

Performance FAQs:

How long does my solo routine need to be?

- All routines submitted have a 1 minute and 30 second time limit.

Are costumes required?

- Costumes are not required, but we encourage soloists to look put together and performance-ready! Consider your hair style, make-up, and costume so that your appearance enhances your routine and performance.

When will winners be announced?

- Winners will be announced via social media and email on October 1st. We will announce regional and national finalists depending on the number of entries we receive!

How do I upload my video?

Please upload your video via this wufoo form. *Please follow our best practices for uploading videos below!*

What age division do I enter?

College: Ages 19-22

Senior: Ages 17-18

Teen: Ages 15-16

Junior: Ages 12-14

Youth: Ages 9-11

Mini: Ages 6-8

Can my friends and family watch my performance?

Yes! Family and friends will have access to all solo performances on Varsity TV.

Audiences can watch for FREE without sound.

Video Best Practices:

It is important that your video is submitted properly. Correct uploading of your solo performance will allow judges to critique you in the best way possible. Like a normal competition, we want this performance to be fresh and perfected! Show us your best!

- All routines must be recorded specifically for this event. Videos from previous competitions or events will not be accepted.
- Routines can be recorded with any camera, phone, or device you choose that can capture high-quality video (Nikon, Sony, Canon, GoPro, iPhone Devices, Samsung Devices, etc.).
- Videos **MUST** be filmed wide-framed, horizontal, landscape. **NO VERTICAL, TALL VIDEOS.**
- Performances should not be edited. It needs to be a single shot, and not edited from multiple takes.
- While filming, cameras must be held still at a wide-angle. Do not move the camera or make adjustments to capture dancers while they are moving. Tripods are recommended.
- Make sure your video has good lighting and clearly showcases the dancers.
- The music must be **LOUD** and clearly heard in the recording of your video. We recommend holding your speaker directly next to your phone or camera.