



# Rock Olympics <sup>2025</sup>

**BORN TO COMPETE!**

DANCE | BALLET  
CONTEMPORARY DANCE

## INDIVIDUAL COMPETITION GUIDE

# INDIVIDUAL COMPETITION GUIDE

## DANCE

### Procedures:

#### SEMI-FINAL

18 May 2025  
GF Atrium, Gajah Mada Plaza

#### FINAL

31 May 2025  
Venue To Be Confirmed

EVENT	AGE CATEGORY (ON THE DAY OF THE EVENT)
Dance Individual Kids	4-7 yrs (4 yrs – 7 yrs 365 days)
Dance Individual Tween	8-11 yrs (8 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 31 May 2025.
- 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.
- 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.
- 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. It means the judges will directly choose the best dancer by pointing the winner in the battleground.
- Judges have right:
  - Not to award all the prizes.
  - To share prize among performers.
  - All judges' scores are final and unchangeable.

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

**TECHNIQUE**

**EXPRESSION**

**MUSICALITY**

# INDIVIDUAL COMPETITION GUIDE

## DANCE

### Costumes & Routines:

#### Dance Individual (4-7 yrs)

Sparkle & Shine Theme – Wear costumes with lots of glitter, sequins, or anything that sparkles to stand out on stage.

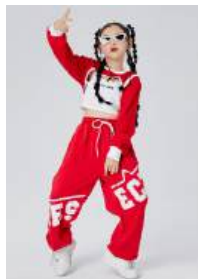


Tutorial Video:

<https://youtu.be/DjnlzavraPI>

#### Dance Individual (8-11 yrs)

Red & White Theme – Your outfit must be a combination of red and white. Get creative with bold, vibrant styles!

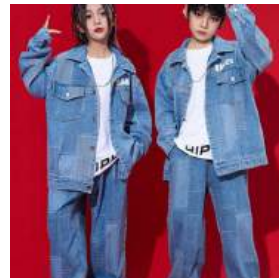


Tutorial Video:

[https://youtu.be/f\\_9enDhInM](https://youtu.be/f_9enDhInM)

#### Dance Individual (8-11 yrs)

Denim Vibes – Rock a cool jeans-themed look. You can mix and match denim jackets, jeans, or skirts with stylish accessories.



Tutorial Video:

<https://youtu.be/4sPGhW1rZu8>

Individual Competition Guide | RockOlympics 2025

# INDIVIDUAL COMPETITION GUIDE

## BALLET

Procedures:

### FINAL

1 June 2025

Venue To Be Confirmed

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

System: Point 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 (Soft Shoes)	11-18 yrs (11 yrs – 18 yrs 365 days)
Ballet Individual Teen (Pointe Shoes)	11-18 yrs (11 yrs – 18 yrs 365 days)

- Candidate must perform dance routine according to their age as per date of the final.
- Age Limits: Participants should follow their proper age as of 1 June 2025. Age will be checked during registration process. RSA may disqualify any participant that registered under the wrong age category.
- 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.
- Major alteration to original choreography will cost point deduction.
- Pointe shoes are only allowed for 11+ yrs Pointe Shoes category.
- Judges have right:
  - Not to award all the prizes.
  - To share prize among performers.
  - All judges' scores are final and unchangeable.

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

**TECHNIQUE**

**EXPRESSION**

**MUSICALITY**

# INDIVIDUAL COMPETITION GUIDE

## BALLET

### Costumes & Routines:

#### Ballet Individual (5-7 yrs)



Tutorial Video:

<https://shorturl.at/58nZP>

#### Ballet Individual (8-10 yrs)



Tutorial Video:

<https://shorturl.at/nz567>

#### Ballet Individual (11+ yrs Soft Shoes)



Tutorial Video:

<https://shorturl.at/Zxbz7>

#### Ballet Individual Boys (11+ yrs Soft Shoes)



Tutorial Video:

<https://shorturl.at/B29uH>

#### Ballet Individual (11+ yrs Pointe Shoes)



Tutorial Video:

<https://shorturl.at/KCmV6>

# INDIVIDUAL COMPETITION GUIDE

## CONTEMPORARY DANCE

Procedures:

### FINAL

1 June 2025

Venue To Be Confirmed

EVENT	AGE CATEGORY (ON THE DAY OF THE EVENT)
Contemporary Dance Individual 8-10 yrs	8-10 yrs (8 yrs – 10 yrs 365 days)
Contemporary Dance Individual 11+ yrs	11-18 yrs (11 yrs – 18 yrs 365 days)

- Candidate must perform dance routine according to their age as per date of the final.
- Age Limits: Participants should follow their proper age as of 1 June 2025. Age will be checked during registration process. RSA may disqualify any participant that registered under the wrong age category.
- 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 Pointe Shoes category.

Judges have right:

- Not to award all the prizes.
- To share prize among performers.
- All judges' scores are final and unchangeable.

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

**TECHNIQUE**

**EXPRESSION**

**MUSICALITY**

# INDIVIDUAL COMPETITION GUIDE

## CONTEMPORARY DANCE

### Costumes & Routines:

#### Contemporary Dance Solo (8-10 yrs)



Tutorial Video:

<https://shorturl.at/hFaal>

---

#### Contemporary Dance Solo (11-18 yrs)



Tutorial Video:

<https://shorturl.at/H48YN>



2025 @ All Rights Reserved