



# **FUTURE**

DANCE COMPETITION

**RULES AND  
REGULATION**

## INTRODUCTION

The **FUTURE DANCE COMPETITION** Rulebook contains the eligibility and registration criteria for participants, standard procedures, as well as the rules and regulations for participating in the competition.

**FUTURE DANCE COMPETITION** is an event created to celebrate talent and encourage the next generation of dancers in Canada. The event is therefore designed to showcase the passion of our dancers, in an environment where respect and kindness are paramount.

## REGISTRATION & POLICIES

All participants must comply with the eligibility rules of **FUTURE DANCE COMPETITION**. Registered participants are responsible for providing accurate personal information and documents certifying their date of birth.



## CATEGORIES

CATEGORY	NUMBERS OF DANCERS
SOLO	1 dancer
DUO / TRIO	2 or 3 dancers
SMALL GROUP	4 to 9 dancers
LARGE GROUP	10 to 15 dancers
PRODUCTION / MEGACREW	16+ dancers

\* In order to ensure fair categories, please note that categories will be adjusted and subdivided according to registrations and at the discretion of FDC.

## LEVELS

LEVELS	# of hours per week	# of years of experience in competitions
NOVICE	Less than 2 hours	1 to 2 years
INTERMEDIATE	2 to 4 hours	2 to 4 years
ADVANCE	4 to 6 hours	4 to 6 years
ELITE	More than 6 hours	6+ years

The number of years of experience takes precedence over the number of training hours.

### GROUP LEVEL

- If the dancers do not have the same level, you must average the years of experience of the group members to determine the level.

### ELITE CATEGORY

- Dancers who have participated in international competitions, television shows, or have been compensated as professional performers should register in the ELITE category.



## DURÉE DU NUMÉRO

SOLO	3 minutes
DUO / TRIO	3 minutes
SMALL GROUP	4 minutes
LARGE GROUP	4 minutes
PRODUCTION / MEGACREW	6 minutes

A 5-second grace period is allowed without penalty. If the duration exceeds this period, a deduction (2 points) will be applied to the final score.

## AGES\*

MINI	7 years old and less
JUNIOR	8 to 11 years old
VARSITY	12 to 17 years old
ADULT	18 to 29 years old
SENIOR	30 years old and up

In order to ensure fair categories, please note that the age divisions will be adjusted and subdivided according to registrations and at the discretion of FDC.

Age is calculated as of December 31st.

For a group with more than one person, the age is calculated based on the average age of the group. The average will be rounded to the nearest decimal.

- A group with an average age of 10.4 years will be considered a 10-year-old group.
- A group with an average age of 10.5 years will be considered an 11-year-old group.

Each age category is automatically determined at the time of registration.

# STYLES

## DIVISION 1

<b>HIP HOP</b>	<p>This style is defined by the integration of techniques from one or more of the following dances: Hip Hop, Breaking, Popping, House, Waacking (also Whacking), Locking, Krump, Voguing, Dancehall, etc.</p> <p>And / Or</p> <p>It demonstrates a strong commercial influence and includes movements that reference the styles mentioned above.</p>
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## DIVISION 2

<b>BALLET CLASSIQUE</b>	<p>Ballet shoes are mandatory. Acrobatics are not permitted.</p>
<b>CONTEMPORAIN</b>	<p>Defined by the integration of concepts such as gravity, falling and suspension, contraction and release, balance and imbalance, different dynamics and movement qualities, all within a freer and more organic style exploring a concept, story, emotion, or intention.</p>
<b>LYRIQUE</b>	<p>A fusion of ballet and jazz techniques. An interpretation of lyrics and/or the music and the ability to tell a story through dance.</p>
<b>JAZZ</b>	<p>Combines classical ballet and modern dance techniques with current forms of popular dance. Jazz also has its own movement vocabulary with accents on musical rhythms.</p>
<b>OPEN</b>	<p>All choreographies not referring to the styles mentioned above. For example: Acro-Dance, Tap, Musical Theatre, etc. All choreographies combining 2 or more styles from Division 2.</p>
<b>FUSION</b>	<p>A piece that intentionally and coherently combines multiple distinct dance styles. The styles must be clearly recognizable, not simply “inspired.”</p>

## SCORESHEET

The performances will be evaluated according to three main categories:

### Technique (40%):

- Musicality
- Synchronization
- Execution / Control / Stability
- Difficulty of execution

### Performance (30%):

- Dynamism (Intensity / Confidence / Presence)
- Costume
- Entertainment factor / Audience appeal

### Choreography (30%):

- Use of stage / Formations

## SCORING

Each performance is evaluated by a panel of four judges. The final score is calculated by removing the highest and lowest scores, then averaging the remaining scores.

## TIED SCORES

Tied scores will be broken according to the following order:

1. The team with the highest technical score.
2. The team with the highest performance score.

## DISPUTES

Score and/or results disputes will not be accepted.

## JUDGES

**FUTURE DANCE COMPETITION** ensures that the selected judges:

- Receive comprehensive training on the specified criteria of the competition,
- Do not know which dance schools are associated with each choreography,
- Do not receive recurring compensation from a participating dance school.
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Our scoring system has been designed to protect the integrity of the results\*.

\*Even in situations where a judge may have a connection to a choreography, the removal of the highest and lowest scores acts as a control mechanism, ensuring that the final ranking reflects a fair and balanced collective evaluation rather than the opinion of a single individual.

## AWARD CEREMONY

Each competition block will conclude with an awards ceremony recognizing the teams with the highest total scores. Medals, trophies, and/or ribbons will be awarded to the top three placements in each category.



## FUTURE SHOWCASE

All groups and productions from the NOVICE, INTERMEDIATE, ADVANCED and ELITE levels that have received a BE THE FUTURE mention are eligible to participate in the Showcase. The participants of the showcase will be announced on Sunday at the last award show.

The judges will select:

- 8 performances from Division 1 (Hip Hop) - Intermediate, Advanced or Elite level
- 8 performances from Divisions 2 and 3 (Technique, Fusion) - Intermediate, Advanced or Elite level
- 5 performances at the novice level (across all divisions)

## CASH PRIZE - SHOWCASE

Each performance will be evaluated by 8 judges across two components:  
Technique – 50% of the score | Performance – 50% of the score

For each component:

2 judges specialized in technique | 2 judges specialized in hip hop

To ensure fairness, the highest and lowest scores in each component will be removed, and the combined total will determine the final score out of 100.

## CASH PRIZE - SHOWCASE

DIVISION 1 (HIP HOP)	DIVISION 2 (TECHNIQUE, FUSION)	NEXT GEN PRICE "WREN"
FUTURE CHAMPIONS 5000\$	FUTURE CHAMPIONS 5000\$	NOVICE CHAMPIONS 1000\$
2ND PLACE 2000\$	2ND PLACE 2000\$	
3RD PLACE 1000\$	3RD PLACE 1000\$	

# POLICIES AND REGULATIONS

All participants of FUTURE DANCE COMPETITION must comply with the policies and rules set forth by the competition.

## DANCER CHANGES

- Changes can be made until December 31st. After that, any change will incur a fee of \$25.
- Once the final schedule is published, no changes will be accepted.

## MUSICAL CRITERIA

Music must be uploaded to the “Dancebug” platform no later than March 9, 2026, at 11:59 PM. In case of late submission, a fee of \$25 per track will be charged. All fees must be paid before the routine is performed during the competition.

Other important points regarding music:

- The choreography must be performed entirely to music selected, prepared, and provided by the teams.
- Teams are responsible for the choice, quality, mixing, and sound levels of their music.
- There is no maximum or minimum number of songs or recordings that can be used in the choreography.
- It is each team's responsibility to ensure that the competition music does not include **derogatory terms, inappropriate, vulgar, or offensive language**.
- The event organizer has the right to refuse any music containing inappropriate language.
- Teams should adhere to the principle of "when in doubt, abstain."

# COSTUMES & ACCESSOIRES

## COSTUMES

Appropriate undergarments must be worn at all times by all team members.

Substances applied to the body or clothing that may affect the clean and dry surface of the stage and the safety of competitors are prohibited.

Shoes must have clean, non-marking soles.

## **ACCESSORIES AND PROPS**

Accessories that do not leave residue on the stage are permitted.

No oil, paint, makeup, or other products will be tolerated on the performance stage.

The time limit for setting up and retrieving your props and accessories on stage is 2 minutes. This time will be calculated from the moment you begin to set up the props and decorations on stage or from the end of the choreography. It is important to inform us during your registration if you are using any accessories and/or decorations.

No coach may intervene backstage during a performance. The routine must be executed in its entirety solely by the registered dancers present on stage.

Examples of prohibited interventions: holding props backstage, counting the music out loud, or giving cues.



## LISTS OF DEDUCTIONS

<b>CATEGORY</b>	Dancer presenting a discrepancy in their registration file / Group that has been underclassified according to the criteria.	3
<b>DELAY</b>	Dancer or group that is not backstage at the end of the preceding performance.	3
<b>OUT OF STAGE</b>	Jumping or performing acrobatics while exiting the stage is prohibited and will result in a deduction.	3
<b>COSTUME</b>	A costume that does not adhere to the presented style(s), distracts the judges, or is deemed inappropriate.	3
<b>LEWD GESTURES</b>	<p>Inappropriate gestures, comments, or movements are prohibited.</p> <p>Any body language, vocal expression, or gesture that exaggerates or introduces violent, indecent, obscene, vulgar, sexual, or offensive content into the choreography. (For example: genital touching, slapping on the buttocks, middle fingers, etc.)</p> <p>Points / Per occurrence</p>	2
<b>INAPPROPRIATE LANGAGE</b>	<p>Contains inappropriate language (or sounds inappropriate)</p> <p>Points / Per occurrence</p>	2
<b>REPERFORMANCE</b>	Reperformance of a performance due to an issue that is not the responsibility of <b>FUTURE DANCE COMPETITION</b> .	3
<b>TIME LIMIT</b>	If the choreography exceeds the time limit allowed per category, a deduction will be applied after the 5-second grace period.	2

# FUTURE

## DANCE COMPETITION