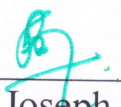


RULES FOR RETRO TO METRO DANCE COMPETITION

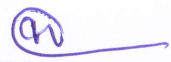
GRADES: IIIrd & IVth (Housewise)

Rules and Regulations

1. The competition will be held on 26th April 2025.
2. **Theme:** The performance must follow the theme "Retro to Metro", representing dance styles or music from any past era (like 70s/80s/90s) and transitioning into a modern/contemporary dance form.
3. **Eligibility:** Open to from III and IV grades (Housewise).
4. **Time Limit:** Each performance should be between 3 to 5 minutes. Time limit must be strictly followed. Exceeding the time may result in negative marking.
5. **Music:** Participants must submit their music track in MP3 format at least [one day] before the event. No changes will be entertained on the day of the competition.
6. **Props & Costumes:** Props are allowed but must be manageable and not hazardous. Costumes should reflect both retro and metro styles and be appropriate for a school audience.
7. **Performance Area:** Teams must perform within the stage area allotted. No off-stage movements or audience interaction unless specified.
8. **Originality:** Dance should be original and choreographed by the participants or under guidance.
9. **Judgment Criteria:** Performances will be judged on: Theme relevance (Retro to Metro transition)
 1. Choreography and creativity
 2. Synchronization and coordination
 3. Costume and expressions
 4. Overall impact and energy


Fr. Henry Joseph Raj
Principal




Mam Virpal
Cultural Co-Ordinator