



# Estradi Dance Competition Rules

*Updated 4th of January 2024*

## History of Estradi and Our Ideals

The idea for Estradi came from the desire and need for more dance competitions for young dancers in the capital region of Finland. The Estradi Dance Competition is a continuation of the renowned Helmi Dance Competition, which was held between 2015 and 2017. The Estradi Dance Competition has been held in autumn and spring since autumn 2017. In 2020, the competition was cancelled due to the corona pandemic.

Everyone is welcome to Estradi Dance Competition, either as an independent competitor or as part of a specific group, such as a dance school. The aim is to spread the joy of dancing through positive feedback and encouragement to the audience and competitors alike. Estradi is a discrimination-free zone.

We've wanted to establish a professional performance setting for competing in Estradi. Estradi has become one of the most popular dance competitions in Finland, and it is an international ballet and show dance competition that welcomes participants from all over the world.

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## Spring 2024

Estradi will be held on the 13th and 14th of April 2024 in Helsinki. The Spring 2024 Estradi will feature two equally large competition stages!

Registration for the spring 2024 Estradi will take place on our website. Places will be allocated on a first-come, first-served basis. Registration opens on the 10th of January 2024 at 12.00 PM (UTC+2) and is open until the end of January.

## Competition venue

Estradi Dance Competition is held at [Urhea-halli](#).

Address: Mäkelänkatu 47, 00550 Helsinki.

The competition venue features two stages: Star Stage and Shine Stage. Both stages measure approximately 12 x 8 meters.



The backstage is quite narrow, so please note that it may be difficult to bring large props to perform with. Please be in contact with the Estradi office if you are planning to use large props.

The performances in each category will all be performed on the same stage. Special effects such as lighting changes or smoke are not available in the competition.

A shared dance studio is available for warming up in the Urhea hall.

## Competition Categories

Spring 2024 Estradi Dance Competition features 8 competition categories.

### **Solo**

A solo has one dancer on stage. The solo category is held in all age categories. The dancer must compete in their own age category. The maximum length of a solo is 2 minutes and 15 seconds.

### **Solo Combination**

A solo combination has one dancer on stage. Dancers compete in the solo combination -category with two performances: one classical ballet variation and one contemporary ballet piece. One dancer will perform both solos, and the dancers will be ranked by the sum of points from the two performances. The solo combination is part of the Estradi ballet competition. The maximum length of each solo performance is 2 minutes and 15 seconds.

### **Duo/Trio**

A Duo/Trio has two or three dancers on stage. In the ballet competition, the category contains both duos and trios. In the show dance competition, the category contains only duos. Show dance trios compete in the Small group -category.

The Duo/Trio category is held in all age categories. If the dancers are in different

age groups, the performance competes in the age category of the older dance. The maximum length of a Duo/Trio is 2 minutes and 15 seconds.



### **Small Group**

A Small group performance has four to seven dancers on stage in the ballet competition, and three to seven dancers in the show dance competition. The Small group -category is held in all age categories. The maximum length of a Small group performance is 3 minutes.

### **Large Group**

A Large group performance has 8 or more dancers on stage. The largest recommended group size is 20, but you can also compete with a larger group. The Large group -category is held in all age groups. The maximum length of a Large group performance is 3 minutes and 30 seconds in the Children -age group, and 4 minutes in other age groups.

Things to note about large groups: the competition series differs from the traditional formation series in that the choreography does not focus on group formations or shapes, but, as in other Estradi competition series, on the performance as a holistic piece. Within the large group choreography there may be small solos, small groups, exits and entrances to and from the stage, etc. but the overall performance should be clearly danced by the whole large group.

### **Own Choreography, Solo**

The Own choreography -category is a solo work **choreographed by the performing dancer**. The evaluation of the pieces will focus more on the choreography and choices made in the performance. The category is organized in all age groups. The maximum length of the piece is 2 minutes and 15 seconds and the piece can be either a ballet or a show dance competition piece. There will be no distinction between dance genres, but all performances will compete against each other within the age group.

### **Own Choreography, Group**

The Own choreography -category is a group performance featuring 2 or more dancers **choreographed by the performing dancers**. The pieces will not be judged according to the number of dancers, i.e. the composition can be of any



size you choose. The evaluation of the pieces will focus more on the choreography and choices made in the performance. The category is organized in all age groups. The maximum length of the piece is 2 minutes and 15 seconds and the piece can be either a ballet or a show dance competition piece. There will be no distinction between dance genres, but all performances will compete against each other within the age group.

## **Improvisation**

Dancers compete as solo competitors in the Improvisation category. The category is organized as part of a show dance competition. In the first round, all the dancers in the series will be on stage (max. 12 competitors). The dancers will not know which song they are dancing to before taking the stage. Each series consists of two rounds: one elimination round and a final round. The judges select the winning dancers based on their dance technique, individualistic movements and their ability to engage with the new music. For more details on evaluation, see the Evaluation section. We recommend a dance leotard and tight pants for the competition. Dance school logos cannot be visible during competing.

There are exceptionally only four age divisions in the Improvisation competition:

- Children: 5-12 years old
- Juniors: 13-16 years old
- Novices: 17-24 years old
- Adults: 25 years and older

## **Age Divisions**

Age divisions are determined by the dancers' year of birth. Dancers will compete in the category in which more than 50% of the dancers belong based on their birth year.

If a group has an equal number of dancers in two different age groups, the age group will be chosen according to the oldest dancers. If there are three or more age groups, the group should compete in the middle group. Please contact the

Estradi Dance Competition office to ensure registration in the correct category. ([estradi@estraditanssikilpailu.com](mailto:estradi@estraditanssikilpailu.com))



## **Children 1**

Competitors that are at least 5 years and at most 9 years old (born between 2015-2019).

## **Children 2**

Competitors that are at least 10 years and at most 12 years old (born between 2012-2014).

## **Juniors 1**

Competitors that are at least 13 years and at most 14 years old (born between 2010-2011).

## **Juniors 2**

Competitors that are at least 15 years and at most 16 years old (born between 2008-2009).

## **Novices**

Competitors that are at least 17 years and at most 19 years old (born between 2005-2007).

## **Adults 1**

Competitors that are at least 20 years old (born in 2004 or earlier).

## **Adults 2**

Competitors that are at least 30 years old (born in 1994 or earlier).

## **Adults 3**

Competitors that are at least 45 years old (born in 1979 or earlier).

*The Improvisation -category has different age divisions than those described above.*



# Choreography

The choreography in a show dance competition must be show dance, contemporary dance or jazz dance.

In a ballet competition, the choreography must be classical ballet, contemporary ballet or character dance. In ballet choreographies, dancers may wear either soft ballet slippers, pointe shoes, or, in character dance performances, character dance shoes. Ballet choreographies cannot be danced barefoot!

When registering, you must choose which dance style the performance mainly embodies. The jury will be informed of the dance style you have indicated during registration and will take this into account when evaluating the piece. If the judge feels that the performance does not embody the chosen dance style, two points will be deducted from the total number of points awarded by the judge (for example, a ballet performance performed barefoot or a show dance performance performed in sneakers that is more street dance than show dance).

Music and costume choices should take into account the dancers' age and good taste. Intimate areas must remain covered.

## Evaluation Criteria

The jury consists of dance and performing arts professionals. All judges agree to judge the competitors impartially. The judges will only be informed of the name of the performance and the dance style registered, and not, for example, the name of the dance school. The judge may not be a coach or choreographer of the competing group or performer.

The judges will score the performances on a scale of 1 to 6 in various criteria. The judges will also provide written feedback on all performances (except in the Improvisation category). Feedback will be sent electronically to the performance's contact person by email after the competition.

### Show Dance Competition

Performances in the show dance competition are evaluated based on the following criteria:

1. Fundamentals of dance technique (control and use of the torso, limb



- control and alignment, extensions, range of movement, dynamics and control)
2. Dance technique 2 (jumps, pirouettes, balances and off-balances, acrobatic elements)
  3. Confidence and engagement (how dancers express confidence in their performance)
  4. Expression (courage, musicality, differentiation of movement qualities, conveying emotion/story to the audience)
  5. Choreography (suitability of choreography to dancers, choreographic choices, compatibility of choreographic name and movement, overall visual style: clothing, hair, make-up, props, etc.)
  6. The integrity of the piece (overall functionality of the piece as a whole in relation to the age and skill level of the dancers)

The maximum number of points for the show dance competition is 36 points (6 points for each criterion.)

### **Ballet Competition**

Performances in the ballet competition are evaluated based on the following criteria:

1. Fundamentals of dance technique (foot work, control and use of body, alignment, range of motion)
2. Dance technique 2 (jumps, pirouettes, balances and off-balances)
3. Confidence and engagement (how dancers express confidence in their performance)
4. Expression (courage, musicality, differentiation of movement qualities, conveying emotion/story to the audience)
5. Choreography (nature of the choreography, attention to detail in the work, how the visual style of the dance fits the choreography: clothing, hair, make-up, props, etc.)
6. The integrity of the piece (overall functionality of the piece as a whole in relation to the age and skill level of the dancers)

The maximum number of points for the ballet competition is 36 points (6 points for each criterion.)

### **Own Choreography -categories**

Performances in the Own Choreography -categories (solos and groups) are





evaluated based on the following criteria:

1. Fundamentals of dance technique (control and use of the torso, alignment, extensions, range of movement, dynamics and control)
2. Dance technique 2 (jumps, pirouettes, balances and off-balances, acrobatic elements)
3. Expression (courage, musicality, differentiation of movement qualities, conveying emotion/story to the audience)
4. Nature of choreography (suitability of choreography to dancers, compatibility of choreographic name and dance style, how the visual style of the dance fits the choreography: clothing, hair, make-up, props, etc.)
5. Choreographic choices (nature of movement and dance style, attention to detail, originality of expression)
6. Confidence and engagement (how dancers express confidence in their performance)
7. The integrity of the piece (overall functionality of the piece as a whole in relation to the age and skill level of the dancers)

The maximum number of points for the Own Choreography -categories is 42 points (6 points for each criterion.)

All of these elements contribute to the total score of the work. In the event of a tie, the scores of the "the integrity of the piece" component will be considered and will determine the ranking. If the scores for this component are also exactly the same, we will use tied rankings.

## **Improvisation**

The judges will select the dancers who have excelled in the Improvisation -category based on the following criteria:

1. Fundamentals of dance technique (control and use of the torso, alignment, extensions, range of movement, dynamics and control)
2. Dance technique 2 (jumps, pirouettes, balances and off-balances, acrobatic elements)
3. Expression (courage, musicality, differentiation of movement qualities, ability to engage with a new music)
4. Versatility of movement (variety in styles expressed and dance moves used)

Exceptionally, the competitors in the Improvisation -category will not receive written feedback from the jury.



## Music

Performance music must be obtained from a legal source.

All music files must be sent by email as mp3-files to [tiedostot@estraditanssikalpailu.com](mailto:tiedostot@estraditanssikalpailu.com) by the 15th of March, 2024.

The file should be named as follows:

“Name of performance\_Performer\_Age division\_Compensation category”

For example, 16-year-old Ella Example’s show dance solo called Star should be named: “Star\_Ella Example\_Juniors 2\_Show solo”

Late or wrongly named files are subject to a 30€ late fee. The fee is paid through our website. If the late fee is not paid on time, and we need to send a bill, we will be adding an additional 20€ billing fee to the total.

## Right to Participate

You can compete in Estradi Dance Competition with a performance that has competed in Estradi before, if the piece has not placed in the top 3 of its category or been awarded a Super Prize.

Any dancer can compete in many performances in the same category excluding the solo categories: the dancer can not perform many solos in one category. Dance schools can enter several choreographies to the same age and competition categories.

## Registration

Registration is open from the 10th to the 31st of January, 2024. Registration is done through our website by buying the given competition category product (for example, a solo registration).

Please register one performance at a time!



If you'd like an invoice for your registration, choose your registration product normally, and choose "invoice" at the payment stage. Competition spots are given out in order of registration.

If there will be 5 or more performances from a dance school/organization, and you wish to pay for all your performances with one invoice, we offer the possibility to register with a separate Registration by Invoice form, which can be found on our website. The form will be visible once registration begins.

A billing fee of €45 will be added to the invoice. For performances paid for by one invoice, participation fees are non-refundable in case of illness. No changes can be made to the fees once the invoice has been sent.

**Note! Please register one performance at a time also when using the Registration by Invoice form!**

Late registration is possible if there is room in the competition. All late registration queries should be directed to our office by email ([estradi@estraditanssikilpailu.com](mailto:estradi@estraditanssikilpailu.com)). It is also possible to sign up for possible cancellation spots by email, in case categories are full.

## Registration Fees

Solo (without contact person): 55€

Solo Combination (without contact person): 80€

Duo/Trio (without contact person): 70€

Your Choreography, Solo (without contact person): 55€

Your Choreography, Group (without contact person): 70€

Small Group (includes contact person's ticket): 22€/dancer

Large Group (includes contact person's ticket): 22€/dancer

Improvisation (without contact person): 20€

All prices include 10% VAT. When paying online, please register one performance at a time. You can choose to pay by card, mobilepay, or with an invoice.



The late registration price (after the official registration period has ended) for small groups and large groups is 27€ per dancer. In other categories, we add a 20€ late registration fee to the price.

Changes (e.g. change of name of performance, change of age division) declared less than 3 weeks before the competition (after 24th of March, 2024) will be charged with a modification fee of 30€. The fee is to be paid through our website. If the modification fee is not paid on time, and we need to send an invoice, an additional 20€ office fee will be added to the total price.

## Special Circumstances and Cancellation

In case of illness, the dancer's participation fee can be refunded against a medical certificate. In case of illness of a duo performer, both the whole duo registration fee will be refunded. In groups, the registration fee will only be refunded to the dancer who is ill. In the event of illness, no changes shall be made to the performance, such as age division or dance style.

The registration fee will be refunded to the original payer. If the dancers in the group's performance change/are unable to attend, the performance's contact person of the group may replace them, provided that the age division of the group does not change. It is not possible to cancel the whole group, even if some members are unable to compete.

## Results

In the Estradi Dance Competition, we generally reward the top three in each competition category. If there are 15 or more performances in a given category, we will award the top five performances instead. If there are less than 3 participants in the Adult 1-3 categories, we can combine them with other Adult categories. Children, Junior and Novice age divisions will not be combined with other age divisions even if there are less than 3 participants.

If there are 9 or more competing performances in a category, the result divisions



will also be counted. The result divisions indicate the relative positions of the performances in the category. Through the divisions the groups can get information on how their performance has ranked in relation to their competitors. The results are divided into three categories; A, B and C. Category A is the highest category.

If there are a number of competitors divisible by three, each category will have 1/3 of the entries. If the number of performances in the series is not divisible by three, the proportionally higher number of performances will be placed first in category C, then in category B and last in category A.

Example of result categories:

Less than 9 performances	9 performances	10 performances	11 performances
Categories not calculated	A-category, 3 performances	A-category, 3 performances	A-category, 3 performances
	B-category, 3 performances	B-category, 3 performances	B-category, 4 performances
	C-category, 3 performances	C-category, 4 performances	C-category, 4 performances

## Estradi Dance Competition Merch

Estradi's official merch can be bought at the competition venue during the weekend!

## Become a Part of Estradi?

Estradi is not only a dance competition, but also an event for all dance-minded people. If you are interested in organizing something during Estradi, or wish to book space for your own company, please be in touch!

Estradi is also open to starting new collaborations with potential sponsors. Please be in touch and let's plan more together!

ESTRADI  
SHOW DANCE  
BALLET



*Welcome to Estradi Dance Competition! We are happy to help if any questions arise and gladly listen to any ideas for upcoming competitions.*





**13th - 14th of April 2024**

**Helsinki, Finland**