

Far North Coast Dance Festival - 2025

Tuesday 3, Wednesday 4 and Thursday 5 June 2025
at Twin Towns Services Club

Attention: Principals and the teachers of Dance K-12

The Far North Coast Dance Festival 2025 is to be held on Tuesday 3, Wednesday 4 and Thursday 5 June 2025 (Term 2, Week 6) at Twin Towns Services Club.

All schools K-12 are invited to participate in the festival. Please fill out the form below and email to Karen Levi by Friday 14 March 2025 (Term 1, Week 7) if your school would like to audition for the FNC Dance Festival. Video auditions due Friday 4 April (see below)

Rehearsal week visits at your school will be Friday 23 May and Monday 26 May 2025 (Term 2, Week 4 & 5) with confirmation of time to be sent prior, at the beginning of Term 2.

Please find link to online form you need to fill out and return no later than Friday 14 March 2025.

The \$50.00 participation fee per item will be automatically deducted from school bank accounts upon return of the School Acceptance form. Schools are responsible for advising the School Administrative Manager by Friday 16 May 2025 (Term 2, Week 3).

Regards

FNC Dance Festival Committee

Timeline for 2025

Item	Due Date
Entry Forms	Friday 14 March 2025 (Term 1, Week 7)
Lyrics/ Costume Details Due	Friday 14 March 2025 (Term 1, Week 7)
Audition Email or private YouTube Link	Friday 4 April 2025 (Term 1, Week 10)
Procedure Notes	To be sent before Term 1 holidays
Item Payment	Friday 16 May 2025 (Term 2, Week 3)
Rehearsal Schedule (School Visit)	Friday 23 May and Monday 26 May 2025 (Term 2, Week 4 & 5)
Tickets on sale	approx. Friday 16 May 2025 (Term 2, Week 3)
Performance Dates	Tuesday 3, Wednesday 4 and Thursday 5 June 2025 (Term 2, Week 6)

DANCE FESTIVAL NOMINATION GUIDELINES

FAR NORTH COAST DANCE FESTIVAL

Schools interested in nominating for the 2025 FNC Dance Festival are encouraged to follow the nomination guidelines below. These guidelines will be used by the selection committee to select works for the festival.

A successful item employs safe dance practice and demonstrates a creative response to dance as an art form using age-appropriate concepts/intent

- Ideally, ensembles should involve between 6 and 30 students (please note the maximum allowed for State Dance Festival is 30 students). The item must be suitable for performance on the following sized stage: 10m (width) x 8m (depth)
- Wings are limited to one entry/exit point each side and students will not be masked by wings as they are extremely shallow. If possible, start groups on stage and finish onstage. If you have students standing in wings they may have to stand still or crouch down as they may be seen by audience. 10m wide at front of stage x 8m wide at back of the stage x 7m deep. Trapezium shape
- Item choreographers submitting the item should be teachers, students or staff at the school
- Primary items must not exceed 3-4 minutes; secondary items must not exceed 4-5 minutes
- If a school chooses to nominate for the State Dance Festival, it should be their strongest item/s for representation at state level. If you would like to nominate an item/s for the State Dance Festival, please read the nomination guidelines and apply through The Arts Unit
- Music, lyrics and costumes must be relevant to the age of the performers and be suitable for public performance. Midriiffs and revealing costumes are not acceptable.

If you would like to see [past example performances](#), or you need clarification please email karen.levi@det.nsw.edu.au

Copyright Laws

The Dance Festival Committee adheres to all copyright laws. To support the Dance Festival Committee, please abide by the following general copyright guidelines.

1. You must make sure that any music you use comes from a legal source. This can be a commercially purchased CD or a legal online provider. If you're not sure if you are using a legal online provider, check the [Pro-Music website](#)
2. If you are choosing a song from a movie or musical (including Disney) you must make sure that your performance is not portraying any themes, characterisations, theatrical elements or storyline from that movie or musical. This includes using similar costuming that is used in the movie or musical.

Please note: If you do want to do this, you must seek further permission. Contact APRA AMCOS at theatre@apra.com.au to begin this process and make sure you leave at least 10 weeks lead time. Please undertake this process before you begin choreographing as you may not be able to obtain permission and therefore will be required to use a different song.

3. If you need to change your music for any purpose (i.e. to fit into time constraints) then it is important to note the following:

You cannot:

- i. Mix/remix: For example, restructure or combine the music with other sounds to create a new version or alter a sound recording so that it is different to the original by adding, removing or using elements of the existing sound recording
- ii. Sample: For example, take a portion of the sound recording or musical work and reuse it in a new context
- iii. Segue: For example, blend the end of a song with the beginning of another, which includes crossfading
- iv. Debase: For example, alter the meaning or quality of the song or subject it to derogatory treatment
- v. Arrange: For example, change the structure, instrumentation, melodic content or lyrics of the music

Please note: If you want to do any of the above, you must seek permission from the record company label to do so. The relevant record label will be noted on the back of the CD or in the album details on a legal digital download next to the copyright protection mark (i.e. the ® notice).

If you are unsure of the record label, you can contact ARIA (www.aria.com.au). Again, this can take some time and you may not be granted permission so you must undertake this process before beginning your choreography and be prepared with a back-up song.

Some examples of what you can do without further permissions are:

- i. Use only sections of the song to fit in with performance time constraints (i.e. cut out the final verse)
- ii. Play portions of multiple recordings back-to-back to create a medley as long as they are not cross-faded
- iii. Fade songs in and out so long as one song is not being faded into another which would be a cross-fade

If you need to seek further permission for any of your music use, please ensure you do so with ample time available to you. Permissions are not always granted which means you may be required to use a different work. If you do require further permissions, the Dance Festival Committee will require written proof from the copyright owner noting that you sought the correct permissions for your use.

If you have any questions, please contact the Copyright Division of the DEC Legal Services Department or the Educational Licensing Department at APRA AMCOS on 02 9935 7900.

Safe Dance Practice

Safe dance can be defined as the practice of selecting and executing safe movement. Safe dance practice focuses on providing dance activities and exercises which allow students to participate without risk of injury.

In order to teach dance, you need to gain an understanding of the body and its limitations. Safe dance principles that aid this understanding include:

- an awareness of how the body moves
- a knowledge of common dance injuries, their cause, prevention and treatment
- a knowledge of the nature and function of warm-up and technique exercises in preparing the body to dance
- an understanding of the Musculo-skeletal system and its function in movement aids in the application of safe dance practice
- Observing and correcting basic technical faults in students allows them to move more safely and efficiently
- Correct alignment of the body, and in particular the feet and ankles, knees, hips and spine are critical
- Alignment should be observed whether the student is standing or in motion

Each student brings to the class differences in terms of Musculo-skeletal structure, level of fitness, experience and skill. Each student needs to be assessed and managed with regards to his or her alignment, strength, flexibility, endurance (stamina) and level of training. From Early Stage 1, students should be encouraged to pay attention to how their body feels when moving and to maintain correct alignment. As students increase their knowledge and skills in dance, they can be more active in managing safe dance practices.

Unsafe Movements include (but are not limited to) –

- Forced extension of muscles (stretching) in manoeuvres like full splits, leg mounts, reverse leg mounts, penchés
- Full head or neck rolls
- Hyper-extension of the back – in elements like back arches, bridges, walkovers (Forward or Backward)
- Any form of “knee drop” or “toe-over” – single leg or two-legged, “Sarah Jane”, “Toe-breaker”
- Any uncontrolled or unaligned landing from a jump, (frequently as a result of poor “form” in the air)

- Hyper-flexion (extreme bending) of the knees (under load) i.e. deep knee bends
- Loading the back with weight (lifts or weight-sharing) where the shoulders, hips, knees and feet are not aligned.
- Movements which involve ballistic (bouncing) stretching of muscles
- Students working beyond their abilities and
- Inappropriate lifting techniques (lack strength, ability and agility, proper spotting techniques etc)
- Acrobatic elements – cartwheels, aerial cartwheels, biranis, somersaults, flick-flacks, assisted flips, fly-rolls. Frequently these are poorly performed and controlled and when executed in a space full of other bodies, represent a risk to other performers.

Please note that much of the movement noted above often has very little relevance to the theme or intent of the dance work presented. These are the “Ta Da!” or “Look Mum, No Hands!” moments and relevant, interesting and impressive alternatives are always available.

The FNC Dance Committee reserves the right to prohibit the use of unsafe, high-risk or poorly executed movements or elements. Hyper-extension of the back – in elements like back arches, bridges, walkovers (Forward or Backward)

Costs

All successful dance item/s will be required to pay a participation fee of \$50.00 per item.

This fee will partially contribute to paying for:

- Venue hire;
- Venue on costs such as venue staff, venue set up, electricity and cleaning;
- Lighting and audio production elements and audio-lighting engineers for the duration of the festival; and

The \$50.00 participation fee will be automatically deducted from school bank accounts upon return of the School Acceptance form. Schools are responsible for advising the School Administrative Manager.

The following considerations will become the responsibility of your school:

- Participation fees for multiple items.
- Teacher relief during the week of the festival.
- Travelling expenses.
- Costuming and makeup.
- Supply and transport of props; and
- Fees for additional cleaning/damage to holding rooms and or venue property.

If items withdraw from the festival after 16 May 2025, schools are still liable to cover the participation fee.

Participating schools must submit the entry form via Microsoft Teams by Friday 14 March 2025 .

<https://forms.microsoft.com/r/tRAUzusP5i>

