

Sunday 31st August-Studio Troupes  
Monday 1st September- Educational Day

# Inspire

## ARTS CHALLENGE

Penrith Valley Regional Sports Centre

@nextlevel.pa

- ◆ Small & Large Troupes
- ◆ DanceAbility
- ◆ Tarkett Flooring
- ◆ Voice Critiques & Music Uploads
- ◆ Sponsored Sections
- ◆ Enter via Compsonline



inspire  
Arts Challenge

Proudly Supporting

#SHOEBOX  
REVOLUTION

CARE PACKAGES FOR PEOPLE  
WITHOUT HOMES

### PLEASE NOTE

This Syllabus only has information & rules pertaining to August Studio Troupes & Educational Day.

# Details At A Glance

<b>Dates</b>	Studio Troupes – Sunday 31 <sup>st</sup> August 2025 Educational Schools – Monday 1 <sup>st</sup> September 2025
<b>Venue</b>	Penrith Valley Regional Sports Centre (PVRSC) Herbert St, Cambridge Park
<b>Adjudicator</b>	TBA
<b>Entries Open</b>	Friday 14 <sup>th</sup> February 2025
<b>Entries Close</b>	Friday 4 <sup>th</sup> July 2025 – earlier if needed All updates will be made on Instagram @inspiredancefitness
<b>How to Enter</b>	Comps On Line - <a href="https://www.comps-online.com.au/">https://www.comps-online.com.au/</a>
<b>Age Rule</b>	<b>Studio Troupes</b> – Age as of 1 <sup>st</sup> January 2025 All dancers must be the age or under as of 1 <sup>st</sup> Jan 2025. In a Troupe you may have ONLY 2 dancers in 1 (one) age bracket above. <b>Educational Schools</b> – are categorized in Stages. If you have a mix of stages, you should enter the highest stage. If unsure, please email or call Peta <a href="mailto:inspiredancefitness.pmw@gmail.com">inspiredancefitness.pmw@gmail.com</a> / 0409 399 440 or DM me on Insta @inspiredancefitness with numbers and to verify.
<b>Troupe Numbers</b>	Small Troupes – 4 – 11 dancers Large Troupes – 12+ dancers
<b>Entry Fees</b>	<b>Studio &amp; Education - \$40 each troupe</b> <b>Educational School Solos - \$25 / solo</b> <b>Education Group Elimination Improvisation</b> – Gold Coin Donation (time permitting – enter & pay on the day) <b>Education Guest Workshop</b> – TBA – Stay tuned to social media & emails
<b>Compulsory Program &amp; Admin Fee</b>	<b>\$5 / entry / invoice.</b> This will automatically be added to your invoice. 1 <sup>st</sup> Draft program will be emailed 2-3 weeks before commencement of 2025 IAC Events. Updated copies will be emailed and notifications & special notes will be posted on social media (insta & FB) for all to see
<b>Door Entry For August Troupe &amp; Educational Comp</b>	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  <b>CASH ONLY</b> – Please tell ALL parents  TEACHER ENTRY – Each studio / educational school is permitted <b>2 TEACHERS FREE ENTRY per session</b> (morning, afternoon, evening). It is essential that the STUDIO DIRECTOR emails names of teachers attending prior to event <a href="mailto:inspiredancefitness.pmw@gmail.com">inspiredancefitness.pmw@gmail.com</a> . Teachers will be given different wristbands.

# Any Further Enquiries

inspiredancefitness.pmw@gmail.com

0409 399 440

<https://www.facebook.com/InspireDanceFitness/>

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



Follow us on  
**Instagram**



FOLLOW US ON  
**facebook**

## Be Featured With Motivational Moments & Adjudicator Tips

We would like to invite ALL ARTISTS to submit images to be featured artists with INSPIRE Dance & Fitness MOTIVATIONAL MOMENTS & ADJUDICATOR TIPS that run on our socials. A great way to kick off your day or finish your day with some positivity & also to learn something.

INTERESTED? – Simply DM your images to our insta or FB with relevant insta handles



# Let's Band Together To Help Others

## INSPIRE Arts Challenge 2025

is pleased to announce that they are Proudly Supporting



**\$1 from EVERY act**

will be donated to **SHOEBOX REVOLUTION SYDNEY** along with

**ALL proceeds from Raffle, Self Videography & Photography Fees, Group Improv Gold Coin Entry & Online Donations.**

**WE ENCOURAGE INDIVIDUALS, STUDIOS & SCHOOLS TO GET INVOLVED -**

**We will be having a Collection Station where dancers / families / studios / schools can donate to SHOEBOX REVOLUTION – either donate singular items or create a shoebox of essentials for those doing it tough on the streets.**

**(I will be posting details on Insta on how this will all work)**

**How Nice Would It Be For Those Less Fortunate to Receive A Box Of Essentials & A Loving Handwritten Note – this could make their day!**

Want to know more about SHOEBOX REVOLUTION and the work they do – check out their website <https://www.shooboxrevolution.com/about-us/> or like and follow FB <https://www.facebook.com/ShooboxRevolutionSydney> or Insta <http://www.instagram.com/shooboxrevolutionsydney>

Constant updates of \$ raised will be made on socials. Direct Deposit will be made to SHOEBOX REVOLUTION official account at the end of the IAC events along with all the Shoebox Donations. A receipt will be issued and will be presented on Socials.

# Sections At August Studio Troupe & Educational Event

<b>Studio Troupes</b> <b>Small – 4-11 dancers</b> <b>Large 12+</b>	Ballet (Babies, 6,8,10, 12, 14, 15+)	Tap (Babies,6, 8, 10,12, 14, 15+)	Jazz (Babies, 6, 8, 10, 12, 14, 15+) NOTE – Babies is combined Jazz & Hip Hop
	Hip Hop (Babies, 6, 8, 10, 12, 14, 15+) NOTE – Babies is combined Jazz & Hip Hop	Lyrical (Babies, 6, 8, 10, 12, 14, 15+) NOTE – Babies is combined Lyrical & Contemporary	Contemporary (Babies, 6, 8, 10, 12, 14, 15+) NOTE – Babies is combined Lyrical & Contemporary
	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 style not included	DanceAbility – One General Age
<b>Educational School Troupes</b>	<b>Primary K-2 (Early Stage 1 &amp; Stage 1)</b> Any Style	<b>Primary 3-4 (Stage 2)</b> Jazz / Hip Hop Lyrical / Contemporary	<b>Primary 5-6 (Stage 3)</b> Jazz / Hip Hop Lyrical / Contemporary
	<b>Secondary 7-8 (Stage 4)</b> Jazz Hip Hop Lyrical Contemporary	<b>Secondary 9-10 (Stage 5)</b> Jazz Hip Hop Lyrical Contemporary	<b>Secondary 11-12 (Stage 6)</b> Jazz Hip Hop Lyrical Contemporary
<b>Educational School SOLOS</b> <b>NOTE – Please refer to rules in Syllabus</b>	<b>Primary 3-6</b> Jazz / Hip Hop Lyrical / Contemporary Student Choreography	<b>Secondary 7-9</b> Jazz / Hip Hop Lyrical Contemporary Student Choreography (can be Solo/Duo/Trio)	<b>Secondary 10-12</b> Jazz / Hip Hop Lyrical Contemporary Student Choreography (can be Solo/Duo/Trio)
	<b>Elimination Group Improvisation</b> – open to ALL students Year 3-12 Gold Coin Donation on the Day to support our chosen charity Groups will be split in Stages depending on entrants We will run with time permitting	<b>Guest Choreographer Workshop</b> – This will be open to Secondary Students Only.	

**NOTE** – Competitors may enter multiple acts in a section for Troupes  
Solo Competitors may only enter 1 act in each category ie Sally Smith 1 entry in Jazz / Hip Hop, 1 entry in Lyrical

# Genre Definitions / Descriptions

**Ballet** – may include Romantic Ballet, Classical Ballet, Neoclassical Ballet and can utilise non-traditional music as long as the technique and foundation remains true to style.

**Tap** – tap styles have been combined for Troupes. Slow / Waltz Tap & Straight / Fast Tap for Solos

**Jazz / Hip Hop (Babies)** – This style can include straight jazz, or a combination of traditional jazz basics fused with JFH/HipHop

**Jazz** – Straight jazz styles.

**Hip Hop** – JFH and street styles which can include a fusion of sub genres such as pop'n'lock, breakdance, whacking, voguing, dancehall etc.

**Lyrical** – is commonly (but not necessary) performed to music with lyrics and movements are inspired by lyrics to express strong emotions or a story the choreographer/performer feels from the lyrics in the chosen song.

**Contemporary** – contemporary dance tends to combine the strong and controlled legwork of ballet with modern dance's stress on the torso, and also employs abstraction, contract-release, floor work, fall and recovery, and improvisation characteristic of modern dance. Unpredictable changes in rhythm, speed, and direction are often used, as well. It sometimes also incorporates elements of non-western dance cultures.

**Musical Theatre** – must be performed to a piece of music from a musical and preferable (but not essential) to encompass dance style from musical. Can include live vocals, mime or simply dance.

**Variety** – this section is open to all styles / genres and acts that do not typically fit into one of the IAC categories. ie demi character, acrobatics, cheer, pom, circus skills, contortion, musicians, comedy, cultural dance, ballroom dance, vocalist with backing dancers, vocalist/musician etc. The sky is the limit – as long as it is entertaining and age appropriate.

**DanceAbility** – 2025 will be the 3rd 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 disabilities. Helpers / carers are welcome to perform with their group. This is about PERFORMANCE & INCLUSION rather than COMPETITION.

**Student Choreography (Education Day)** – this act can be any style, must be solely choreographed by the student. Can be danced as a solo/duo/trio.

**Group Improvisation (Education Day)** – dancers all hit the floor at once or in groups (dependant on entries). Various genres. Gold Coin Donation made on the day. Will run time permitting. ALL money raised will go to our chosen charity.

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## Rules & Conditions

### AGE -

**Studio Troupes** – Age as of 1<sup>st</sup> January 2025

All dancers must be the age or under as of 1<sup>st</sup> Jan 2025. In a Troupe you may have ONLY 2 dancers in 1 (one) age bracket above. Please NOTE – Proof of ID may be requested if there is a query / protest

**Educational Schools** – are categorized in Stages. If you are a mix of stages, you should be entering in highest stage. If unsure please email Peta on [inspiredancefitness.pmw@gmail.com](mailto:inspiredancefitness.pmw@gmail.com) with numbers and to verify.

### CLOSING DATE -

Friday 4<sup>th</sup> July 2025 – earlier if needed  
All updates will be made on Instagram  
[@inspiredancefitness](https://www.instagram.com/inspiredancefitness)

**LATE ENTRIES** – Late entries *may* (not guaranteed) be accepted and will incur an extra \$10 flat rate. Late entries may be required to dance first. Notification will be made through email and social media if some space available.

**HOW TO ENTER** - All entries are to be made online through Comps on Line [www.compsonline.com.au](http://www.compsonline.com.au)  
Secure payments via PayPal & Credit Card Options  
INSPIRE Arts Challenge respects the privacy of all of 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 and 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, BUT HAPPY TO AMMEND IF NOTIFIED BEFORE FINAL PROGRAM. ONCE ENTRIES HAVE BEEN ACCEPTED, NO REFUNDS WILL BE GIVEN UNLESS THE SECTION IS CANCELLED.**

**MEDIA RELEASE** – When you enter IAC you give consent for INSPIRE Dance & Fitness / IAC & 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 IDF / IAC FB & insta pages. This consent will remain for 5 years unless you advise otherwise. If you have any questions or concerns regarding this, please do not hesitate to contact [inspiredancefitness.pmw@gmail.com](mailto:inspiredancefitness.pmw@gmail.com)

#### **TIME LIMITS**

Troupes 4 mins max

Solos (Education) 3 mins max

*Should a performance go over time by more than 10secs a deduction of 4 points will occur*

Music / Act will be timed from 1<sup>st</sup> movement / 1<sup>st</sup> sound to last movement / last sound

**PROMPTING** – No prompting from side stage or in the audience is permitted for competitors 7yrs+ - this can lead to disqualification.

Babies (3-4years) & 6u may have prompting – prefer to be done from out the front to avoid dancers looking sideways throughout the dance – we want to see their beautiful faces!!

**\*\*AGE APPROPRIATENESS\*\*** - Our event is designed for families, welcoming dancers and audience members of all ages. It is essential that the music selection, choreography, and costumes are deemed age-appropriate. Our adjudicator reserves the right to impose penalties if any studios or educational institutions present performances that cross this line.

**PROPS** - If reasonable to do so competitors should set up and remove their own props  
Props are not to be stored in dressing rooms or main performance space. They can be stored behind the black stage divider on Troupe Day. Please see IAC Volunteer to be steered in the right direction.

\* 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 please notify backstage manager as you may need to dance last. You **MUST** clean quickly & immediately after your act.

\* If a prop is thrown from stage / performance space into the audience and is deemed a hazard / dangerous this may lead to disqualification ie a ball being thrown into audience could cause injury

*\* All free standing props / structures / canes etc must have protective caps or rubber on the legs / base to prevent damage to the floors. Any props causing damage to the floor may incur penalty – if they are at risk of causing damage, they may not be able to be used.*

**TAP SHOES** – Please avoid wearing tap shoes throughout the entire venue & the hall (request of venue & courtesy [inspiredancefitness.pmw@gmail.com](mailto:inspiredancefitness.pmw@gmail.com)

to other patrons).

At Troupe Weekend entry / exit will be along a runner through the tunnel. **DO NOT WALK ON THE STADIUM FLOOR IN TAP SHOES.** A map will be included in program.

**STAGE SIZE** – 12m wide x 8m deep Tarkett floor space  
As Tarkett is laid on basketball court dancers can dance off the space without fear of deduction (except in tap shoes). Dancers must just be mindful of media wall wings & speakers.

**ARRIVAL** - Competitors are encouraged to arrive at least an hour before to ensure set up, adequate warm-up and in case we are running early. IAC is not responsible for giving you individual arrival times.

**PROTESTS** – will be accepted in writing, accompanied with a \$10 fee within 10mins of the completion of awards for that section. The protest must be handed in to an IAC Official who will make contact with me & Adjudicator.

**ADJUDICATORS** should not be approached by a teacher, performer or parent whilst they are at the desk. This can lead to disqualification of associated competitor/s. Any correspondence should be made through an IAC Official

**SHOES** should be worn at all times when walking through the venue & outside for your own protection. You cannot be assured what can be on the ground.

**RISK** – All competitors & spectators enter at their own risk. No responsibility will be taken for any accident, injury or loss of property. This also applies to cars parked on the venue grounds. IDF/IAC/PVRSC will do their utmost to provide a safe and secure space for all who attend.

**OUT OF SECTION** – Competitors cannot dance out of section unless they dance for REPORT ONLY or it has been organized with IAC Convenor.

**SMOKING / VAPEING** – is prohibited inside the venue & on grassed areas, therefore you must head to the carparks or outside the grounds. This is a request from PVRSC. Failure to abide by this rule may lead to disqualification of associated competitor/s

**VENUE / PATRON RESPECT** – We ask that all competitors & spectators pay respect to the venue/PVRSC by keeping it clean & tidy, following rules, respectful of staff members & other PVRSC patrons. Failure to abide by these simple requests may lead to disqualification or you may be asked to leave the venue by a PVRSC staff member.

**DRESSING ROOMS** – Studios / Educational Schools will be allocated a dressing space based on numbers & how many performances. Spaces are shared so please be respectful to one another. It is YOUR RESPONSIBILITY to keep this space clean during your stay. Please clean up before you leave. Unfortunately, in 2024 we were left with a huge cleaning bill due to people not abiding by NO FOOD OR DRINKS in dressing rooms. 2025 will have cleaning fee passed on the studios / educational schools should they be eating / drinking in the space or their dressing space left in an inappropriate state.

**SPECIAL NOTE** – Due to current circumstances, NO MALE TEACHERS, PARENTS, or DANCERS (12 yrs+) are allowed in the main dressing rooms. Male dancers may enter if all female dancers have changed, and they have received explicit permission from other patrons. There is plenty of room at the venue to have chats, talks, rehearsals, eat etc.

#### **PRIZES – at Adjudicators discretion**

ALL Studio Troupes & Educational Schools will receive a Certificate of Participation & Studio Directors / Head School Teacher will receive an IAC Pin.

Troupes – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> awards for Studio / School (dependent on entries) + HC certificates & IAC Performer place pins. Some sections may have Sponsored / Supporter Prizes which may include cash, vouchers, products, experiences etc

Educational School Soloists – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> awards for soloist (dependent on entries) + HC certificates & IAC Participation Pins for ALL soloists. Some sections may have Sponsored / Supporter Prizes which may include cash, vouchers, products, experiences etc

Educational School Group Elimination Improvisation – (will run if time permits) – 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> awards for dancers + HC (dependent on entries)

#### **SPECIALTY AWARDS**

Most Entertaining Troupe – Jnr & Snr – all entered troupes will be in the running to be the Adjudicators Most Entertaining Troupe. Win Certificate, Prize Pack & Title.

Highest Point Score Troupe – Jnr & Snr – all entered troupes will be in the running to win the Highest Point Score. Win Certificate, Prize Pack & Title.

Most Entertaining Educational Troupe – Jnr & Snr – all entered educational troupes will be in the running to be the Adjudicators Most Entertaining Educational Troupe. Win Certificate, Prize Pack & Title.

Highest Point Score Educational Troupe – Jnr & Snr – all entered educational troupes will be in the running to win the Highest Point Score. Win Certificate, Prize Pack & Title.

Best Educational School Soloists – the Educational School can win a Certificate, Prize Pack & Title based on the highest average point score for all soloists from their school.

OTHER AWARDS MAY ARISE & WILL BE PROMOTED THROUGH SOCIAL MEDIA.

**VIDEO / PHOTOGRAPHY** – In order to raise more funds for our chosen charity SHOEBOX REVOLUTION we are allowing representatives from the studio / educational school to take photos / videos of **THEIR ACTS ONLY for a GOLD COIN DONATION FOR EACH ACT / PERSON RECORDING FROM THE DESIGNATED SPOT ONLY**. We are relying on your honesty.

People should not be encroaching on the Adjudicator and nor should they be taking pics/video from their seat. Failure to comply with these rules may lead to disqualification of associated competitor/s. Please share videos / images on your socials & tag @inspiredancefitness

**MEDIA WALL** will be made available for all students / parents and teachers to have their photos taken with their awards & friends. Do not forget to tag us @inspiredancefitness and any Supporters who you may have won a prize from.

**CANTEEN & FOOD TRUCKS** – A fully stocked canteen will be available for performers & patrons from the start of the day to approx. 2-3 hours before completion of the day or as they feel is needed. Food trucks (TBC) will also be present on Troupe Day.

**DONATIONS & SPONSORSHIP** – If any individuals, studios or businesses would like to support INSPIRE ARTS CHALLENGE we would appreciate your support as would our young artists and our chosen charity – SHOEBOX REVOLUTION

- Advertising in program and updated syllabus, FB & Insta shout outs and announcements throughout comp
- Donate cash (as little as \$20), services, opportunities, experiences or tangible prizes
- Pop up stores -at solo or troupe events
- Donation of prizes for Raffle to help support **SHOEBOX REVOLUTION**
- Advertising / Product Placement in teacher Goody Bags and on advertising table

You may nominate a section that you wish to support or leave it open to IAC to nominate. Acknowledgement and advertising support can be made throughout the lead up to the competition through FB. Insta and website, programme acknowledgement, verbal acknowledgement throughout the competition and placement of advertising materials throughout the competition. Please contact [inspiredancefitness.pmw@gmail.com](mailto:inspiredancefitness.pmw@gmail.com) for more information on how you can be involved and make a difference.



**POP UP STORES** – If any individuals or businesses that are dance / performing arts / child friendly related (no studios) would like to have a Pop Up Store at INSPIRE ARTS CHALLENGE (Troupes or Solos) please contact [inspiredancefitness.pmw@gmail.com](mailto:inspiredancefitness.pmw@gmail.com) for more information.

**VOLUNTEERING** – IAC relies on the kindness and generosity of people donating time to create a well run event. If you are able to offer some time we would love to hear from you. If you are a Year 11 or 12 VET Entertainment student I can sign off on some hours. If you are a senior student who loves getting involved, we would love to have you. If you are a parent or teacher and would like to help out – WE WELCOME YOU ALL WITH OPEN ARMS. Contact [inspiredancefitness.pmw@gmail.com](mailto:inspiredancefitness.pmw@gmail.com) for more information.  
We have a job for everyone!



### MUSIC -

Music Uploads Management is 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. 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.

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.

#### 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.

### 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 you 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.

### 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](http://www.musicuploads.com.au)

*Can't Wait To See You All  
There!*

*Let's Enjoy Our Day, Watch  
Amazing Talent, Support One  
Another & Raise Awareness, Funds  
& Boxes For Shoebox Revolution*