



## Traditional Dance

### 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.*

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#### 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 the first Friday in May. No materials or copies will be accepted 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)