

DANCE: BALLET

To perform a series of rhythmic and highly technical patterned bodily movements usually performed to music using grace and precision.

REQUIREMENTS:

1. The solo performance must not exceed five (5) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction and/or disqualification.)
2. Costumes are optional, but should be appropriate to the choreography performed.
3. The theme and/or type of the performance must be identified to the judges prior to the presentation. Types include: Classical Ballet, Contemporary Ballet, Neo-classical Ballet, or Story Ballet.
4. The piece must be performed in ballet slippers/flats, or pointe/demi pointe shoes. Bare feet are only acceptable for Contemporary Ballet.

NOTE: All scores writs, gold medalists reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Technical Proficiency/Skill (25)
 - Alignment, strength, endurance, flexibility, coordination
- Clarity and Consistency in Style (25)
- Phrasing/Dynamics/Musicality (25)
- Clarity of Intent/Interpretation of Choreography (25)

DANCE: CONTEMPORARY

To perform a series of rhythmic and technical patterned bodily movements usually performed to music.

REQUIREMENTS:

1. The solo performance must not exceed five (5) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction and/or disqualification.)
2. Costumes are optional, but should be appropriate to the choreography performed.
3. The theme and the dance form of the performance must be identified to the judges prior to the presentation. Dance forms include: Broadway/Musical Theater, Hip-Hop, Jazz, Lyrical, and Tap.
4. Aerobic exercises, miming, cheerleading and drill team routines may not be used.

NOTE: All scores, winners' reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Technical Proficiency/Skill (25)
 - Alignment, strength, endurance, flexibility, coordination
- Clarity and Consistency in Style (25)
- Phrasing/Dynamics/Musicality (25)
- Clarity of Intent/Interpretation of Choreography (25)

DANCE: MODERN

To perform a series of rhythmic and patterned bodily movements usually performed to music that focuses on the dancer's interpretations using their emotions and moods to develop choreography.

REQUIREMENTS:

1. The solo performance must not exceed five (5) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction and/or disqualification.)
2. Costumes are optional, but should be appropriate to the choreography performed.
3. The theme of the performance must be identified to the judges prior to the presentation.
4. Each performance must derive from Dunham, Graham, Horton, Humphrey, Limon, or other modern techniques.

NOTE: All scores, winners' reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Technical Proficiency/Skill (25)
 - Alignment, strength, endurance, flexibility, coordination
- Clarity and Consistency in Style (25)
- Phrasing/Dynamics/Musicality (25)
- Clarity of Intent/Interpretation of Choreography (25)

DANCE: TRADITIONAL

To perform a series of rhythmic and patterned bodily movements usually performed to music to reflect the life of the people of a certain region or country.

REQUIREMENTS:

1. The solo performance must not exceed five (5) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction and/or disqualification.)
2. Costumes are optional, but should be appropriate to the choreography performed.
3. The theme and the dance form (African, Cuban, Afro-Latin, etc.) of the performance must be identified to the judges prior to the presentation.

NOTE: All scores, winners' reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Technical Proficiency/Skill (25)
 - Alignment, strength, endurance, flexibility, coordination
- Clarity and Consistency in Style (25)
- Phrasing/Dynamics/Musicality (25)
- Clarity of Intent/Interpretation of Choreography (25)

DRAMATIC ARTS: ACTING

The art of staging or acting plays.

REQUIREMENTS:

1. The performance must be a minimum of three (3) minutes and maximum of five (5) minutes. (Contestants not adhering to the minimum and maximum time requirements are subject to point deduction and/or disqualification.)
2. All material must be from a published play. Students should not perform poems, sermons, stand-up routines, or excerpts from movies.
3. The selection must be of literate quality.
4. The material must be memorized.
5. Costumes, makeup, and small/minimal props are optional, but not required.
6. Puppetry, oratory, and forensic pieces may not be used.
7. Monologues from Musical Theatre is permitted, however accompanying songs may not be used as part of the piece.

NOTE: All scores, winners' reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Projection (10)
- Structure (10pts): Does the performance have transitions/beats and a clear beginning, middle, climax, and end?
- Memorization (10)
- Movement (10): Is the blocking clear and does the actor commit to and follow through with his/her movements and gestures?
- Emotional Connection and Honesty (10): Are you really "selling" that you are becoming this character or are you simply "play-acting"?
- Imagination and Creativity (15): Are you bringing something different to the piece or are you just reciting lines?
- Stage Presence (10)
- Character Work (10)
- Specificity of Acting Choices (10): Clear pursuit of Actions/Objectives
- Creation of the Space (5)

MUSIC: INSTRUMENTAL—CLASSICAL

The art of performing with a device used to produce music with tones of the late 18th and 19th centuries characterized by an emphasis on balance, clarity, and moderation.

REQUIREMENTS:

1. The musical selection must be one specifically written for solo performances. The performance may be an excerpt and may not exceed five (5) minutes. (Contestants not adhering to the maximum time requirements are subject to point deduction.)
2. Contestants must submit six (6) copies of the sheet music for their performance.
3. If the selection chosen is written with piano accompaniment, it must be performed in that manner. Contestants must request accompaniment by May 10, 2022. Sheet music is required at the time of the request.
4. The composition to be performed must be consistent with the nature of the instrument and the level of musical proficiency of the performer.
5. The selection of music and instrument is solely the decision of the contestant.
6. The only instrument provided for the performance will be a piano.
7. Live accompaniment is permitted for this competition.

NOTE: All scores, gold medalist's reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Interpretation, Expression, Tempo, Phrasing, and Historically appropriate style (20)
- Intonation and touch (piano) (20)
- Stage presence, choice of music (20)
- Technique, articulation, Breathing, Rhythm, Facility and Accuracy (20)
- Tone quality, Beauty, Control, Characteristic timbre (20)

MUSIC: INSTRUMENTAL—CONTEMPORARY

The art of performing with a device used to produce music with the tones of the present.

REQUIREMENTS:

1. The musical selection must be one specifically written for solo performances and may not exceed five (5) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction.)
2. The selection performed should feature a solo performance. The contestants must provide additional musicians if they are needed for their performance, however, piano accompaniment can be requested to the national office by May 10, 2022. Sheet music is required at the time of request. Contestants can also bring an accompanist.
3. Contestants must submit six (6) copies of the sheet music for their performance.
4. The only instrument provided for performance will be a piano. Contestants must provide additional instruments/equipment as needed.
5. The selection of music and instrument is solely the decision of the contestant.
6. Examples of contemporary music are R&B, Broadway, Jazz, Gospel, Blues, etc.
7. Live accompaniment is permitted for this competition.

NOTE: All scores, gold medalist's reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Effectiveness of style, Improvisation (20)
- Intonation, Touch (piano) (20)
- Stage presence, Choice of music (20)
- Technique, Articulation, Breathing, Tonality, Rhythm, Facility (20)
- Tone quality, Beauty, Control, Characteristic timbre (20)

MUSIC: VOCAL—CLASSICAL

The art of performing with the human voice rhythmic tones or sounds of the late 18th and 19th centuries characterized by an emphasis on balance, clarity, and moderation.

REQUIREMENTS:

1. Only one (1) song is to be performed, and it must not exceed five (5) minutes. (Contestants not adhering to the maximum time requirement are subject to disqualification.)
2. Competitors should not perform to a CD. Contestants requesting piano accompaniment must submit sheet music and requests for accompaniment by May 10, 2022. Sheet music is required at the time of the request. Contestants can also bring an accompanist.
3. Contestants must submit six (6) copies of their sheet music.
4. The material must be memorized.
5. Costumes are not required.
6. Live accompaniment is permitted for this competition.
7. The only instrument provided for performance will be a piano.


NOTE: All scores writs, gold medalist's reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Choice of Music (10)
- Diction (25)
 - Correctness of pronunciation
- Interpretation (10)
 - Expression
 - Phrasing
 - Historically appropriate style
 - Tempo
- Intonation (10)

- Stage presence (10)

- Technique (10)


 Breathing

 Posture

 Rhythm

 Accuracy

- Tone quality (25)

 Beauty of sound

 Control

MUSIC: VOCAL—CONTEMPORARY

The art of performing with the human voice rhythmic tones or sounds to produce music with the tones of the present.

REQUIREMENTS:

1. Only one (1) song is to be performed, and it must not exceed two and a half (2.5) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction.)
2. Musical accompaniment must be provided by the contestant either live or using a standard CD. The CD should contain only the instrumental version of the song. Contestants are encouraged to provide a backup CD.
8. Contestants requesting piano accompaniment must submit sheet music and requests for accompaniment by May 10 , 2022 . Sheet music is required at the time of the request. Contestants can also bring an accompanist.
 1. The material must be memorized.
 2. Costumes are not permitted.
 3. Examples of contemporary music are R&B, Broadway, Jazz, R&B, Gospel, Blues, etc.
 4. Live accompaniment is permitted for this competition.
 5. The only instrument provided for performance will be a piano.

NOTE: All scores writs, gold medalist's reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Choice of Music (15)
 - Matched to vocal ability
- Interpretation (20)
 - Expression, Phrasing, Style
 - Tempo
 - Arrangement
- Stage Presence (15)
- Technique (25)
 - Rapport with audience
- Comfort on and control of stage, posture

➤ Breathing

➤ Posture

➤ Rhythm

➤ Accuracy

- Tone Quality (25)

➤ Beauty of sound

➤ Control

➤ Intonation and Diction

ORATORY

The art of effective written, and oral presentation to persuade or inform. (This is not a dramatic presentation.)

REQUIREMENTS:

1. Only one (1) speech is to be presented, and it must not exceed five (5) minutes.
2. The selection of the speech is the decision of the contestant; it should be an original piece written by the contestant.
3. The speech is not to be presented as a dramatic presentation.
4. Costumes and props are not permitted.
5. The material must be completely memorized.

NOTE: All scores, winners' reports, student projects, and descriptions must be valid and submitted to the national ACT-SO office within 7 days after the local competition. May 10 is the deadline to receive registration information for any local competition held April 30.

Contestants will be judged by the following criteria:

- Delivery (25)
 - Speech Clarity
 - Diction
 - Pronunciation
 - Enunciation
 - Gestures
 - Emphasis
 - Memorization
 - Tempo
 - Time
- Interpretation (25)
 - Content
 - Subject Adherence
 - Theme
 - Logic and Color
 - Emotion/Connection
- Platform Presence (25)
 - Poise
 - Appeal

- Impression
- Attitude and Effect
- Audience Engagement

- Projection (25)

- Voice
- Emphasis
- Tone
- Pitch
- Volume

POETRY—PERFORMANCE

An original poem or prose, written by the contestant, performed as a monologue or exchange involving extemporization.

REQUIREMENTS:

1. Submit one notarized copy of the original poem.
2. The top of each page must include the contestant's name, page number and unit name and number.
3. Poems should be typed, using 12 point **Times New Roman, Verdana, Georgia, or Comic Sans**. Please no other fancy typefaces or graphics. Poems should retain original form that they were created in and do not have to be double-spaced. Individual poems may be free verse or rhymed metrical poetry containing stanzas. Poems should not exceed 3 pages.
4. The contestants must perform their work before a panel of judges. The performance must not exceed three (3) minutes. (Contestants not adhering to the maximum time requirement are subject to point deduction and/or disqualification.)

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Contestants will be judged by the following criteria:

- Emotional/Physical Presence (20)- Is the poet emotionally connected to the topic they are presenting? Is the poet demonstrating eye contact, body language and poise?
- Original Thought (20) - Has the poet tackled an interesting subject or created something new with their work, or are they simply parroting belief systems or ideas that they have heard from someone else.
- Voice and Articulation (20) – Does the poet exhibit appropriate volume, pace, rhythm, intonation and proper pronunciation?
- Structure or Form, and Overall Presentation (20) - How is the poem constructed? Are there appropriate line and stanza breaks? Does the poem have a strong title? Does the poem contain appropriate grammar and punctuation?
- Evidence of Understanding/Accuracy (20) – Does the poet comprehend the material they're presenting and makes the audience understand? Does the poet miss written words or mispronounce words during their recitation?