

Standards of Achievement for Competing Solos, Duos, Trios & Specials

Dancers need to be achieving at least 80% of these skills before they will be invited to compete a solo in **jazz, lyrical or contemporary**. Lilac belts and higher.

Toes in a seated pointed arch no more than 2.5 inches from the floor/or tendu second fully over toes	
Right and left front splits	
180° Center split	
Front extension at shoulder height with straight knee	
Side extension at eye level with straight knee	
Arabesque extension above 90°	
Clean/consistent double pirouette for age 13 and younger, triple for 14+	
A minimum of two mastered acro skills including walk overs/kick overs/arm balances aerial for age 13 and younger. Must include aerial age 14+	
Must be able to do 4 consecutive turns of fouettes or second (age 12+)	
Must be able to retain 1 minute of choreography after 1 hour of rehearsal	
Must have a minimum of 150° turnout	
A minimum of three ballet classes per week for pink +, 2 for lilac	
A maximum of 5 absences from technique classes per year, no more than 2 absences from choreography classes	
Special skills*	

Dancers need to be achieving at least 80% of these skills before they will be invited to compete a **tap** solo.

Age 8+ must demonstrate stage presence and high energy	
Right and left front splits	
180° Center split	
Clean and consistent sounds in Irish, Waltz clog, riff and shuffle off age 8+	
Clean/consistent maxi ford, pull backs, single leg pull backs age 9-12	
Clean/consistent double shuffles, double pull backs and double wings age 13+	
Clean/consistent double pirouette for age 13 and younger, triple for 14+	
Must be able to do 4 consecutive turns of fouettes or second (age 12+)	
Must be able to retain 1 minute of choreography after 1 hour of rehearsal	
Must have a minimum of 150° turnout	
A minimum of three ballet classes per week for pink +, 2 for lilac	
A maximum of 5 absences from technique classes per year, no more than 2 absences from choreography classes	
Special skills*	

Dancers need to be achieving at least 80% of these skills before they will be invited to compete a **ballet** solo.

Age 8+ must demonstrate stage presence and high energy	
Right and left front splits	
180° Center split	
Clean and full 5 th position in petit allegro	
Clean ankle and releve (no sickled feet and sufficient stretched knees and arch in tendu)	
Clean/consistent double pirouette for age 13 and younger, triple for 14+	
Clean pointe work including turns, hops and adagio for age 13+	
Must be able to do 4 consecutive turns of fouettes or second (age 12+) and en pointe (age 14+)	
Must be able to retain 1 minute of choreography after 1 hour of rehearsal	
Must have a minimum of 170° turnout under 12yo, 180 13yo+	
A minimum of 6 ballet classes per week for red/black & diamond including pointe, 3 for pink, 2 for lilac	
If performing a classical variation from a standard list as provided by the competition, dancer must be able to perform the variation without modifications	
A maximum of 5 absences from technique classes per year, no more than 2 absences from choreography classes	
Special skills*	

*Special skills may be listed for choreographer consideration and will override a single unmet standard. Dancers are not penalized in scoring if they do not list a special skill.