



All entries for Regional Competitions or National Finals will be processed on a first come, first served basis, and will be limited to the amount of performance time available. Entries are not considered “submitted” until full payment is received. All entries must be registered online with DanceBUG. **Reservations may be made and require a \$5 nonrefundable deposit. Stage One requires that your registration is complete 30 days before the competition.** Entries via email will not be accepted. We do not currently accept independent entries.

Legitimate costume change issues of less than 4 routines will be accommodated. In the interest of running on time, Stage One reserves the right to modify the schedule. The wrongful withholding of numbers may result in disqualification of the routine from High Point Awards.

Entry Divisions

Name	Students	Time
Solo	1	02:45m
Duet/Trio	2 - 3	02:45m
Small Group	4 - 9	03:00m
Large Group	10 - 18	04:00m
Line	19 & more	05:00m
Production	19 & more	06:00m

Age Groups

- Petite (8 and under)
- Junior (9-12)
- Teen (13-15)
- Senior (16-19)
- Adult (20 and over)

The same group of performers cannot compete more than once in exactly the same division, category and age division. The group may compete in the exact division, category and age division with some variance to the members of the group.

Soloists may perform a maximum of three solo routines (in three different categories). Stage One reserves the right to limit solo entries due to time constraints. Once the solo limit has been reached, no more solo entries will be accepted.

Age Divisions

All ages will be broken down as follows: 4 & Under, 5, 6, 7, 8, ,9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20-29, 30-39, 40 & Over.

ALL AGE DIVISIONS AT REGIONAL COMPETITIONS OR AT NATIONAL FINALS WILL BE DETERMINED BY THE AGES OF THE PERFORMERS AS OF JANUARY 1, 2026.

To determine the age division, average the performers' ages and drop the decimal point.

Example: 12.0-12.9 will compete in the 12-year-old age division.

Bump Rule: Groups that include dancers of different age groups will compete no more than one age division below the oldest dancer, regardless of the average age. For example: if a routine includes a dancer aged 16 (Senior age group), but the average age is 11 (Junior age group), the routine will compete in the Teen age group. The Production category is the only exception to this rule.

If you wish to bump your advanced 12-year-old routine to 13 (Teen), or 15-year-old routine to 16 (Senior), please call the office.

Adult Rule: If any duet/trio, small group, large group or line has any dancer aged 20 or over, they must compete in the Adult age group. This applies to even one dancer in a routine who is 20 or over.

Performance Levels

Stage One will have four performance levels for ALL age groups (Petite, Junior, Teen, Senior and Adult). **Stage One requires that you choose a performance level for each individual dancer.**

A competition has no way of knowing the experience level of each student. Our goal is for all dancers to compete with dancers of equal abilities. Stage experience, technical ability, and the choreography of each routine must be considered. Of course, with only three levels there will be some variance of ability. We have listed several points to consider in the proper placement. For example: If a soloist is receiving many hours of individual training, then they should be in a higher level for their solo, as well as duo/trio or small group. If the same soloist is in a group dance that has more students on the recreational level, that dance may be considered for a level more consistent with the majority of dancers in the group. HOWEVER, this does not apply if that soloist is highlighted as a soloist for much of the group dance and the less experienced dancers receive limited stage time. There are studios that only require a few hours a week from their students and there are those who require total dedication and do not allow their dancers to participate in other extracurricular activities. Some studios have required Master classes and conventions to allow for more training and some who do not require any at all. These variables should help you decide but throwing all of these considerations away for the sake of just simply "winning" does not serve our dancers well. We know that each studio is diverse so we will offer guidelines and hope that everyone will do their best to place their dancers in the appropriate performance level. Winning is great but educating young dancers is most important.

Consider the following when determining which Performance level best fits your routine:

- ◆ How many years of dance experience do they have.
- ◆ Amount of competition experience.
- ◆ Technical ability
- ◆ Hours of technical dance training per week
- ◆ Past Scoring – for example: a dancer who consistently wins in the Shooting Star level is demonstrating that they have mastered that level and should move to the Elite Star. Likewise, a dancer who needs to strengthen their core or has not mastered the more difficult technical elements of the Elite level might try competing in Shooting Star until they are stronger.

- ◆ Place your dancer where they can be challenged but also gain confidence to become a better dancer.
- ◆ Choreography, if a dancer is executing quadruple turn and has the control to stop on a dime, they are too advanced for Shooting Star.



Shining Star/Adaptive Dance-This level includes any dancer that may face developmental or physical challenges. Judging is fair and within the boundaries of this level. We celebrate the dancer and all ranges of talent. Dancers registered as a Shining Star may not compete in any other performance levels except in Lines and Production. Entries will be eligible for High Point Awards.

Rising Star (Recreational)-Recreational/beginner dancers who receive limited weekly studio time and have had little, if any, stage time other than at their annual recital. They have not had the time to master the technical skills that are required in the higher levels.

Shooting Star (Intermediate)-This level is for those dancers who may not be considered beginner because of previous dance experience but are training less than 5 hours per week. This level is not a place for elite dancers to place higher in the High Point Awards and have an unfair advantage.

Elite Star (Advanced)-Dancers who average several hours of technical dance training per week and are competing in several competition routines and have strong technical ability. This is also a place for a good dancer to become a great dancer and be challenged.

Teachers, please use fair judgement when placing dancers into performance levels. The different levels are designed to give dancers a level playing field of competition, not to allow your best dancers to win more awards. Routines that are obviously under-placed WILL be moved by the judges or Competition Director to a higher performance level. Other routines with the same contestants will be evaluated individually.

An elite dancer cannot participate in a Rising star routine. Soloists may only compete in one level.

A routine with dancers of different levels will be entered in the performance level that applies to more than 50% of the dancers.

If you feel you need to adjust your dancers' performance levels from Regionals to National Finals, please contact the office at 405-573-7733.

Performance Categories

- Acrobatic Dance- A routine that uses tumbling or acrobatic skills and demonstrates flexibility
- Baton- A routine that uses a baton and showcases twirling techniques. No fire or swords.
- Ballet- A routine that uses classical steps and movements.
- Cheerleading- A routine that consists of vocal cheering with precise, sharp movement throughout.
- Clogging- A routine that uses clogging/buck style wearing clogging shoes.
- Contemporary- A routine with elements from various dance styles, including ballet, modern, and jazz, to create a unique and contemporary movement vocabulary.
- Folkloric- A routine with a type of dance that originates from the traditions of a specific people or culture.
- Modern – A routine consisting of modern technique emphasizing freedom of movement,

emotional expression, and individuality.

- Hip Hop- A routine that street dance style that combines freestyle movements with music to create a cultural art form.
- Jazz- A routine consisting of jazz technique with strong emphasis on syncopation and improvisation, mirroring the high energy music.
- Jazz Character – A routine with dynamic fusion of jazz dance techniques with elements of character dance.
- Lyrical- A routine that seamlessly merges the precision and grace of ballet with the expressive freedom of jazz and contemporary dance.
- Musical Theatre- A routine that is dynamic and expressive combining elements of various styles, such as ballet, jazz, and modern, to tell a story and enhance the musical narrative.
- Open- A routine that offers maximum freedom and flexibility in terms of style, genre, and choreography.
- Pointe- A routine with ballet technique where dancers support their entire body weight on the tips of their toes, wearing specially designed pointe shoes.
- Pom Pon- A routine that is a dynamic and energetic dance style incorporating precise and synchronized arm movements, formations, jumps, and skills. The defining characteristic is the use of pom poms held by the dancers throughout the routine.
- Song and Dance- A routine encompassing performances that combine vocal music (singing) with dance.
- Tap- A routine with rhythmic sounds produced by the dancer's feet striking the floor. Dancers wear special shoes equipped with metal taps on the toes and heels, transforming their feet into percussive instruments.
- Tap Character- A routine with dynamic fusion of tap dance techniques with elements of character dance.
- Photogenic- A submission of a natural-looking photograph/headshot that will be critiqued by the judges in their specific age category for solos. Up to 2 photographs no larger than an 8x10 may be submitted online through DanceBUG or turned in at registration upon arrival at the competition.

Gymnastics tricks are allowed in any category as long as the style of dance is predominantly the category entered.

Music Guidelines

Music for each routine can be uploaded through DanceBUG. Your routine title and uploaded song title must match.

Please have all your music, for the entire competition, uploaded one week prior to the competition.

Time Limits

- ◆ Solo: 2:45 minutes
- ◆ Duet/Trio: 2:45 minutes
- ◆ Small Group: 3 minutes
- ◆ Large Group: 4 minutes
- ◆ Line: 5 minutes
- ◆ Production: 6 minutes

Extended Times- Extended prices are \$3 additionally per dancer for solos, and \$3 additionally per person for duet/trios and all groups.

Extended Time Limits

- Solo: 3:15 minutes
- Duet/Trio: 3:15 minutes
- Small Group: 3:30 minutes
- Large Group: 4:30 minutes
- Line: 5:30 minutes
- Production: 8 minutes

Failure to comply could result in a 15-point deduction.

Judging Guidelines

Contestants will be judged by a panel of qualified, previously selected judges. All studio directors, contestants and parents agree that the method of judging shall lie solely at the discretion of Stage One Productions.

Contestants will be adjudicated based on a national scoring system. Judges score on the following: Routine Execution 10-25 points; Technique 15-35 points; Stage Presence 5-25 points; Routine 5-10 points, Costume/Appearance 1-5 points (deductions only). Judges' composite scores are totaled for final point values.

Any routine scoring below 278 points in the Elite Star Performance Level at a regional event may move down to the Shooting Star Performance Level for Nationals. Please contact Stage One for assistance with this change before Nationals.

The subject of appropriateness is one of the most controversial in the dance competition industry today. Stage One is a family-oriented business that is dedicated to providing a safe, positive environment for both dancers and audience members. Points will be deducted, at judges' discretion, for routines with inappropriate or suggestive music/costumes/dance moves.

Three important notes about this policy:

1. Appropriateness begins at the studio. We encourage parents, choreographers and studio directors to take an active roll to ensure that all routines are family oriented.
2. Appropriateness is a subjective matter. Inevitably some will find the judges' decisions too lenient, while others will find them too strict. We can only do our best to resolve these situations.
3. Appropriateness is separate from technique. We would never want to punish dancers by deducting points from the technique, stage presence or execution sections of their critiques.

All judge's critiques will be uploaded into DanceBUG within 24 hours of the end of the competition.

Regional Awards

Category Awards

Each routine will be adjudicated and receive an award reflecting their placement:



Diamond (Elite Star level only), Double Platinum, Platinum, High Gold, Gold with the highest scoring routine in each category earning a Competitive First Place.

High Point Awards

High Point Awards are given in five age groups: Petite (8 and under), Junior (9-12), Teen (13-15), Senior (16-19). For Petites, Juniors, Teens and Seniors, High Point Awards will also be given to each Performance Level. Petite, Junior, Teen and Senior Rising, Shooting, and Elite Star routines will be eligible for cash prizes subject to cash award rules.

Cash Awards

- Solo: \$25/\$25 merchandise gift certificate
- Duet/Trio: \$50
- Small Group: \$100
- Large Group: \$100
- Line: \$100
- Production: \$100

The same solo performer may not place more than once in the High Point Awards.

A First Place High Point winner at any regional competition may not compete the same routine at any other regional competition in the same season.

There must be a minimum of FIVE acts in each age group and performance level (Petite, Junior, Teen and Senior Rising, Shooting, and Elite Star) to award cash prizes.

Achievement Awards

Achievement awards and plaques will be presented at EACH awards ceremony. These awards include, but are not limited to: Entertainment, Technical Excellence, Showmanship, Fabulous Feet, Diva, Outstanding Costume, Intensity, Choreography and Precision.

Excellence in Dance Award given to the highest scoring group in the Petite, Junior, Teen and Senior age groups.

Competitive Spirit Award to be awarded to the studio who embodies the true spirit of competition. Friendly, helpful and polite to staff and other dancers, these dancers' infectious positive attitudes encourage an atmosphere of integrity and mutual respect. The Competitive Spirit Award includes a \$200 gift certificate for Stage One 2026 National Finals or 2027 Regional entry fees.

Studio Excel Award a \$200 gift certificate presented to the studio with the most participation at a regional competition—may be used at any Stage One 2026 National Final or 2027 Regional Competition.

Stage One Star Title Division

All group performers (under the age of 20) are automatically eligible for the title competition. Titleists will be chosen based on the performer (boy or girl) exhibiting the most professional entertainment skills in addition to technical execution. Judges will select Titleist's in Petite, Junior, Teen and Senior age groups.

Additional Information

NO cameras of any kind are allowed during a performance. This includes all phones, tablets, and computers. Violation may result in a deduction of points and possible disqualification of a

routine from the High Point Awards.

No dangerous substances (including, but not limited to: water, gels, rosin, aerosols, glitter, confetti, etc.) that might damage the integrity of the dance floor may be used during a routine.

A time schedule will be available to all studios once it has been finalized. Every regional schedule is based on the breakdown of entries by solos, duet/trios, groups and lines for that particular city. Since we cannot know this breakdown until all entries are processed, we will, at that time, set a schedule designed to accommodate the majority of entrants. It is our goal to have all days end at a reasonable time, especially on Sundays, when students attend school the following day. We would rather go later on a Friday or a Saturday and let everyone leave earlier on Sunday. This would not necessarily be possible if we followed a pre-determined format.

High Point Awards winners at any 2025 National Final MAY NOT compete with the same routine at any of the 2026 Regional Competitions.

Stage One reserves the right to expand the dates of any competition due to number of entries, move the competition to a new location due to unforeseen circumstances, or cancel any event that does not qualify with a minimum number of acceptable entries. If cancellation occurs, all entry fees will be refunded.

Absolutely no coaching from audience or backstage. Smoking and vaping is not allowed.

Any teacher, parent, performer or participant displaying improper conduct can result in disqualification with loss of entry fees. Behavior that is harmful to others including verbal or physical harassment, abusive language and gestures, sexual language or threats directed at others is included. **Behavior that is in violation of government laws and regulations, including health and safety guidelines will be subject to removal from the premises and may be prohibited from attending in the future.**

Stage One National Dance Competition shall in no way assume any responsibility for accidents or theft.

All protests must be in writing and made by a studio director prior to the awards ceremony for that particular division. All protests must be signed.

Performers' give permission to Stage One National Dance Competition to use performers' photographs and/or videos in connection with advertising, social media and television broadcasts.



Stage One Supports Foster Families

Foster care is very close to the hearts of Stage One. Did you know that nearly half of parents stop fostering within the first year? One of the most-cited reasons is lack of community support. We are excited to announce that Stage One is proud to be a foster friendly business. We want to do our best to honor, appreciate and support families in their efforts to stand in the gap with vulnerable kids.

If you have a child or student currently in foster care and you are attending our competition, please call the office at 405-573-7733 or email us at director@stageonedance.com so we can set them up with our exclusive foster care discount.

