



CENTRAL OKANAGAN  
PERFORMING ARTS FESTIVAL

# **Central Okanagan Performing Arts Festival**

## **Dance Syllabus 2025**

## **CATEGORIES:**

(Based on Age and Level as of December 31st)

Ages 9 & Under Primary	Dancers who are 9 years of age or under will enter Primary Dance.
Ages 10 – 12 Junior	Dancers who are 10, 11 or 12 years of age will enter Junior Dance.
Ages 13 – 15 Intermediate	Dancers who are 13, 14 or 15 years of age will enter Intermediate Dance.
Ages 16 – 20 Senior	Dancers who are 16, 17, 18, 19 or 20 years of age will enter Senior Dance.
Ages 21 & Over Adult	Dancers who are 21 years of age or over will enter Adult Dance.

## **REGISTRATION FEES:**

Dance Solos	\$30.00/entry
Dance Duos	\$35.00/entry
Dance Trios	\$40.00/entry
Small Dance Groups	\$100.00/group (9 or less)
Large Dance Groups	\$200.00/group (10 or more)
Production	\$200.00/production
Dance Masterclasses	\$30/class

# **CLASSES:**

## **Ballet:**

### **Demi-Pointe Classical:**

Present a dance based on any method of classical ballet technique, e.g., Cecchetti, RAD, Vaganova. You must wear soft shoes. You may use one hand-held prop if it is integral to the dance.

### **Pointe Classical:**

Present a dance based on any method of classical ballet technique. You must wear pointe shoes. You may use one hand-held prop if it is integral to the dance.

### **Neo Classical Ballet:**

Dance based on any method of classical ballet technique in the style of the 20th and 21st Century. Original choreography should be plotless and musically driven without narrative or mime. Dancer's movements should be the main artistic medium.

### **Contemporary Ballet:**

Present a dance that incorporates classical ballet techniques with a greater range of movements which may not adhere to strict body lines for classical ballet. This style includes non-traditional movements, such as more relaxed steps, floor work and turned in legs, etc., to portray the concept of being more innovative, free and earth bound. The physical interpretation of the theme that the choreographer envisioned allows for more expressive emotions and feelings.

### **Interpretive Ballet:**

Present a dance that uses ballet technique incorporating the body as a medium of expression and interpretation of the music in order to portray an intangible thought or mood, real or imaginary. This class should express an idea but not tell a story. You cannot use a prop in this class. You must wear ballet shoes (pointe or soft) for this class.

### **Demi-Character:**

Present a dance that portrays a story, idea, and/or impression while performing ballet technique from the waist down and character from the waist up. You may use one hand-held prop if it is integral to the dance.

### **Character:**

Present a dance that portrays a specific character, real or fictional, for the entire duration of the dance using ballet technique and stylized movement. You must incorporate the whole body but not tell a story. You may use one hand-held prop if it is integral to the dance.

## **Modern & Contemporary:**

### **Modern:**

Present a dance that is a stylized with its foundations on a technically based discipline such as Graham, Limon, Cunningham, Humphrey and Horton etc. Modern Dance rejects the limitations of classical ballet and is formulated from natural rhythms, and favours movement derived from contraction and release, breath, suspension, fall and recovery, weightiness, and dynamism. Movement may or may not be related to the music.

### **Interpretive Modern:**

Present a dance that uses a recognized/codified modern technique to tell a story, express a feeling, interpret a character, behaviour, or emotional state. Movement should be related to the intent of the music.

### **Contemporary:**

Present a dance encompassing various dance disciplines with modern technique as its underlying base, such as the choreography of William Forsythe, Wayne McGregor, Akram Khan, Ohad Naharin (Gaga), Hofesh Shechter (Release Technique), etc. - a constantly evolving style of movement that gives physicality to human ideologies and concepts with emphasis on engaging the whole body.

### **Interpretive Contemporary:**

Present a dance that uses contemporary movement vocabulary from stylized to pedestrian (with modern technique as its basis) to tell a story, express a feeling, interpret a character, behaviour, or emotional state; e.g. Pina Bausch (Tanztheater Wuppertal). Movement should be related to the intent of the music while the choreography must engage the whole body.

## **Stage Dance:**

### **Jazz:**

Present a dance with technique based on the isolation of the body and/or on contraction release.

### **Lyrical:**

Present a dance that is generally performed to slower tempos and interprets the intent of the piece of music. You must use soft jazz technique and style along with facial and body emotion to portray an idea, story, mood, or feeling.

### **Tap:**

Present a tap dance where arms are complementary and coordinated to the footwork. The rhythm of percussion is articulated through the feet and entire body. The emphasis is on the clarity and shading of sounds (both regular and syncopated rhythm). You are not allowed to dub your tap sounds with your accompaniment.

### **Hip-Hop & Street Dance:**

Present a dance that incorporates the elements of hip-hop and street dance. Your dance may include moves such as gliding, popping, locking, waving, and use house, old school and new school techniques. You may also use gymnastics/power moves or any series of tricks or stunts as long as

the music, costumes, and lyrics are age appropriate. (Note: this class can only be entered as a second class after participating in one of the traditional classes listed above.)

**Acrobatic Arts:**

Present a dance that combines classical dance techniques with at least four acrobatic movements; however, acrobatic movements should not exceed greater than 50 percent of the routine. Choreography should be a seamless blend of dance and acrobatic movements.

**Theatrical Dance:**

Lip-synching only

Dance suitable for a stage or musical production, cabaret, a review, live theatre, etc. Contents must be predominately Dance, choreography should have a character base to it without straight line work; must be composed of a diversified vocabulary of steps and may utilize any Dance genre.

**Song and Dance:**

Live singing only

A routine suited to stage production. Equal effort in dancing, live singing, and acting will be an integral part of the overall performance. No recorded vocals are permitted. Song and Dance solos may be four (4) minutes in length.

**Choreography:**

Please present a piece you have choreographed yourself.

**Cultural Dance:**

Dance Ethnology: Present a dance with technique based on a dance form from anywhere in the world. This can include folk dance, classical dance, or modern dance from any culture. Examples include, but are not limited to: Irish Step; Highland Dance; Ukrainian Dance; Indian – Rajasthani, Kathak, Odissi, Bhangra, Bollywood; Polynesian Dance; Flamenco; African Dance; Middle Eastern Dance; etc.

**Dance Production:**

Please present a full dance production.

## **Dance Masterclasses:**

Festival participants may register for one or more of the following dance masterclasses, held in conjunction with the dance festival.

\*\*Note: To advance to the Provincial competition, a dancer must participate in the masterclass that corresponds with the class for which the dancer is recommended.

\*\*Masterclasses will be adjudicated, and scores from the masterclasses will be considered by Adjudicators during performances.

**Ballet Technique Masterclass:**

The ballet technique workshops will be divided into age groups. Dancers must wear practice clothes. Females wear pink tights and a leotard in a dark solid colour; Males wear dark tights and a shirt or leotard in a light solid colour. Do not wear belts, trims, jewelry, leg warmers, etc.

**Modern Technique Masterclass:**

The modern technique workshops will be divided into age groups. Dancers must wear practice clothes. All dancers may wear a unitard or leotard and tights in a dark solid colour. Dancers may not wear loose and/or revealing clothing or any belts, trims, jewelry, leg warmers, etc.

**Jazz Technique Masterclass:**

The jazz technique workshops will be divided into age groups. Dancers must wear practice clothes appropriate for Jazz dance.

**Tap Technique Masterclass:**

The tap technique workshops will be divided into age groups. Dancers must wear practice clothes. All dancers should wear a leotard or tight fitting top and jazz pants or a unitard in a dark solid colour. Dancers may not wear belts, trims, jewelry, leg warmers, etc.

**Provincial Qualifications for Dance:**

Participants are required to present two solos never performed before at our festival, obtaining a mark of 85 or higher, and attend the corresponding masterclasses in those disciplines.

For provincial representation in classical dance, both solos need to be in classical dance.

For provincial representation in stage dance, both solos need to be in stage dance.

For provincial representation in classical ballet, the solos can be variations.

Please see the PABC Official Syllabus for more detailed information.

## **Dance Rules & Guidelines:**

Festival participants may select to perform in one or more of the Dance classes listed. Each class may be entered as a solo, duo, trio, or group.

**Time limits for ALL classes are as follows:**

**Dance Solos - 3 minutes**

**Dance Duos & Trios - 4 minutes**

**Small Dance Groups - 7 minutes**

**Large Dance Groups - 10 minutes**

The adjudicator(s) will determine all awards, scholarships, and recommendations for the Provincial Festival. Adjudicator decisions, in all matters of adjudication, are final.

To advance to the Provincial competition, a dancer must participate in a workshop for the class in which the dancer is recommended.

In British Columbia, another requirement to qualify for provincials, is that the dancer must be entered into his/her region. For example: Interior BC dancers cannot qualify for provincials in a Lower Mainland competition/festival, and vice versa.

To be eligible for individual awards and scholarships, dancers must enter a minimum of two solos in the discipline in which the award/scholarship is given. For example, to be eligible for an individual award in Ballet, you must enter in at least two classes in Ballet, the same applies to Modern & Contemporary and Stage Dance. (This restriction does not apply to Primary Dance as dancers ages 9 and under are only required to enter one solo class to be eligible for an award.)

Tap shoes can only be worn during the performance. No jingle taps.

The individual submitting entries is responsible for entering the participant(s) into the correct class(es) and/or categories. Incorrect entries will be deemed as non-competitive and **WILL NOT** qualify for awards or scholarships.

Music submission can be done digitally on our registration platform with an MP3 file. Adjudication sheets can be accessed digitally on our registration platform at the end of each day during the festival, and post-festival.

Please see our general Rules & Guidelines for other important information regarding the festival.