
RIVER RHYTHMS DANCE CENTER RULES FOR COMPETITION

Attendance is MANDATORY during the week before a competition. Make sure all dancers are at dance during the weeks of February 22 and 29, April 4 and 11, and May 16.

Dancers must be accompanied by an adult during all competitions. We do not have the authority to make any decisions for a dancer if they are hurt in any way. Teachers will be back stage to help students go on stage, they are not available to be responsible for your dancer(s). Your dancer is your responsibility at all times.

Please make sure you are aware of make-up, hair and accessories needed for all costumes, proper tights (plus extras in case of runs), correct shoes and appropriate hair for each dance. Costumes and hats and/or hair pieces must be neat and kept in place, we do not want anything flying off during a dance. Hair must be neat and tight to the dancers head at all times. Wispy hair is not acceptable, lots of hairspray is a dancer's best friend. A dancer will not be allowed on stage with a run or hole in their tights. Shoes must be neat and clean.

Please keep undergarments to a minimum. It is much better to not see them at all. Yes, it is true—dancers do not wear underpants. Dance wear undergarments can be purchased if necessary. They must always be nude.

Please try and have all questions answered before a competition. If you have a question at any time during a competition, please ask one of the teachers or Miss Pat and we will get an answer for you. DO NOT approach the competition staff.

All dancers need a back-up CD for all their dances at the competitions. Please give your teacher a blank CD and they will put the music on it for you. Make sure that this CD is available to you quickly at all competitions. We never know if for some reason the CD handed in to the music staff might not work.

NO fingernail or toenail polish. You will get points taken off your score if you have either.

ABSOLUTELY NO VIDEOTAPING OR PHOTOGRAPHY ALLOWED.

Competitions have their own photographers and videographers and pictures and videos can be bought at the competitions. A dance can be disqualified if you are caught. This means no pictures taken with your phone either.

Make sure you are at a competition dressed and ready to dance at least 2 hours ahead of your schedule time to dance. Most competitions run ahead of schedule, especially HALL OF FAME. Your dance will perform with or without you when that number is called to the stage. Give yourself plenty of time to get to a competition. Be prepared for anything to happen.

Be courteous in the dressing rooms and make room for all dancers. Sometimes this can be tight quarters.

There are NO PARENTS allowed backstage, your teacher will always be there to take care of the dancers about to perform. You can always find staff in the auditorium if you have a question.

Dancers should not be back stage unless they are scheduled to dance, the focus needs to be on the group or dancers performing or about to perform. You should be back stage 5-7 dances ahead of schedule. Please listen to the announcer calling for schedule numbers to head backstage.

Please be aware that there are rules to be followed if you are in the audience. Only leave your seat at the end of a dance and before the next one starts. Getting up and walking in front of people while a dance is performing on stage is not good dance competition etiquette.

Make sure to wear your RRDC team jacket on stage for awards. It is important that we appear as a cohesive and supportive team. Make sure you stay on stage during the entire award ceremony. It is important that you show respect and support to all team members and the dancers from other studios.

MOST IMPORTANTLY Be kind and respectful to everyone around you. You represent our studio and it is important to us that you act with pride and consideration at all times. We are very proud of our studio and the dancers associated with our studio. When you are nice to others good things will come your way.

DANCERS: HAVE A GREAT DANCE COMPETITION YEAR! We are looking forward to a fun and inspirational dance competition season. Success is a staircase, not a doorway. Always work hard.

DON'T let the results of a competition dictate your reaction to the experience. Too often we see students disappointed or disheartened at the end of a competition based solely on the medals they hold in their hands. Dance Competitions are progress reports. They do not predict your future. Use competitions as opportunities to get practice onstage, observe your peers and learn something. Medals don't make you a winner — doing the best you can and leaving with a sense of what more you'd like to do with your dancing is the TRUE prize.

