
Dance Division Rules

Dance entries must be video recorded and last approximately three minutes or less in length.

1. Judges reserve the right to move an entry to the appropriate category or disqualify the entry if rules are not followed.
2. If the Veteran **sings at any time during the act, the entry will be disqualified**. Any vocal singing needs to be placed under a music category. (Audio tracks containing vocals are allowed.)
3. Dance entries will be judged based on the dance style and steps incorporated in the performance as opposed to the style or type of music selected.
4. Whole-body (head to toe) video recording for dance entries is necessary. Video recording can include close-ups of the body and/or feet but whole body view of the movement should be included as well.
5. **Entries MAY NOT be expanded with non-eligible Veterans or any other individual unless it is a partner dance where the partner is necessary to perform the dance movements**. It should be noted that although the National Veterans Creative Arts Program recognizes the therapeutic value of participation of staff, volunteers and ineligible Veterans in groups, it is essential in keeping with the fairness of the competition that **only eligible Veteran inpatients or outpatients** are competing against each other.
6. The **CD accompaniment** of the dance division entries are **required to be included with each dance entry form** in order for the entry to be considered for possible inclusion in the Festival show, should the entry place first in the national competition. However, an entry may win a first place without the CD accompaniment included. In order to continue to provide the quality orchestra arrangements for the show, as in the past, this rule has become a necessity. Thank you for your compliance with this rule.
7. Each video recorded entry must contain a title slide/page that includes the category number, category name, title of piece and name of Veteran(s) in the entry. The time it takes for the title page to be viewed does not count against the 3 minute entry.

**Note: VA staff contact persons will be notified via E-mail with the 2016 competition results.*

Submitting Digital Media Files

For the 2016 competition year, performing arts division entries will be accepted in the following formats. Our preference is listed in the following order for receiving entries:



Note: Entries submitted on VHS videotapes will no longer be accepted.

OPTION 1: Upload to SharePoint

Digital media files uploaded to the NVCA Competition SharePoint site:

<https://vaww.visn23.portal.va.gov/stc/NVCACompetition>. The only file extensions that will be accepted are: .wmv and .mov files (the preferred format is .wmv). These extensions are the most standard digital formats and can be opened on most computers. We recommend video files uploaded to the SharePoint site be **50 MB or less**. If entries are not submitted in the formats indicated above they risk not being playable and therefore not able to be judged at the national level of competition. Entries submitted via the SharePoint site **MUST** also contain title slides prior to each solo and group entry shown. Paperwork will still need to be submitted via regular mail (due to Veteran and staff signatures needed).

OPTION 2: Digital media files provided on individual CDs or DVDs

A separate CD or DVD must be submitted for each entry in each category. More than one entry on a CD or DVD will not be accepted. For data CDs and DVDs, the only file extensions that will be accepted are: .wmv and .mov (the preferred format is .wmv). These extensions are the most standard digital formats which can be opened on most VA computers. If entries are not submitted in the formats indicated above they risk not being playable and therefore not able to be judged at the national level of competition. Entries submitted on CDs or DVDs **MUST** also contain title slides prior to each solo and group entry shown. Authored DVDs will also be accepted. **CDs and DVDs sent to the national level of competition cannot be returned. Please make duplicate copies of the media files and all paperwork for your records.**

Digital Media File Naming:

Division abbreviations: Dance = **DA** Vocal Music = **VM**
 Drama = **DR** Instrumental Music = **IM**

Use CAPS for the title of the entries and use small letters for initials (first and last name initials of Veteran performer) Example: The dance entry of a Solo Novelty entry titled "Funny Face" created by John Doe from St. Cloud VA Medical Center would be named:

DA-02-FUNNY-jd-656.wmv

Division Abbreviation-Category #-FIRST 5 LETTERS OF TITLE-Veteran initials-Station Number.wmv

*Note: For group entries, omit the Veteran(s) initials. ***DA-02-FUNNY-656.wmv***

Division Abbreviation-Category #-FIRST 5 LETTERS OF TITLE-Station Number.wmv

Do not use any spaces when naming the entries.

Dance Categories

Wheelchair Dance Categories

1. Structured Ballroom - Solo or Group. Pattern of movement of wheelchair to music in a choreographed routine. Structured ballroom dances such as the waltz, jitterbug/swing, hustle, disco, polka, lindy hop, fox-trot, quick step, samba, cha-cha, salsa, Meringue, Machida, rumba, tango, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
2. Novelty - Solo or Group. Any movement of wheelchair to music where props or a theme is used, that is innovative and for amusement value.
3. Country/Western/Folk/Ethnic/Cultural - Solo or Group. Country/western wheelchair dances such as: Two Step, Waltz, Cowboy or Traveling Cha Cha, Polka, Schottische, promenade dances, East Coast Swing, West Coast Swing, Line Dance, Square Dance. Choreographed/patterned wheelchair dances associated with various cultures or countries. Examples may include: Clogging, Jewish Hora, Jig, May Pole, Mexican Hat, etc.
4. Line Dance - Set pattern of movement done with the wheelchair so individual ends up facing 2 or 4 walls. Suggest a minimum number of 3 to form the line. **All group members must be Veterans unless the line dance requires a partner where the partner is necessary to perform the dance.**
5. Interpretive Movement - Solo or Group. Interpreting song lyrics or feelings through hand movements or gestures. Example may include sign language or other hand movements. Wheelchair does not need to move.

Ambulatory Dance Categories

6. Structured Classical Ballroom - Solo or Group. Pattern of movement of to music in a choreographed routine. American style structured ballroom dances such as the waltz, jitterbug/swing, hustle, disco, polka, lindy hop, fox-trot, quick step, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
7. Structured Latin Ballroom - Solo or Group. Latin style structured ballroom dances such as samba, cha-cha, salsa, Meringue, Machida, rumba, tango, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
8. Novelty - Solo or Group. Any movement of wheelchair to music where props or a theme is used, that is innovative and for amusement value.

9. Country/Western/Folk/Ethnic/Cultural - Solo or Group. Country/western dances such as: Two Step, Waltz, Cowboy or Traveling Cha Cha, Polka, Schottische, promenade dances, East Coast Swing, West Coast Swing, Line Dance, Square Dance. Choreographed/patterned dances associated with various cultures or countries. Examples may include: Clogging, Jewish Hora, Jig, May Pole, Mexican Hat, etc. It is still considered a solo when one Veteran dances with a non-Veteran partner.
10. Line Dance - Set pattern of steps that repeat, with quarter or half turns facing 2 or 4 different walls. Suggest a minimum number of 3 Veterans to form a line. **All group members must be Veterans unless the line dance requires a partner where the partner is necessary to perform the dance.**
11. Interpretive Movement - Solo or Group. Interpreting song lyrics or feelings through hand movements or gestures. An example may be sign language. Movement of feet not required; no singing.

Wheelchair or Ambulatory Dance Categories

12. Freestyle/Hip-Hop - Solo or Group. Wheelchair or Ambulatory. Non-choreographed/non-patterned movements that can involve any style of dance. Movements are spontaneous/improvisational. Entries into this category may contain many diverse steps and movements allowing dancers to use freedom of expression to enhance their dance style. Example: Freestyle hip-hop, etc.
13. Tap, Jazz or Ballet - Solo or Group. Wheelchair or Ambulatory. Traditional tap, jazz, or ballet patterns of movement choreographed to music in a routine. It is still considered a solo when one Veteran dances with a non-Veteran partner.

Dance Special Recognition Category

14. Special Recognition - Solo or Group. Wheelchair or ambulatory. Entries that recognize individuals who exhibit creative expression through the use of dance while possessing significant physical or psychological limitations. The intent of this category is to reinforce the concept of the arts as therapy, where an individual uses artistic expression to facilitate successful treatment outcomes.

Entries in these categories **MUST** include:

- Solo or Group Entry form
- a written statement/narrative (25 to 225 words) by a VA staff person or the Veteran of why the Veteran is deserving of special recognition
- Form 10-3203 – 2 pages (Consent for Production and Use of Verbal or Written Statements, Photographs, Digital Images, and/or Video or Audio Recordings by VA) signed by the Veteran and VA staff contact person.
- Form 10-5345 – 1 page (Request for and Authorization to Release Medical Records or Health Information) signed by the Veteran and VA staff contact person.

Senior Dance Category

15. Senior - Solo or Group. Wheelchair or Ambulatory. The purpose of the senior categories is to allow Veterans who may have experienced diminished physical or cognitive functioning an opportunity to compete in a category with persons who are at a similar level and age. **The senior categories are special categories for Veterans age 65 and older.** Entries may be ANY type of dance. Group members must all be eligible Veteran inpatients or outpatients 65 years of age or older. As with other group entries, groups may not be expanded by staff, volunteers or ineligible Veterans. If a partner is needed for the dance, then a staff member, volunteer or other person may be used, but the entry would be counted as a solo if only one Veteran is present. Seniors may also enter other categories in the dance division as well.