Category definitions:

**Ballet** – classical traditional ballet.

**Tap** – danced in tap shoes.

**Modern** – jazz / cabaret style dance that is entertaining and has strong musicality. Acro and tricks should be minimal in this category.

**Character** – dance clearly depicts a story told through dance

**Lyrical** – the dance clearly represents the lyrics of the song they are dancing to

**Contemporary** - “**Contemporary dance** is a style of expressive **dance** that combines elements of several **dance** genres including modern, jazz, lyrical and classical ballet. **Contemporary dancers** strive to connect the mind and the body through fluid **dance** movements”

**Commercial** – a more funky style, with elements of street style, jazz, hip hop.

**Song and dance** – must include singing and dance related to the song content. The music is not allowed to have lyrics on it.

**National** – clearly reflects a traditional dance style of a nation in both costume and content. Ideally dancers should have a knowledge of the theory behind the national dance they are performing.

**Greek** – traditional Greek technique must be adhered to in this style. Often tells a story.

**Musical comedy** – this is a soft, flowing form of dance related to the Fred and Ginger era of dance style.

**Acro** – this category allows the dancer to show off their acrobatic ability with tricks and flexibility in a dance routine. Musicality, flow and dance content is still important.

The **Challenge** allows each competitor to re-dance their favourite routine they have already competed with in a second chance to impress the judge.

For the troupes, duets, trios, quartets and the challenges Classical is ballet / national or balletic character dance, all other dances are in the cabaret section.