

2023 IAC TROUPE SYLLABUS

20TH AUGUST - STUDIO TROUPES
21ST AUGUST - EDUCATIONAL SCHOOLS

Inspire Arts Challenge

@mf_dancestudio

PENRITH VALLEY REGIONAL SPORTS CENTRE

- SMALL & LARGE TROUPES ◦ DANCEABILITY - NEW SECTION
- TARKETT FLOORING ◦ VOICE CRITIQUES & MUSIC UPLOADS
- SPONSORED SECTIONS ◦ ENTER VIA COMPS ON LINE ◦



PROUDLY SUPPORTING



2023 IAC Details At A Glance

Venue & Dates	<p>Sunday 20th August 2023 – Studio Troupe Competition 1 DAY ONLY</p> <p>Monday 21st August 2023 – Educational Schools K-12</p> <p>Penrith Valley Regional Sports Centre – Herbert St, Cambridge Park</p>
Adjudicator/s	TBC via Social Media
Entries Open	Monday 12 th February 2023
Entries Close	Sunday 16 th July 2023 – earlier if needed
How To Enter	Comps On Line – https://comps-online.com.au/
2023 Charity We Are Supporting	<p>Variety – The Children’s Charity www.variety.org.au</p>
How to Contact Us	<p>peta@inspiredancefitness.com.au 0409 399 440</p>
Age Rule	<p>Studio Troupes- Age as of 1st January 2023 All dancers must be at or under the age as of 1st January 2023. In a Troupe you may have only 2 dancers in 1 (one) age bracket above.</p> <p>Educational Schools – All dancers should be in or below the grade you are competing in.</p>
Troupes Numbers	<p>Small Troupe – 4-11 dancers Large Troupe- 12+ dancers</p>
Entry Fees	<p>Studio Troupes - \$30 each troupe Educational School Troupes - \$30 each troupe Educational Solos & Composition - \$20 each act</p>
Compulsory Program & Admin Fee	<p>\$5 per entry. This will be automatically added to your invoice. Original programs will be emailed 2-3 weeks before commencement of 2023 IAC Event Updated copies will be emailed and notifications and special notes will be posted on social media (FB & Insta) for all to see.</p>

<p>Door Entry For Troupe Comp</p>	<p>Adults (15yrs+) \$15 / session \$25 / day (2-3 sessions) Conc / Child (5-14yrs) \$10 / session \$15 / day (2-3 sessions) Non School Age (0-4yrs) FREE</p> <p>CASH ONLY - Please Tell Your Parents</p> <p>TEACHER ENTRY – Each studio is permitted 2 teachers FREE ENTRY per session (morning, afternoon, evening). Studio Directors / Teachers will need to inform IAC via studio email of who will be attending so names will be at the door. Appropriate ID may be needed. Teachers will be given a wristband on arrival.</p>
<p>Music Uploads & Voice Critiques</p>	<p>Music Uploads Management (www.musicuploads.com.au) is coming to us, we will now be using this service for our competitions. It's contactless, all online, and will help take out the stress of music issues that arise from time to time, Plus they offer Voice critiques and all in one storage location including the option to access the routine videos. As a requirement to enter into the competition you will be required to upload your music via this service," in the given time period" no other options will be given. No CDs ,USB's will be used now as we are using this system totally contactless.</p> <p>Music Uploads offer this service and include features that will handle our music. This is a low cost paid service, (less than the cost of a USB) and includes a full range of benefits for The Dancers, Parents, and Studio owners, and event organisers. You will be required to have a valid "music uploads cloud storage" this will allow you, to store your Music, Voice Critiques, and Routine Videos all in one location. Plans are charged at a Minimum of 3 to 12 months starting at less than \$1/month, Plus your music can be transferred to other participating competitions all over Australia without having to re upload your music each time. For different plans please refer to https://www.musicuploads.com.au/musicuploads/pricing</p> <p>Region Add-ons For each competition that is entered, you will need to add a region to your cloud account. This will link the Music, Critiques and Videos so they can be transferred or viewed from one to the other. The fee for this is per Family, Studio or School is \$2.50, and there is no limit to siblings or students, it will just depend on your selected storage plan.</p>



Let's Unite & We Can Help Others

2023 INSPIRE Arts Challenge
is pleased to announce that they are Proudly Supporting



\$1 from EVERY ACT

will be donated to VARIETY – The Children's Charity
Variety Heart Scholarships
along with

ALL Proceeds from EVENT RAFFLE & SELF VIDEOGRAPHY & PHOTOGRAPHY FEES

Want to know more about Variety – The Children's Charity; check out their website
www.variety.org.au

or like and follow FB <https://www.facebook.com/VarietyNSWACT> or
Insta https://www.instagram.com/varietyNSW_act/

Constant Updates of \$ raised will be made on socials. Direct Deposit will be made to Variety – The Children's Charity
official account at the end of IAC Events. A receipt will be issued and will be presented on Socials.

For More Information
peta@inspiredancefitness.com.au

inspire
Arts Challenge

WE NEED YOU!
BECOME A
2023 IAC
SUPPORTER

**Help Us Support Youth Arts &
 Our Charity of Choice**

 **variety**
the children's charity
 improving young lives every day

@pawsstudios

@mf_dancestudio

@pawsstudios

**We Would like To Invite Individuals,
 Businesses & Studios to Become a
 2023 IAC Supporter.**

We are looking for Supporters for IAC- you can support by making a cash donation, offering goods or services, providing opportunities, advertising or volunteering at our event.

For more information please email peta@inspiredancefitness.com.au



2023 IAC Rules & Conditions

AGE –

Studio Troupes- Age as of 1st January 2023

All dancers must be at or under the age as of 1st January 2023. In a Troupe you may have only 2 dancers in 1 (one) age bracket above.

Educational Schools – All dancers should be in or below the grade you are competing in. In Educational Schools you may have 2 dancers in older grades. ie K-2 Jazz must have all students in K, 1, 2 but can have 2 dancers in Year 3.

CLOSING DATE -

Sunday 16th July 2023

Entries may close early dependant on entries.

Notification of early close will be made on Inspire Dance & Fitness socials.

LATE ENTRIES -

Late entries MAY (not guaranteed) be accepted and will incur an extra \$15 flat late fee. Late entries may be required to dance first. Notification of availability will be made through socials.

HOW TO ENTER –

Online – www.compsonline.com.au

Secure Payments online via PayPal & Credit Card Options.

INSPIRE Arts Challenge respects the privacy of all our users and we are committed to safeguarding the personal information which you provide us. To protect your privacy, we only collect information necessary to process your registration & purchases.

After you complete your online registration, you will receive an email confirmation from us containing your entry details. We are not responsible for incorrect entries. Once entries have been accepted, no refunds will be given unless the section is cancelled.

MEDIA RELEASE –

When you enter INSPIRE Arts Challenge you give consent for INSPIRE Dance & Fitness / INSPIRE Arts Challenge & affiliated IAC Supporters to use and retain the name & image of your child / students for the purposes of public relations, media & promotion in print or through the INSPIRE Dance & Fitness / INSPIRE Arts Challenge socials. This consent would remain in place for 5 years unless you advise otherwise. If you have any questions or concerns regarding this please do not hesitate to contact peta@inspiredancefitness.com.au

AWARDS – (at Adjudicator's discretion)

- All Troupe Studios & Educational Schools will receive a Certificate of Participation & Studio Director/s will receive an IAC Pin.

- 1st, 2nd, 3rd trophies / plaques for Studio (dependant on entries) + IAC Place Pins for all dancers who place

- Highly Commended certificates for all dancers

- Some sections may have Supporter Prizes.

Supporters will be announced on Socials so be sure to keep an eye out.

- Most Entertaining Junior (10u & below) and Most Entertaining Senior (12u & above) Troupe Award will be at the discretion of the Adjudicator and will include a great Supporter Pack for Studio Director/s or Choreographer.

TIME LIMITS -

Troupes 5 mins max. including reprise

NOTE: Reprise is not essential

Should a performance go overtime by more than 10 seconds a deduction of 4 points will occur.

Music / Act will be timed from 1st movement / 1st sound to last movement / sound.

PROMPTING –

No prompting from side stage or in the audience is permitted for competitors 8u + - this can lead to disqualification. Babies (3&4years) & 6u may have prompting – prefer to be done from the mid / back of the venue – this is to avoid little ones turning their heads to view side stage.

PROPS -

- If reasonable to do so the dancers should set up & remove own props.
- Props are not to be stored in the hall throughout the day without previous permission. They can be placed backstage or front of house at the beginning of each section and must be removed immediately after use.
- No flammables or live flames are to be used.
- No use of live animals
- If you use petals, snowflakes, glitter, paper, loose feathers etc and it makes a mess on the stage YOU must clean it quickly & immediately after your act.
- If a prop is thrown from the stage / performance area into the audience and is deemed a hazard / dangerous this may lead to disqualification.
- ALL FREE STANDING PROPS MUST HAVE PROTECTIVE CAPS ON THE LEGS / BASE TO PREVENT DAMAGE TO TARKETT / FLOORS.

TAP SHOES -

Please AVOID wearing tap shoes throughout the ENTIRE VENUE & the hall (request of venues & courtesy to other patrons)

As we need to protect the stadium floor the entrance / exit will be along a runner from the tunnel. Under NO circumstances should anyone walk on the stadium floor with TAP SHOES.

ARRIVAL -

Competitors are encouraged to arrive at least an hour before to ensure adequate warmup, set up, registration & incase we are running early. Constant updates will be made on socials.

PROTESTS -

Protests will only be accepted in writing, accompanied with a \$10 fee within 10mins of completion of section / award ceremony. The protest must be handed to an IAC Official who will communicate with convenor & adjudicator.

ADJUDICATORS -

Under no circumstances should the Adjudicator be approached by anyone at the desk. This can lead to disqualification of associated studio / act.

DUTY OF CARE -

Whilst we take all reasonable care with our events it is the responsibility of studio Directors / teachers/ parents that students / children remain in permitted areas and are behaving appropriately. All competitors & spectators enter at their own risk. No responsibility will be taken for any accidents, injury or loss of property. This also applies to cars parked in the venue grounds.

REFUNDS -

- Once entries have been accepted there will be no refunds unless the section is cancelled. You may transfer entries to another event.
- CoVid Refund Guarantee – should IAC have to be cancelled due to CoVid (government or venue cancellation) we will refund your entry fees minus your Comps OnLine Booking Fee or we can transfer to another event.

SMOKING -

Smoking is prohibited inside venue & on grassed areas outside doors. You must exit the venue gate in order to smoke. This is a rule & regulation from the venue. Failure to abide by this rule may lead to disqualification of associated competitors or if caught by venue staff / security may incur a direct fine.



DONATIONS & SPONSORSHIPS -

If any individuals, studios or businesses would like to support 2023 IAC & our chosen charity – Variety – The Children’s Charity we would love to hear from you.

- * Advertising in program, socials, section board and announcements throughout the comp.
- * Donate cash, services, opportunities, experiences or tangible prizes.
- * Pop Up Stores at event
- * Donation of Prizes for Raffle to support VARIETY – The Children’s Charity
- * Advertising / Product placement in Teacher Goody Bags & on advertising table.

You may nominate a section that you wish to support or leave it open to IAC to nominate. Please contact peta@inspiredancefitness.com.au for more information on how you can be involved.

POP UP STORES - If any individuals or businesses that are dance / arts / child friendly related (no studios) would like to have a Pop Up Store at IAC please contact peta@inspiredancefitness.com.au.

VIDEOGRAPHY / PHOTOGRAPHY – In order to raise more funds for Variety – The Children’s Charity we are allowing 2 (two) representatives from each studio to take photos &/or video. ONLY THEIR ACTS.

Must offer a GOLD COIN (minimum) DONATION FOR EACH ACT. Money to be put in money container in designated area.

Representatives MUST STAND IN DESIGNATED AREA.

There is to be NO PHOTOGRAPHY / VIDEOGRAPHY FROM THE AUDIENCE. Failure to comply to these rules may lead to disqualification.

We would love if you could share any images / videos with us by emailing to peta@inspiredancefitness.com.au or DM’ing or posting & tagging.

A photo media wall will be made available for all students / teachers & parents. Please take those pics, post and tag [@inspiredancefitness](https://www.instagram.com/inspiredancefitness) #2023IAC #inspireartschallenge and any supporters that have sponsored your section if you won.



MUSIC -

Music Uploads Management is coming to us, we will now be using this service for our

competitions. It’s contactless, all online, and will help take out the stress of music issues that arise from time to time, Plus they offer Voice critiques and all in one storage location including the option to access the routine videos. As a requirement to enter into the competition you will be required to upload your music via this service," in the given time period" no other options will be given. No CDs ,USB’s will be used now as we are using this system totally contactless.

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How it works

- If you have already uploaded your music to this service before, you can simply purchase the region add-on, and transfer your music over to us.
- If you are new to this, you need to set up the cloud storage account first and confirm it is active.
- Upload your Music into the Storage Folder in your account.
- Transfer a copy of the songs to the Region, you can check them to make sure they are all correct.
- Done! No need to stress about your music now, as you now can see the music is 100% ready to go.

Just Remember, It is the responsibility of the competitors to ensure that they have the correct music files uploaded to each routine. You can change your music files at any time before the cutoff dates, and this is all done within your Music Uploads account, you have full control over this from now.

Critiques and Videos

Critiques will be uploaded either on the day or after the event has finished. To access these, log into your Music Uploads account and on the main dashboard page look to the top Left of the screen or on a mobile device click on the Menu list. If the onsite video company is collaborating with Music Uploads they will deliver your videos directly into your storage account.

Support

If you would like some support there are videos located on the support page or you can send a

ticket in, and one of the team members will respond to you. DO NOT Post on Social Media , Text or Message any questions to these pages, as the support team will not see them You must send a ticket from the support page so they can offer you some assistance.

From the Team at Music Uploads
www.musicuploads.com.au

COVID SAFE REQUIREMENTS IF REQUIRED BY NSW HEALTH &/OR VENUE -

INSPIRE Arts Challenge will be hosting a COVID safe event and will be following all necessary protocols handed down by the government &/or venue at time of the event. Constant updates will be made on socials, therefore it is a MUST that everyone is following

<https://www.instagram.com/inspiredancefitness/>

To enter any IAC events you must follow all protocols – these may include but not limited to:

- * Registering entry at the front desk via QR code
- * Follow directions from venue staff & IAC staff
- * Regularly use hand sanitizer and wash hands
- * Social distancing – according to government guidelines
- * Do not attend if feeling unwell or show any symptoms
- * You may be asked to arrive in 1st costume
- * There may be NO hair & make-up changes
- * There may be a NO PROP rule – only hand held props to be used
- * Try to avoid being in the building if you are not required – once you have completed your day we ask that you say goodbye and enjoy the rest of your day.

An inability to follow CoVid Safe Protocols and guidelines set out by government &/or venue may lead to disqualification &/or request to leave the venue. We appreciate your cooperation in keeping everyone safe & healthy.



Sections Available for 2023 IAC

Troupes & Educational Schools

Studio Troupes Small 4-11 Large 12+	Ballet Babies, 6, 8, 10, 12, 14, 15+	Jazz Babies, 6, 8, 10, 12, 14, 15+ NOTE: Jazz / Hip Hop combined for Babies	Hip Hop Babies, 6, 8, 10, 12, 14, 15+ NOTE: Jazz / Hip Hop combined for Babies
	Lyrical Babies, 6, 8, 10, 12, 14, 15+ NOTE: Lyrical / Contemporary combined for Babies	Contemporary Babies, 6, 8, 10, 12, 14, 15+ NOTE: Lyrical / Contemporary combined for Babies	Musical Theatre 8, 10, 12, 14, 15+
	Variety 8, 10, 12, 14, 15+ Can include Demi, Song & Dance, Cheer, Pom, Cultural, Ballroom, Circus, Acro, Any other dance styles	Tap Babies, 6, 8, 10, 12, 14, 15+	NEW SECTION ALERT! DanceAbility One age bracket for this year

Educational Schools	Primary K – 2 (Early Stage 1 & 1) Any Style	Primary 3 – 6 (Stage 2 & 3) Jazz / Hip Hop Lyrical / Contemporary	Secondary 7 – 9 Jazz / Hip Hop Lyrical / Contemporary If we have enough we will split – see special note below
	Secondary 10 – 12 Jazz / Hip Hop Lyrical / Contemporary If we have enough we will split – see special note below	NEW SECTION ALERT! Composition – Stage 5 Stage 6	NEW SECTION ALERT! Battle of the School Solos Early Stage 1 & 1, Stage 2, Stage 3, Stage 4, Stage 5, Stage 6 Please see below for rules

Please note competitor numbers on entry form to ensure you are in correct category – Small or Large Troupes must have a minimum of 4 dancers. There are no Small & Large Groups in Educational Troupes.

NEW SECTION ALERT!

DANCE ABILITY - 2023 will be the 1st year we are inviting DanceAbility Groups to perform. All performers in DanceAbility sections will receive a Participation Pin. This section is created for students who may have physical &/or mental limitations. Helpers / carers are welcome to perform with their group. There is only 1 age bracket this year. If any students are in wheelchairs please email peta@inspiredancefitness.com.au so we can ensure suitable provisions.

This is about having a PERFORMANCE OPPORTUNITY & INCLUSION rather than COMPETITION.

EDUCATIONAL SCHOOLS

COMPOSITION – Composition is open to Stage 5 & 6 students. Students can choreograph their own pieces and may be danced by themselves or other dancers from the school – can be solo/duo/trio. Will be judged based on Dance Curriculum – ie use of Space, Time, Dynamics, Motif, Relationships, Intention, Structure etc

BATTLE OF THE SCHOOL SOLOS – This is open to all Stages K-12. Students can perform any style – can be core or major performances or another solo they may have.

These categories are a great way to give our dancers another opportunity to showcase their work!

SECONDARY SCHOOL SPECIAL NOTE – When entering please note genre with school ie Marian College – Jazz or Marian College – HipHop. This way if we have enough entries I can split the section.

Competitors may enter multiple entries in each section.

If you have any questions please do not hesitate to contact me.

peta@inspiredancefitness.com.au

0409 399 440