

# ACT-SO GUIDELINES

## DANCE: TRADITIONAL

To perform a series of rhythmic and patterned bodily movements usually performed to music to reflect the life of the people of a certain region or country.

### REQUIREMENTS:

1. The solo performance must not exceed five (5) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction and/or disqualification.)
2. Costumes are optional, but should be appropriate to the choreography performed.
3. The theme and the dance form (African, Cuban, Afro-Latin, etc.) of the performance must be identified to the judges prior to the presentation.

***NOTE: The deadline for submission of national registration documents is May 9, 2016. No materials or copies will be accepted after that time or at the National Competition.***

Contestants will be judged by the following criteria:

- Technical Proficiency/Skill (25)
  - Alignment, strength, endurance, flexibility, coordination
- Clarity and Consistency in Style (25)
- Phrasing/Dynamics/Musicality (25)
  - Clarity of Intent/Interpretation of Choreography (25)