



**SUNSHINE
COAST
SYLLABUS 2026
28 - 30 AUGUST**

ENTRIES

WWW.COMPS-ONLINE.COM.AU

ENQUIRIES ADRENALINEDANCE2020@GMAIL.COM

ENTRY FEES

SOLO SECTIONS - \$45

TITLE AWARD - \$25

BATTLEGROUND CHAMPIONSHIP - \$60

TROUPES - \$80

COMPETITOR PASS - \$30

**ENTRIES WILL CLOSE WHEN AGE
DIVISIONS ARE SOLD OUT**

**SOLOS - AGE AS AT 1ST DAY OF
SOLO COMPETITION**

TROUPES - AGE AT 1/1/26

**YOU MAY HAVE 2 DANCERS ONE YEAR OLDER
EG. 6YRS & UNDER SECTIONS CAN HAVE 2 7YRS OLDS.**

**FINALS QUALIFYING - AGE YOU ARE AT FIRST DAY OF
REGIONAL YOU ATTEND**

SOLO DANCE LEVELS

NEWCOMERS

**FOR DANCERS WHO ARE IN THEIR FIRST YEAR
OF SOLOS.**

INTERMEDIATE

**UNDER 2 YEARS SOLO COMPETITION
EXPERIENCE**

ELITE

**2 FULL YEARS OR MORE SOLO
COMPETITION EXPERIENCE**

SOLO AGE DIVISIONS

NEWCOMERS SECTIONS

**FOR DANCERS WHO ARE IN THEIR FIRST YEAR OF SOLOS
THIS SECTION IS NOT INCLUDED IN HIGH POINT SCORE
4YRS, 5YRS, 6YRS, 7YRS, 8YRS, 9YRS, 10YRS ONLY**

DANCERS MAY ENTER AND REPEAT ROUTINE IN GENERAL AGE SECTIONS

GENERAL SECTIONS

4YRS & UNDER, 5YRS, 6YRS, 7YRS, 8YRS, 9YRS, 10YRS, 11YRS, 12YRS, 13YRS, 14YRS, 15YRS & OVER

OVERALL TOP TEN AGE DIVISIONS

**6 & UNDER
7-8YRS INTERMEDIATE
7-8YRS ELITE
9-10YRS INTERMEDIATE
9-10YRS ELITE
11-12YRS INTERMEDIATE
11-12YRS ELITE
13-14YRS INTERMEDIATE
13-14YRS ELITE
15YRS & OVER**

SOLO DANCE GENRES

4YRS & 5YRS

JAZZ - BALLET - CONTEMPORARY

LYRICAL - OPEN - ANY STYLE

6YRS

JAZZ - LYRICAL - BALLET - CONTEMPORARY COMMERCIAL

OPEN - ANY STYLE - CONTEMPORARY TRADITIONAL

ENTERTAINMENT

INTERMEDIATE & ELITE AGE GROUPS -

7YRS AND ABOVE

JAZZ

BALLET

CONTEMPORARY - COMMERCIAL

CONTEMPORARY - TRADITIONAL

LYRICAL

HIP HOP

ENTERTAINMENT - TAP, BROADWAY, MUSICAL THEATRE,

SONG & DANCE, ACROBATICS

OPEN - ANY STYLE

**STUDENT CHOREOGRAPHY - MUST BE CHOREOGRAPHED BY
THE DANCER**

SOLO TITLE AWARD

**TITLE AWARD CAN BE ADDED TO ANY OF YOUR ROUTINES
IN GENERAL SECTIONS.**

**1ST, 2ND & 3RD PLACES PLUS CASH PRIZE WILL BE AWARDED IN EACH
AGE DIVISION.**

**ADRENALINE TITLE AWARDS WILL BE JUDGED ON A SEPARATE
SCORE SHEET.**

THIS WILL BE SCORED ON X FACTOR

SOLO BATTLEGROUND CHAMPIONSHIP

THIS IS OUR CHAMPIONSHIP SECTION

**DANCERS MAY REPEAT A ROUTINE
OR PERFORM A NEW ROUTINE**

**BATTLEGROUND IS ALWAYS THE FINAL SECTION
OF THE SESSION**

SECTION SCORING

STAR ELITE
190 - 200

HIGH ELITE
175 - 189.9

ELITE
160 - 174.9

PRE ELITE
150 - 159.9



AWARDS

AWARDS WILL BE AT THE END OF EACH SESSION

GENERAL SECTIONS
TITLE AWARDS
BATTLEGROUND CHAMPIONSHIP
OVERALL TOP TEN

TROUPES AGE DIVISIONS

5YRS & UNDER

6YRS & UNDER

8YRS & UNDER

10YRS & UNDER

12YRS & UNDER

15YRS & UNDER

OPEN AGE

SMALL TROUPES – 4-11 COMPETITORS

LARGE TROUPES – 11 OR MORE COMPETITORS

**SMALL AND LARGE TROUPES MAY BE COMBINED
DEPENDING ON ENTRIES**

MAXIMUM 2 ENTRIES PER SECTION – IF SAME DANCERS

TIME LIMIT – 5 MINS MAXIMUM

**ANY ROUTINES WITH MUSIC OVER 5 MINS WILL BE
FADED AT 5 MINS – PLEASE ENSURE YOU HAVE CUT
YOUR MUSIC TO CORRECT TIME.**

TROUPES SECTIONS

5/U TROUPES

JAZZ

LYRICAL

ANY STYLE

ALL OTHER AGE GROUPS

JAZZ

LYRICAL

CONTEMPORARY

BALLET

TAP

HIP HOP

ENTERTAINMENT - BROADWAY, MUSICAL THEATRE,

SONG & DANCE, ACROBATICS

HOW IT WILL WORK

ALL TROUPES MUST DANCE IN ORDER OF PROGRAM - ABSOLUTELY NO EXCEPTIONS

IF A FAST CHANGE IS REQUIRED WE WILL WAIT.

ALL COMPETITORS MUST PURCHASE A WRISTBAND PRIOR TO COMPETITION.

NO DANCER WILL BE PERMITTED TO DANCE WITHOUT A WRISTBAND.

WE WILL HAVE TWO JUDGES AT EACH SESSION.

EACH JUDGE WILL SCORE SEPARATELY, THEIR COMBINED SCORES WILL BE ADDED TOGETHER AT THE SCORERS TABLE AND PLACES WILL BE CALCULATED.

JUDGES WILL NOT CONFER WITH EACH OTHER ON PLACINGS.

AWARDS WILL BE AT END OF EACH SESSION.

ALL SECTIONS WILL BE PLACED, THEN THE HIGHEST SCORING TROUPE FROM EACH AGE GROUP WILL BE ANNOUNCED.
CASH PRIZES FOR ALL HIGHEST SCORING ROUTINES.

FINALS QUALIFYING

TO QUALIFY FOR FINALS SECTIONS, DANCERS MUST RECEIEVE A PRE ELITE, ELITE, HIGH ELITE OR STAR ELITE SCORE.

TO QUALIFY FOR THE ULTIMATE DANCER SOLOISTS MUST RECEIEVE AN ELITE, HIGH ELITE OR STAR ELITE SCORE AT ANY 2026 REGIONAL.

ALL TROUPES THAT COMPETE AT A REGIONAL QUALIFY FOR OUR 2026 FINALS.

**ENTRIES WILL OPEN ON
WWW.COMPS-ONLINE.COM.AU
AFTER EACH REGIONAL**

PAYMENT PLANS

**EMAIL - ADRENALINEDANCE2020@GMAIL.COM
FOR MORE INFO**

MUSIC

WE WILL BE USING WWW.MUSICUPLOADS.COM.AU FOR ALL
MUSIC AND AUDIO CRITIQUES.

MUSIC WILL NEED TO BE UPLOADED ONCE NUMBERED FINAL
PROGRAM IS RELEASED.

ALL MUSIC MUST BE UPLOADED BY DUE DATE.
IF YOUR MUSIC HAS NOT BEEN UPLOADED BY DUE DATE YOU
WILL NOT RECEIVE CRITIQUES.

LATE MUSIC WILL INCUR A \$15 ADMIN FEE PER ROUTINE.
PLEASE BRING USB WITH BACKUP MUSIC.

subheading

TIME LIMIT
SOLOS 3 MINS
TROUPES 5 MINS

A COUPLE OF THINGS

DEPENDENT ON ENTRY NUMBERS – AGES MAY BE COMBINED.

WE DO NOT SEND OUT SCORES

IF YOUR DANCER HAS ANY PROPS THAT REQUIRE CLEANING UP AFTER THEIR ROUTINE, IT IS YOUR RESPONSIBILITY TO CLEAN THE STAGE AND SUPPLY OWN CLEANING EQUIPMENT.

ALL DANCERS MUST HAVE ADULT SUPERVISION AT ALL TIMES.

ALL DANCERS MUST CHANGE IN DRESSING ROOMS ONLY. DO NOT USE TOILETS FOR CHANGING.

EVERYONE ATTENDS ADRENALINE DANCE AT THEIR OWN RISK.

JUDGES ARE NOT TO BE APPROACHED AT ANY TIME DURING COMPETITION.

IF A JUDGE IS UNABLE TO PERFORM HIS/HER DUTIES AD RESERVES THE RIGHT TO APPOINT A NEW JUDGE WITHOUT NOTICE.

VIDEO & PHOTOGRAPHY

WE WILL HAVE THE AMAZING TEAM FROM
POINTE, SHOOT, LOVE
AT EACH OF OUR EVENTS

NO PERSONAL VIDEOING OR
PHOTOGRAPHY ALLOWED

CREDIT/REFUND POLICY

ADRENALINE DANCE DOES NOT OFFER REFUNDS
WE WILL OFFER A CREDIT FOR SOLOS ONLY TO
ANOTHER REGIONAL WITHIN THE SAME YEAR FOR THE
FOLLOWING REASONS
INJURY OR ILLNESS WITH A MEDICAL CERTIFICATE AND
WE MUST BE INFORMED PRIOR TO START OF
COMPETITION

NO CREDIT OR REFUND FOR TROUPES