

2024

EVENT GUIDE

VERT  GO   
DANCE EXPERIENCE

# EVENT INFORMATION

## VENUES



### Zero Waste Pre-Season Event

Start your 2024 competition calendar with pre-season video adjudication. VERT-I-GO will prepare your studio and dancers for the competitive year ahead with mental health, sport psychology and injury prevention workshops. This environmentally focused event has all the components of a standard competition - but with a target of zero waste; no trophies, medals or single-use products. It's simply about nurturing growth as a dancer, depth as an artist, and caring as a human being. VERT-I-GO has been created to support the emotional and physical development of healthy dancers while creating a cost-efficient alternative to traditional dance competitions.

#### Abbotsford Arts Centre

2329 Crescent Way, Abbotsford, BC V2S 3M1

**March 5-7th 2024**

#### Massey Theatre

735 8th Ave, New Westminster, BC V3M 2R2

**March 12-14 2024**

**VERT**  **GO**  
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# EVENT POLICY

## RULES

### Age Calculation

**Group:** Each dancer must perform in at least 50% of the routine, the average of all the dancers age as of January 1st of the competition year is the registered age of group.

**Soloists:** Age is to be calculated as of January 1st of the competitive season.

**Duo/Trio:** The average age as of January 1st of the competition year.

## TIME LIMITS

**Solo (1 Performer): 3 minutes limit**

**Duo/Trio (2-3 Performers): 3 minutes limit**

**Small group (4-10 Performers): 4 minutes limit**

**Large group (11-19 Performers): 5 minutes limit**

**Line (20+ Performers): 5 minutes limit**

**Studio Production (20+ Performers):  
20 minutes limit including set up/strike**

## LEVELS

### Level Suggested Guidelines

Every human being has unique experiences, please place dancers to the best of your ability in the spirit of fair play

As a pre-season event, this event has competitive levels only

### Tier Three

Dancers in this category typically dance as a hobby sport but may also do other activities such as soccer. These dancers often have a few years of experience so they are above the recreational level but do not dance as seriously as the full company competitive dancers or perhaps they started dancing a little later. Dancers in this division typically train less than 4 hours a week. This division does not qualify for the finals or the Provincial Finals.

### Tier Two

Dancers in this division are competitive dancers training approximately five to seven hours week depending on age. This is the intermediate competitive division, this division qualifies for the VERT-I-Go finals but does NOT qualify for the Provincial Finals.

### Tier One

Dancers in this division are competitive dancers training multiple hours and may train more than eight hours a week -or- want to compete for Provincial Finals qualifying spots. Large categories in the competitive division will be divided into smaller groupings. This division qualifies for the VERT-I-GO finals and advances/qualifies for the GDS Provincial Finals.



# DISCIPLINES

## Disciplines

Competing dancers may enter as many categories as they wish, but they must not compete against themselves if a dancer has a second solo in the same category they may register that dance in the "open" category. Duo/Trio dancers must have a change of partners to compete twice in the same category. A dance routine may move UP an age division in order to avoid competing against itself within a category...but never lower.

## \*Safety Policy\*

If a routine displays a high risk of injury may be disqualified and/or prevented from performing again in the finals.

## Acrobatics Division

**AcroDance:** Routine contains 50% dance and 50% acrobatic content derived from gymnastics, tumbling, or limbers etc. Contortion: Routine focuses on the display of flexibility and balance through act of contortion and body bending.

## Ballet Division

**Ballet:** Routine includes classical, precise and highly formalized sets of steps, gestures, and movements with ballet technique.

**Character Ballet:** Ballet routine in which the performer portrays a recognizable character throughout the entirety of the performance.

**Contemporary Ballet:** Division utilizing overall contemporary/modern/ballet training.

**Variation Ballet:** A solo from a ballet production performed alone. The choreography does not differ significantly from what was set by the original choreographer of the ballet.

**Pointe Ballet:** 30% or more of the dancers must be on pointe with a majority of the routine performed on pointe. The same style of show must be on both feet. The division is to be calculated utilizing overarching ballet training, not pointe training.

## Jazz Division

**Jazz:** Routine to include jazz techniques such as leaps, splits, floor rolls, kicks, etc.

## Lyrical Division

**Lyrical:** Routine to include emotional interpretations using combination of ballet and jazz technique. Balance, control and extension are main focuses of the dance whilst portraying a story and connection to the lyrics.

## Variety Arts Division

**Musical Theatre & Stage:** Musical Theatre routine to include lip-synching and dramatization. Stage routines do not include lip-synching but have theatrical Broadway elements. Both styles include theatrics and facial expressions.

**Song & Dance:** This category highlights singing while dancing. No pre-recorded vocals are permitted. The routine should be equal parts singing and dancing.

## Modern Division

**Modern:** Interpretive dance using balance and control. Demonstrated free, creative, and expressive movement styles that closely relate to actual human life.

## Tap Division

**Tap:** Routine to include tap technique. Must be wearing tap shoes. NO RECORDED TAP SOUNDS are permitted in the music.

## Contemporary Division

**Contemporary:** A contemporary exploration of fundamental ballet, jazz, modern and lyrical training.

## Street Dance Division

**Hip Hop:** Routine consisting primarily of hip-hop and street dance technique.

**Break Dance:** Routine consisting of break dance and tricking elements within a street styled routine.

## National/Traditional Division

**National/Traditional:** A routine of national origin: Highland, Irish, Polynesian, Chinese, and traditional routines such as: Cha Cha, Salsa, Tango, and Latin/Ballroom origins. There is no ranking and only medal standings.

## Open Division / Unclassified Division

**Open:** This category is for those routines that do not fit into any of the above categories. There may be a variety of interdisciplinary routines within this category with no restrictions. This category may be merged with another category for overall scoring and ranking purposes.

## Student Choreography Division

Student Choreography: Self choreographed routines or young choreographers 18ys and under. Solos, Duo/Trio, Group. Festival Division. High Score student choreography routine advances to our demo reel shooting emerging choreographer.

# EVENT INFORMATION

1-2-3

Vert-I-Go is a pre-season festival, categories are NOT ranked 1-2-3rd.

Session Awards

Top Ten “shout outs” per session are announced each session.

Most Entertaining

The Most Entertaining routine of the session is awarded for photo opportunity.

Medals/Trophies

This is a target of Zero-Waste event, there are no medals or trophies. Digital trophies (pictures) will be produced for social media.

Injury Prevention  
& Mental Health

The injury prevention and mental health clinics will be tied into awards sessions so that it is at a time where it is convenient to attend. Attendance is optional, clinics are free.

# EVENT INFORMATION

## Adjudicator Masterclasses

Adjudicator Masterclasses are available, pre-registration online is required, limited space, \$25/class.

## Charity Projects

In lieu of medals/trophies, donations to the world wildlife federation will be made on behalf of the participants.

## Photos/Videos

Performance Videos are FREE for every performer on the DAKIKI app. Sorry no photos, this event is not photographed to keep it as a cost effective alternative.

## Livestream

Livestream will be available on the homepage of the Vert-I-Go website.

## Admission

This is a discounted event, there is therefore an admission charge per day (hand stamp) of \$5 to help with production costs.

# EVENT INFORMATION

## Special Awards

Our Zero-Waste special awards happen in LIVE TIME. Special awards are awarded in live time (routine called back on stage) at the end of the category but before the next category starts. The target is 1-2 per judge per session, actual awards amount will vary by session. Dancers should be available for the duration of their category before leaving.

## Digital Trophies

Digital Trophies take up to 1-2 weeks to produce and will be shared via the Vert-I-Go Dance Instagram and the GDS Facebook Page.

## Top Ten Awards

The Top Ten Award session takes place at the the end of That's Entertainment finals. The list of winners is not available in advance due to the tight turn around of awards and the short duration of the event.

## Backstage Passes

Backstage Passes are required to access the backstage area and lounge as a teacher. Please leave your pass behind in the recycle area after the event so that we can wash, sanitize and reuse in future seasons.

## Event Programs

Sorry no single-use print programs, digital event programs are available for download off the website

# FINALS INFORMATION

**\$15**  
Tickets

## That's Entertainment Finals

One Per Studio  
Tier One 12yrs & Under  
Tier One 13yrs & Over  
Tier Two & Three - All

Studios will pre-select their That's Entertainment - Most Entertaining submission, selected for entertainment value. Routines will be pre-scheduled. The That's Entertainment finals is a ticketed event, funds being raised will go towards the World Wildlife Federation conservation efforts.

## Most Improved

Three routines will be invited to the That's Entertainment Most Improved Division. Judges will re-watch the performance videos prior to the finals event and one performance will be crowned most improved performance of the event. Judges will select their most improved entries based on Dance Spirit, routines showing deep passion and love of dance. Routines will be judged on improvement not skill/technique.





There are products we needed to get this event off the ground and also create an event experience - such as logo walls, banners, etc. In sourcing these we looked for the best quality to ensure that we can have them for the duration of the life of the business and prioritized environmentally products where possible. When it was not possible to source biodegradable materials, we donated to tree planting services to make the acquisition as net-zero as possible.

## Zero Waste Merch

Sorry no Merch. As most event merchandise is not environmentally sustainable we do not have a wide selection of merchandise available for sale at Vert-I-Go. But we do have sweet socks! Vert-I-Go socks which have been sourced and made from Hemp material. Why Hemp? Hemp is a CO2 negative material, it stores more CO2 than it emits. Its production requires few pesticides and herbicides and it releases few toxins into the soil and the wider ecosystem. It also improves soil quality. The major known disadvantage is that hemp production requires more nitrogen than cotton production but Hemp is taking over the fashion industry as the sustainable fabric of the future - as a tremendously strong and sustainable fabric because it is resistant to mildew, mould, pests such as moths and even ultraviolet light. Hemp becomes softer with every wash and the fibres do not break down, even after dozens of washes. So if you buy a product made of hemp, it will last a long time.



## HEMP SOCKS

