



Dance Choreography

DANCE CHOREOGRAPHY is the act of creating movement. The choreographer (student submitting entry) may be the performer or one of the people performing, but the choreographer does not have to perform in the entry. All choreography must be done solely by the student entrant.

See Dance Choreography Frequently Asked Questions for more information.

Consider the following styles and ensembles to portray your original choreography: Ballet, Contemporary, Hip Hop, Jazz, Tap, Folk Dance, Religious Dance, Dance Ensembles (color guard/indoor guard), Ice Skating/Dancing and Gymnastics-floor routine.

Consider use of background song(s), props, and location to show a clear relation of the dance choreography to the theme. An explanation of the origin of the dance and/or the significance of the choreography might be a useful addition to the artist statement when submitting a dance choreography entry that involves traditional, cultural, or regional dances. Whether an entry displays formal dance technique or a simple approach, it will be judged primarily on how well the student uses his or her artistic vision to portray the theme, originality, and creativity.

Suggestions for Audio/Visual Quality:

- Use a tripod to hold the camera still.
- Make sure there is plenty of lighting, especially if shooting indoors.
- Turn off all noise-making devices in the room (air conditioners, fans, telephones, etc.).
- Record a short test and listen to it. If needed, change the record volume or microphone location.
- Make sure the background music (if any) is audible on the recording.
- Allow for two seconds of silence at the beginning and end of your recording.

Copyright: Use of copyrighted material is prohibited. Plagiarized entries will be disqualified. Use of background music must be cited on the Student Entry Form.

Submission Requirements:

- Only new pieces of artwork inspired by the theme may be submitted.
- Each entry must be the original choreography of one student only.
- Video must not exceed 5 minutes in length and 1GB (one gigabyte) in file size.
- Cite background music (if any) on the Student Entry Form.
- Accepted video file formats include: MP4.

How to Submit:

- All entries must be submitted online at www.utahpta.org/ref.

All participants must also follow Official Rules for Participation at www.utahpta.org/reflections



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Frequently Asked Questions

Can I dance to a routine I learned in dance class, at school, on TikTok, or from somewhere else?

No. The Dance Choreography category requires you to create original choreography to a song of your choice. You can use moves you have learned from other places, but must combine them in an original way.

Can I use choreography created for me by someone else?

No. The choreography is the element of your entry being judged and needs to be your original work.

Do I have to be the person to perform my choreographed dance?

No. Anyone can perform the dance you choreograph. Just make sure to have all participants fill out and sign a consent form.

Can someone else film my dance?

Anyone can film the dance. The judges will be judging the choreography.

Can I submit a video of me signing with ASL to a song?

Signing is not considered dance. It is a language. It could be incorporated into a Dance Choreography entry, but there would also need to be dance moves for it to qualify as a Dance Choreography entry.

Can I have animals dance in my entry?

No. Dance Choreography entries must feature people as the dancers.