

Registration Information

- Entries are accepted on a first come basis and are limited by the time restriction for each location.
- All entries must register through a studio. We do not accept independent entries.
- Please ensure all registration information is correct: dancer names and birthdates, routine titles, and choreographer names. Check your invoice carefully and immediately for accuracy prior to the registration/payment deadline.
- The deadline for changes is 45 days before the start of your event.
- No changes will be permitted on site.

Age Groups

Each entry will be placed in one of the following age groups based on the average age of all competitors in the routine. Average age should be calculated by adding up the age of each competitor (as of JANUARY 1) and dividing by the total number of competitors in the routine. **If a routine is above a .7 decimal it will be moved into the higher age category (ex: 12.7 will be considered a teen dance).** Proof of age may be requested on-site at an event if deemed necessary. Entries must compete within the age division that they qualify for.

- Mini - 6 & Under
- Petite - 7-9
- Junior - 10-12
- Teen - 13-15
- Senior - 16-19
- Adult - 20+

Note: Any entry containing a dancer that is 20+ years in age will automatically compete no lower than the senior age division, regardless of the average age of the entry. Routines may compete no more than 1 age division lower than the oldest dancer in the routine.

Divisions & Time Limits

Every entry will be placed in one of the following divisions based on the number of competitors in each routine:

DIVISIONS

- Young Choreographer 1-20
- Small Group - 4-9
- Large Group - 10-19
- Line - 20+
- Mega Line - 20+

Note: Entries with 20 or more dancers will be given the opportunity to register as a Line or Mega Line. Entries must compete under the division that they qualify for; no exceptions will be made.

TIME LIMITS

- Young Choreographer 3:00
- Small groups - 3:00
- Large groups - 4:00
- Line - 4:30
- Mega Line - 8:00

Note: Extended time is available for purchase. Small groups, and large groups may be extended by up to 1 minute. Lines and Mega Lines may be extended by a maximum of 3 minutes.



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Performance Categories

Ballet: Routine consisting of classical Ballet movement and technique.

Contemporary: Routine influenced by multiple styles of dance including Jazz, Modern, and Lyrical. The movement is expressive, gestural, and unique in its dynamics.

Hip Hop: Routine consisting of mostly Hip Hop or Street Style moves characterized by bounces, rocks, krumping, popping, locking, breaking, etc. This style places emphasis on rhythmic isolations and strong musicality.

Jazz: Routine consisting of Jazz technique in which the movements traditionally mimic the sounds, rhythms, and syncopations of the music.

Lyrical: Routine that places an emphasis on expression and connection to the lyrics of a song.

Musical Theatre: Routine choreographed to a song from a Broadway or movie musical using song, dialogue, and/or dance. This form of dance strongly focuses on elements of performance quality, such as connecting with the audience, facial expressions, and/or storytelling.

Open: Routine consisting of multiple or unspecified styles of dance.

Specialty: Routines that fall outside traditional categories including: Acro/Gymnastics, Ethnic/Folk Styles, Novelty, Cultural Fusions, Unique Specialty Acts.

Student Choreography: Routine choreographed by students with minimal assistance from an instructor.

Tap: Routine consisting of Tap technique. No pre-recorded Tap sounds are allowed. Use of pre-recorded Tap sounds will result in a 2-point deduction. Tap shoes must be worn.

Only 3 acrobatic tricks are permitted in any dance category except for the following: Open, Hip Hop, and Specialty.

Acrobatic tricks are defined as movements learned in an acrobatic class such as cartwheel, walkovers, headsprings or any trick that goes over the head. A tumbling pass/synchronized tumbling pass (for example, roundoff back handspring) counts as one acrobatic trick. The only exceptions to this are forward, backward, shoulder rolls and handstands.

In a group routine, 50% of the performers must be different when competing in the same age and performance division.



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ADDITIONAL SPECIAL EVENTS

YOUNG CHOREOGRAPHER COMPETITION

This is where creativity hits a new frequency.

The Young Choreographer Competition is built for artists ready to step beyond the dancer role and own their vision. This is your moment to create, to lead, and to move with intention—where the choreographer takes center stage.

Whether you show up as a solo or a group, this division is about one thing: original work that speaks. No repeats. No replicas. Just your voice, your concept, your movement.

- Ages: 10–21
- Divisions: Solo, Duet/Trio or Group
- Time Limit: 3 minutes max
- Entry Cap: 15 per city
- Styles: All styles. All fusions. All in.

Available in all cities, this is your platform to push boundaries, take risks, and amplify your artistry.

Improv Challenge

The Improv Challenge gives dancers the opportunity to showcase their creativity, musicality, and performance skills through freestyle.

- 45-second freestyle to randomly selected music
- 10-second countdown before each performance
- No pre-planned choreography
- Scored on a 1.00–5.00 point system
- Judged on musicality, creativity, technique, and performance quality
- Acrobatic tricks may not exceed 8 consecutive counts
- Pre-registration required through the Studio Account. No on-site registration.

Awards: The highest-scoring dancer in each age division will receive exclusive Frequency merchandise and be recognized during the Awards Ceremony.



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Scoring Criteria and Ordinal Awards

- Every performance will be critiqued by a panel of 3 judges.
- Each judge will use a 100 point scale and will consider Technique, Difficulty, Execution, Choreography, Showmanship, and Overall Effect.
- Performers who exit the stage prior to the end of their performance will not receive a score if the judges do not feel enough of the routine was completed. The performance is eligible to perform again for adjudication only. (this does NOT include music or costume malfunctions)
- Each judge will give a verbal recorded critique for every entry.
- The decisions of the judges are final.
- Each dancer participating in a group routine will receive a lapel pin for that routine. Group routines placing 1st, 2nd, or 3rd will receive a trophy. Lapel pins will be packaged by routine and presented to the studio along with the routine's awards following the awards ceremony.

Overall Awards

Entries must compete prior to their awards ceremony to be eligible for High Score Awards.

- High Score Awards will be given in each size division.
- Routines are not eligible for high score awards unless there are 3 or more in the division.
- 1st place, Top 3, Top 5 and Top 10 will be awarded based on the number of entries per age, size, and division.

Trophy Donation Program

Frequency is proud to partner with Kids for Kids – Dancing for Life, Inc., a 501(c)(3) nonprofit organization.

During online registration, you may choose to donate your trophy for \$5 per award by selecting the Trophy Donation option. Your contribution helps support children and families in need while promoting sustainability by recycling and repurposing trophies for future events.

Whether you choose to donate or keep your award, we're proud to celebrate your achievements. Thank you for helping us make a difference—one trophy at a time.

Additional Awards

Special Awards

Given at each awards ceremony at the discretion of the judges and competition directors.

Entertainment

Voucher for the next regional tour season. The Frequency faculty will be selecting routines from the Competition that have exhibited outstanding entertainment value.

Technical Execution

Voucher for the next regional tour season. The Frequency faculty will be selecting routines from the Competition that have exhibited outstanding technical execution.

Standout Routine

Voucher for the next regional tour season. The Frequency faculty will be choosing standout routines from the Competition that they would like to recognize for exceptional all around choreography/entertainment/performance/technique.



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Additional Awards Continued

Crescendo Studio Award

Each studio registering a minimum of 5 group dances will be eligible to receive a Studio Award.

Judges Choice

The Frequency faculty will be selecting routines from the Competition that have exhibited outstanding all around technique, choreography, and entertainment value.

ADCC Studio of Excellence

This award is sponsored by the ADCC (Association of Dance Conventions and Competitions). It is awarded to a studio that exemplifies the mission and the purpose of The ADCC which is to promote quality, integrity and opportunity in the dance competition world.

FREQUENCY DANCE CHALLENGE CUP!

At every Frequency Dance Challenge event, studios compete for the **Frequency Cup**, a championship that rewards excellence in performance, choreography, versatility, entertainment, and artistry throughout the entire weekend. Every routine performed earns points toward the studio's overall total, with additional opportunities to earn bonus points through judges' special awards.

Performance Points

Every routine receives points from each judge.

- **1st Judge:** 1-5 points
- **2nd Judge:** 1-5 points
- **3rd Judge:** 1-5 points

Maximum Performance Score: 15 points per routine

Bonus Achievement Points

Crescendo (12 & Under) +10

Crescendo (13 & Up) +10

Standout Routine +10

Outstanding Choreography +12

Entertainment Award +12

Technical Execution Award +15

Versatility Award +15

Judges' Choice Award +20

The Frequency Cup Champion

At the conclusion of the event, all performance and bonus points are combined. The studio with the highest overall point total will be crowned the **Frequency Cup Champion** and receive:

The Frequency Cup Championship Trophy



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Scholarship Opportunities

SCHOLARSHIPS & RECOGNITION

At Frequency, scholarships recognize dancers who inspire, create, and elevate the room. Throughout the weekend, our Faculty and Directors are looking for dancers who demonstrate artistry, professionalism, work ethic, leadership, and a passion for learning.

There are two ways to be recognized during a Frequency weekend:

1. AUDITION SCHOLARSHIPS

Earned through the Saturday Scholarship Audition Class.

2. CLASS SCHOLARSHIPS

Earned directly from Faculty throughout convention classes.

AUDITION SCHOLARSHIPS

The Scholarship Audition Class takes place during the convention weekend for dancers in the:

- **Mini**
- **Junior**
- **Teen**
- **Senior**

Most audition classes are jazz-based and are taught by Frequency Faculty or Directors.

During this class, dancers are evaluated for the following awards.

FREQUENCY COLLECTIVE SCHOLARSHIP

The Highest Honor at Frequency

The Frequency Collective Scholarship recognizes dancers who demonstrate exceptional artistry, leadership, professionalism, work ethic, and an undeniable presence.

Frequency Collective Members become ambassadors for the Frequency brand and join our exclusive Faculty Assistant & Mentorship Program.

Collective Members Receive

- 100% Convention Tuition Scholarship for all Frequency Regional Events the following season
- Invitation to join the Frequency Collective Faculty Assistant Program
- 100% Tuition Scholarship to one Rock The City or Katapult Academy Summer Intensive
- Exclusive Frequency Collective apparel
- Professional headshots
- Summer Orientation
- Faculty mentorship
- Leadership development
- Choreography workshops
- Opportunities to assist Frequency Faculty throughout the following tour season

More than a scholarship. The future of Frequency begins here.



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Scholarship Opportunities

AMP ENSEMBLE SCHOLARSHIP

The AMP Ensemble recognizes dancers who demonstrate outstanding performance quality, artistry, growth, and classroom excellence during the Scholarship Audition.

AMP Ensemble dancers represent the next generation of performers and take part in the Closing Show experience.

AMP Ensemble Members Receive

- 50% Convention Tuition Scholarship for one Frequency event the following season
- 50% Tuition Scholarship to one Rock The City or Katapult Academy Summer Intensive
- Invitation to perform in the Sunday Closing Show
- Exclusive AMP Ensemble recognition
- Invitation to participate in the True Talent Dance Warz Program

STANDOUT ARTIST AWARD

Presented to dancers who demonstrate originality, musicality, fearless creativity, and authentic artistic expression.

Recipients Receive

- 50% Convention Tuition Scholarship for one Frequency event

RISING FREQUENCY AWARD

This scholarship celebrates dancers who show remarkable improvement, determination, resilience, and commitment throughout the weekend.

Growth matters.

Recipients Receive

- 25% Convention Tuition Scholarship for one Frequency event

CLASS SCHOLARSHIP

Faculty may award Class Scholarships to dancers who consistently stand out through:

- Technical Excellence
- Artistry
- Musicality
- Performance Quality
- Positive Energy
- Classroom Focus
- Professionalism

Class Scholarship Recipients Receive

- 25% Convention Tuition Scholarship for one Frequency event



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SCHOLARSHIP POLICIES

- Scholarship quantities vary by city and age division.
- Scholarships must be redeemed during the following Frequency season unless otherwise noted.
- Dancers must attend all assigned convention classes to remain eligible.
- Teachers may place dancers in a different workshop level; however, dancers competing outside their assigned age division are not eligible for audition scholarships.
- One-day convention dancers are not eligible for scholarships.
- Scholarships are non-transferable, have no cash value, and may not be exchanged for credit.
- Scholarships belong to the studio account under which they were earned. Dancers transferring studios or competing independently must provide written permission from their original studio before a scholarship can be transferred or redeemed.

Sportsmanship

All competitors, teachers, studios owners, family members and audience members are required to show respect, courtesy and sportsman-like behavior to all competitors, staff, teachers, etc. at all times during the competition. Our aim is to provide an environment where the dancers can enjoy themselves while gaining valuable performance experience and learning the nature of healthy competition. We reserve the right to remove anyone from an event if they are hindering the achievement of any of the above goals.

No air horns, bells, whistles or other noise making devices are allowed.



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Music

- Music uploads must be completed 30 days before the start of the event. A late fee of \$100 will be added onto accounts if music is not uploaded by deadline.
- All music must be cut, edited and of the correct pitch. Our staff is not capable of making music edits or alterations onsite. All tempos, pitches and keys must be correct on each track. Music must be of a reasonable volume and uploaded one week prior to the start of the event. Studio owners should have at least two backup copies of all music.
- Music that is offensive, demeaning, intentionally derogatory, or threatening will not be tolerated and is subject to a 2 point deduction or disqualification as determined by the judging panel. Any music in question will be pulled and listened to by the panel and competition director to determine if a point deduction or disqualification will occur. This particularly pertains to music in which slurs or derogatory language are not fully edited.
- Any entry featuring disturbing sound effects within their music (including realistic gunshots and realistic explosions) may be subject to a point deduction based on our judge's discretion.
- No studio or group may use ANY music owned by Kirbyko Music LLC or Watson Music Group without rights. Violators of this rule will be subject to copyright fees.
 - Songs included are Space Jam, Daisy Dukes, Total Eclipse of the Heart, Whoomp There It Is, Twilight Zone, Jock Jamz, Get Low, The Most Beautiful Girl In The World, Whoot There It Is, and Danke Schoen. For additional questions please contact our offices.
- If there is a costume malfunction, we will pause the performance so that the dancer(s) may fix their costume. That routine may re-perform without penalty.
- If the music stops for any reason, the dancers will be given the opportunity to re-perform without penalty.
- Back up music must be provided on a flash drive.
- Please note that audio files are accepted in MP3 & M4A format only, up to 50 MB each. We recommend MP3 format.

Props

- Props must be set up and removed within 3 minutes, productions may use 4 minutes. If your routine/prop includes anything that will litter the stage, the backstage team must be notified beforehand and studio representatives must be prepared to clean the stage in less than 2 minutes.
- Props may not be in the wings for more than a few numbers prior to the routine (based on the stage manager's discretion).
- Props must be removed from the wings immediately after the routine.
- Props must be stored away from pedestrian & vehicle traffic & NOT back stage, in the lobby or any inconvenient location.
- Fire, swords, knives, guns, live animals, powders, flour, liquids, glitter, confetti less than ½ inch, paint, sand, etc. are NOT allowed.
- Routines causing prop delay may be subject to a two point deduction.
- Prop coordinators are required to follow ALL instructions as per the backstage crew at ALL times.
- All props must fit through a standard 36 inch wide doorway.
- Props cannot be stored in the venue until the day of the performance. Overnight storage is not permitted.
- Some venues do not allow the use of helium balloons; please contact the office with any questions.
- Use of any illegal prop will result in a 5-point deduction. Studio Directors will be notified when a dance is in violation of our rules.
- Anyone assisting with props who is not a studio owner or teacher must be accompanied by one backstage at all times.

Frequency reserves the right to limit prop size depending on facility requirements.

Please contact our office with any specific prop questions.



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Convention

To ensure a positive experience for all participants, we kindly ask that everyone follow these workshop guidelines:

- **Observer Pass Required:** Anyone wishing to watch the classes must purchase an Observer Pass. Only registered participants and Observer Pass holders will be permitted in the convention room.
- **No Outside Seating:** Please do not bring chairs, stools, blankets, or any other outside seating into the class space.
- **Please Do Not Interrupt:** To maintain a focused learning environment, we ask that guests refrain from entering, exiting, or interrupting the convention while classes are in progress.
- **Family-Friendly Environment:** Frequency is committed to providing a safe, welcoming, and family-friendly atmosphere for all attendees. To help us maintain this environment, alcohol, smoking, vaping, and the use or possession of illegal substances are not permitted at any workshop event.
- **Respect Our Faculty & Dancers:** Please be courteous to our faculty, staff, participants, and fellow guests to help create an enjoyable experience for everyone.
- **Observers are invited to participate in a fun, beginner-friendly dance class.** An Observer Wristband is required.

General Information

- All attendees must be affiliated with a registered studio in order to attend any and all of our events. Frequency does not accept independent entries.
- Only studio directors may question routines for rule infractions, however, any protest must be made in writing to the competition director within 30 minutes of the performance.
- Studios must qualify for any True Talent National Finals by competing in any True Talent or Frequency Regional competition in the same season.
- All attendees must abide by any state, local or venue mandates and rules set in place.
- Smoking is prohibited in or around the competition area. We ask that all smokers stand at least 50 yards from the competition venue to preserve the well-being of our dancers, audience members and our team members.
- Soloists that choose to exit the stage prior to the conclusion of their solo will be eligible for adjudication only and will not be eligible for overall or category placement (this does NOT include music malfunction or costume malfunction). Dancers experiencing a wardrobe malfunction should exit the stage immediately and may be called off based on the severity.
- Unless a piece of choreography has been copy written, Frequency cannot enforce ANY plagiarism policies.
- Dancers may NOT exit or jump off the front of the stage at ANY time during an event (including performances).
- No bystander may approach the judging table or the judges themselves during the competition. Bystanders include but are not limited to: studio directors, teachers, parents and dancers.
- Lighting may NOT be adjusted during a performance including but not limited to stage and house lighting.
- We ask that all competitors and attendees alike please wear proper footwear at all times at all Frequency events to ensure their safety.
- No food, snacks or beverages are allowed on stage. This includes all award ceremonies.
- Competitors may only compete with one studio per event.
- Deposit payments and competition fees are non-refundable.



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- No cash refunds will be issued under ANY circumstances. Account credits will be issued for entry/dancer removals if this is done prior to the event. No credits will be issued during or after the completion of the event. "Day-Of" scratches will not be issued credits. All credits will be issued to the account of which the dancer was registered. Credits may ONLY be used toward the entry fees /nationals fees of a frequency event; they are not valid at the merchandise booth or registration deposits.
- Frequency and host venue are not responsible for any personal injury/property loss before, during or after the event.
- All studio owners, teachers, competitors, and dance families must stay within the Frequency designated area. Anyone who goes beyond the walls of the event may be removed from the property
- No entry into the venue will be allowed until 45 minutes before the start of the competition.
- All competitors will be judged by a well-qualified panel of judges. All judging decisions are final.
- Video cameras and still cameras are prohibited inside all competition auditoriums, and dressing rooms (this includes photo, video and social media use in the dressing rooms). In order to protect the choreographer's right and the safety and privacy of all competitors, we reserve the right to confiscate all recording devices used during an event and/or disqualify an entry. All competitors, teachers and studio owners consent to the use of video, audio and photographs for use in promotional material without royalty, fee or other compensation. By attending or competing in a Frequency regional or True Talent national event you are agreeing to the use of your image and likeness by True Talent Events, all partners and affiliates.
- All competitors, teachers, studios owners, family members and audience members are required to comply with rules and regulations set forth by our hosting venue. Those who do not may be removed from the event by either the Frequency Team or the hosting venue's staff.
- Competitors, teachers, studio owners and prop coordinators are the only persons allowed in the wings/backstage area and must have a backstage pass. In order to minimize delay, we ask that all parents, family members and audience members remain in the main venue or the lobby.
- If a routine cannot perform during their allotted time and award ceremony, the routine will be eligible for adjudication, but not an overall score or category placement.
- All media is delivered in digital format. Links will be available for 90 days after your event. After 90 days, all media links will be permanently deactivated.
- Hallways may NOT be used for changing, makeup application, storage of personal items or for any reasons other than traveling throughout the building, without the prior permission of the competition and venue.
- Frequency reserves the right to cancel any and all events due to lack of registration, inclement weather or other unforeseen circumstances. Furthermore, True Talent reserves the right to change an event's location, venue and/or date(s). Upon changing a location, venue and/or date(s), a representative from Frequency will contact your studio if you are registered for the event. Frequency will not be held liable for any costs endured for any type of travel arrangements made upon canceling an event or an event selling out, including but not limited to: hotel fees, transportation fees or bank fees. We HIGHLY recommend registering for an event prior to making ANY travel arrangements.
- Frequency reserves the right to refuse entry to any studio.
- Coaching from the wings or audience is not allowed at any time throughout a performance. Doing so may result in a 2-point deduction.
- Failure to comply with these rules can result in point deductions or disqualification. It is the responsibility of the studio owner/teacher to review the rules and regulations with both the participants and their parents.



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Frequency Convention Guidelines

- All ages are based on January 1, 2026.
- Frequency reserves the right to adjust age divisions to ensure a safe and appropriate class environment.
- Final age divisions, the Welcome Packet, and Event Schedule will be released 10 days prior to the event.
- Dancers must be registered for the Convention to participate in convention classes. Competition participation is optional.
- Dancers attending independently of their studio must still register through their studio's Frequency account.
- Wristbands must be worn at all times during convention classes and are non-transferable.
- Photography and videography during convention classes are strictly prohibited.
- Event Schedule
- The Welcome Packet, Competition Schedule, and Convention Schedule will be available 10 days before the event.
- Open Classes (Ages 7+) are available to all registered convention dancers. Scholarship numbers are optional, but wristbands are required.
- The Closing Show is typically held Sunday afternoon (approximately 3:00 PM) and lasts about one hour. The exact time will be listed in the Event Schedule.

Teacher Experience

At Frequency Dance Challenge, we believe that investing in dance educators strengthens the entire dance community. As a thank you for the countless hours you dedicate to training, mentoring, and inspiring your dancers, all studio teachers attend our convention FREE.

How It Works

Simply register your studio for any Frequency Dance Challenge event. Add your teachers during the registration process. The registration system will automatically apply complimentary teacher tuition.

Eligibility

Teachers must be 18 years of age or older. At least one dancer must be registered under the studio to qualify. Frequency Dance Challenge reserves the right to request proof of employment with the registered studio.

Teacher Classes

Complimentary 45-minute classes led by Frequency Faculty designed to educate, inspire, and recharge teachers.

Teacher Breakfast & Lunch

Connect with the Frequency Directors, Faculty, and fellow studio owners during exclusive networking events. All attending teachers and studio owners receive an exclusive piece of Frequency merchandise.

Competition Seating

Studio owners and teachers receive reserved priority seating in the first two rows during competition.

Multi-City Discount

Dancers attending more than one Frequency Regional receive 25% off convention tuition at each additional city.

To qualify:

The first event must be attended at the Early Bird or Regular Rate.

The discount applies to the Regular Rate only.

Need-Based Scholarships

Frequency awards two Need-Based Scholarships at each regional event. Applications must be submitted before the registration deadline.

Studio Hotel Incentive

Studios may earn complimentary hotel reimbursement based on the number of eligible dancers registered:

45–69 dancers: One hotel room for one night

70–84 dancers: One hotel room for two nights

85+ dancers: Two hotel rooms for two nights

Eligibility

Eligible dancers do not include scholarship recipients, multi-city discount participants, or need-based scholarship recipients.

Studios are responsible for booking rooms within the official Frequency hotel block.

Hotel reimbursement is issued by check after the required reimbursement form is submitted within 30 days following the event.

Hotel room availability is subject to the host hotel's inventory and cannot be guaranteed by Frequency.