spectators, will not hold Southern Federation of Dance or its committee or volunteers, or host facilities liable for injuries sustained, illnesses contracted by them or loss of property while in attendance and/or participating in any activity related to this event.
4. SFD will not post or arrange collection of any prizes once the event has finished.
5. No personal filming or photography is allowed.
6. Cell Phones, iPads, Video Cameras, Cameras or any other recording devices must **NOT** be used by the audience to video or take photographs whilst competitors are performing. Breaking this rule may risk disqualification.

Syllabus Competition Rules:

1. If a competitor leaves the room before completing all of their exercises they will not be eligible for a 1st, 2nd or 3rd prize but may receive an Honourable Mention or Special Mention at the adjudicator's discretion.
2. Late competitors who miss their allotted competition time, will not be able to perform.
3. Exam style uniform or dancewear should be worn that clearly shows all body lines. Participants will not be assessed on what they wear. (Make Up is optional).
4. Students will be assigned a number to be worn whilst in the competition.

Media and Publicity Consent:

SFD may use brief excerpts of videos or photographs of dancers for promotional purposes. By participating in this competition, you consent to having photos or videos taken by SFD. If any performer does not give consent for their image/s to be shared, it is the responsibility of the parent/performer/teacher to notify SFD in advance. Please ensure that the performer knows to step out of any publicity photos or videos.

SFD Syllabus Competition Categories and Codes

Classical Syllabus	Code	Syllabus Exercises to be performed
Level 5	001	Port de Bras, Battement Tendu with Side Stretch, Soubresauts & Changements, Petit Jeté, Pose Coupe,
Level 6	002	Port de Bras, 1st, 2nd & 3rd Arabesque, Echappe Sauté with Soubresaut, Glissade and Assemble A, Pose Coupe Waltz
Level 7	003	Port de Bras, Exercise for Arabesque, Pirouette en Dehors, Sissone Fermé de Cote (Over), Pas de Valse
Pre-Elementary	004	Port de Bras, Temps Lie en L'air (set), Pirouette en dehors, Jeté Enchaînement, Grand Allegro
Elementary	005	Port de bras, Adage Study, Pirouette Enchaînement, Batterie Enchaînement (option A or B), Grand Allegro
Intermediate	006	Port de bras, Adage Study, Grande Pirouette, Fouetté Ronds de Jambe en Tournant, Grand Allegro
Jazz Syllabus	Code	Syllabus Exercises to be performed
Level 5	007	Step Ballchange and Turn, Hip Hop, Jazz Springs, Pounce, Combination 5
Level 6	008	Forward Body Curl, Funk Steps, Kick with Turn Progression, Jazz Springs & Hitchkick, Combination 6
Level 7	009	Hip Hop, Lyrical Jazz, Contemporary, Elevation Step, Combination 7
Level 8	010	Hip Hop, Single & Double Turns, Contemporary, Jeté Combination, Combination 8
Level 9	011	Floor Exercise, Turning Sequence R & L, Kicks, Contemporary, Combination 9
Level 10	012	Commercial Jazz, Lyrical, Virtuosity, Tango, Combination 10
Tap Syllabus	Code	Syllabus Exercises to be performed
Level 5	013	Pick Ups, Drum Rolls, Waltz Timestep, Flap Stomp, Combination 5
Level 6	014	Trebles, Cincinnati & Double Pick Ups, Cramp Roll & pick up change, Hopovers, Combination 6
Level 7	015	Pick-ups, Tap Strolls, Turning Step, Timesteps, Combination 7
Level 8	016	Wings From One Foot, Riffs and Scuffles, Paddle Turn Amalgamation, Shuffle Progression, Combination 8
Level 9	017	Ripples and Brush Pick Ups, Wings with Hop Shuffle Preparation, Travelling Turn, Slow Combination, Quick Combination
Level 10	018	Blues, Combination, Wing Combination, Urban Combination, Latin Combination, Broadway Combination