

REFLECTIONS PROGRAM 2025-2026

Category Guidelines | Dance Choreography

DANCE CHOREOGRAPHY is the act of creating movement. The student submitting the entry must be the choreographer. The choreographer may be the performer or one of the performers but does not have to perform in the entry.

To portray your original choreography, consider the following styles and ensembles: ballet, contemporary, hip hop, jazz, tap, folk Dance, religious dance, dance ensembles (color guard/indoor guard), ice skating/dancing and gymnastics-floor routine.

Whether an entry displays formal dance technique or a simple approach, it will be judged primarily on how well the student uses their artistic vision to portray the theme, originality and creativity. **Consider use of choreographic style and techniques, background song(s), props and the location to show a clear relation of the dance choreography to the theme.**

Copyright: Plagiarized entries will be disqualified. Use of copyrighted material is not acceptable, except for the following:

- If background music is used, *it must be cited on the entry form.*

Submission Requirements

- Only new pieces of artwork inspired by the theme may be submitted.
- Each entry must be the original work of one student only.
- Entries with added graphics over the video, including lettering, are not accepted.
- Cite background music (if any) on the student entry form.
- Videos must not exceed 5 minutes or 1,000 MB (1,000 megabytes).
- Accepted file formats: MP4, MOV, AVI.
- Submit artwork and student entry form according to your PTA's guidelines.

All participants must also follow the official rules for participation