



HAMILTON'S BEST DANCE CREW
RULES AND GUIDELINES

1. Competition will be held **TUESDAY, MARCH 10TH, 2026** for **Secondary schools AND Elementary Schools at GLENDALE SECONDARY SCHOOL (145 Rainbow Drive, Hamilton, ON L8K 4G1)**. Registration closes January 30th, 2026.
 - A rehearsal hall and change room will be available for all crews/teams.
 - Both Elementary and Secondary Competition will begin at approx. **9:00am** and may continue past school hours (depending on registration).
 - Since we are only offering one day, there will be a maximum number of entries we can take, so please register at your earliest convenience.
2. Please submit **ONE** entry form per routine being entered. All genres are accepted.
3. Categories will be separated by age (primary, junior/intermediate, secondary) and by genre and/or size (depending on registration).

Competition Guidelines

1. DIVISIONS:

- **PRIMARY:** Grade 1 – 3
- **JUNIOR/INTERMEDIATE:** Grade 4 – 8
- **SECONDARY:** Grade 9 – 12

2. GENRES:

- **Jazz:** Consists primarily of jazz technique.
- **Tap:** Consists primarily of tap technique.
- **Ballet:** Classical Ballet steps & movement.
- **Pointe:** Pointe technique demonstrated in pointe shoes.
- **Modern:** Should demonstrate balance, extension, isolation & control, using modern technique.
- **Lyrical:** A combination of jazz and ballet. A routine, which interprets the lyrics or musicality of a song. Usually set to ballad style music. Shows "clean, classic body lines" and solid "traditional" technique.
- **Contemporary:** Strong ballet fundamentals with modern techniques utilizing strength, flexibility, alignment, breath, contraction, suspension, tension and relaxation while emphasizing artistic expression and unique choreography.
- **Musical Theatre:** Must consist of one of the above dance forms and may contain lip-synching - may portray a character. Please check our prop rule.
- **Vocal:** 50% song, 50% dance, no pre-recorded vocals during the song section. If a microphone is used the setup, **MUST** be pre-arranged with the technicians. Please remember that a solo or duet/trio should not require more than 10 seconds setting up.

- **Acro:** Must consist of more than 5 Acro tricks with the use of gymnastic technique and dance moves, steps & choreography.
- **Open:** Must be a combination of any of the above categories with a maximum of 3 Acro tricks.
- **Hip Hop:** A routine choreographed to urban music using free-style, hip-hop, funk or music video style dance.
- **Ethnic:** A routine of national origin. e.g. Highland, Celtic, Bollywood etc.

3. **CATEGORIES:**

- **ELITE:** 75% of the crew are currently either part-time competitive or full-time competitive dancers, training at a dance studio outside of school, within the past 5 years.
- **NEWBIE:** 75% of dancers are not currently training competitively (in any form, in the past 5 years) at a dance studio outside of school. These dancers can be recreational level or only train with their school dance program or team. Please use your professional judgment when placing students in this category.
- **STUDENT CHOREOGRAPHY:** Choreography of the routine is 100% completed by a student. The student can be the performer dancing the routine or simply the choreographer. **NEW THIS YEAR: Teachers, when you register your routines please place an astrix "*" in front of the song title of routines that are Student Choreographed. Example: *The Silence Within**
- **SOLO:** 1 dancer
Note: For Secondary Entries Only – NO studio-choreographed solos will be permitted. Only STUDENT-choreographed solos will be permitted.
 **Hamilton’s Best Dance Crew reserves the right to limit the number of solo entries per school, based on the amount of solo entries received each year.
- **DUET:** 2 dancers
- **TRIO:** 3 dancers
- **SMALL GROUP:** 4-9 dancers
- **LARGE GROUP:** 10 – 15 dancers
- **LINE:** 16 – 24 dancers
- **EXTENDED LINE:** 25 - 34 dancers
- **MEGA LINE:** 35 or more dancers

****All schools can have unlimited group entries.**

4. **TIME LIMITS**

- Solo – 3 minutes
- Duet/Trio – 3 minutes
- Groups – 4 minutes
- Mega Line – 5 minutes

5. **NEW THIS YEAR: COSTS**

****All costs are per STUDENT not per routine.**

- Solo = ***\$25/student***
- Duet/Trio = ***\$15/student***
- Groups = ***\$10/student/routine***
- There will be no refunds for scratched entries.

6. **AWARDS**- Each participant will receive an award.

- **Dances are given a score out of 100 from each judge. That score is averaged for their final mark.**
- Duet, Trio and Group dancers will receive placement ribbons and all participants will receive a participant ribbon.
- Overall Awards will be given in each grouping: solo, duet/trio, small group, large group, line, extended line and mega line (depending on registration).
- The highest score for Newbie (non-experienced) solos will receive the annual plaque for a year, a certificate, a medal and a personal trophy.
- The highest score for Elite solos will receive the annual plaque for a year, a certificate, a medal and a personal trophy.
- The highest score of the competition for Newbie and Elite, Secondary duets/trios will receive the annual plaque for a year, a certificate, medals and a trophy.
- The highest score of the competition for Elementary duets/trios will receive the annual plaque for a year, a certificate, medals and a trophy.
- **“BEST DANCE CREW” awards are calculated using the averages of a school’s top TWO (2) scoring groups from each school. Therefore, in order to be eligible for the “Best Crew” titles, a school must enter at least two (2) groups (small group, large group, line, extended line, mega line, etc.). Except for the “Best Secondary Crew”; where a school must enter at least **THREE (3) groups to qualify.****
 - *Hamilton’s Best Secondary Newbie Dance Crew:*
 - 2nd Runner-up Hamilton’s Best Newbie Dance Crew will receive a banner, medals and \$100 scholarship towards their 2027 entry fees.
 - 1st Runner-up Hamilton’s Best Newbie Dance Crew will receive a banner, medals and \$140 scholarship towards their 2027 entry fees.
 - Title of Hamilton’s Best Newbie Dance Crew will receive a banner, medals, annual trophy and \$195 scholarship towards their 2027 entry fees.

- *Hamilton's Best Elementary Dance Crew:*
 - 2nd Runner-up Hamilton's Best Elementary Dance Crew will receive a banner, medals and \$100 scholarship towards their 2027 entry fees.
 - 1st Runner-up Hamilton's Best Elementary Dance Crew will receive a banner, medals and \$140 scholarship towards their 2027 entry fees.
 - Title of Hamilton's Best Elementary Dance Crew will receive a banner, medals, annual trophy and \$195 scholarship towards their 2027 entry fees.
- *Hamilton's Best Secondary Dance Crew:*
 - 2nd Runner-up Hamilton's Best Secondary Dance Crew will receive a banner, medals and \$100 scholarship towards their 2027 entry fees.
 - 1st Runner-up Hamilton's Best Secondary Dance Crew will receive a banner, medals and \$140 scholarship towards their 2027 entry fees.
 - Title of Hamilton's Best Secondary Dance Crew will receive a banner, medals, annual trophy and \$195 scholarship towards their 2027 entry fees.
- Highest Scoring student choreography and choreography will receive a certificate.
- **PLEASE NOTE: All plaques and some trophies are annual. Please engrave your schools name and year and return it the following year.**
 - **Plaque Plate Format:**

<p>“TITLE OF ROUTINE” SCHOOL 2018</p>

- *Please note for soloist, “TITLE OF ROUTINE” can be replaced with Student's Full Name.

7. MUSIC

- NO live music, can be live vocals
- All music must be uploaded to DanceBug prior to the event. Please still bring a back-up copy with you.
- No swearing, coarse or offensive language is permitted. Crews with unedited music will be disqualified.

8. PROPS

- Props are allowed. However, no guns, swords or violent pros are allowed. No liquids or anything that may litter the stage is permitted.

9. **REGISTRATION:**

- RESERVATIONS: Optional to do. If you know approximately how many numbers and that you do plan on attending, you can “reserve” a number of entries to help me know early numbers. This deadline is **December 1st, 2025.**
- REGISTRATION DEADLINE: Early bird deadline is **January 16TH, 2026.** All entries added after this date will be subject to a **\$10/entry late fee.** Registration CLOSES on **January 30TH, 2026.**
- PAYMENT DEADLINE is **FEBRUARY 6TH, 2026.** Please make cheques payable to **Glendale Secondary School**, NOT Hamilton’s Best Dance Crew. If you need a new invoice (as the one on Dancebug will say HBDC, please email Valerie Moore). Then mail the cheque to Glendale Secondary School (145 Rainbow Drive, Hamilton, ON L8K 4G1).

There will not be ANY refunds after January 31st, 2026 for any scratched/dropped routines.

- MUSIC DEADLINE: Music must be uploaded to DanceBug no later than **FEBRUARY 27th, 2026.**
- Visit our Webpage for additional information and results from previous year. <https://glendalepa.commons.hwdsb.on.ca/hamiltons-best-dance-crew/>
- **ONCE AGAIN:** We have collaborated with Video Judge/Dance Bug to bring you a more professional and user-friendly experience! Each school will have to sign up and receive their own **Dance Bug log in** to register their dancers and routines for the competition.
- Email any questions/concerns to Valerie Moore (vmoore@hwdsb.on.ca)



***** PLEASE NOTE: THIS EVENT WILL BE CANCELLED IF THERE IS INSUFFICIENT REGISTRATION BY THE DEADLINE.*****

CLICK ON THE LINK BELOW TO REGISTER

<https://glendalepa.commons.hwdsb.on.ca/hamiltons-best-dance-crew/>