

OFFICIAL RULES & STRUCTURE



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## DANCE COMPETITION

A high-energy hip-hop and street dance competition for studios and crews that want to prove themselves in a real culture-first environment.

- EVENT** 1UP Dance Competition
- DATE** January 30, 2027
- VENUE** Sheraton Laval
- WEB** [visiondance.ca/one-up.html](http://visiondance.ca/one-up.html)

**EDITION 2027**

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SECTION 01

# EVENT OVERVIEW

1UP is a hip-hop and street dance competition designed to keep the event focused, credible, and culture-first. The goal: give studios and crews a real stage to prove themselves — judged by industry professionals who know the styles.

<b>EVENT</b>	1UP Dance Competition
<b>FORMAT</b>	Group competition only
<b>SCHEDULE</b>	Saturday evening during Vision Dance Convention
<b>VENUE</b>	Sheraton Laval
<b>JUDGES</b>	Industry professionals announced prior to the event
<b>CONTACT</b>	Vision Dance team — <a href="http://visiondance.ca/one-up.html">visiondance.ca/one-up.html</a>

**CULTURE - FIRST**

1UP is rooted in hip-hop and street dance foundation. Routines are evaluated on dance, musicality, groove, and performance — not on tricks. Acrobatics are allowed only when safely integrated.

**AT A GLANCE**

<p><b>2</b></p> <p><b>STYLE CATEGORIES</b></p> <p>Hip-Hop / Street Style Foundation and Choreo.</p>	<p><b>3</b></p> <p><b>LEVELS</b></p> <p>Pre-Competitive, Competitive, and Elite.</p>	<p><b>3</b></p> <p><b>AGE DIVISIONS</b></p> <p>Junior (8–12), Teen (13–17), Senior (18+).</p>
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Note: 1UP reserves the right to combine or adjust categories, divisions, and levels based on registration volume.

## SECTION 02

# STYLE CATEGORIES

1UP is a hip-hop and street dance competition. The goal is to keep the event focused, credible, and culture-first.

**CATEGORY ONE**

## HIP-HOP / STREET FOUNDATION

For routines built on the real thing — grooves, vocabulary, and energy that come straight from the source styles. If a recognizable foundation runs through the majority of the piece, this is your lane.

**Styles include:** Hip-Hop, Breaking, Popping, Locking, Waacking, House, Krump, Voguing, Dancehall, Afro, Litefeet, Footwork, Hustle, Stepping, Gumboot, and related street forms.

**CATEGORY TWO**

## CHOREO

For pieces driven by choreographic vision — concept, formations, storytelling, transitions. Foundation moments can show up, but they shouldn't drive the routine.

**Best for:** studio choreography, commercial-style sets, and concept-led work that pulls from multiple sources.

**IF THE CATEGORY DOESN'T FIT**

If a routine clearly belongs in the other lane once we see it, 1UP can move it. We do it to keep the judging fair — Foundation routines compete against Foundation routines, Choreo against Choreo.

SECTION 03

# LEVELS & AGE DIVISIONS

## LEVELS

Levels exist so studios at every stage have a fair shot. When placing a routine, **real competition and serious training experience matter more than the hours clocked in class** each week.

LEVEL	EXPERIENCE	TRAINING HOURS	DESCRIPTION
<b>PRE-COMPETITIVE</b>	2–4 years	2–4 hrs/week	Dancers building stage experience and locking in consistency.
<b>COMPETITIVE</b>	4–6 years	4–6 hrs/week	Seasoned competitive dancers and well-drilled studio crews.
<b>ELITE</b>	6+ years	6+ hrs/week	Top-tier dancers, established crews, working performers, and anyone with serious stage, screen, or industry credits.

## HOW GROUPS ARE PLACED

- The level you register should match the bulk of the dancers in the routine, not a few outliers.
- If three-quarters or more of your dancers are clearly more experienced than the level you picked, the routine bumps up. We'd rather you compete fair than walk away from an asterisked win.
- Working pros, paid performers, or instructors on the floor will move the routine into Competitive or Elite, depending on the rest of the lineup.
- If something looks off at check-in, 1UP can reclassify the routine before the floor opens.

SECTION 03 · CONTINUED

# AGE DIVISIONS

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Age divisions keep the floor fair across generations. Three brackets, simple math at registration, and a clear rule for groups.

DIVISION	AGES
<b>JUNIOR</b>	8 to 12
<b>TEEN</b>	13 to 17
<b>SENIOR</b>	18+

## HOW AGE IS CALCULATED

We use each dancer's age on **January 1, 2027**. For groups, we average the ages of everyone registered and round to the nearest whole number (.5 rounds up).

SECTION 04

# GROUP SIZES & TIME LIMITS

SIZE	DANCERS	MAXIMUM TIME
<b>SMALL GROUP</b>	4 to 9 dancers	3 minutes
<b>LARGE GROUP</b>	10 to 15 dancers	4 minutes
<b>MEGA CREW</b>	16+ dancers	6 minutes

**5-SECOND CUSHION**

You get a 5-second buffer before deductions apply. Run longer than that and the routine takes a **2-point hit**.

**HARD STOP**

Push more than a full minute over your time and we'll cut the music. No exceptions.

**STAGE DIMENSIONS**

The exact stage size will be confirmed before the event. Build your choreography so it can flex to the confirmed footprint without losing the picture.

## SECTION 05

# REGISTRATION & PRICING

## PRICING TIERS

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**EARLY BIRD****\$60**

per dancer · Register early to lock in the best rate.

**REGULAR****\$70**

per dancer · Standard registration window.

**LATE****\$80**

per dancer · Final deadline window.

**DEPOSIT & PAYMENT**

A **\$25 per routine** non-refundable deposit is required to secure registration. Remaining balance is due by the published payment deadline.

Competition entry does not include access to Vision Dance Convention classes. Convention passes must be purchased separately.

## DANCER & REGISTRATION CHANGES

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- Swap dancers in or out up until the registration-change deadline.
- After the deadline, dancer swaps run **\$25 per routine**.
- Once the running order is published, we can't guarantee any changes — to dancers, category, level, or routine.
- Falsified registration info (age, level, lineup) can trigger reclassification, deductions, or disqualification.

## REFUNDS & CANCELLATIONS

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- Deposits are non-refundable in every scenario.
- Final payments are locked in once the registration deadline passes.
- If we cancel the event on our end, we'll reach out to registered studios with options.
- 1UP may adjust, combine, or reschedule competition blocks based on registration numbers, venue, or anything else outside our control.

SECTION 06

# JUDGING CRITERIA & SCORING

## JUDGING CRITERIA

CRITERION	WEIGHT	WHAT JUDGES LOOK FOR
<b>TECHNIQUE</b>	<b>40%</b>	Cleanliness, control, synchronization, groove, precision, difficulty of execution, timing, rhythm, musicality, accents, and connection to the music.
<b>CHOREOGRAPHY</b>	<b>30%</b>	Originality, formations, transitions, concept, use of stage, creative direction, and use of dancers.
<b>PERFORMANCE</b>	<b>30%</b>	Energy, confidence, expression, stage presence, entertainment value, and crowd impact.

## SCORING, TIES & DISPUTES

- Each routine will be scored by the judging panel. Final scoring method may be adjusted based on the number of judges and competition format.
- In the event of a tie, the higher **Technique** score determines placement. If still tied, the higher **Choreography** score is used. If still tied, the higher **Performance** score is used.
- All scores, placements, deductions, and judges' decisions are final. Score disputes will not be accepted.
- Studios may request clarification after the event, but results will not be changed unless there is an administrative error.

## JUDGES

- Judges are selected based on professional experience, dance expertise, and alignment with the values of 1UP Dance Competition.
- Judges may not judge a routine they choreographed.
- If a potential conflict of interest exists, the event team may adjust the judging process at its discretion.
- Judges' decisions are final.

SECTION 07

# AWARDS

Top placements may be awarded by category, level, age division, or overall block at the discretion of the event team.

AWARD	DESCRIPTION
<b>1UP CHAMPION</b>	Best routine of the night across all categories.
<b>JUDGES' CHOICE</b>	Selected directly by the panel of judges.
<b>BEST PERFORMANCE</b>	Outstanding stage presence, energy, confidence, and crowd impact.
<b>BEST CHOREOGRAPHY</b>	Exceptional creative direction, formations, transitions, and structure.
<b>STUDIO SPIRIT</b>	Studio or crew that brings the best energy and professionalism.

**NOTE**

Awards may be adjusted based on registration volume. 1UP reserves the right to expand, combine, or refine award categories to best honor the routines presented at the event.

## SECTION 08

# OFFICIAL RULES

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## ELIGIBILITY

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- 1UP is open to dance studios, crews, and independent groups.
- Every routine needs at least **4 dancers** on the floor.
- Dancers can compete in as many routines as they want, as long as each routine is registered on its own.
- Only registered dancers may perform. No swap-ins backstage.
- Each routine performs once. No encores, no re-runs.
- 1UP may combine or split categories, divisions, and levels depending on how registration shakes out.

## MUSIC

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- Upload your tracks by the published upload deadline.
- Late uploads carry a **\$25 fee per routine**, payable before you take the stage.
- Keep it clean. The room includes dancers of all ages, parents, and the general public.
- Explicit lyrics, slurs, or otherwise offensive content can cost you points or get you pulled from the floor.
- You own the mix. Track choice, edit, levels, and quality are all on the studio.
- Bring a **backup** of your music on the day of the event — USB or phone is fine.

## COSTUMES

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- Keep costumes age-appropriate. If you'd hesitate to wear it on a family-friendly stage, rethink it.
- Make sure undergarments are in place for every dancer.
- Wear shoes with clean, non-marking soles.
- No paint, oil, makeup, glitter, body sprays, or anything else that can transfer to the floor and put the next routine at risk.
- 1UP can pull a costume that's unsafe, offensive, overly revealing, or not appropriate for the dancers wearing it.

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## PROPS & ACCESSORIES

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- Props are welcome as long as they can be loaded on and cleared off quickly between routines.
- You get **2 minutes total** to set up and break down — no exceptions.
- Flag prop use at registration so the run-of-show accounts for your transition time.
- If a prop can damage the stage, leave residue, or put dancers at risk, leave it home.
- What's banned: liquids, powders, glitter, fire, sharp edges, breakables, paint, oil, and anything that changes the surface of the floor.
- 1UP can refuse any prop that doesn't pass the safety check at load-in.

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## ACROBATICS & SAFETY

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**1UP IS A DANCE COMPETITION. NOT AN ACRO SHOW.**

We score the dance: musicality, performance, choreography, groove, execution. Tricks and acro are fine when they **serve the routine** and the dancers can do them clean.

- Sloppy tricks, careless partnering, or anything that puts a dancer in real danger can cost points or pull the routine off the floor.
- Studios decide what tricks belong in a routine — and own the call if those tricks are above the dancers' actual level.

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## PERFORMANCE STANDARDS

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- Anything offensive, violent, hateful, or otherwise inappropriate for a public stage stays off the floor.
- That covers movement, costuming, music, props, and concepts — 1UP makes the final call.
- Trash-talk, sideline drama, and bad sportsmanship from anyone connected to a studio — dancers, coaches, parents — can carry penalties for the routine.

## SECTION 09

# BACKSTAGE & CONDUCT

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## CALL TIME & BACKSTAGE

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- Be on site at least **90 minutes** before your scheduled performance.
- Get your group backstage no later than **5 routines** before you're up.
- Be ready to go the second the routine in front of you wraps.
- Groups who aren't ready when called may take a deduction or get bumped down the running order. Event-team call.
- Once a routine is on the floor, only registered dancers are part of it. No coaches, teachers, parents, or extra hands stepping in — no holding props from the wings, no count-outs, no whispered cues, no on-floor assistance unless we've approved it for accessibility or safety.

## RESTARTS & INCIDENTS

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- If something on our end goes sideways — sound cut, lighting failure, anything outside the dancers' control — we can let you restart the routine.
- If the issue traces back to the studio (a bad music file, a prop fail, dancer error), we may still grant a restart, but a deduction can apply.
- Restart calls belong to the event team and are final once made.

## COMMUNICATION

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- For studio entries, the studio director or their named rep is the single point of contact for 1UP.
- We won't handle scheduling, payment, results, or registration questions directly with individual parents or dancers — please run those through your studio.

SECTION 10

# PENALTIES & DEDUCTIONS

The deduction chart on the following page protects the integrity of the competition and sets clear expectations for every studio. 1UP reserves the right to apply additional deductions or disqualification for serious or repeated infractions.

**HOW DEDUCTIONS WORK**

Deductions are subtracted from the total score. There is no cap on the number of points that may be deducted from a single routine.

The event team coordinates all deductions. All decisions concerning deductions and penalties are final.

**OUR GOAL**

These rules aren't here to trip anyone up. They're here so every studio walks on stage knowing exactly what's expected — and so the dancers doing the work get the fair shot they earned.

**AT A GLANCE**

**-2**

**STANDARD INFRACTION**

Time overage, late music, costume issue, or backstage delay.

**-3**

**MAJOR INFRACTION**

Unregistered dancer, offensive content, unsafe trick, or coach interference.

**SEVERE INFRACTION**

**DQ**

Repeated or serious infractions may result in disqualification.

**DEDUCTION CHART**

INFRACTION	CONSEQUENCE
Routine exceeds time limit by more than 5 seconds	<b>-2</b>
Routine exceeds time limit by more than 1 minute	<b>MUSIC STOP +</b>
Late music upload	<b>\$25 FEE</b>
Inappropriate or explicit music	<b>-2 / DQ</b>
Unregistered dancer on stage	<b>-3 / DQ</b>
False or inaccurate age, level, or registration information	<b>-3 / DQ</b>
Routine registered in an incorrect level or category	<b>-3 / RECLASS</b>
Offensive or inappropriate movement, costume, prop, or concept	<b>-3 / DQ</b>
Props leave residue or create a safety issue	<b>-2 / DQ</b>
Prop setup/removal exceeds 2 minutes	<b>-2</b>
Dancers not ready backstage when called	<b>-2</b>
Coach, teacher, parent, or non-registered person assists during performance	<b>-3</b>
Routine restart caused by studio / dancer / music / prop error	<b>-3</b>
Poor sportsmanship	<b>-2 / DQ</b>
Unsafe acrobatics, tricks, or partnering	<b>-3 / DQ</b>

DQ = disqualification. Where two consequences are listed (e.g. **-2 / DQ**), the event team applies whichever is appropriate to the severity and circumstance of the infraction. Music-stop incidents may also carry an additional deduction.



PROVE YOURSELF.

# SEE YOU ON STAGE.

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1UP DANCE COMPETITION · VISION  
DANCE CONVENTION · SHERATON LAVAL  
· JANUARY 2027