

DANCE: BALLET

Ballet Solo Competition

Description

Contestants will perform a solo piece of their choice, demonstrating mastery of ballet technique, artistry, and musicality.

Requirements

1. Performance Time: The solo performance must not exceed five (5) minutes. Exceeding this time limit may result in point deductions or disqualification.
2. Costume: Costumes are optional but should be appropriate to the style and theme of the choreography.
3. Style: The theme and style of the performance must be clearly identified to the judges prior to the presentation. Acceptable styles include:
 - Classical Ballet: Traditional ballet technique, emphasizing grace, precision, and elegance.
 - Contemporary Ballet: A blend of classical ballet and modern dance, often incorporating expressive movement and improvisation.
 - Neo-Classical Ballet: A modern interpretation of classical ballet, often featuring innovative choreography and contemporary music.
 - Story Ballet: A narrative ballet that tells a story through dance, often involving character development and plot.
4. Footwear: The piece must be performed in ballet slippers/flats, or pointe/demi-pointe shoes. Bare feet are only acceptable for Contemporary Ballet.

Judging Criteria

Criteria	Weighting
Technical Proficiency/Skill	25%
Clarity and Consistency in Style	25%
Phrasing/Dynamics/Musicality	25%
Clarity of Intent/Interpretation of Choreography	25%

Technical Proficiency/Skill:

- Alignment
- Strength
- Endurance
- Flexibility
- Coordination

Clarity and Consistency in Style:

- Adherence to the chosen style
- Clear and consistent execution of movements
- Appropriate use of body language and facial expressions

Phrasing/Dynamics/Musicality:

- Sensitivity to the music
- Variation in movement quality and intensity
- Clear phrasing and articulation of steps

Clarity of Intent/Interpretation of Choreography:

- Effective communication of the intended message or story
- Artistic expression and individuality
- Engagement with the audience

Tips for Contestants:

- Choose a piece that suits your strengths and interests.
- Practice regularly and consistently.
- Pay attention to detail.
- Work on your musicality and phrasing.
- Develop your stage presence and confidence.
- Warm up thoroughly before your performance.
- Stay focused and present during your performance.
- Enjoy the experience!

By following these guidelines and tips, you can create a memorable and successful ballet solo performance.