

DANCE CHOREOGRAPHY is the act of creating movement, usually coordinated with music, to represent an idea through dance (e.g., your interpretation of the Reflections theme).



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. Submission **MUST** be choreographed by the student not a dance teacher or coach.
- **Show clear relation between choreography and the theme** with choreographic style and techniques, background song(s), props and the location to show a clear relation of the dance choreography to the theme.
- **Do NOT add graphics or digital special effects over the video of your dance!**
- **Do NOT say or print artist full name on any part of the video!**

Video Quality Tips

- **Start and end with silence:** Leave two seconds of silence at the beginning and end of your recording.
- **Do a test recording:** Record a short test and listen to it. Make sure the record volume is not too high or too low.
- **Remove background noise:** Make the room quiet by turning off things like air conditioners, fans and phones.
- **Clear background music:** If using background music, make sure it sounds clear in the recording. Using an external speaker can help improve the sound quality.
- **Use the back camera:** If recording with a smartphone, use the back camera for better quality.
- **Keep the camera still:** Use a tripod to hold the camera steady. Avoid editing, multiple angles and jump cuts, as they can distract from the choreography.
- **Choose good angles:** Make sure the camera shows all of you. Film in a horizontal position (side-to-side) to show more space. Remember that the camera's height affects how you look.
- **Fill the frame:** Try to fill the camera frame with your dance without cutting off any part of your body. Don't film too far away so your facial expressions are still visible. Mark the floor to know where the edges of the frame are.

- **Good lighting:** Record in a well-lit space and try to avoid shadows that block any part of your body or choreography.

DIGITAL TOOLS AND TECHNOLOGY

Digital technology and/or software may not provide the primary design and/or concept, but can be used to develop, enhance and/or present an entry. Entries may not be exclusively created with generative tools (e.g., AI) and/or composed exclusively of elements generated or provided by the technology platform.

Accepted:

- A sound library generated performance of student's original composed score.
- Use of audio editing platforms to mix, enhance or completely transform original audio.

Not Accepted:

- Algorithmic composition techniques in music submissions.
- Use of templates, formulas, etc. provided by a platform/technology.

Guidelines

- **Describe Use of Technology:** If digital technology is used, *entrants must use the "Additional Details" field to provide a brief description* of the tools and method used in the creation process, including any generative elements (10 to 50 words).
- **Verify Prohibited Technology:** Check if your state PTA prohibits the use of any digital platforms and/or methods (i.e., artificial intelligence).

Overall Entry Guidelines



These are basic guidelines that all Reflections entries must meet to be eligible on the national level. *Additional state and/or local program requirements may apply.*

Each entry must be new artwork inspired by the current year's theme are accepted.

- **Theme-Inspired:** Engage with the theme and create inspired artwork. This is critical to success in Reflections.
- **New Artwork:** Do not “recycle” artwork by submitting a piece created for other purposes (e.g., homework not related to Reflections; art used in another competition).

Each entry must be the original work of one student only.

- **Individual Originality:** Reflections is designed to encourage and recognize individual creativity, artistic assistance from friends, family and/or teachers is not allowed.
- **No Group Submissions:** Only one student will be awarded for each entry.
- **Artwork Details:** Titles or artist statements must be the student's own words and interpretations of the theme.
- **Creative Choices:** Decisions in the creative process must be made and/or directed by the student. If support is required, it should be limited and appropriate to the student's grade and needs.

Each entry must contain a title and an artist statement.

- **Word Count:** Artist's statement must include at least 10 words and not exceed 100 words.
- **Be Creative and Unique:** Each entry submitted in Reflections must have a unique title and artist statement specific to that submission. Learn more about crafting a title and artist statement in the section below.

Each entry using digital technology/software in creation process must consider the following:

- **Enhance:** Technology/software *may be used to* develop, enhance and/or present an entry.
- **Original Use:** Technology/software *may not be use to* provide the primary design and/or concept.
- **Use Description:** Entrants must use the “Additional Details” field on their entry form to briefly describe the tools and method used in the creation process, including any generative elements (10 to 50 words).