



SFD International Syllabus & Freestyle Dance Competition 2026 (plus Teacher Workshops)

Dates: **Saturday 16th May & Sunday 17th May 2026**

Venue: **Chiang Mai College of Dramatic Arts - Theatre**
1 Suriyawong 5 Rd,
Haiya Sub-district, Mueang Chiang Mai District,
Chiang Mai 50100, Thailand

Closing Date: **6th February 2026, or earlier if SOLD OUT**

Entry Fees:

Syllabus competition - for SFD Member Schools only (includes certificate, prize and critique, photos)	\$50.00
Freestyle Solos (with SFD Member discount)	\$60.00
Freestyle Solo (Non-Member Price) (includes certificate, trophy and critique, photos)	\$75.00
Freestyle Duos/Trios/Quads (with SFD Member discount)	\$50.00 (per person)
Freestyle Duos/Trios/Quads (Non-Member Price) (includes certificate, trophy and written critique, photos)	\$60.00 (per person)
Troupes (with SFD Member discount: 1-10 performers)	\$120.00 (small group)
Troupes (with SFD Member discount: 11-20 performers)	\$170.00 (large group)
Troupes (Non-Member price: 1-10 performers)	\$150.00 (small group)
Troupes (Non-Member price: 11-20 performers) (Trophy for 1st, 2nd and 3rd place to school + medals for performers)	\$200.00 (large group)

SFD Teacher Workshops with International Examiner - Friday 15th May 2026

Workshop 1- How to improve students Kicks, Turns & Jumps (1.5 hour)	\$75.00 (Member Price) \$95.00 (Non-Member Price)
Workshop 2 - Foundation - Level 1 & 2 Classical (Teaching skills) Part 1 towards the SFD Teaching Diploma (2 hours) (Incl: How to break down steps, fix common faults, use imagery) Only SFD Members (Teacher or Premium) can attend this workshop	\$100.00

To Register: **SFD International Dance Competition 2026**

- Create a personal account with Comps-Online using SFD address: **PO Box 2218, Rowville 3178**
- **Only registered SFD Members can receive the Member Discounted Price**
- **Discounts do not apply for "Late entries"**

SFD International Syllabus & Freestyle Dance Competition Rules

SFD Syllabus Competition:

1. Students must have completed an SFD Exam (normal or progress) in the 2025 or 2026 exam seasons in order to compete.
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.

Entry includes: Either a Trophy or Medal depending on performance score
(1st, 2nd or 3rd place prize winners will receive a trophy)
(Honourable Mentions or Special Mentions will receive a Medal)
Participation Certificates
Photography

SFD Freestyle Competition:

1. Students from any registered Dance School/Studio may enter the Freestyle competition. SFD Members get a special discount if application is received before the Official Closing date. Any late entries must be paid at the full Non Member rate.
2. Competitors in any sections from 19 yrs and below, must not be teaching more than 6 hours per week or studying dance fulltime.
3. 20 yrs & over sections are open to students/performers earning income from full or part time dance teaching.

Entry includes: Trophy for each performer in Solos & Duos/Trios/Quads (either Diamond, 1st, 2nd or 3rd based on score)
Trophy per Troupe for 1st, 2nd and 3rd place prize winners, medals for all performers
Participation Certificates
Photography

Registrations:

1. Only SFD Premium Members can receive the special member discount. If you are a Premium Member, please choose the discounted price from the dropdown menu on Comps-Online when you enter.
2. Entries must be lodged via Comps-Online by 6th February 2026 : [SFD International Dance Competition 2026](#) (payments will be accepted by a PayPal account or credit card).
 - Set up an account with Comps-Online and fill in the Address as follows:
Country: Australia
Address: PO Box 2218
Suburb: Rowville
Post Code: 3178
State: Victoria
 - Activate the account via email
 - **Please note: a \$5 booking fee will be charged by Comps-Online per invoice.**
3. Registrations may close early, if sold out before the closing date.
4. Registration includes a complimentary digital Competition program.
5. The SFD Committee may change or combine sections if insufficient entry numbers are received.
6. Registrations will only be accepted once the full entry fee has been received.
7. Refunds will not be given for non-attendance or change of mind. In the event that SFD is forced to cancel the event due to Government restrictions or other unforeseen circumstances, refunds will be provided **less booking fees & credit card fees.**
8. For Duos, Trios & Quads, the names and birth dates of each competitor must be given at the time of entry.
9. Performers must compete under the name that they have registered with and cannot be swapped.
10. Competitors can only enter within their own age group.
11. Late entries may be accepted on request, at the Non-Member price only.

Age:

1. The competitor's age will be taken from **1st January 2026**.
2. The correct date of birth of each entrant must be supplied at the time of registration.
3. For Duos, Trios, Quads and Troupes, the section entered will be determined by the age of the oldest entrant.
4. Proof of Age must be presented upon request. Prizes may be withheld until ID has been sighted.

Freestyle Time Limits:

1. Solos, Duos Trios & Quads 3 mins
2. Troupes 5 mins

Music:

1. Teachers must ensure that music choices are suitable for family audiences.
2. SFD will provide music for all exercises in the Syllabus Competition and for students who are using the Set Exam Dance music. Teachers choosing to using different exam dance music must refer to Point 3 below.
3. Once the SFD International Competition digital program has been sent, Teachers will be asked to submit their students' music to sfdcompmusic@gmail.com.
 - **For Teacher's Own Choice Exam Dance Music** - the **Style & Level** must be listed in the **Music file name** and your email should clearly list each performer who will be dancing to that specific track title.
 - **For the Freestyle Competition** - the **section number**, **performer number** and **performer name** must be listed in each music file name.
4. Teachers must bring a back-up copy of their music on USB and on a device, in case of faults.
5. If there is a music issue, the following procedures will occur:
 - a) **If music is skipping or playing up during a competitor's dance**, the adjudicator will turn off the music allowing students to continue without music.
 - b) **If a competitor stops dancing and leaves the stage due to faulty music/jumping/stretched/skipping** they will be given the option of repeating their dance, without disqualification.
 - c) **If a competitor continues dancing without music, they will not be disqualified.** They will be given the option of repeating their dance at the end of the section with music.
 - d) **If music is faulty on a repeat performance**, the competitor can decide whether to leave the stage or continue without music. The competitor will not be disqualified for music issues beyond their control.

Adjudication:

1. International Adjudicators 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(s) and no correspondence will be entered into.**

General Rules

1. The Committee reserves the right to amend the program, to divide or combine any section, and to cancel any section if insufficient entries are received. Entry fees will be refunded if a section is cancelled.
2.
 - a) Competitors must arrive and be ready backstage, at least **30 minutes** prior to the publicised start of their section.
 - b) Competitors must remain in their designated dressing room area until summoned by an SFD representative.
 - c) Competitors must be ready to take their places on stage at the given time and must compete in the order in which their names appear on the running sheet.
 - d) If not present when called upon, competitors are liable for disqualification.
3. All Choreography, Music and Costuming must be suitable for a family audience.
4. Teachers will be permitted to remain side stage for the duration of their student's dance items only.
5. The Committee reserves the right to disqualify any competitor for any action not in accordance with any of the rules of the Southern Federation Dance Competitions.
6. 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.
7. No alcohol is permitted to be consumed by competitors at any time while the competition is in progress. Drinking of alcohol in any part of the theatre will result in disqualification and the offender will be asked to leave the theatre immediately.
9. No lighted candles, naked flames, fresh fruit, flowers, vegetables or glass may be used on stage.
10. All props must be able to be set up or removed within 30 seconds. A responsible adult must accompany a competitor with props, to help position them on stage. No curtains will be provided to place props on stage.
11. SFD will not post or arrange collection of any prizes once the event has closed.
12. No personal filming or photography is allowed in dressing rooms.
13. No cell phones, iPads, video cameras, cameras or any recording devices may be used by the audience during any performance. **Please do NOT take videos or photos while competitors are dancing. Anyone caught recording or photographing will have all professionally filmed videos and photos withheld, until the personal footage has been deleted and removed from any social media sites.**

Syllabus Competition Rules:

1. If a competitor leaves the stage before completing all of their exercises and exam dance, 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 on stage.

Freestyle Competition Rules:

1. If a competitor leaves the stage before completing their dance (for reasons other than music issues) and requests a second attempt, they will be placed at the end of the section and will still be eligible for a trophy prize, with a deduction of points.
2. Late competitors who miss their section, will not be able to perform.
3. If a performer is scheduled to perform again within 8 dances of a previous section, their order may be changed if approved by the Competition organiser and once adjudicators have been advised.
4. Freestyle Competitors must comply strictly with the time limits stated. They will not be adjudicated after the specific time has elapsed and are liable for disqualification for any breach of this rule.
5. No lighted candles, naked flames, fresh fruit, flowers, vegetables or glass may be used on stage.
6. All props must be able to be set up or removed within 30 seconds. A responsible adult must accompany a competitor with props, to help position them on stage. No curtains will be provided to place props on stage.
7. **Competitors in Under 13 sections MUST NOT wear pointe shoes.**
8. If registering performers in "**Other styles**", the teacher must list the name of the performer and the style of dance they are presenting, in the questionnaire at the end of the registration process.
9. Highest Scoring Trophies will only be provided if there are enough entries and/or sponsors.

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.

Ticket Information:

Early Bird Discount Tickets - submit total to SFD by 6th March 2026	Price Per Day
Adults	\$20.00
Children 4 - 14 years	\$16.00
Children under 4 years	Free
Pay at the Venue on the Day	Price Per Day
Adults	600 bht
Children 4 - 14 years	500 bht
Children under 4 years	Free
Teachers	Free

To take advantage of the special Early Bird Discounted Audience Tickets, schools must collect money on behalf of SFD and email a list of the required number of Adult and Child tickets for each day. SFD will issue a PayPal invoice for the required number of pre-purchased tickets along with an Excel Spreadsheet that must be completed with all ticket holder information. Completed Excel lists must be received by **6th March 2026, and payment by 13th March.**

Tickets may also be purchased on the day. See above list of fees.

SFD International Dance Competition

Syllabus Categories and Codes

Registration Fee \$50.00 per person

Entry includes: **Either a Trophy or Medal depending on score**
 (1st, 2nd or 3rd place prize winners will receive a trophy)
 (Honourable Mentions or Special Mentions will receive a Medal)
Participation Certificates & Photography

Classical Syllabus	Code	Syllabus Exercises to be performed
Foundation (8 yrs & under)	001	Bends, Head & Arms, Jump & Hop, Sideways Travel, Imaginative Dance (Teacher or Example version), Dance Moves (Teacher or Example version)
Level 1 (9 yrs & under)	002	Demi Plies, Port de Bras, Sautés, Gallops en avant, Combination 1 (Teacher or Example version), Exam Dance (Teacher or Set Dance)
Level 2 (10 yrs & under)	003	Port de Bras, Sautés & Echappés, Spring Points, Gallops & Skips, Combination 2 (Teacher or Example version), Exam Dance (Teacher or Set Dance)
Level 3 (new update 2025)	004	Port de Bras, Turns, Soubresaut & Changement, Spring Points, Gallop with Temps Levé, Exam Dance (Teacher or Set Dance)
Level 3 (old)	005	Port de Bras, Balletic Walks, Preparation for Spotting, Soubresauts & Echappés, Gallops & Spring Points, Exam Dance
Level 4 (new update 2025)	006	Port de Bras, Chaîné Turns (2 or 3 turn option), Soubresaut & Changement, Pas de Valse, Temps Levé, Exam Dance (Teacher or Set Dance)
Level 4 (old)	007	Port de Bras, Chasse Exercise, Soubresauts & Changements, Balletic Walks, Gallops with 1/2 turn, Exam Dance
Level 5	008	Port de Bras, Battement Tendu with Side Stretch, Soubresauts & Changements, Petit Jeté, Pose Coupe, Exam Dance
Level 6	009	Port de Bras, 1st, 2nd & 3rd Arabesque, Echappe Sauté with Soubresaut, Glissade and Assemble A, Pose Coupe Waltz, Exam Dance
Level 7	010	Port de Bras, Exercise for Arabesque, Pirouette en Dehors, Pas de Bourree, Sissone Fermé de Cote (Over), Pas de Valse
Pre-Elementary	011	Port de Bras, Temps Lie en L'air (set), Pirouette en dehors, Jeté Enchaînement, Sissone en avant, Grand Allegro
Elementary	012	Port de bras, Adage Study, Pirouette Enchaînement, Coupe Fouette Raccourci, Batterie Enchaînement, Grand Allegro
Intermediate	013	Port de bras, Adage Study, Grande Pirouette, Fouetté Ronds de Jambe en Tournant, Allegro Enchaînement, Grand Allegro
Jazz Syllabus	Code	Syllabus Exercises to be performed
Foundation (8 yrs & under)	014	Bends, Head & Arms, Jump & Hop, Sideways Travel, Imaginative Dance (Teacher or Example version), Dance Moves (Teacher or Example version)
Level 1 (9 yrs & under)	015	Bend & Foot Stretches, Floor Exercise, Hitches with Walk & Place, Jumps in 1st, Combination 1 (Teacher or Example version), Exam Dance (Teacher or Set Dance)
Level 2 (10 yrs & under)	016	Bends in 2nd, Floor Exercise, Jumps, Windmills & Picked Up Jumps, Combination 2 (Teacher or Example version), Exam Dance (Teacher or Set Dance)
Level 3 (new update 2025)	017	Isolations, Arms & Turns, Kick Ballchange, Tuck Jumps, Combination 3, Exam Dance (Teacher or Set Dance)
Level 3 (old)	018	Bending Combination, Arm Exercise, Kick Ballchange, Step Hitch, Jump into 1st, Exam Dance (Teacher/Set Dance)
Level 4 (new update 2025)	019	Floor Exercise, Hip Hop, Chasse Turns, Jetes, Combination 4, Exam Dance (Teacher or Set Dance)
Level 4 (old)	020	Body Curls & Isolations, Co-Ordination Step, Step Ballchange & Drag Runs, Jump Kick Travelling Back, Combination 4, Exam Dance (Teacher or Set Dance)
Level 5	021	Isolation and Ripple, Hip Hop, Jazz Springs, Pounce, Combination 5, Exam Dance (Teacher or Set Dance)
Level 6	022	Funk Steps, Contracted Walk Sequence, Kick with Turns, Jazz Springs & Hitchkick, Combination 6, Exam Dance (Teacher or Set Dance)
Level 7	023	Hip Hop, Lyrical Jazz, Contemporary, Elevation Step, Combination 7, Exam Dance (Teacher or Set Dance)
Level 8	024	Hip Hop, Single & Double Turns, Contemporary, Jeté Combination, Combination 8, Slow or Fast Exam Dance (Teacher or Set Dance)
Level 9	025	Floor Exercise, Turning Sequence R & L, Kicks, Contemporary, Combination 9, Exam Dance (Teacher or Set Dance)
Level 10	026	Commercial Jazz, Lyrical, Virtuosity, Tango, Combination 10, Exam Dance (Teacher or Set Dance)
Tap Syllabus	Code	Syllabus Exercises to be performed
Level 5	027	Pick Ups, Drum Rolls, Waltz Timestep, Flap Stomp, Combination 5, Set Dance
Level 6	028	Trebles, Cincinnati & Double Pick Ups, Cramp Roll & pick up change, Hopovers, Combination 6, Set Dance
Level 7	029	Pick-ups, Wing Changes with Shuffle, Turning Step, Timesteps, Combination 7, Teacher's Exam Dance

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Freestyle Categories and Codes

Freestyle Solos (SFD Member price)

\$60.00

Freestyle Solo (Non-Member price)

\$75.00

Freestyle Duos/Trios/Quads (SFD Member Price)

\$50.00 (per person)

Freestyle Duos/Trios/Quads (Non-Member Price)

\$60.00 (per person)

Entry includes: **Trophy for each performer (either Diamond, 1st, 2nd or 3rd based on score)**
Participation Certificates
Photography

Age Group	Section Name
SOLOS - Time Limit 3 mins	
6 yrs & under	Classical Solo
	Jazz Solo
	Lyrical / Contemporary Solo
	Hip Hop Solo
	Other style
9 yrs & under	Classical Solo
(7 - 9 yrs)	Jazz Solo
	Lyrical / Contemporary Solo
	Hip Hop Solo
	Other style
12 yrs & under	Classical Solo
(10 - 12 yrs)	Jazz Solo
	Lyrical / Contemporary Solo
	Hip Hop Solo
	Other style
15 yrs & under	Classical Solo
(13 - 15 yrs)	Jazz Solo
	Lyrical / Contemporary Solo
	Hip Hop Solo
	Other style
19 yrs & under	Classical Solo
(16 - 19 yrs)	Jazz Solo
	Lyrical / Contemporary Solo
	Hip Hop Solo
	Other style
20 yrs & over	Classical Solo
	Jazz Solo
	Lyrical / Contemporary Solo
	Hip Hop Solo
	Other style

Age Group	Section Name
DUOS / TRIOS / QUADS - Time Limit 3 mins	
6 yrs & under	Classical
	Jazz
	Lyrical/Contemporary
	Hip Hop
	Other style
9 yrs & under	Classical
(7 - 9 yrs)	Jazz
	Lyrical / Contemporary
	Hip Hop
	Other style
12 yrs & under	Classical
(10 - 12 yrs)	Jazz
	Lyrical / Contemporary
	Hip Hop
	Other style
15 yrs & under	Classical
(13 - 15 yrs)	Jazz
	Lyrical / Contemporary
	Hip Hop
	Other style
19 yrs & under	Classical
(16 - 19 yrs)	Jazz
	Lyrical / Contemporary
	Hip Hop
	Other style
20 yrs & over	Classical
	Jazz
	Lyrical / Contemporary
	Hip Hop
	Other style

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Freestyle Troupe Categories and Codes

Troupes (SFD Member price: 1-10 performers)	\$120.00 (small group)
Troupes (SFD Member price: 11-20 performers)	\$170.00 (large group)
Troupes (Non-Member price: 1-10 performers)	\$150.00 (small group)
Troupes (Non-Member price: 11-20 performers)	\$200.00 (large group)

Entry includes:

- Troupe Trophy per Team for 1st, 2nd or 3rd place**
- Medals for each performer**
- Certificates**
- Photography**

Age Group	Section Name
TROUPES – Time Limit 5 minutes	
6 yrs & under	Classical
	Jazz
	Neo/Lyrical/Contemporary
	Hip Hop
	Other style
9 yrs & under	Classical
(7 - 9 yrs)	Jazz
	Neo/Lyrical/Contemporary
	Hip Hop
	Other style
12 yrs & under	Classical
(10 - 12 yrs)	Jazz
	Neo/Lyrical/Contemporary
	Hip Hop
	Other style
15 yrs & under	Classical
(13 - 15 yrs)	Jazz
	Neo/Lyrical/Contemporary
	Hip Hop
	Other style
19 yrs & under	Classical
(16 - 19 yrs)	Jazz
	Neo/Lyrical/Contemporary
	Hip Hop
	Other style
20 yrs & over	Classical
	Jazz
	Neo/Lyrical/Contemporary
	Hip Hop
	Other style



SFD International Dance Competition

Style Descriptions

- Classical:** is a routine that consists of classical steps & ballet technique that highlights graceful style, posture, turnout and controlled footwork. Ballet Shoes must be worn or pointe shoes are acceptable for students 13 yrs and over, if strong enough. Music can be orchestral or piano/instrumental. Can include repertoire and story ballets (demi-character).
- Jazz:** is a routine that utilises jazz technique that incorporates dynamics and high energy movement qualities. Teachers can choose to use Modern or Broadway style music.
- Lyrical:** is a style of routine that combines ballet and jazz techniques. It is performed to music with lyrics that inspire the movements and emotions and may be linked to a storyline.
- Contemporary:** is a style of dance movement, which may be abstract or fluid, that joins elements of ballet, jazz, and modern dance. Non-traditional lines and shapes can be used and choreography may incorporate a storyline, theme or mood.
- Hip Hop:** consists of street styles of dance that may include popping, locking, breaking, and other urban dance techniques. K-pop and J-pop can also be entered in this category.
- Other Styles:** Can include Tap, Pom, Cheerleading, Acrobatics, National Dances from different countries. For more style options, please contact us on info@dancesfd.asn.au for approval.

Choreography for the Freestyle competition must be original and not replicated from popular dance videos. No more than 8 counts of SFD Syllabus exercises or SFD set dance choreography may be used in any freestyle dance routines.

Percentages for Prize Trophies:

Diamond Place	92 - 100 %
1st Place	86 - 91%
2nd Place	76 - 85 %
3rd Place	75% and below

Assessment criteria includes:

- Solos:** Technique / Style / Musicality / Performance Quality / Choreography / Costume
- Duos/Trios/Quads:** Technique / Style / Unison / Performance Quality / Choreography / Costume
- Troupes:** Technique / Style / Unison / Performance Quality / Choreography / Costume



Become a Sponsor for the SFD International Dance Competition 2026

Support the Art of Dance & Gain Valuable Exposure for Your Business!

Your sponsorship will help cover the cost of trophies, medals and certificates for all dance performers. In return, your business will receive exclusive publicity opportunities at the competition.

Sponsorship Benefits:

✅ Platinum Sponsor – 6,000 bht

- Full-page advertisement in the event program
- Logo placement on all event materials & social media
- Business name listed in the event program
- Allocated space at the event for flyers, banners and to sell products
- Recognition during the competition
- Complimentary VIP tickets – 2 tickets for 2 days

✅ Gold Sponsor – 4,500 bht

- Full-page advertisement in the event program
- Logo placement on all event materials & social media
- Business name listed in the event program
- Recognition during the competition
- Complimentary VIP tickets – 2 tickets for 1 day

✅ Silver Sponsor – 3,000 bht

- Half-page advertisement in the event program
- Logo placement on all event materials & social media
- Business name listed in the event program
- Recognition during the competition
- Complimentary VIP tickets – 1 ticket for 1 day

✅ Bronze Sponsor – 1,500 bht

- Logo placement on all event materials & social media
- Business name listed in the event program
- Recognition on social media
- Acknowledgment at the event

We are also searching for sponsors to provide Highest Scoring Trophies for each age category in the Freestyle Competition. Company name will be listed in the program. Please contact us if you are interested in this opportunity. Highest Scoring Trophies will only be presented if there are enough entries and/or sponsors.

How to Sponsor: ✉ Email us at info@dancesfd.asn.au

Sponsorship Closing Date: 1st March 2026

Thank you for supporting the SFD International Dance Competition and celebrating the talent of dancers from around the world!