

Classic Competitions

CABARET RULES & GUIDELINES

Age Category

The Classic Competition Cabaret event is designated for the Youth age category, specifically for dancers aged 16 to 18. Junior dancers, aged 13 to 15, may participate in the cabaret event only if partnered with a Youth-aged dancer.

Solo Cabaret Categories

Cabaret routines are entered according to their category. There are two categories:

- Lyrical: This category includes routines that are contemporary, smooth ballroom, or traditional cabaret style.
- Non-Lyrical: This category features routines that are Latin, jazz, hip hop, or Broadway in style.

Entry Restriction

A dancer or couple may enter a category only once, regardless of division. However, a dancer is permitted to enter a different category with a different partner; for example, a dancer may participate in lyrical with one partner and non-lyrical with a different partner.

Divisions

Each couple must enter the division appropriate to their combined experience. The division is determined by averaging the total years of dance experience and the current year of lift training for each partner. For lift training, the current year is counted numerically (e.g., 1st year = 1, 2nd year = 2).

Division Levels

Note: Division cut-offs may be adjusted depending on the median entry levels.

- Division 1: 8+
- Division 2: 5 – 7.9
- Division 3: Less than 4.9

	Dance Years	Lift Years	Total	Total for couple	Avg for couple	Division
Man	4	2	6	15	7.5	2
Lady	7	2	9			

Time Restriction

Cabaret routines must not exceed 3 minutes in length. This includes both the entrance and exit of the performers.

Judging Criteria

Routines are evaluated using the following criteria:

- Music/Costume: 5%
- Choreography: 5%
- Technique: 20%
- Lifts: 40%
- Execution: 30%

Awards will be given for 1st, 2nd, and 3rd places in each category and division.

Costuming Guidelines

Men

- Costume must be appropriate to the style of the routine.
- Latin shirts must be closed from the sternum down.
- No sheer front shirts are allowed.
- Bare feet are permitted.

Ladies

- Costume must be appropriate to the style of the routine.
- Regular cut dance trunks and fishnet hose or dance tights are required.
- Pants or leggings are allowed.
- Straps must be worn over both shoulders.
- Designs that are low in the front or show any cleavage are not permitted.
- Lower backs must be covered from a point three inches above the waistline using colored or fully stoned fabric.
- Skirts must encircle the body completely and cover the legs to mid-thigh when not in motion. Sheer skirts are allowed. Mid-thigh is measured from hip break to knee.
- Cutouts or nude fabric in the bodice must be heavily covered with stones.
- Bare feet are permitted.