

# 2025

**PUBLIC  
VERSION**



## **OFFICAL RULES & REGULATIONS**

# OFFICIAL RULES & REGULATIONS



## CONTACT DETAILS

### CONNECT WITH US

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# OFFICIAL RULES & REGULATIONS

## GUIDELINES, POLICIES & RULES

**GUIDELINES:** Imply advice, recommendations, or instructions. Giving people information and suggestions on how to behave for the best possible experience but they are not expected to have significant punishment for failure to comply.

**POLICY:** Policies guide thinking and channel energy toward a particular direction, with some potential consequences. Policies are more formal and enforceable, which means a greater level of accountability. Policies show a higher level of commitment to ensuring the participants follow.

**RULES:** Are explicit regulations or principles governing conduct. Rules are specific statements that inform what must and must not be done and compliance is always expected. Pre-determined procedures to determine consequences are in place for all rules.

For example: GDS Harassment, social media bullying, and anti-discrimination code of conduct are governed by rules and policies instead of guidelines. Level placement, with its inability to accurately capture each unique human being are guidelines to be determined at the discretion of the teacher within the platform of fairness and fair play.

## INSURANCE & ELIGIBILITY, LIABILITY RELEASE

### INSURANCE & ELIGIBILITY

All registrations must come from a registered dance studio which holds a business license and valid insurance for all of its dancers. **Independent entries are not permitted.**

### LIABILITY & LIKENESS RELEASE

**RELEASE OF LIABILITY:** Before the competition, each studio must sign a release of liability form, absolving GDS, the organizer, their officers, agents, staff, volunteers, contractors, venues, and sponsors of any responsibility for any mishap or injury, paralysis or death that happens to them before, during, or after a Global Dance Services Inc event.

**RELEASE OF LIKENESS:** Each participant must sign a release of likeness form allowing GDS its affiliates, the organizer, agents, and sponsors to film, videotape, and/or record their performance(s) and involvement in the event for use in including but not limited to, press releases, public relations, television, movies, home videos, the internet, social media, radio, and other media vehicles, whether they are currently known or created in the future, without restriction or compensation.

# OFFICIAL RULES & REGULATIONS

## AGE DIVISIONS

Class One - 5-6yrs  
Class Two - 7-8yrs  
Class Three - 9-10yrs  
Class Four - 11-12yrs  
Class Five - 13-14yrs  
Class Six - 15-16yrs  
Class Seven - 17-19yrs  
Young Adult - 20-24yrs  
Adult 25-39yrs  
Legends 40yrs+



## QUALIFY

**TOP FIVE BALLET 12yrs & UNDER**  
**TOP FIVE BALLET 13yrs & OVER**  
**TOP THREE LYRICAL**  
**TOP THREE CONTEMPORARY**  
**TOP FIVE MODERN**

**+ ALL ROUTINES 95+**



# OFFICIAL RULES & REGULATIONS

## SIZE

Solos have one dancer

DUET/TRIO - 2 -3 dancers

A Duo/Trio is made up of 2-3 dancers of all genders and ALL AGES and is calculated by average age.

SMALL ENSEMBLE - 5 - 10 dancers

A Small Ensemble is made up 5-10 dancers of all genders and ALL AGES and is calculated by average age.

LARGE ENSEMBLE- 11 - 19 dancers

A Large Ensemble is made up of 11-19 dancers of all genders and ALL AGES and is calculated by average age.

XL ENSEMBLE- 20 + dancers

An XL Ensemble is made up of 20+ dancers of all genders and ALL AGES and is calculated by average age.

## TIME LIMITS

Solo: 3 Minutes

Duet/Trio: 3 Minutes

Small Ensemble: 4 Minutes

Large Ensemble: 5 Minutes

XL Ensemble: 5 Minutes



# CATEGORIES

## **Classical Ballet (Demi)**

Traditional ballet technique with classical steps in flat demi ballet slippers.

## **Classical Ballet (Pointe)**

Traditional ballet technique with classical steps in pointe shoes only.

## **Lyrical**

Routine to include emotional interpretations using combination of ballet technique. Balance, control and extension are main focuses of the dance whilst portraying a story and connection to the lyrics.

## **Contemporary**

A contemporary exploration of fundamental ballet, jazz, modern and lyrical training.

## **Contemporary Ballet (Demi)**

Utilizing overall contemporary/modern and ballet training. Routine is a combination of unstructured dance form and classical ballet technique. It is ever changing and evolving and should involve emotion. Dancers may be bare foot or in a flat demi shoe, or other shoe but not not pointe shoes which must enter contemporary pointe.

## **Contemporary Ballet (Pointe)**

Performed on pointe, a combination of unstructured dance form and classical ballet technique.

## **Demi-Character Ballet (Demi)**

Demi shoe, in which the dancer(s) portray a character and fulfill a storyline through characterization.

## **Pointe-Character (Pointe)**

Character work and story development on pointe.

## **Interpretive Ballet**

A dance that shows us emotion, interprets an idea or portrays a human condition. Dramatic expression may be used in combination with informal movement and foundational ballet technique. This category may perform in any shoe including ballet flats, other shoes, pointe shoes, or bare feet.

## **Modern**

Routine demonstrates varied modern techniques inclusive but not limited to modern dance influences of Martha Graham, Doris Humphrey and Mary Wigman. Depicts free, creative and expressive movement styles that have evolved from out of formal classical ballet technique throughout history while still showcasing foundational technical understanding in line and posture. Expressive dance artistry is forefront with an emphasis on the use of breath. Dancers understand both turned out and parallel alignment. Intricate floor work, grounding and patterning is evident.

## **Variation (Demi)**

Selections or variations from the classical ballet repertoire performed in ballet slippers. Solos only.

## **Variation (Pointe)**

Selections or variations from the classical ballet repertoire performed on pointe. Solos only.

## **Repertoire**

Selections or variations from the classical ballet repertoire. Groups only.

## **Pas de Deux**

A routine performed by two people that may involve lifts or transfer of weight and partnering. The focus of this duet is on the connection of the two dancers rather than two performers side by side showcasing choreography in unison.

**\*\*Historically a Pas de Deux may be showcased as a male-female duet, however this is not required and all genders are welcome.**

## **Ballet Open**

This category is for any routine that cannot be easily placed into one of the categories above and showcases traditional dance technique. This is also an option for dancers performing more than one solo in the same category whom cannot compete against themselves. All shoes permitted.



# OFFICIAL RULES & REGULATIONS

## LEVELS

### Levels

- Performance Division  
for the recreational dancer training 1-2 hours/week
- Foundations  
for the pre-competitive dancer training 3-5 hours/week
- Emerging Artist  
for the competitive dancer training more than 6 hours/week  
(ages 6-11) and 8 hours/week (ages 12+)

### Medal Classification

Bronze 81-87

Silver 88-90

Gold 91-93

Distinction 94+

## OPEN STAGE

The stage is open during all non-dance periods (ie lunch) under the supervision of a teacher and dancers are welcome for stage rehearsal at any time as long as the stage is cleared a few minutes before the next scheduled dance

Marley Floor and Rosin is provided