



RULES & REGULATIONS

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RULES & REGULATIONS

REGISTRATION

All entries must be registered through a studio. We do not accept independent entries.

AGE GROUPS

All ages will be recorded as of January 1, 2026. Age categories for all entries will be determined by taking the average age of all participants in that entry and dropping the decimal point.

- **Tiny** - 4 years & under
- **Mini** - 5-6 years
- **Petite** - 7-9 years
- **Junior** - 10-12 years
- **Teen** - 13-15 years
- **Senior** - 16-19 years
- **Adult** - 20+

ADDITIONAL NOTES/RULES:

- Any group routine with one or more adult dancers will automatically be bumped to the Senior division, regardless of average age.
- If a protest regarding age arises, competitors must be prepared to present proof of age. All protests must be made in writing and signed by the protester within 30 minutes of the incident and passed to the director of the competition. At that point proper **IDENTIFICATION WILL BE REQUIRED** by the contestant in the form of a Birth Certificate, Passport or License.

LEVELS

Upon registration the performance level of each dancer is chosen by the studio director. Dancers' level will automatically bump to the appropriate level based on their number of routines.

- **Novice** - Turn It Up Dance Challenge recommends dancers enter this level if they have little to no competition experience. Dancers in this level can only perform in 6 or less routines. Productions not included in count. Dancers can only perform one solo in the novice category.
- **Intermediate** - Turn It Up Dance Challenge recommends dancers enter this level if they have moderate competition experience. Dancers in this level can only perform in 9 or less routines. Productions not included in count. Dancers can only perform two solos in the intermediate category.

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LEVELS (continued)

- **Competitive** - Turn It Up Dance Challenge recommends dancers enter this level if they have significant competition experience. Dancers who perform in 10 or more routines must be in the competitive level. Productions not included in count. Competitive dancers cannot perform in a novice routine. You can perform an unlimited number of solos in the competitive category.
- **Pro-Amateur** - Any routine that contains 50% or more full time teachers or professional dancers must enter at the Pro-Amateur level. A professional dancer is one who is currently being paid to perform either on Broadway or television professionally. If a contestant is a paid actor only, they are not considered a professional dancer. If they are paid to be a dancer on a reality series they are not a paid professional dancer.
- **Shining Star** - At Turn It Up Dance Challenge, we believe dance should be a welcoming and inclusive experience for individuals of all abilities. Our Shining Star Division is specially designed for dancers with physical, sensory, or cognitive disabilities, providing a supportive space to shine on stage.
 - We collaborate closely with studio directors to ensure a safe and supportive environment for all Shining Star dancers to perform and compete.
 - In the case of dancers using an aide, the aide's age and level will not be considered in determining the placement of the routine.
 - Routines in the Shining Star level will be scored using the novice scoring grid.
 - Shining Star dancers will be recognized onstage during adjudications and are eligible to receive Judges' Special Awards. All Shining Star routines will be celebrated with specialty Star Awards during the overall awards portion of the ceremony.
 - For duos, at least 1 dancer must be registered at the Shining Star level for a duo to compete in the Shining Star division.
 - For Trios, at least 2 dancers must be registered at the Shining Star level to compete in the Shining Star division.
 - Any group routine with at least 1 dancer registered at the Shining Star level may request for the routine to compete in the Shining Star division, otherwise the group routine will remain at the majority level.

ADDITIONAL NOTES/RULES:

- The Pointe Category can only be performed in the Intermediate and Competitive levels
- **ROUTINE PLACEMENT:** Routines are calculated based on the level of each dancer. To change the level of a routine, the levels of the dancers within the routine must be changed.
- **Duos/Trios:** The highest level dancer will determine the placement of the routine, no exceptions
- **ALL Group routines:** The majority of the group determines the level of the routine. If a dance is 50/50 split, the dance will be placed in the higher level.
- If 2 or more judges agree that a routine is not in the correct level, that routine will be bumped to the appropriate level determined by the judges. If a routine is bumped to the appropriate level, the judges will re-evaluate their scores to reflect the proper scoring grid for that level.
- High scores will be given in the Novice, Intermediate, and Competitive categories for Tiny, Mini, Petite, Junior, Teen, and Senior ages. Pro Amateur, Adult, and Shining Star routines are ineligible for high scores.
- Only Competitive and Intermediate routines can be invited to participate on the Turn It Up National Dance Team.

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ROUTINE CATEGORIES

Each routine must be registered in one of the following categories based on the descriptions below:

- **Ballet** - Classical ballet style and technique with the use of ballet slippers.
- **Pointe** - Classical ballet style and techniques with the use of Pointe shoes. *Intermediate and Competitive routines ONLY.
- **Tap** - Creating syncopated rhythms with the use of tap shoes.
- **Jazz** - Classical jazz style and techniques.
- **Clogging** - Tap style where the dancer's tap strikes the heel and toe to create audible percussive rhythms, usually to the downbeat with the heel keeping the rhythm.
- **Hip-Hop** - Street dance with isolated movements to contemporary music.
- **Street Jazz/Funk** - Sub-genre blending elements of funk, hip-hop, and classical jazz. Often emphasizes the down beat, isolations, and angular movement. Choreography utilizes a more commercialized mindset with less strictness to the classic origins of jazz and hip-hop.
- **Lyrical** - Movements should interpret the lyrics of the music.
- **Modern** - Emphasis on the elements of movement such as centering, posture, spacial awareness, and imagery.
- **Contemporary** - Inventive movements incorporating different styles with classical foundation.
- **Character** - Portraying any easily recognized character such as a doll or a clown etc.
- **Musical Theater** - Any style of dance interpreting a song from Broadway, movie, or musical.
- **Folk/Ethnic** - Any routine incorporating one or more ethnic styles of dance.
- **Open** - Any category not pertaining to the above categories.
- **Acro** - Any routine containing a combination of tumbling movements and passes incorporated with dance movements.
- **Pom Pon** - Any routine displaying precision marching and sharp choreography with the use of pom pons. Must utilize pom-pons for at least 50% of the routine.

ADDITIONAL NOTES/RULES:

- A maximum of 4 acrobatic tricks may be done in any category except acro and open or any production routine, which may have an unlimited number of tricks.
- An acrobatic trick is considered anything where both feet pass over the head and the body is airborne. Such as, but not limited to, back handspring, back tuck, front/side aerials, etc. An acro pass is considered one trick.
 - **Example:** round off back handspring, round off back handspring back tuck. The following movements are not included in the acrobatic trick count: handstands, cartwheels, front/back walkovers, forward rolls, kip up variations and other transitional movements. Also, if an entire group executes one ariel at the same time or in a ripple effect, that is considered 1 trick.
- Any routine that is placed in the incorrect category will be changed to the correct category.

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DIVISIONS & TIME LIMITS

- **Solo** (1 dancer) - 2min 50sec
- **Duo/Trio** (2-3 dancers) - 2min 50sec
- **Small Groups** (4-9 dancers) - 3min 50sec
- **Large Groups** (10-19 dancers) - 3min 50sec
- **Line** (20+ dancers) - 5min 50sec
- **Production*** (15+ dancers) - 6min 50sec

ADDITIONAL NOTES/RULES:

- Extended time is available for purchase. Solos, duos/trios, small groups and large groups may be extended by 1 minute. Lines and Productions may be extended by a maximum of 5 minutes.
- Anything over 5 minutes is considered Extended Plus. Contact our office for pricing information.
- One point will be deducted for every 5 Seconds over time limit. Timing will begin when music starts (if no music, once dancers take first step) and will stop when last performer is off the stage. This does not include prop removal.
- A production is a routine that conveys a story or theme throughout their performance that can be enhanced with the use of sizable props and scenery.
- All production routines will compete against each other according to age and will not be assigned a level. We will award high scores for Productions in the 12 and under age category and in the 13 and up age category. All Productions will be scored using the competitive level scoring grid.
- If a dancer is removed from a routine for any reason once the final schedule has been sent to studios, the following rules apply:
 - Any routines in the trio, small group, large group, line, or production division will perform in the original division assigned & will have the option to be announced down one dancer.
 - A duo that is down a dancer is allowed to switch the performance to a solo ONLY if Turn It Up Dance Challenge is notified of this change prior to the event. If notified of the change on site, the routine will remain in the duo division & be announced down one dancer. This routine will be eligible for adjudication ONLY.

JUDGING

Each entry will be judged by a highly qualified panel of judges. All judges' decisions will be final. Contacting or speaking to judges is strictly prohibited at all times.

Routines will be scored out of a possible 300 points (100 points from each judge). Judges will consider technique, execution, stage presence, choreography, and difficulty while scoring.

Ties for first place only will be broken by the highest technique score.

ROUTINES MUST BE APPROPRIATE FOR FAMILY VIEWING: Any routine that a judge feels is not appropriate is subject to point deductions or even disqualification. If a judge flags the routine as not appropriate, the flag will be reviewed by the head judge and context regarding the flag will be noted in your studio score sheets after the event.

Points may be deducted if a routine contains more dancers than were registered.

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AWARDS

ADJUDICATION SCORING:

Each routine will receive an adjudication award based on the following:

COMPETITIVE GRID

Platinum Pro Total Score of 291-300

High Platinum Total Score of 282-290.9

Platinum Total Score of 271-281.9

High Gold Total Score of 261-270.9

Gold Total Score of 260.9 and under

INTERMEDIATE GRID

High Platinum Total Score of 280-300

Platinum Total Score of 269-279.9

High Gold Total Score of 259-268.9

Gold Total Score of 258.9 and under

NOVICE GRID

High Platinum Total Score of 275-300

Platinum Total Score of 264-274.9

High Gold Total Score of 254-263.9

Gold Total Score of 253.9 and under

Each routine will receive one adjudicated street sign and pins for all registered dancers in that routine. Turn It Up Dance Challenge will announce 1st place in each category per level & age.

JUDGES SPECIAL AWARDS - At each regional and national competition Turn It Up Dance Challenge recognizes unique and entertaining performances with our special awards. These awards are hand selected and presented directly by our judges panel.

NATIONAL DANCE TEAM INVITATION - Turn It Up Dance Challenge judges will select outstanding routines from each of our regional competitions. Any dancer who is in the selected routine is invited onto our Turn It Up National Dance Team for that year. Routines must be in the Intermediate and Competitive levels to be eligible to receive this award. Tiny routines are ineligible. Dance Team invitations are non-transferable and must be redeemed by the dancer(s) awarded.

JUDGES CHOICE AWARDS - At each regional and national competition judges will select routines that stand out in the following categories.

- **Choreography Award** - This award goes to the routine that the judges feel displayed outstanding, creative or complex choreography.
- **Most Entertaining** - This award goes to a routine that caught the eye of the judges panel as an exciting and high energy piece.
- **Technical Excellence** - This award goes to the routine which the highest technique score. Productions are ineligible.
- **Outstanding Costume Award** - This award goes to a routine that the judges feel had a unique or memorable costume.

HEART OF GOLD - This award will be presented to one soloist in each age category that the judges feel showed the most heart, soul, and passion in their performance. Winners will receive the "Heart of Gold" Medal and letter and will also be posted on the "Heart of Gold" Winners Page at www.iDance4aCure.org. Tiny and Adult routines are ineligible.

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AWARDS (continued)

TITLE – Title will be awarded in Mini, Petite, Junior, Teen and Senior age groups. Title contestants will submit a headshot, introduce themselves to the judges panel and perform 1 solo for a combination score. A winner will be announced at each Regional and National competition as well as a 5th, 4th, 3rd, 2nd and 1st runner up.

- Please take notice that the Title division of the competition is based on a **COMBINATION SCORE** including the dancer's headshot, introduction, and performance. Judges scores are not just based on the dancer's technical proficiency, but also on personality, presence, confidence, professionalism, and more!
- Title contestants will receive information prior to the event outlining specific criteria and speaking prompts that are **REQUIRED** for their title introduction to the judges.
- Title contestants must have a minimum combined total score of 362 to place for title when there are no other entries in their category.
- Title routines are eligible for overall high score awards.
- All registrations for Title must be completed during the registration process prior to the event. Title entries are **NOT** allowed to be added on-site at the event.
- Dancers must be registered in the competitive level to compete for title.
- Dancers in the Tiny age category are not eligible to run for title.
- Dancers can only register one solo to compete for title.
- Each title winner and the 1st and 2nd runners up will be invited to compete for title at any of our Nationals events.
**A minimum score of 392 must be met to qualify for Nationals and to participate in the National Dance Battle opening title contestant performance.*
- Title winners and the 1st and 2nd runners up who register for the National Title Competition are **REQUIRED** to participate in the National Dance Battle Show Opener and must attend the rehearsals on-site.

Each judge will score Title Contestants' headshots, introductions, and solo performances with the following criteria and scoring grid:

TITLE SCORING		
HEADSHOT • Presentation & Professionalism (5pts) • Confidence & Expression (5pts) • Styling & Pose (5pts) TOTAL 15 PTS	INTRODUCTION • Confidence, Posture & Eye Contact (10pts) • Clarity, Speed & Tone (10pts) • Content & Creativity (10pts) TOTAL 30 PTS	PERFORMANCE • Technique (40pts) • Stage Presence (30 pts) • Execution (30 pts) TOTAL 100 PTS

Each judge's score totals 145 pts and the combined total score of all 3 judges is 435 pts.

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AWARDS (continued)

OVERALL HIGH SCORES, SCHOLARSHIPS AND CASH PRIZES:

High scores will be given out at every regional and national competition. We recognize top scoring awards in each age category in the Novice, Intermediate, and Competitive levels.

The high score in each age group will win the following cash prizes and scholarships.

**All scholarships/cash prizes will be awarded to the studio.*

REGIONALS			
	Novice Scholarship	Intermediate Scholarship	Competitive Scholarship
Solo	\$50	\$50	\$100
Duo/Trio	\$50	\$50	\$100
SM Group	\$100	\$100	\$125
LG Group	\$150	\$150	\$175
Line	\$150	\$150	\$200
Production	-	-	\$300
Title Winners	-	-	\$150

NATIONALS			
	Novice Scholarship	Intermediate Scholarship	Competitive Cash
Solo	\$100	\$100	\$100
Duo/Trio	\$100	\$100	\$100
SM Group	\$150	\$150	\$150
LG Group	\$200	\$200	\$200
Line	\$200	\$200	\$200
Production	-	-	\$300
Title Winners	-	-	\$250
OA Solo/Duo/Trio	-	-	\$100
Studio of the Year	-	-	\$1,000
Dance Battle	-	\$500 Cash	\$1,000

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ADDITIONAL HIGH SCORE NOTES/RULES:

- We award a top 10 for all group routines and a top 15 for all solo routines in each category and age group.
- There must be at least 5 routines in each age group and category to be eligible for cash or scholarships. For lines and productions only, if there are less than 5 in your category you must score a High Platinum or higher to receive the scholarship award.
- All production routines will compete against each other according to age and will not be assigned a level. We will award high scores for Productions in the 12 and under age category and in the 13 and up age category. All Productions will be scored using the competitive level scoring grid.
- Dancers with multiple solos may only place once in each age category; only their highest scoring solo will be eligible.
- Pro-Amateur and Adult routines will be adjudicated but are not eligible for high score awards.
- If a routine performs outside of its scheduled category block, it is not eligible for Judge's Choice Awards.

NATIONALS HIGH SCORE NOTES/RULES:

- We award a top 15 for all group routines and a top 20 for all solo routines in each category and age group.
- If there are 10 or more entries in a given category and age group, scholarships & cash prizes will be presented to the 1st, 2nd, and 3rd place winners.
- For **LINES & PRODUCTIONS ONLY** – There must be at least 5 routines in each age group and category **-OR-** you must score a high platinum or higher to be eligible for cash prizes.
- Routines performing outside of their scheduled session will not be eligible for overalls.

OVERALL HIGHEST SCORING SOLO: At each Regional and National event, the highest scoring solo and runner up in each level (Novice, Intermediate, Competitive) will be awarded in the 12 & under and 13 & up age categories. Regional winners of this award will receive a convention scholarship, winners of our highest adjudication in the competitive level will receive a convention assistant scholarship. National winners of this award will receive a cash prize of \$100.

OVERALL HIGHEST SCORING DUO/TRIO: At each Regional and National event, the highest scoring duo/trio and runner up in each level (Novice, Intermediate, Competitive) will be awarded in the 12 & under and 13 & up age categories. Regional winners of this award will receive a convention scholarship, winners of our highest adjudication in the competitive level will receive a convention assistant scholarship. National winners of this award will receive a cash prize of \$100.

OVERALL HIGHEST SCORING GROUP ROUTINE BY LEVEL: At each Regional and National event the highest scoring group routine (small group, large group, lines) in each level (Novice, Intermediate, Competitive) will be awarded.

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AWARDS (continued)

INDUSTRY DANCE AWARDS: Routines will be awarded at each regional competition in the following categories:

- Best Jazz Performance
- Best Tap Performance
- Best Hip Hop Performance
- Best Lyrical/Modern/Contemporary Performance
- Best Musical Theatre Performance
- Best Open/Ballet/Acro Performance
- People's Choice

At the conclusion of the regional season, our judges will also select overall top nominees for each category as well as the additional categories of Choreography of the Year and Best Performance of the Year.

STUDIO AWARDS: Outstanding studios at each Regional and National event will be awarded in the following categories:

- **Pure Passion** – This award goes to a studio whose dedication and devotion to dance shines through on stage as well as behind the scenes.
- **Artistry Award** – This award goes to a studio that has shown style and creativity through choreography, concept, and execution.
- **Class Act Award** – This award goes to the studio whose dancers demonstrate the most professionalism, proper competition etiquette, and sportsmanship backstage not only towards their own studio, but their fellow competitors as well. This award is presented at the completion of each regional and national competition.
- **Turn It Up Studio Award** – The Turn It Up Studio Award goes to a studio that encompasses the values of Turn It Up Dance Challenge which are quality, punctuality and professionalism.
- **ADCC Studio of Excellence** – The Studio of Excellence Award is determined by each participating ADCC member competition, and given to a studio of their choice that best exemplifies the values of The Association of Dance Conventions and Competitions, which include working together and striving for excellence.
- **Standout Studio** (Regionals Only) – This award is presented to a studio that has shown overall excellence in the areas of technique, execution, and stage presence.
- **Studio of the Year** (Nationals Only) – This award is presented to a studio that has shown overall excellence in the areas of technique, execution, and stage presence.

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AWARDS (continued)

DANCE BATTLE: At each of our National events top scoring group routines will battle it out for the title of National Grand Champion.

- Two Dance Battles: Junior Dance Battle (12 and under) Senior Dance Battle (13 and up)
- Only Intermediate and Competitive routines are eligible, no Tiny or Novice
- 1st and 2nd place winners from each category will be invited
 - If there is a Tie for runner up or winner, both groups will move on to the Dance Battle- If runner up and winner in an age group is from the same studio, the next routine will be selected. Any one studio may not win more than once in an age group.
 - If a studio sweeps a category, their 1st place routine will be the only routine invited in that category.
- A minimum of 4 Wild Card routines (Small Group, Large Group, Lines) will be selected for each Dance Battle, 2 Intermediate and 2 Competitive.
- 1 Production Wild Card 12 and under, 1 Production Wild Card 13 and up

Junior Dance Battle

Senior Dance Battle:

- | | |
|--|---|
| • Mini Petite & Junior Intermediate Small Groups | • Teen and Senior Intermediate Small Groups |
| • Mini Petite & Junior Intermediate Large Groups | • Teen and Senior Intermediate Large Groups |
| • Mini Petite & Junior Intermediate Lines | • Teen and Senior Intermediate Lines |
| • Mini Petite & Junior Competitive Small Groups | • Teen and Senior Competitive Small Groups |
| • Mini Petite & Junior Competitive Large Groups | • Teen and Senior Competitive Large Groups |
| • Mini Petite and Junior Competitive Lines | • Teen and Senior Competitive Lines |
| • 12 and under Productions | • 13 and up Productions |
-
- Intermediate National Grand Champions win a **\$500 cash prize**
 - Competitive National Grand Champions win a **\$1,000 cash prize**
 - Production National Grand Champions win a **\$1,000 cash prize**

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PROPS

Props must be placed on the stage and removed in one minute or less. If you need additional time for setting and removing props, it must be approved in advance by the Turn It Up Dance Challenge office. If the judges or Turn It Up crew flag a prop setup for exceeding these set time parameters, routines may be disqualified, and additional fees may be charged.

- **NO DANGEROUS PROPS ALLOWED** Dangerous props include but are not limited to knives, swords, guns, anything thrown directly at the judges table that may be harmful, anything that could alter the surface of the dance floor. This includes both real and fake weapons. Any routine that uses a dangerous prop will receive a max of a **10 POINT deduction** or may be **disqualified**.
- Fire, live animals, powders, liquids, glitter, confetti, paint, sand, glass, etc. are **NOT allowed**
- **HUMAN PROPS** A Human prop is a person acting as a prop and one that can be seen clearly by the audience but does not dance with the group. Human props must pay as a participant; however they will **NOT** be factored into the age level and dancer count of the routine. If a person enters stage simply to hold up a prop from the back and cannot be seen by the audience they are **NOT** considered a human prop and do **NOT** have to pay as a participant. Contact our office for more information.
- **PROPS MAY NOT BE PLUGGED IN. MUST BE BATTERY OPERATED** Each venue is equipped with a calculated amount of power and plugging props in could cause a fuse to be blown severely delaying competition.
 - **No alterations can be made to stage or audience lighting during a performance.*
- **MANY VENUES PROHIBIT THE USE OF HELIUM BALLOONS. HELIUM BALLOONS MAY NOT BE USED IN A ROUTINE UNLESS IT IS SECURED TO A DANCER OR COSTUME.**
- **IF YOU HAVE A LARGE PROP THAT IS OVER 10FT HIGH PLEASE CONTACT OUR OFFICE AS CERTAIN VENUES HAVE LIMITATIONS ON CEILING HEIGHT.**
- **DUE TO SAFETY & LIABILITY ISSUES, NO PROP MAY BE CONSTRUCTED WITH TRUSS OR RIGGING**

MUSIC

Studios are required to upload their music online after completing their registration. Music must be uploaded in the online registration portal at least two weeks prior to your scheduled event. Please contact our office if you have any issues while uploading. Studio owners should have at least 2 backup copies of all music (USB Flash Drive, iPod, or iPad) in case there is an issue with the uploaded music. **CDs will NOT be accepted!**

Music that includes swearing and/or inappropriate lyrics are prohibited and are subject to a deduction by our judges.

If music skips or fails at anytime during a performance due to faulty music supplied by the studio, Turn It Up Dance Challenge is not required to allow that routine to perform again. If music skips or fails during a performance at the fault of Turn It Up Dance Challenge, the routine may be placed on hold and will be allowed to perform again once the music is corrected. It is the responsibility of the studio to bring a backup music file. Turn It Up is not responsible for any USB Flash Drives, iPods, iPads, etc. that are not collected after an event.

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ADDITIONAL INFORMATION

- Turn It Up Dance Challenge is not responsible for any lost or stolen items during any competition. Please take extra precautions.
- All participants and attendees are expected to demonstrate good sportsmanship and treat others with respect. Also, participants are expected to be respectful of dressing rooms making sure to leave it the way you found it upon arrival. When in the audience, please stay seated and keep talking to a minimum during all performances.
- **ABSOLUTELY NO** personal photo or video are allowed during performances at any of our events. If any Turn It Up crew member sees any audience member taking photos or videos during performances, they will be approached and asked to stop. Failure to comply could result in removal from the performance space.
- For safety reasons, dancers may not jump off the front of the stage or approach the judges table.
- Coaching from the wings or audience is not allowed at any time throughout a performance. Doing so may result in point deductions.
- Unless a piece of choreography has been copy written, Turn It Up Dance Challenge cannot enforce ANY plagiarism policies.
- Competitors may only compete with one studio per event
- Entry fees and deposits are non-transferable and non-refundable.
- Rules and Regulations are subject to change each season.

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