



Competition Rules and Regulations

Please review the following guidelines for the Isle Dance Lyrical/Contemporary, Street Dance, and Cheer Dance Competition, scheduled for Saturday 18th & 19th July 2026 at The Roundhouse.

Set Routines

- Choreography should closely resemble the provided video, with room for personal flair and expression.
- The routine videos provided are strictly for dance teachers' use and must NOT be shared with dancers or parents.
- Set routines may be performed at showcases, dance outings, or other events; however, they must not be used before the Isle Dance competition has taken place and in non-Isle Dance-organised competitions or shared/taught outside registered Isle Dance dance schools.
- Routines are categorised into Beginner, Intermediate, and Advanced levels. Teachers must select the appropriate level based on the dancers' abilities.
- A copy of set routines may be submitted to adjudicators in advance if requested.
- Individuals with additional needs can be entered where indicated on the entry form, applicable to Beginner, Intermediate, or Advanced levels.

Own Choreography – Lyrical/Contemporary

- Choreographers must prioritise safety, ensuring no routines pose hazards to other competitors on the floor.
- Routines may include Acro, but with a limit of no more than three acrobatic skills (e.g., tumbling). Excessive use or excessive use of floor space may result in disqualification.
- Acrobatic moves must be performed accurately and safely. Dancers should only perform movements and skills they can execute confidently and safely.
- All routines must be age-appropriate for the performers.
- Choreography from competitions outside of Isle Dance cannot be used.



Own Choreography - Street Dance Freestyle

- Choreographers must prioritise safety, ensuring no routines pose hazards to other competitors on the floor.
- Dancers must remain especially aware of others on the floor at all times.
- Dancers should only perform movements and skills they can execute confidently and safely.
- Routines may include any form of street dance; however, they must not encroach on another dancer's space.
- All routines must be age-appropriate for the performers.
- Choreography from competition outside of Isle Dance cannot be used.

Own Choreography - Cheerdance Free Pom

- Safety is paramount; routines must not include floor work where the dancer's bottom touches the floor or kneeling leg extensions.
- Routines should be suitable for the age group of the performers.
- Choreography from competition outside of Isle Dance cannot be used.

Duos – Lyrical / Contemporary

- Choreographers must prioritise safety, ensuring no routines pose hazards to other competitors on the floor.
- Performed in the age category of the oldest dancer of the partnership.
- Routines may include Acro, but with a limit of no more than three acrobatic skills (e.g., tumbling). Excessive use or excessive use of floor space may result in disqualification.
- Acrobatic moves must be performed accurately and safely.
- All routines must be age-appropriate for the performers.
- Choreography from competitions outside of Isle Dance cannot be used.

Duos - Street Dance

- Choreographers must prioritise safety, ensuring no routines pose hazards to other competitors on the floor.
- Performed in the age category of the oldest dancer of the partnership.
- Dancers must remain especially aware of others on the floor at all times.



- Dancers should only perform movements and skills they can execute confidently and safely.
- Routines may include any form of street dance; however, they must not encroach on another dancer's space.
- All routines must be age-appropriate for the performers.
- Choreography from competition outside of Isle Dance cannot be used.

Duos - Cheerdance

- Safety is paramount; routines must not include floor work where the dancer's bottom touches the floor or kneeling leg extensions.
- Performed in the age category of the oldest dancer of the partnership.
- Routines should be suitable for the age group of the performers.
- Choreography from competition outside of Isle Dance cannot be used.

Teams

- Minimum of 4 dancers per team.
- The team must compete in the age group of the oldest dancer.
- Routine duration: up to 4 minutes.
- Teachers may participate as part of an adult/parent team if they are a parent.
- Music must be age-appropriate.
- No stunts or tumbling are permitted in Cheer Dance routines.
- The limit for acrobatic tumbling is flexible for Lyrical/Contemporary teams but should still be kept to a minimum.
- One designated person to video the team.
- Choreography from competitions outside of Isle Dance cannot be used.

Fun Duos

- Dancers can pair up with friends from other schools on the day of the competition if desired.
- Registration must be completed on the day of the event, with a minimum donation of £1 to a charity collection bucket.
- Practice time will be provided where possible.
- Choreography from competitions outside of Isle Dance cannot be used.



Participation in Events

- Dancers and adult/parent competitors may enter up to 4 events per style, including:
 - 1 Set Routine
 - Own choreography OR Duo
 - Team
 - Fun Duo

Photography and Videography

- Photos and videos are permitted for solo and duo routines of your own child.
- One designated person to video teams - the dance teacher can then decide whether they'd like to share with parents and dancers.
- By entering, participants consent to Isle Dance capturing media, which may be shared on social media.
- If you wish to opt out of media taking and sharing, please notify dance teachers in advance who can then pass on the relevant information to Isle Dance.

Uniform Requirements

- Uniforms should be age-appropriate and are at the discretion of the dance teacher.

Changing Rooms

- Dancers must use designated changing facilities; changing in public areas or the sports hall is strictly prohibited.

Judging & Results

- Isle Dance uses the Skating System
- The decision of the adjudicator is final.



Entry Wristbands

- Wristbands must be purchased in advance through your dance teacher, who will provide a payment deadline.
- Wristbands are non transferable.
- Spectator wristbands are required for audience members.
- Children aged 3 or below who are not competing do not require an entry wristband.
- All competitors must wear an entry wristband.
- Lost or damaged wristbands will not be replaced; replacements can be purchased on the day with additional charges.
- Advanced Pricing for purchases through your dance teacher:
 - 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 the section(s) you are competing in.

We look forward to a fantastic and inspiring event. If you have any questions, please direct them to your teacher who will contact Isle Dance.