



NATIONAL YOUTH CABARET CHAMPIONSHIPS

March 23, 2023 • Thunder Ridge HS • Idaho Falls, Idaho
4949 1st Street

CABARET INFORMATION

- Couples must submit an entry form via the provided link on www.gemstateclassic.org. Opens Feb 10.
- Entry fee: \$50/couple. This fee does not include syllabus and open events.
- Deadline: **March 6th**. 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. 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			

3. 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

4. Time Restriction

Cabaret routines are limited to 3.5 minutes, including entrance and exit.

5. Judging.

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

1st, 2nd, and 3rd 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. Sheer fabric may be worn only on the arms. No sleeveless shirts.
- 3. Bare feet are allowed.
- 4. No earrings.

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 inch in width are required. If multiple straps go over a shoulder at least one of the straps must be the required one-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 five 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 below the bustline are not allowed.