



# 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](http://www.gemstateclassic.org). Opens Feb 11.
- Entry fee: \$50/couple. This fee does not include syllabus and open events.
- Deadline: **March 3<sup>rd</sup>**. 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 or lyrical in style, traditional cabaret.
- b) **Non-Lyrical:** routines that are Latin, jazz, hip hop, or Broadway in style

### **3. 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. (1<sup>st</sup> year = 1, 2<sup>nd</sup> 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			

#### 4. Time Restriction

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

#### 5. Judging.

Music/Costume 5%; Choreography 5%; Technique 20%; Lifts 40%; Execution 30%.  
1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places will be awarded in each category & division.

#### 6. Costuming

**Men:** Costume appropriate to the style.

1. Latin shirts must be closed from the sternum down.
2. No sleeveless shirts or 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.
6. Skirts must 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.