

Dance

Venue: Strand High School

Date: 1, 4, 15 and 18 August 2026

Convenors: Keshia Jacobs, Nathan Adams
(retiring: Thea Möller 082 552 5640)

Enquiries: 061 039 9547, 062 259 8434

E-mail: klawers.snare@gmail.com



Please read definitions of dance styles included at the back of this syllabus.

- Solo: R100
- Duet (2 persons): R130
- Trio (3 persons): R195
- Quartet (4 persons): R260
- Group/Ensemble (5-8 persons): R330
- Group/Ensemble (9-20 persons): R350

General Rules:

DURATION OF DANCE

- The **duration of each dance** item must be accurately timed as per the table below. It is required that the music is linked to the maximum times allowed.

MAXIMUM TIME ALLOWED:

SOLO	2 minutes
DUET	2 minutes
TRIO	2 minutes
QUARTET	2.5 minutes
GROUP 5-8	3 minutes
GROUP 9-20	4 minutes

REGISTRATION

- All participants must register in the foyer of the VENUE, **one hour prior to the performance.**
- Please indicate whether a participant is a beginner in his/her age group.

DRESSING ROOMS

- All participants are required to dress up in the demarcated area.
- Teachers can assign "Helpers" for Dressing rooms. No parents allowed backstage.
- Participants should always be supervised and brought backstage by their **teachers.**
- Teachers are to ensure that participants are **ready to dance 30 minutes prior to their allocated time.**
- The dressing area **MUST be kept tidy and cleaned up after performances.**

STAGE

- **Only teachers** (no parents) will be allowed backstage.
- Participants should be trained to enter and exit the stage in the acceptable manner.
- Half- and quarter-markings will be placed on stage. No other markings will be allowed.

COPYRIGHT

- Music or dance that forms part of any Association syllabus will not be allowed. **Items will be disqualified immediately** should there be an infringement of copyright.

AGE GROUPS

- **Ages** to be determined as on **1 January 2025** from **U/6 to U/19**. Adults can participate under **OPEN**.
- Please note that the **oldest participant** in the group will determine the group age.
- All groups **MUST** have a **GROUP NAME** under which they will enter for participation. The certificate will reflect the group name.

MUSIC

- **TBC** – Will be published on the website.

DANCE STYLES

1. Ballet (Including straight, demi-character)
2. Modern (Straight, Character – (Inc/Excl. Lip Sync)
3. Tap (Straight, Character – Inc/Excl. Lip Sync)
4. Contemporary
5. Latin American (Including Cha-Cha, Samba, Rumba, Paso Doble and Jive)
6. Hip Hop
7. Jazz (Straight, Character – (Inc/Excl. Lip Sync)
8. National Dance (Irish, Belly Dance, Bhangra, Spanish, etc.)
9. Lyrical
10. Musical Theatre (Including Modern, Tap, Contemporary, etc.) (Inc/Exc Lip Sync)
11. Own Choreography

DEFINITIONS OF DANCE STYLES

BALLET

Ballet is a combination of classical dance steps and ballet technique performed to music. It is characterized by light graceful movements and as well as elaborate and precise gestures and steps often including the use of pointe shoes with reinforced toes.

MODERN DANCE

A free expressive style of dance, focusing on the dancer's own interpretation of the music. Including floor work.

TAP

Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion, must contain Tap Technique and make use of syncopated rhythms.

CONTEMPORARY DANCE

Contemporary dance refers to the latest developments in dance techniques and styles within present day serious dance, i.e., dance as art, and not dance as purely entertainment. Styles vary significantly and often include the use of contractions and release, rise and fall, floor work, movement unrestrained by restrictions in traditional vocabularies, fusion with various movement genres and choreography that is not necessarily musical. Themes can be expressive, narrative, or abstract.

LATIN AMERICAN DANCE

A solo dancer or Couple or Group, performing the following Latin Dances: Cha-Cha, Samba, Paso Doble, Rumba and Jive in accordance with prescribed movements and techniques.

HIP HOP

Hip-Hop dance refers to street dance styles primarily to Hip Hop music or that have evolved as part of Hip - Hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were made popular by dance crews in the USA.

JAZZ DANCE

Jazz dance is "showy" in character. It is mostly done to music with strong pulses and makes use of syncopated rhythms. The movements used are characteristically low "into the ground", strong and dynamic with many angular shapes. It uses many isolations of body parts, such as head rolls and shoulder, rib and hip isolations which are used in coordination to create interesting sequences. Jazz blocks and triple runs (step-ball-change; back-ball-change; pas de bourree) are fundamental. Jazz arms are typically strong and sharply articulated and can take on various interesting shapes.

LYRICAL DANCE

Lyrical dance is an interpretative style that often conveys a story. It combines ballet and jazz dancing techniques and is usually performed to music with lyrics. This style concentrates on the individual's emotional expressiveness through movement for example showing love, joy, hurt, or anger.

The Lyrical style has a relatively recent history and brings together ballet with rock/folk/pop/alternative music and a variety of jazz and modern dance styles. Music for this style may consist of many genres including pop, rock, and hip- hop.

MUSICAL THEATRE DANCE

Musical Theatre Dance is extracting and choreographing movement to a piece of music from a Musical and/or Theatre production. The choreography should portray the character and style found in the original piece. If the music contains text, lip sync will be a requirement. This style includes tap, modern, contemporary etc.

OWN CHOREOGRAPHED DANCE

Own choreographed Dance gives the dancer the opportunity to showcase his/her creativity as a choreographer. The focus is more on choreography (Elements such as variety, use of space, musical interpretation, and style) and less on technical ability. The dance movements should be clear in terms of style. Refer to given definitions listed for the Helderberg Eisteddfod.

HELDERBERG EISTEDDFOD 2026

VITAL DETAILS

General rules:

- When an **age** is specified, the participant's age on **1 January** is applicable.
- **Dress code** for participants
 - Own choice
- Results are final and may not be negotiated with adjudicators.
- No participants, teachers or parents are allowed to confer with the adjudicators until after the adjudication.

Entries:

- **PERIOD**
 - **Monday, 1 June – Monday, 22 June 2026**
 - The entry system is programmed to **shut down at midnight on 22 June 2026**.
 - Unfortunately, **NO LATE ENTRIES** are possible once the entry system has closed.
 - All **invoices should be downloaded** and **PAID** before or on **22 June 2026**.
- **PROGRAM / TIMETABLE**
 - Preliminary programs of respective sections will be e-mailed to affiliates as soon as the conveners are ready. (during the June holidays)
 - After the re-opening of the schools, affiliates will have one week **to double check their enrollees**. (age, names, sections, dates)
 - **Rectifications** should be e-mailed to the respective conveners **no later than Friday 24 July 2026**. **NO name changes or replacements** will be accepted thereafter.
 - **Withdrawals** should be reported to the respective convener at least 24 hours before the performance.
 - **SADLY, NO refunds** for withdrawals or erroneous

Awards:

Certificates are being printed **according to the spelling that you submitted on the enrolling system**.

90% and higher	Cum Laude
85% – 89%	Gold Plus
80% – 84%	Gold
75% – 79%	Silver Plus
70% – 74%	Silver
60% – 69%	Bronze
50% – 59%	Certificate of participation

HELDERBERG EISTEDDFOD

SPECIAL AWARDS

DANCE

INDIVIDUAL (SOLO) AWARDS:

CERTIFICATE OF ACHIEVEMENT

- Awarded **per age (year) group** to the solo contender (in each above-mentioned music sections) who achieved the single highest mark (90%+).
- Participation in **only one item** is required to qualify.
- Only applicable when there are at least 5 entries/age/style.

AWARD OF EXCELLENCE

- Awarded **per age phase** to the contender who achieved the highest average percentage in two or more solo items.
- The winner will be determined by calculating the highest average percentage (85% +) of the two highest marks of a contender, irrespective of the number of solo styles participated in.

VERSATILITY AWARDS

- Contenders who participated in **3 or more different dance styles** will be considered, and the winners will be determined by a unique formula.
- Junior Versatility Award (age 6 – 11 years)
- Senior Versatility Award (age 12 - 17 years)

GROUP AWARDS:

CERTIFICATE OF ACHIEVEMENT

- Awarded on merit **per phase** to the different groups as indicated in the syllabus.

DANCE	Age as on 1 January
Foundation Phase	6, 7, 8 years
Intermediate Phase	9, 10, 11 years
Senior Phase	12, 13, 14 years
Advanced Phase	15, 16, 17 years
Open	18 years and older