



Rock Olympics ²⁰²⁴

CULTIVATING TALENTS

DANCE · BALLET ·
CONTEMPORARY DANCE

INDIVIDUAL COMPETITIONS GUIDE

INDIVIDUAL COMPETITIONS GUIDANCE

DANCE

Procedures:

Semi-Final : 2 June 2024
 Venue : Neo Atrium, Neo Soho Mall
 Final : 22 June 2024
 Venue : Neo Atrium, Neo Soho Mall

EVENT	AGE CATEGORY (on the day of the event)
Dance Individual Kids	4-6 yrs (4 yrs – 6 yrs 365 days)
Dance Individual Tween	7-11 yrs (7 yrs – 11 yrs 365 days)
Dance Individual Teen	12-18 yrs (12 yrs – 18 yrs 365 days)

- Candidate must perform dance routine according to their age as per date of the final.
- Candidate must perform choreography shown on the video (see RSA video link).
- Dance routine will not be learnt in the regular classes. Candidates should learn dance by themselves or in private classes.
- Age Limits: Participants should follow their proper age as at per date of the final. Age will be checked during registration process. RSA has right to disqualify any participant that registered under the wrong age category.
- All judges' scores are final and unchangeable.
- In addition, the top 4 performers will have an additional competition in the form of Battle Dance, to determine the winners (1, 2, 3).
- This system is not learning a choreography, but a freestyle dance in which 2 dancers will face each other 1 on 1 by showing off their dance skills through dance freestyle movements.
- In Dance Battle judging system is Knock-Out system, no point-based system is required. It means the judges will directly choose the best dancer by pointing the winner in the battleground.

The skills that will be evaluated during the dance battle are:

- Technique
- Expression
- Musicality

Costumes & Routines:

Dance Individual (4-6 yrs)



Tutorial Video:

<https://youtu.be/rh-e0rYwBMA>

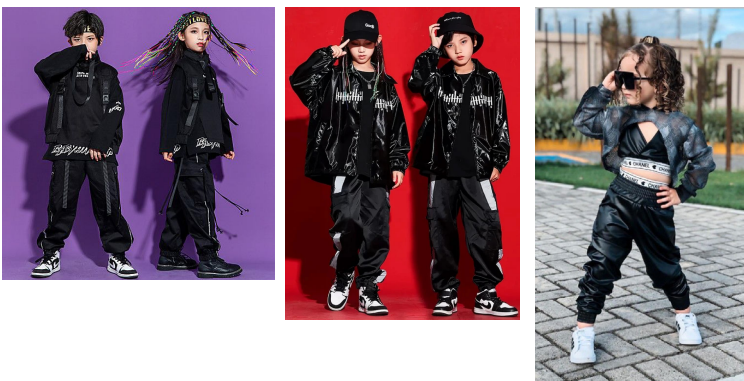
Dance Individual (7-11 yrs)



Tutorial Video:

https://youtu.be/JxaFGF_UgaE

Dance Individual (12-18 yrs)



Tutorial Video:

<https://youtu.be/H4NpZ71-o84>

INDIVIDUAL COMPETITIONS GUIDANCE

BALLET

Procedures:

Date : 23 June 2024

Venue : Neo Atrium, Neo Soho Mall

Students who are fit the age qualification for this category may register

System : Points Based

EVENT	AGE CATEGORY (on the day of the event)
Ballet Individual Kids	5-7 yrs (5 yrs – 7 yrs 365 days)
Ballet Individual Tween	8-10 yrs (8 yrs – 10 yrs 365 days)
Ballet Individual Teen	11-18 yrs (11 yrs – 18 yrs 365 days)

- Candidate must perform choreography according to the video provided (see RSA video link).
- Variation will not be learnt in the regular classes. Candidates should learn variation by themselves or get a private instruction assistance.
- Pointe shoes are only allowed for 11+ yrs category.
- Age Limits: Participants should follow their proper age as of 23 June 2024. Age will be checked during registration process. RSA may disqualify any participant that registered under the wrong age category.
- All judges' scores are final and unchangeable.

The skills that will be evaluated during the Ballet Individual Competition are:

- Technique
- Expression
- Musicality

Uniform & Routines:

Ballet Individual (5-7 yrs)



Tutorial Video:

<https://youtu.be/HW4hksk-T-8>

Ballet Individual (8-10 yrs)



Tutorial Video:

https://youtu.be/NnbbMDR_foo

Ballet Individual (11+ yrs)



Tutorial Video:

Pointe Shoes

<https://youtu.be/vjlfRqGluaY>

Soft Shoes

https://youtu.be/vqJatxH_Fag

INDIVIDUAL COMPETITIONS GUIDANCE

CONTEMPORARY DANCE

Procedures:

Date : 23 June 2024
Venue : Neo Atrium, Neo Soho Mall

EVENT	AGE CATEGORY (on the day of the event)
Contemporary Dance Solo 8-10	8-10 yrs (8 yrs – 10 yrs 365 days)
Contemporary Dance Solo 11+	11-18 yrs (8 yrs – 10 yrs 365 days)

- Candidate must perform choreography according to the video provided (see RSA video link).
- Variation will not be learnt in the regular classes. Candidates should learn variation by themselves or get a private instruction assistance.
- Age Limits: Participants should follow their proper age as of 23 June 2024. Age will be checked during registration process. RSA may disqualify any participant that registered under the wrong age category.
- Judges have right:
 - All judges' scores are final and unchangeable.

The skills that will be evaluated during the Contemporary Dance Individual Competition are:

- Technique
- Expression
- Musicality

Uniform & Routines:

Contemporary Dance Individual (8-10 yrs)



Tutorial Video:

<https://youtu.be/OdV2oH1rHtk>

Contemporary Dance Individual (11+ yrs)



Tutorial Video:

<https://youtu.be/oLv8veUrfmw>



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