



NATIONAL YOUTH CABARET CHAMPIONSHIPS

SOLO CABARET INFORMATION

Information for cabaret teams is on the Team Guideline page.

- Couples must submit an entry form via the provided link on www.gemstateclassic.org. Opens Feb 16.
- Entry fee: \$50/couple. This fee does not include syllabus and open events.
- Deadline: **March 9th**. Registration and Fees must be received by this date.
- Couples must submit their music the music director, date tbd.

RULES & GUIDELINES

1. Age Category

The National Cabaret event is a Youth (16-18) category. Dancers who are Junior age (13-15) may enter the cabaret event if partnered with a Youth dancer.

2. Solo Cabaret Categories.

Cabaret routines will be entered by category

- a) **Lyrical:** routines that are contemporary, smooth ballroom, or traditional cabaret style.
- b) **Non-Lyrical:** routines that are Latin, jazz, hip hop, or Broadway in style

3. Entry Restriction

A dancer and/or couple may enter a category only once regardless of division. A dancer may enter different categories ie. lyrical with one partner and non-lyrical with a different partner.

4. Divisions

Each couple will enter their proper division determined by the following criteria:

The average of:

- a) the total years of dance experience of each partner, AND
- b) current year of lift training of each partner. (1st year = 1, 2nd year = 2)

Division levels Note: the division cut-offs may be adjusted depending on the median entry levels.

Division 1: 8+

Division 2: 5 – 7.9

Division 3: ≤ 4.9

Example:

	Dance Years	Lift Years	Total	Total for couple	Avg for couple	Division
Man	4	2	6	15	7.5	2
Woman	7	2	9			

5. Time Restriction

Cabaret routines are limited to 3 minutes, including entrance and exit.

6. Judging.

Music/Costume 5%; Choreography 5%; Technique 20%; Lifts 40%; Execution 30%.

1st, 2nd, and 3rd places will be awarded in each category & division.

7. Costuming

Men: Costume appropriate to the style.

1. Latin shirts must be closed from the sternum down.
2. No sheer front shirts.
3. Bare feet are allowed.

Women: Costume appropriate to the style.

1. Regular cut dance trunks and fishnet hose or dance tights must be worn. Bare feet are allowed.
2. Pants or leggings are allowed.
3. Straps over both shoulders of at least one-half inch in width are required. If multiple straps go over a shoulder at least one of the straps must be the required one-half inch from front to back.
4. Designs that are low in front or show any cleavage are not allowed.
5. Lower backs must be covered from a point three inches above the waistline with colored or fully stoned fabric.
6. Skirts must completely encircle the body and cover the legs to mid-thigh when not in motion. Sheer skirts are allowed.
7. Cutouts or nude fabric in the bodice the bodice must be heavily covered in stones.
8. Bare feet are allowed.