

# Isle Dance

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## Isle Dance Lyrical/Contemporary, Hip Hop & Cheer Dance Competition

 Saturday 21st February & Sunday 22nd February 2026

### The Roundhouse

We look forward to welcoming you to an inspiring and exciting weekend of dance. Please carefully review the rules and regulations below.

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## Competition Rules & Regulations

### Set Routines

- Choreography should closely resemble the provided video, with room for personal flair and expression.
- Routine videos are **strictly for dance teachers' use only** and must **not** be shared with dancers or parents.
- Set routines may be performed at showcases or dance outings, however:
  - They **must not** be used before the Isle Dance competition.
  - They **must not** be used in non-Isle Dance competitions.
  - They **must not** be shared or taught outside registered Isle Dance schools.

- Routines are categorised into **Beginner, Intermediate, and Advanced** levels. Teachers must select the appropriate level.
  - A copy of set routines may be submitted to adjudicators in advance if requested.
  - Additional needs routines may be entered where indicated on the entry form (Beginner, Intermediate, or Advanced).
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## **Own Choreography – Lyrical / Contemporary**

- Safety must be prioritised at all times.
  - Routines may include **Acro**, with a maximum of **three acrobatic skills** (e.g., tumbling).
  - Excessive acro or excessive use of floor space may result in disqualification.
  - Acrobatic moves must be performed safely and accurately.
  - All routines must be **age-appropriate**.
  - Choreography from competition organisers outside of Isle Dance **cannot** be used.
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## **Improv / Own Choreography**

(Hip Hop Groove / Cheer Free Pom)

- Safety is paramount.
  - No floor work where:
    - The dancer's bottom touches the floor.
    - Kneeling leg extensions are performed.
  - Routines must be age-appropriate.
  - Choreography from external competition organisers cannot be used.
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## **Duos – Hip Hop & Cheer Dance**

- Safety is paramount.

- No floor work where:
    - The dancer's bottom touches the floor.
    - Kneeling leg extensions are performed.
  - Routines must be age-appropriate.
  - Choreography from external competition organisers cannot be used.
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## **Duos – Lyrical / Contemporary**

- Safety must be prioritised.
  - Maximum of **three acrobatic skills**.
  - Excessive acro or floor space use may result in disqualification.
  - Acro must be safe and technically correct.
  - Routines must be age-appropriate.
  - External competition choreography cannot be used.
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## **Trios / Quads**

- Must compete in the **age group of the oldest dancer**.
  - **Cheer Dance:** No stunts or tumbling permitted.
  - **Hip Hop:** No stunts; tumbling must be minimal.
  - Maximum of **three acrobatic skills**.
  - Excessive floor space use may result in disqualification.
  - External competition choreography cannot be used.
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## **Fun Duos**

- Dancers may pair with friends from other schools on the day.
  - Registration must be completed on the day with a **minimum £1 charity donation**.
  - Practice time will be provided where possible.
  - External competition choreography cannot be used.
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# Participation Limits

Dancers (including adults/parents) may enter **up to 4 events per style**, including:

- 1 Set Routine
  - Own Choreography
  - Duo or Trio/Quad
  - Fun Duo
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## Photography & Videography

- Photos and videos are permitted for **your own child's solo or duo routines only**.
  - By entering, participants consent to Isle Dance capturing media for social media use.
  - To opt out, inform your dance teacher in advance.
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## Uniform Requirements

- Uniforms must be **age-appropriate**.
  - Final decision rests with the dance teacher.
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## Changing Rooms

- Dancers must use designated changing facilities.
  - Changing in public areas or the sports hall is strictly prohibited.
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# Judging & Results

- The adjudicator's decision is **final**.
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## Entry Wristbands

- Must be purchased in advance through your dance teacher.
- Spectator wristbands are required.
- Non-competing children aged 3 or under do not require a wristband.
- All competitors must wear a wristband.
- Lost or damaged wristbands will not be replaced (new purchase required).

### Pricing:

- **1-Day Wristband:** £17
- **Weekend Wristband:** £27

Please adhere to any attendance restrictions if venue capacity is limited. You may be asked to attend only for your competing section(s).