

# INSYNC: Tied To The Rhythms

## Duo/Dance Group Competition

### Introduction

The 80s and 90s were well known for their impact on modern day dance, introducing us to moves that laid the foundation of today's dance culture. In light of that, INSYNC: Tied To The Rhythms aims to showcase this beautiful legacy through a competition of the best of the best.

Foxes will band together in groups to show off their skills and define themselves as the trendsetters of dance. Supported by the decades' greatest hits and styles that make a statement, they are sure to have all eyes on them.

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### Specific Guidelines

1. Each Server shall have a maximum of two (2) groups with a minimum of two (2) and a maximum of eight (8) participants per group.
2. Members of the groups must be of the same year-level from each server.
3. Members of HAUDT and HAUSDC are prohibited from joining the competition.
4. Every pair or group has to have a group name.
5. Only a maximum of eight (8) groups are expected to participate in the event.
6. Registration will be considered void if it has exceeded the date of submission.  
**FIRST COME FIRST SERVE BASIS.**
7. The registration will be distributed and opened until September 28, 2024.
8. Participants are encouraged to wear costumes related to the theme of their server while strictly complying with the University's dress code.
9. The use of props is highly discouraged.
10. Length of music must be a minimum of 1:30 minutes and a maximum of 3:00 minutes.
11. The music should be relevant to the Retro theme, specifically from 1985 to 2004. Remixes are acceptable as long as they adhere to the designated theme.
12. The music should be submitted in MP3 format, along with the list of songs in PDF format, via the Google Drive link provided by the event organizer. The MP3 file should be named *GroupName.mp3*, and the PDF list of songs should be named



*GroupName\_ListofSongs.pdf*: Both files should be uploaded to the same Google Drive to verify their relevance to the theme.

13. Participants must use dance movements from any genre, providing the regulations are followed.
14. The order of performance by participants will be drawn by lot.

### Sanctions

1. Non-adherence to the given rules and regulations of this event shall result in immediate disqualification of the participant:
  - a. Violation of the University's dress code for attire and theme.
  - b. Members of the HAUDT and HAUSDC are not qualified to enter the contest.
  - c. The use of props is discouraged.
2. Excess or deficit in the time requirement of the music shall constitute one (1) point deduction from the average score.
3. Failure to comply with the rules and regulations will cause a deduction of two (2) points on the participant's total score.

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### Criteria for Judging

<i>Performance</i>	Execution – 15% How the contestants carry out the movements and performance of one's skills and showmanship.  Energy – 10% The energy, gracefulness, and enthusiasm of the performers as well as the power of their body movements.  Confidence – 5% How the performers bring themselves out and the level of confidence they bring out to the audience.	30%
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<i>Technique</i>	Control of Movement – 10% The control and balance of the performers' movements and flow of the body.  Degree of Difficulty - 5% The difficulty and technicalities of steps and effective and skillful display of dance movements.	15%
<i>Choreography and Variety</i>	Choreography - 20% The sequence of dance movements, arrangement, or routine of steps.  Variety - 5% Variation of the performance's style and movements.	25%
<i>Theme and Music</i>	Theme - 5% The performance's portrayal and reflection of the theme of the Event.  Music - 10% The music choice's portrayal and reflection of the theme of the event.	15%
<i>Originality</i>	The originality of steps and choreography of the performance.	15%
<b>TOTAL:</b>		100%

#### Awards

- Champion
- 1st Runner-Up
- 2nd Runner-Up

*Note: Any problem encountered must be addressed to the corresponding Officers-in-Charge for the event before, within the course, or after the competition but before the awarding ceremony takes place. Otherwise, the concern will no longer be entertained.*

Contact Persons

If there are queries or concerns, you may contact the following.

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