

XPRESSION DANCE EISTEDDFOD

SYLLABUS 2026





RULES AND CONDITIONS

Adjudicator: The adjudicator's decision is final. At no time should anyone approach or disrupt the adjudicator in any way, including lunch and dinner breaks.

Amateur: Xpression Dance Eisteddfod is open to amateurs only. A professional is defined as one who earns the major part of their income from performance / teaching and profession.

Ballet: No pointe will be allowed in ballet sections for open 10 years and under. No pointe will be allowed in restricted sections for 12 years and under.

Improvisation Clothing: Plain dance wear.

Costumes: Inappropriate costuming and suggestive movements in all forms of dance will not be tolerated and the adjudicator has the authority to ask that this item be stopped immediately.

Committee: The Committee reserves the right to amend, refuse or cancel sections where insufficient entries are received. Sections will either be combined with open or older age groups at the discretion of the committee where insufficient entries are received.

Competitors: Arrival time is at least 30 minutes before anticipated time of section commencement. Competitors must be ready to compete in the section and order in which their name appears in the programme. No competitor will be allowed to dance more than once in any solo section. Competitors can repeat their dance after "forgetting" it at the discretion of the adjudicator. Competitors will not be transferred from one section to another if incorrectly entered on entry form unless an error is the fault of the committee. No competitor may take another competitor's place in the programme. Prompting (except babies) is not permitted at all and may result in disqualification. Competitors must enter and compete in their own age group only.

Competitors Age 2026 Requirements -

Troupes/Groups: Age divisions will be determined by the average age of all performers as at 1 January 2026. Any average age ending in .5 or above will be rounded up to the next age division.

Solos, Duos & Trios: Age divisions will be determined by the competitor's age as at the first day of the competition.

Dress: No changing in the auditorium at anytime. Competitors are to change in the dressing rooms only. No competitor is permitted to wear tap shoes in the auditorium.

Program: If you have not received your program within two weeks of the in-house starting, it is YOUR responsibility to contact Expression Dance at info@expressiondanceschool.com or 0410 436 337. Expression Dance Eisteddfod has the right to amend the program where necessary, appoint a substitute adjudicator, divide or join any section, or alter days, location or times etc throughout the eisteddfod.

No changes to the program except where it is the fault of the Committee. All Competitors must dance in order of the program.



RULES AND CONDITIONS

Time limits: (including tags)

Solos	3 minutes
Song & Dance Solos	3 minutes
Duos / Trios	4 minutes
Troupes	5 minutes

Anyone not adhering to these time limits will be disqualified

Music: Music should be emailed to info@expressiondanceschool.com Each music should be labeled with Section Number / Competitor Number / Name of Competitor.

Please bring all music on 1 x USB on the day to have as a back-up in case of malfunction. It should be labelled correctly stating competitor name.

In Song & Dance, the song portion must be **DEVOID OF ANY VOICES, ANY SOUND EFFECTS** - immediate disqualification for not adhering to this rule. No background taping is permitted.

Protests: There is a "no protest" policy at Xpression Dance Eisteddfod, the adjudicator's decision is final.

Refunds: Refunds will not be given after entry has been received.

Props: Props may be placed on stage by a backstage helper or parent and need to be removed at the conclusion of the session. No glass or flammable material permitted.

Safety: No responsibility is taken for any injuries or lost property of anyone or their possessions present at the Xpression Dance Eisteddfod and entry to the Xpression Dance Eisteddfod is acknowledgement of acceptance of all rules and conditions. Smoking is NOT permitted in the grounds or on the school premises anywhere.

Registration Fee: This is compulsory for each family and includes an emailed program.

Video: No personal videoing or photography is allowed in the auditorium at anytime, including the use of mobile phones. Unauthorised photography or video will see the competitor disqualified. Mobile phones must be switched off in the auditorium at all times.



SECTIONS

SPECIALLY RESTRICTED (SP)

Confined to competitors who have not been placed 1st, 2nd, 3rd in any Eisteddfod or Competition in the section they are entering at any age.

RESTRICTED (R)

Confined to competitors who have not won 1st prize in any Eisteddfod or Competition in the section they are entering at any age.

OPEN (O)

Confined to competitors who have won 1st prize in Restricted Sections.

SOLOS

JAZZ - CLASSICAL BALLET - DEMI CHARACTER BALLET - HIP HOP - MUSICAL THEATRE -

TAP - CONTEMPORARY – LYRICAL - SINGING

AGES 10/u 12/u 14/u 16u Open

DUOS / TRIOS

JAZZ - CLASSICAL BALLET – DEMI CHARACTER – HIP HOP - CONTEMPORARY - LYRICAL -
MUSICAL THEATRE

AGES 10/u 12/u 14/u 16u Open

TROUPES

JAZZ - CLASSICAL BALLET - HIP HOP - TAP - CONTEMPORARY - LYRICAL - MUSICAL
THEATRE

AGES 6/u 8/u 10/u 12/u 14/u 16u Open

IMPROVISATION SECTION

JAZZ - HIP HOP AND CLASSICAL BALLET – LYRICAL/CONTEMPORARY

AGES 10/u 12/u 14/u 16u Open

EXPRESSION DANCE EISTEDDFOD DUO / TRIO ENTRY FORM

COMPETITORS NAME: _____ DATE OF BIRTH: _____

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COMPETITORS NAME: _____ DATE OF BIRTH: _____

DANCE STUDIO: _____

STUDIO ADDRESS: _____

POST CODE: _____ PHONE NUMBER: _____

DANCE STUDIO EMAIL ADDRESS: _____

TEACHERS NAME: _____ PHONE NUMBER: _____

AGE = 1ST DAY OF COMPETITION:

PLEASE COMPLETE THE SECTIONS THAT YOU ARE ENTERING			
NAME OF COMPETITORS	AGE GROUP	SECTION	COST
Eg: Sienna Smith and Tatiana Avon	8/u	Jazz	\$55.00
		PROGRAM / MUSIC LICENSE FEE:	\$20.00
		TOTAL:	

I have read and agree to adhere to all of the terms & conditions set out in the Xpression Dance Eisteddfod 2026 Syllabus.

Name: _____ Date: _____

Signature: _____

EXPRESSION DANCE EISTEDDFOD TROUPE ENTRY FORM

DANCE STUDIO NAME: _____

DANCE STUDIO EMAIL ADDRESS: _____

AVERAGE AGE = JANUARY 1ST 2026:

PLEASE COMPLETE THE SECTIONS THAT YOU ARE ENTERING			
CATEGORY	AGE GROUP	SECTION	COST
Eg: Small Group	8/u	Jazz	\$60.00
		PROGRAM / MUSIC LICENCE FEE:	\$20.00
		TOTAL:	

TEACHERS NAME: _____ PHONE NUMBER: _____

I have read and agree to adhere to all of the terms & conditions set out in the Xpression Dance Eisteddfod 2026 Syllabus.

Name: _____ Date: _____

Signature: _____