



## **PERFORMANCE FIRST COMPETITION RULES & EXPECTATIONS FOR DANCERS AND PARENTS**

Here are a few guidelines and tips for competition season. I'm sure most of you know this already, but it is always nice to have a reminder.

Please contact Miss Callie if you have questions.

### **BEFORE GETTING TO COMPETITION**

- Check and double check that you have every part of your costume. Don't forget to check for shoes, tights, hairpieces and other accessories.
- Make sure dancers name is on everything.
- Stock up on little things you may need. Bobby pins, safety pins, hairspray, sewing kit etc.
- Pack a non spill water bottle and some healthy snacks in your bag. It can be a long day and we need to fuel our bodies to keep our energy up.
- Most importantly, take care of yourself! Get a good nights sleep and eat nutritious.

### **HAIR AND MAKEUP**

Yes, it counts! We are judged on our appearance too. Follow ALL of the makeup steps. Trust me, I've noticed MANY of you skipping steps. If you need help from someone, ask. Makeup takes time and has to be done with care. Same with hair, you must use products in the hair. Whether it be gel, mousse, hairspray, braiding creams – use it and make sure those wispy hairs are held back. If dancer's hair and makeup is not done properly you risk getting pulled from scheduled performance.

-If an eyelash is coming off, re glue it. If your lipstick has faded, re do it.

### **AT THE COMPETITION**

You are representing Performance First and must follow ALL of these rules and expectations. If there are infractions, they will be discussed. Which may result in being let go from our competitive team or risk being pulled from performing that day or competition completely. We take our reputation very seriously and never ever want to be a problematic studio.

## **CHANGE ROOMS**

- Change rooms can be very crowded. It is beneficial if you are able to do hair and makeup before arriving to the venue. In some cases we know this is not possible for a couple dancers.
- Share the dressing room space. Remember everyone is squished, not just you. Keep your things as tidy as possible.
- Dressing room is not a place to eat meals. Find another space to do so. I do not want to see food and drinks in the dressing room AT ALL.
- Dressing room is not a hang out spot. If you do not need to be in there, don't.
- Dancers are not to eat or drink anything that stains mouth or teeth. It is preferred if a dancer doesn't eat anything while in costume. If it is absolutely necessary make sure you have a cover up to protect the costume. Accidents happen.... Often.
- If a dressing room door is closed that usually is an indication there will be someone changing. Knock before swinging the door open. Do not stand with the door open. Be courteous.
- Dance dad's that are on competition duty, please, please, please make sure everyone is covered up before entering the change room. Announce yourself loudly or ask a mom to help out.
- If it makes you uncomfortable changing in front of others maybe pack a very large tshirt to change under. Just make sure the neck is big enough to put on and off without ruining hair and make up.

## **REHEARSAL SPACE**

- Share rehearsal space. Be courteous to those that are practicing. Do not walk in the middle of a group rehearsing. Walk along the side of room.
- Parents are not to be in the practice room. If we need you, we will find you.
- Be kind! I would like everyone to practicing positivity at all times.
- Be aware that you may encounter some dancers who are rude. We all have our bad days, ignore what negativity you hear. Do not let anyone rain on your parade! 😊 We can only control ourselves.
- Dancers are to be ready to go and in the practice room 1 hour before scheduled performance time. Make it happen!
- If you instructor is busy at your 1 hour mark, someone will be dedicated to be with you.
- It is the dancers responsibility to get warmed up and stretched. This is absolutely crucial! We want to see a full body warm up complete with pushups, planks, sit ups and squats. Then stretch out when you are warm.

## **AUDIENCE**

- Practice proper audience etiquette. When in the audience, clap for everybody. It's okay to cheer louder for your own team mates, but everybody deserves an applause. Please don't be obnoxious when cheering and avoid yelling dancers names especially in a group performance.
- Remain seated during performances. It is disrespectful to be up while a routine is on stage.

## **BACKSTAGE**

- Absolutely no parents backstage!
- Remain courteous while backstage. We must be focused on our performance and getting in the ZONE!
- Dancers are not to have cell phones while in the practice room or backstage when it is there dance preparing. No distractions.
- Be respectful and tell other groups "Good luck!" or Good job!".
- Performance First will be a respectable studio that is polite and pleasant to work with.

## **AWARDS**

- Remember you are representing our studio.
- Dancers are to stand in jazz 1<sup>st</sup> with hands held behind your back for all routines. This will only change if your instructor tells you to do so.
- You are to stand STILL. With a smile on your face.
- You are to applaud other groups
- Dancers are to step forward when called upon to accept their medal/award. Curtsy or bow and step back in line.
- You will be gracious and receive your award with a smile even if it is not the standing you were hoping for. Whether you placed first or last, smile always.
- There will be one designated dancer to receive any special awards if there is any awarded.
- When receiving an award for your group, solo or duet, make sure you look that person in the eye, smile and say thank you.
- If you are up for adjudication and you have a costume on for another performance after awards, you must wear a coverup. Studio jacket, sweater or a plain zip up. Big baggy tshirts or pajama pants etc will not be allowed.

## **AFTER COMPETITION**

- Make sure you have all your belongings before you leave the venue.
- Tidy up after yourself.
- Do not leave the dressing room a mess. Garbage and recycling are to be put away. Again we want to remain a pleasant studio to work with.

## **DANCERS!**

Remember you are there to dance. The experience should be fun, that is why we dance. Having said that, when we are at a competition, we have a job to do. You must be on time and ready. You are responsible your yourself and no one else. You only can control you. You are a part of our competitive TEAM. Be a great team member.

Your parents are your biggest fans. TREAT THEM WITH RESPECT! This means no arguing in the dressing rooms or at the venue at all. Your behavior reflects poorly on the studio. If it weren't for your parents, you wouldn't be there. Thank them and be grateful for such an opportunity. There are so many children in this world that do not have the privilege of dancing.

## **PARENTS!**

-Part of the learning experience of competitive dancers is watching other dancers perform. I know we all have busy lives. But please catch a few performances with your dancer when you attend a competition.

-All competitions have rules banning taking photos and videoing performances. Please follow these rules. Infractions may result in fines and entire studio being disqualified from competition. If there is a fine, you will responsible for it.

-Please look up rules and regulations of each competition. They posted at venue, on website or in the program.

-Please be on time. Arriving late makes the dancer feel frantic. We want to keep our dancers focused on their performance and be as stress free as possible.

-Yes, it really does count. Do not ask Miss Callie if their hair really needs to be that tight or if we really need to do the make up that way. It counts.

-Sometimes things happen and we have to make changes to our plans on the fly. That's just how things go sometimes. Be ready for anything.

-Most competitions have in the rules that they have the right to run ahead by 30 mins without notice. Be ready.