



THEATRE DANCE ASSOCIATION

2026 ONLINE

**Dance
Competitions**

THE OSCARS OF DANCE

ORGANIZING WITH A SIDE OF *fabulous*

Welcome to **ONLINE COMPETITIONS**



An ONLINE dance competition is a virtual event where dancers submit recorded videos of their performances to be judged remotely, allowing participation from anywhere in South Africa without travel. The TDA 2026 ONLINE COMPETITIONS allow for all dance styles, all age groups, solo performances only (except for choreographic entries) and all levels of dance, offering feedback, cash prizes, medals and gifts and tons of social media exposure for the winners.

Competitions encourage dancers to set goals and track their progress. Whether it's mastering a difficult move, achieving a high score, or performing a clean routine, dancers learn the importance of setting personal goals through competing.

BUT! Getting to competitions is a challenge for teachers and dancers living in outline areas. TDA wants to offer these teachers and dancers opportunities to grow and experience competitions and at the same time offer dancers who do enter live competitions more opportunities to build their stage performance!

How It Works

Video Submission:

Dancers must record their routine—or submit an entry from a past live event—and upload the footage to a dedicated platform.

Judging & Feedback:

Expert judges will review the videos and decide the results

Virtual Ceremonies:

It is our intention to host live-streamed awards ceremonies to announce the winners. Still waiting on what it will involve from the TDA's side but either way, all winners will be announced on all TDA social media platforms

Key Benefits

Accessibility:

Dancers from any city can participate

Cost-Effective:

Eliminates travel, lodging, and high venue-related expenses.

Dance Styles:

Ballet, Hip-Hop, Contemporary, Jazz, Lyrical, Tap, Modern, Musical Theatre, Acrobatic Dance, Solo Latin, Irish and all National Dance.

Solo Performances only excepting for the Choreographic Competition, “The next Generation of Choreographers.”

AGE as of 1st January 2026 for all ONLINE COMPETITIONS

LET'S **DO** THIS

There are **4 ONLINE COMPETITION** opportunities – 4 opportunities for your dancers and your studio to shine!



- The MEDAL MOVEMENT
- The PETITE POWERHOUSE CHALLENGE

DATES to DIARISE

ENTRIES FOR BOTH **OPEN:** 23rd MARCH 2026
ENTRIES FOR BOTH **CLOSE:** 30th APRIL 2026



- The NEXT GENERATION OF CHOREOGRAPHERS
- The MOST OUTSTANDING ONLINE DANCER

DATES to DIARISE

ENTRIES FOR BOTH **OPEN:** 16th APRIL 2026
ENTRIES FOR BOTH **CLOSE:** 29th MAY 2026



1

THE MEDAL MOVEMENT

APRIL

The “**MEDAL MOVEMENT**” is a stepping-stone to a stage performance. The process is designed to motivate and inspire dancers to a new level of work – a **PERFORMANCE LEVEL!** The *level of performance* will count for more than the *level of technique* as it is the performance that this award is challenging.

This **ONLINE** competition is offered in 8 different dance disciplines. Candidates may enter any of the following categories:

1. **MUSICAL THEATRE**
2. **THEATRE DANCE**
3. **MODERN**
4. **TAP**
5. **HIP HOP**
6. **BALLET**
7. **ACROBATIC DANCE**
8. **SOLO LATIN**

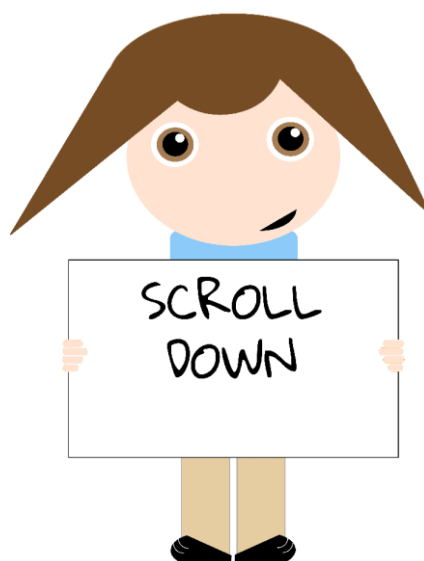
- All entries are teachers “own choreography”
- Please adhere to *set time limits*



AGE CATEGORIES

Mini	7-9 years
Junior	10-12 years
Teens	13 – 16 years

OPTIONS & REQUIREMENTS TO ENTER



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MODERN PERFORMANCE MEDAL

- **VARIATION 1** 32 counts
Focus to be on floor dynamics
- **VARIATION 2** 32 counts
Focus to be on elevation and turns
- **PERFORMANCE:** Maximum 90 seconds/2 minutes
STRAIGHT SOLO Modern, Jazz, Contemporary, or lyrical style
Props are permitted.



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TAP PERFORMANCE MEDAL

- **VARIATION 1** 32 counts
RHYTHM - may sing/mime
- **VARIATION 2** 32 counts
STYLE – show prop efficiency
- **PERFORMANCE:** Maximum 90 seconds/2 minutes
OWN CHOICE SOLO – straight or character



5

HIP HOP PERFORMANCE MEDAL

Show 2 variations and a Performance as below:

- **VARIATION 1** 32 counts
Include floor dynamics
- **VARIATION 2** 32 counts
Incorporating tricks and/or props
- **PERFORMANCE:** Maximum 90 seconds/2 minutes
Own choice solo





BALLET PERFORMANCE MEDAL

VARIATION 1:

To include Ports de bras; adage, pirouettes appropriate to the level of training and ability.

Live Piano accompaniment or recorded music - Maximum 1 minute

VARIATION 2:

To include allegro appropriate to the level of training and ability.

Live Piano accompaniment or recorded music - Maximum 1 minute

A PERFORMANCE:

OWN CHOICE SOLO – A Straight; Classical or Neo-classical, a repertoire piece

The standard of the dance throughout the PERFORMANCE must be age appropriate.

- Danced in flat shoes or en-Pointe – Candidate's choice
- Candidates may change shoes for the **PERFORMANCE ONLY**
- Candidates may change their outfit - may add a skirt / tutu or any item of clothing.

Maximum 90 seconds/2 minutes



ACROBATIC DANCE PERFORMANCE MEDAL

The variations must include *dance movements* - the candidate may not transition from one trick to another. Tricks must be appropriate for the level of the candidate's training and ability.

- **VARIATION 1:**

A routine displaying acrobatic skill and dance ability including elements of flexibility and limbering.

Instrumental music only Maximum 1 minute

- **VARIATION 2:**

A routine displaying acrobatic progressions. Tricks and dance ability including elements of strength and balance must be seen.

Music choice optional – lyrics or instrumental Maximum 1 minute

- **A PERFORMANCE**

OWN CHOICE STRAIGHT SOLO – Props permitted.

An acrobatic display. The standard of the work throughout must be age and ability appropriate, showing versatility and dance movements.

Music choice optional – lyrics or instrumental. Maximum 2 minute

- Performed barefoot.



8

SOLO LATIN PERFORMANCE MEDAL

Dancers must show *three different styles* in total in the 2 variations and the Performance, all chosen from the options below:

Cha Cha Cha / Samba / Paso Doble / Rumba / Jive / Salsa

- **VARIATION 1** **Maximum 1 minute**
- **VARIATION 2** **Maximum 1 minute**
- **PERFORMANCE** **Maximum 2 minutes**



ENTRY FEE

R300 per entrant

AWARDS FOR WINNERS IN EACH AGE GROUP

The TITLE

PLUS

a gold medal,

PLUS

R500 cash award

PLUS

social media recognition for the winners, the studios and the teachers and a professionally designed poster of the winners which will feature on all TDA social media platforms acknowledging and celebrating the dancer's win.

*To do this the TDA will need a picture of the winning dancer in a dancing pose, and the name of the studio and teacher.

AWARDS FOR DANCERS PLACED 2nd & 3rd

IN EACH AGE GROUP

Gold Medal AWARDS

PLUS

social media recognition for the dancers, their studios and the teachers – a professionally designed poster of the dancers will feature on all TDA social media platforms acknowledging and celebrating their placement & achievement.

*To do this the TDA will need a picture of the winning dancers in a dancing pose, and the names of their studios and teachers.

2

**THE PETITE
POWERHOUSE
CHALLENGE**

APRIL

Shining the spotlight on our Tiny Tots 5-6years & 7-8 years.
This is going to be a
HIGHLIGHT!



WINNER

If your child lights up at the mention of dancing and enjoys being the centre of attention, he or she might thrive in the competitive dance world!

This **PETITE POWERHOUSE CHALLENGE** is a specialized event focused on tiny tots – little power houses!

OUR AIM:

To foster a love for performance, to open the ONLINE competition opportunity to tiny tots for them to gain experience, confidence, and an understanding of competitive work in a safe non-threatening environment.

That cute face, those animated facial expressions, the confidence, style, rhythm and performance level that is so often seen at competitions from this age group – WOW! Use **THIS** opportunity to develop your Tiny Tots! To start with an ONLINE competition is less intimidating if the little powerhouse has not performed a solo in front of an audience before.

At these ages, our little people are learning how to listen to music, how to explore their creativity through movement. These foundational years are crucial in determining whether a child is interested in pursuing dance more seriously. Make it fun! Offer them opportunities!

If your child is practicing at home, watching dance videos, or asking to take additional classes, it may be a sign that they are ready for a more structured experience.

Ready to be a **PETITE POWERHOUSE!**

Key requirements:

One routine per age group

Routines time limits

Maximum 1:00 minute 5-6 years

Maximum 90 seconds 7-8 years

Technical Focus:

These little people are too small to show a high level of technique - PERFECTION is NOT a requirement (BUT YOU NEVER KNOW!) Let these future stars have fun performing their short dances – it is going to be such a highlight! Just BRING IT!

Costuming:

Costumes must be age-appropriate and securely fastened. Make-up must be worn. Hair must be done – teachers choice of style.

Music:

Music must be free of inappropriate lyrics or themes.

The Focus:

The focus is on performance and building fundamental skills, having fun, entertaining and leaving any inhibitions at home!

ENTRY FEE

R300 per entrant

AWARDS FOR WINNERS

5-6 years & 7-8 years

The TITLE of ***PETITE POWERHOUSE WINNER***

PLUS

a R500 cash award

PLUS

A "I'm the PETITE POWERHOUSE WINNER!" T shirt

PLUS

A TDA goody bag with anything in it from a TDA Teddy, a TDA Stanley Flask to a TDA Tog bag! *Surprise! Surprise!*

PLUS!

Social media recognition for the little power houses, their studios and their teachers and a professionally designed poster of the winners which will feature on all TDA social media platforms acknowledging and celebrating their wins.

*To do this the TDA will need a picture of the winning dancers in a dancing pose, and the name of the studio and teacher.

AWARDS FOR DANCERS PLACED 2nd & 3rd

5-6 years & 7-8 years

A SURPRISE TDA gift to dancers placed 2nd & 3rd in both age divisions

PLUS

Social media recognition for these dancers, their studios and their teachers - a professionally designed poster of the dancers will feature on all TDA social media platforms acknowledging and celebrating their placement & achievement.

*To do this the TDA will need a picture of the dancers placed 2nd & 3rd in a dancing pose, and the names of their studios and teachers.

3

THE NEXT GENERATION of CHOREOGRAPHERS

MAY



AGE CATEGORIES.

**12 years & under
&
13-16 years
PERFORMANCE CATEGORIES:**

A dance choreography competition for children / teens is an event where young dancers perform original routines, created by themselves or another dancer. These events foster confidence, teamwork, and artistry across all dance styles. They provide a platform for creative, innovative dancers to showcase their skills in a competitive yet supportive setting, often focusing on teamwork and personal growth.

Young choreographers must present a prepared, original dance routine that showcases technical skill, creative composition, and strong performance quality. Judges evaluate routines based on how well the movement aligns with the music, the originality of the choreography, the patterning, costuming, and the emotional and artistic expression or "showstopper" quality of the performance.

The TDA is looking to showcase this kind of talent, creativity, and ability - to expose and promote these special & gifted dancers - talented, creative ***"NEXT GENERATION CHOREOGRAPHERS"*** who might choreograph their own solos for competitions or exams and who might even assist their teachers choreographing in the studio.

Choreography can be a solos, duo, trio or group, any dance discipline.
The choreographer may perform in the piece, but it is not a requirement

1. Key Evaluation Criteria

- Level of technique required from the choreography (approx. 20-25%):
- Choreography and Composition (approx. 20-25%):
Originality, creativity, structure, and use of space.
- Musicality/Music Interpretation (approx. 20-25%):
How well movements align with the rhythm, tempo, and mood of the music.
- Performance/Artistic Interpretation (approx. 20-25%):
Emotional expression, stage presence, audience engagement, and costume appropriateness. Costumes should fit the theme and enhance the performance, not hinder it.

2. Routine Requirements

- Length:
Routines are to be from minimum 2 minutes up to maximum 4:00 minutes . The choreographers set their own time within these given limits
- Storytelling/Theme:
A "showstopper" performance often tells a story or delivers a high-impact, entertaining concept, rather than just executing steps.
- The routine should be well-polished and rehearsed to look effortless and clean, particularly in terms of synchronicity in group dances.



ENTRY FEE

R350 per entrant

WINNERS AWARDS

12& under ~ 13 & over

The "TITLE"

PLUS

a gold medal

PLUS

R1000 cash award if there are 10 entrants or more per age category

OR

R600 cash award if there are less than 10 entrants per age category

PLUS!

Social media recognition for these talented next generation choreographers, their studios and their teachers and a professionally designed poster (as shown)

of the 2 winners which will feature on all TDA social media platforms acknowledging and celebrating their wins.



*To do this the TDA will need a picture of the winning dancers in a dancing pose, and the name of the studio and teacher.

AWARDS FOR DANCERS PLACED 2nd & 3rd

12& under ~ 13 & over

A gold medal to dancers placed 2nd & 3rd in both age divisions

PLUS

Social media recognition for these dancers, their studios and their teachers - a professionally designed poster of the dancers who placed 2nd & 3rd in both age categories will feature on all TDA social media platforms acknowledging and celebrating their placement and achievement.

*To do this the TDA will need a picture of the dancers placed 2nd & 3rd in a dancing pose, and the names of their studios and teachers.

4

**MOST OUTSTANDING
DANCER 2026**

MAY



Be strong, be fearless, be beautiful!



The "MOST OUTSTANDING DANCER" refers to a prestigious, top-tier title awarded in competitive dance, recognizing an individual for exceptional performance, skill, and artistry. It is used to distinguish talented soloists.

Key aspects include:

Evaluation Criteria:

Winners are selected based on a combination of factors, including the quality of their solo performance, technique, artistry, stage presence, strength, flexibility, musicality, emotional connection, and originality.

Judges favour energy, stage presence, and age-appropriate, clean choreography.

Key criteria for an "Outstanding Dancer" include:

Technical Execution:

Strength, flexibility, body alignment, control, and technique (e.g., extensions, jumps, turns).

Performance & Stage Presence:

High energy, confidence, and facial expressions that engage the audience and judges. Bold, fierce and full of life!

Musicality & Artistry:

The ability to move in sync with the music, showing dynamics and an understanding of the choreography.

Originality:

A unique style, creativity in movement, and the ability to surprise judges with fresh, personal flair.



ENTRY FEE

R350 per entrant

WINNERS AWARDS

12& under ~ 13 & over

The "TITLE"

PLUS

a winners gold medal

PLUS

R1000 cash award if there are 10 entrants or more per age category

OR

R600 cash award if there are less than 10 entrants per age category

PLUS!

Social media recognition, including their studios and their teachers and a professionally designed poster of the 2 winners which will feature on all TDA social media platforms acknowledging and celebrating their wins.

*To do this the TDA will need a picture of the winning dancers in a dancing pose, and the name of the studio and teacher.

AWARDS FOR DANCERS PLACED 2nd & 3rd

12& under ~ 13 & over

A gold medal to dancers placed 2nd & 3rd in both age divisions

PLUS

Social media recognition for these dancers, their studios and their teachers - a professionally designed poster of the dancers who placed 2nd & 3rd in both age categories will feature on all TDA social media platforms acknowledging and celebrating their placement and achievement.

*To do this the TDA will need a picture of the dancers placed 2nd & 3rd in a dancing pose, and the names of their studios and teach





PAYMENT

**PAYMENT IS BY EFT
NO CASH DEPOSITS TO BE MADE INTO THE ACCOUNT**

BANKING DETAILS

ONLINE COMPETITIONS

NEDBANK CONSTANTIA VILLAGE

Account number: 1184900523

Branch code: 101109



**NO
REFUNDS**

V.I.P. Use **teacher's name as reference** when making payment

Email PROOF OF PAYMENT TO: **theatredanceassociation@gmail.com**



- A competitor is not a registered contestant unless payments have been received. All entries **MUST** be PAID IN FULL before they will be considered and proof of payment must be forwarded to the office
- All entries must include the correct names and ages of all contestants.
- **NO CHANGES WILL BE PERMITTED LESS THAN 14 DAYS PRIOR TO THE COMPETITION.**
- Where there is no teacher, independent entries are welcome.



ONLINE COMPETITIONS

ENTRY FORM

THE MEDAL MOVEMENT

TEACHER NAME:

CELL: EMAIL:

	CANDIDATES NAME & SURNAME	AGE on 1st January 2026	DANCE DISCIPLINE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



ONLINE COMPETITIONS

ENTRY FORM

THE PETITE POWERHOUSE CHALLENGE

TEACHER NAME:

CELL: EMAIL:

	CANDIDATES NAME & SURNAME	AGE on 1st January 2026	DANCE DISCIPLINE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



ONLINE COMPETITIONS ENTRY FORM

NEXT GENERATION CHOREOGRAPHER

TEACHER NAME:

CELL: EMAIL:

	CANDIDATES NAME & SURNAME	AGE on 1st January 2026	DANCE DISCIPLINE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



ONLINE COMPETITIONS

ENTRY FORM

THE MOST OUTSTANDING DANCER

TEACHER NAME:

CELL: EMAIL:

	CANDIDATES NAME & SURNAME	AGE on 1st January 2026	DANCE DISCIPLINE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

ONLINE COMPETITIONS PAYMENT BREAKDOWN FORM

TEACHER:

DISCIPLINE	TOTAL AMOUNT PAID
THE MEDAL MOVEMENT	
Number of Dancers @ R300	R
THE PETITE POWERHOUSE CHALLENGE	
Number of Dancers @ R300	R
NEXT GENERATION of CHOREOGRAPHERS	
Number of Dancers @ R350	R
MOST OUTSTANDING DANCER 2026	
Number of Dancers @ R350	R
FINAL PAYMENT	R

BANKING DETAILS
ONLINE COMPETITIONS
 NEDBANK CONSTANTIA VILLAGE
 Account number: 1184900523
 Branch code: 101109

NO CASH TO BE DEPOSITED INTO BANK ACCOUNT