



NATIONAL YOUTH CABARET CHAMPIONSHIPS

March 24, 2022 • 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 6.
- 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) the total years of lift experience of each partner.

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:

	Years dance exp	Years lift exp	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
- b) **Non-Lyrical:** routines that are ballroom, 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 25%; Lifts 30%; Execution 35%.

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.