



2024 REGIONAL STUDIO COMPETITION INFORMATION AND RULES

(Updated information from previous years is highlighted in RED)

Registration is completed online by visiting our website, www.DanceForceXpress.com. Online registration will open on August 1st, 2023. We have joined forces with Dance Comp Genie, the leader in dance competition software, to make registering simple! If you currently, or have ever, used Dance Comp Genie to register your studio for any competitions, you will use that same account. By accessing your studio account, all of your previously entered information will be accessible on your Dance Force Xpress registration! Otherwise, you will create a new studio account. Please visit our homepage for a direct link to Dance Comp Genie. We have also created short tutorial videos on our website and YouTube channel to assist with the registration process. Registered routines must be registered by a Director and must be affiliated with a studio or performing company/group. Due to the closure of several studios throughout the pandemic, we recognize that choreographers and instructors may be working with dancers outside of a typical studio setting. A choreographer or instructor may register routines as 'Under the Direction of (insert name)'. All communication (registration, event details, judging sheets, judging videos, performance photo and video distribution) will be done through the choreographer or instructor, and they **must be present** at the competition for check-in and any registered performances. We do not accept Independent Entries.

Studio Registration Rates are listed in our brochure and in email correspondence with studio directors. Brochures can be requested to be mailed to any studio, or can be emailed to a verifiable owner's email address (must be able to verify through your website). We are proud to offer some of the lowest registration rates in the area! **Request:**
Info@DanceForceXpress.com

SIZE DIVISION – (Time Limits)

Solo	(2 minutes and 45 seconds)
Duo/Trio	(2 minutes and 45 seconds)
Small Group (4-9 performers)	(3 minutes and 15 seconds)
Large Group (10-19 performers)	(4 minutes)
Line (20+ performers)	(4 minutes)
Super Line (40+ performers)	(6 minutes)

Super Lines compete at either the INTERMEDIATE or ADVANCED level. The 'Production' size division has been removed. Those previously registered as a 'Production' would register into the appropriate size division, and then select the category (Jazz, Hip Hop, Open, ect) that best reflects their performance style.

NEW FOR 2024 – Large Groups, Lines, and Super Lines are able to purchase Extended Time in 1 minute increments. Please note that Solos, Duo/Trios, and Small Groups must adhere to the time limits, and Extended Time is not permitted.

****BACK BY POPULAR DEMAND! * ½ PRICE Grad Solos – Reward your 2024 graduating seniors with a half price solo! We proudly offer one half price solo per dancer per venue. If a dancer attends multiple DFX regional competitions, they are eligible for one half price solo at each venue. Please be sure to use the 'Graduating Senior Solo' option when registering the routine to receive the discount.***



'OVERALL' AGE GROUPS

MINI: 6 and Under

PETITE: 7-9 Years

JUNIOR: 10-12 Years

TEEN: 13-15 Years

SENIOR: 16-20 Years

Ages are determined by the average age of the group **as of January 1st, 2024** in whole numbers, and do not round up or down. For example, the average age of 10.9 would compete as 10 years old. Age is automatically calculated through Dance Comp Genie and is determined by birthday; please ensure all birthdays are entered correctly. Performers must be able to produce proof of age if requested.

Those over 20 years of age are eligible to compete in group routines and duo/trios as long as the **average age** of the group is below 20. Soloists over the age of 20 may enter the 'ADULT' age category, which is for adjudication only.

The Mini age division is for your youngest dancers. Please note that there are no levels in this division (Beginner, Intermediate, Advanced) and that all routines will compete in one general "Mini" level.

SOLO LIMITS – Dancers may register the following number of solos at a DFX regional competition based on their level. A soloist may only compete in one level. Example: a dancer may not compete a Beginner Lyrical solo and a Intermediate Jazz solo.

MINI or BEGINNER – 1 Solo

INTERMEDIATE – 2 Solos

ADVANCED or ELITE – 3 Solos

LEVELS

Four levels of competition allow performers to compete with those closest to their own skill level. The studio owner, choreographer, or instructor will determine the level of the routine according to the performers' experience level. Individuals may be registered in different levels at the same event, **but may only vary by ONE level**. For example, an individual may be a INTERMEDIATE soloist or duo/trio performer if they have little experience as a soloist or duo/trio performer, while performing in ADVANCED groups if the majority of the group performers are at the advanced level. A dancer who performs in ADVANCED group routines **may not** compete in the BEGINNER level in solos and duo/trios, as that is a change of TWO levels. **Any group routine that has an ELITE level soloist must compete in the Advanced level.** Please note that this information is highlighted to bring additional attention; please ensure you are following this rule if you have Elite level soloists.

We encourage and expect all studio directors to register their routines at the appropriate level. The competition levels should not be used as a tool to win top awards or to keep your groups or dancers from competing against one another - **each routine placement should be based upon the experience and level of training of the performers in that specific routine**. In fairness to all competitors, routines that have been registered at one level, and belong in a higher level, will be moved to the next level. Judges have the option of suggesting a 'level promotion'. If all three judges suggest a promotion, the dance is automatically promoted. If 1 or 2 judges suggest a promotion, the panel will discuss whether the routine should be moved.

Please note that Dance Force Xpress does not provide guidelines in regards to the number of hours of training per week dancers should have at each level. This variable is not a good indicator of the skill level and experience of a performer. For example, a top level dancer at one studio may have 4 hours of training per week, while the same level dancer at another studio may have 8 hours. A dedicated dancer might be taking 6 hours of classes, and still struggling with technique and concepts, while another dancer takes 3 hours and is working on advanced technique. Again, we stress that studio staff members take the time to consider the individual skill level and experience of the dancer(s) when registering.

MINI – As noted in the age group description, **ALL** routines with an average age of 6 and Under compete at this level.

BEGINNER – Designed for those who are **brand new** to competing, or have very little competitive experience and are still working on the basics of competitive dance. Routines include basic dance concepts, choreography, and skills.

INTERMEDIATE (formerly 'Competitive') – Dancers have experience competing, and are working to improve elements of their performance. Dancers are comfortable on stage. Routines include dance concepts, choreography, and skills that are more advanced than a Beginner level routine.

ADVANCED – Dancers are experienced and comfortable with all aspects of the competition scene and excel in judging areas. Routines include dance concepts, choreography, and skills that would be considered Advanced for the age level.

ELITE; *Junior, Teen, and Senior Solo Categories **ONLY*** - Dancers in this level have extensive competition experience, consistently placing in Overall Awards at regional competitions. Choreography and skills are advanced and challenging for the age level.

Routines registered in each age division at the Advanced and Elite levels will compete for Overall High Score awards and cash prizes. Routines registered in each age division at the Mini, Beginner and Intermediate levels will compete for Overall High Score awards and future credit certificates.

PERFORMANCE CATEGORIES

***NEW* Acro** - Acrobatic elements such as strength, flexibility, balance, contortion, tumbling, limbering, and sometimes partnering and lifts. An acro routine should showcase these elements, combining them with dance technique to add dynamics and fluidity.

Ballet / Pointe - Must include classical steps and ballet technique. Ballet slippers or pointe shoes only.

Character/Music Theater - Routine portraying an easily recognizable character, movie, musical, etc, throughout with music, costume and dance. Can incorporate any form of dance.

Hip Hop - A precision dance which consists of the latest street dance style.

Jazz - Routine using jazz technique with such moves as turns, kicks, leaps, extensions, etc.

Lyrical - Routine encompassing the use of balance, flexibility and control utilizing the lyrics or mood of the music.

Modern /Contemporary - Consists of modern technique, movement and choreography.

Open - This category is for any routine that does not fall into one of the performance categories. Examples include ethnic dance, routines that combine multiple styles, or specialty theme routines.

***NEW* Pom**: Fast-paced precision movements. Technical elements such as leaps and turns must be included in the choreography. A kickline is not required, but is allowed. Poms are required to be used by all team members for at least 75% of the routine.

Tap - Routine comprised of tap technique.

Clarification on acro/gymnastic tricks: There is not a set number of acro/gymnastic tricks or passes that would determine if a routine should be in the Acro category. We ask that if the **focus** of a routine is gymnastics, acro, or contortion, that the routine is registered in the Acro category. Routines in any category may include these elements.

Each participating studio is invited to bring one Parent Routine FREE of charge! Parent routines are just-for-fun; score sheets and video critiques will not be provided, and parents will not receive awards. A completed online registration must be included by the competition deadline for all Parent Routines. An adult routine may also register to be adjudicated. The routine will receive score sheets, a video critique, and ribbons, but are not eligible for overall awards. There is a flat fee for an adjudicated adult routine.

“Rising S.T.A.R!” Division – **S**pecial **T**alents **A**re **R**emarkable! This is a non-competitive performance division for groups with special needs. The routine will receive a comment video and recognition during the awards presentation with an award for each performer. The routine will not receive scores or be eligible for Overall Awards. The routine is FREE for any participating studio.

JUDGING CATEGORIES –

*** Please see the GUIDE TO JUDGING for details about each judging category ***

- **Stage Presence, Music, Costume (10 points):** Music is age appropriate and fits the style of the performance. Submitted music is of high quality. Costuming is age appropriate, non-constricting, and compliments the music and skills of the performers. Performers have matching/coordinating shoes, hair styles, make up, etc. Facial expressions relate to the music and movement. Performer(s) have eye contact with audience. Performer(s) look comfortable on stage. Performer(s) use the space of the stage in it's entirety. Showmanship is unified throughout the entire group.
- **Formations/Transitions/Dynamics (10 points):** Effective use of the stage. Spacing is consistent between dancers. Transitions are quick and without distraction.
- **Choreography (10 points):** Movements are done to the music. Music cues or specific words in the song are used for certain moves or skills. Routine has a nice flow from beginning to end and keeps the audience entertained. The routine is age appropriate and the dancers relate to the music. Skills and technique demonstrated matches the performer(s) ability. The routine features new and unique choreography. If large portions of the routine are clearly recognizable from outlets such as social media or YouTube, there may be deductions in points.
- **Skill Level / Difficulty (10 points):** Skills should be appropriate for the registered level of the routine. Correctly executing advanced skills may earn more points in this category. For example, those properly executing triple pirouettes may receive more points than those performing doubles. Advanced and Elite level routines should include skills and technique that is more difficult for the dancer(s). Beginner and Competitive level routines should include skills that challenge the dancer(s), but are able to be executed properly and safely.
- **Technique (10 points):** Performer(s) have proper placement and posture. Leaps with full extension and height may score more points in the technique category. Judges will look for proper execution of turns.
- **Overall Impression (10 points):** The judges' final impression, taking all aspects of the routine into consideration. Included in this score are the judges' personal opinions on the music and costume choice. This category is very subjective, and scores can vary between judges according to their personal preference.

SCORING AND AWARDS

- There are 180 points possible for each routine; three judges scoring a maximum of 60 points. All decisions by the judges are final.
- Studio directors will receive scores from each judge, as well as video critiques of the routine. Studios will be sent scores and video critiques electronically via your Dance Comp Genie account.
- Each performer will receive a placement ribbon for their performance.
 - **Diamond (162-180 points) Achieving 90% of the total points possible**
 - **Platinum (144-161.9 points) Achieving 80% of the total points**
 - **High Gold (126-143.9 points) Achieving 70% of the total points**
 - **Gold (108-125.9 points) Achieving 60% of the total points**
 - **Silver (90-107.9 points) Achieving 50% of the total points**
 - **Bronze (Less than 89.9 points) Achieving less than 50% of the total points possible**
- Scores are NOT rounded up. Performers must receive the actual number of points noted to receive that placing. Ties are broken by using the 'Overall Impression' score. If a tie still exists, it is broken by 'Technique'. If both tie breakers result in a tie, both routines receive the higher placing as an official TIE.
- **Division High Point award** will be given to those scoring highest in their age division/size division/performance category. For example, a First Place Division award will be awarded to the highest routine in Junior Solo **Tap**, Junior Solo **Jazz**, Junior Solo **Lyrical**, etc. **NOTE:** If an age division/size division/performance category only has one registered routine, that routine must receive a DIAMOND or PLATINUM placement in order to receive a First Place Division award.

- **Overall Awards** will be announced for routines in every level/age division/size division. In divisions with 5 or more registered routines, 1st-3rd place will be announced. Additional placings (4th, 5th, etc) may be announced depending on the size of the division, and will also receive the appropriate awards. In divisions with less than 5 registered routines, a 1st place will be announced. Overall soloists receive a trophy. Each member of an Overall Duo/Trio receives a trophy. For group routines, the studio will receive a banner, plaque, or trophy depending on the placement. Each 1st place performer in a group routine will receive a medal, and each 2nd and 3rd place performer will receive a ribbon. These are Overall Awards for the age division (Mini, Petite, Junior, Teen or Senior) and size division (Solo, Duo/Trio, Small Group, Large Group, Line, Super Line). All performance categories (Jazz, Lyrical/Ballet, Hip Hop, Tap, etc) are eligible.
 - In addition, if there are FIVE routines registered in the Level/Age Division/Size, routines will receive future credit at the Mini, Beginner, and Intermediate levels, and cash awards at the Advanced and Elite levels.

	<i>First Place</i>	<i>Second Place</i>	<i>Third Place</i>
Solo	\$75	\$50	\$25
Duo/Trio	\$75	\$50	\$25
Small Group	\$100	\$75	\$50
Large Group	\$100	\$75	\$50
Line	\$150	\$100	\$50
Super Line	\$150	\$100	\$50

“Cash Awards” are presented in the form of a check following the competition. All checks are written to the studio as a refund of registration fees. Under no circumstance will a check be presented to an individual dancer unless they have registered as an independent.

Special Awards

Special awards are awarded at each competition and are at the sole discretion of the judges, not necessarily based on scores.

The titles of ‘Miss Dance Force’ and ‘Mr. Dance Force’ will be awarded to the highest scoring female and male soloists in the following divisions: Mini, Advanced Petite, Advanced Junior, Elite Junior, Advanced Teen, Elite Teen, Advanced Senior, Elite Senior. All registered soloists in the Advanced and Elite divisions are eligible for the title.

Cash prizes and future credit will be awarded to the studio, not individuals. Future Credits are good for the following competitive season only. Future Credits are not eligible to be used as a pre-registration deposit for the following season, and should be applied to the final balance due when registration is complete. THOUSANDS of dollars in prizes will be awarded at each competition, higher than nearly any other Regional dance competition!

GENERAL INFORMATION:

- There are no minimum or maximum number of routines allowed per studio or group.
- Once online registration is complete, an invoice will be generated through Dance Comp Genie. Dance Force Xpress is once again using Dance Comp Genie software. If you have credits on file, we will send you a ‘credit code’ that can be entered on your account at checkout and will be deducted from your final balance due. Applying a credit code is the responsibility of the registering studio. **Credits are not valid for pre-registration deposits.**
- **NEW for 2024 – There will be three tiers of discounted registration fees, which depend on when online registration is complete and full payment is submitted. TIER THREE = 3 months prior to the first day of competition, TIER TWO = 2 months prior to the first day of competition, TIER ONE = 1 month prior to the first day of the competition.**
- Registrations will be accepted up to 1 month prior to the competition. After the registration deadline, please contact Dance Force Xpress directly for information on availability of space and fees for late registrations.
- **Any changes to levels, routine titles, or dancer names after the 1 month deadline will incur a \$15 charge per requested change. Once the schedule is published online, changes are not allowed. Please ensure that registration is complete and correct at the 1 month deadline.**

- Once the event schedule is published online, registration is CLOSED. If there are changes to routine sizes after the schedule is published, the routine will compete in the published division. (Example – if a Large Group changes to a Small Group, they will still compete as a Large Group.)
- Registration fees must be paid by Studio Check, Money Order, or Certified Check. Credit Card payments are accepted with a 2% processing fee. If a studio is registered by the registration deadline but has not submitted payment, they will be contacted by email as a reminder to submit payment. Routines will not be put on the schedule unless payment has been received. Tiered fees are automatically generated on the stated dates.
- Registration fees are non-refundable and non-transferable unless a refund is requested in writing at least **one month** prior to the first day of the event. Any registration fees that were originally paid with a credit card are assessed a 5% processing fee prior to any refund.
- Final edits of music must be submitted at least one week prior to the competition. Music will be played from a computerized sound system to avoid music issues, skipping, etc. Music must be uploaded to your Dance Comp Genie account. Routines that do not have music submitted at least one week prior to the competition will be **assessed a \$10 late fee per routine**. This fee will automatically be added to your account balance. All fees must be paid prior to the start of the competition. Routines that do not have music submitted at least 24 hours prior to the START of the competition will be disqualified and will be removed from the competition order. Refunds will not be issued if routines are disqualified.
- Music and/or performances that are considered to be offensive or objectionable may be disqualified from the competition.
- Questions or concerns during the competition should be addressed with the backstage managers, not the judging panel. This includes performance order, music or technical concerns, injuries, etc.
- ***A schedule is sent to studio directors at least 10 days prior to the event asking for confirmation of any costume conflicts. If we do not receive a response at that time, we will assume that your studio has no conflicts, and your dancers will be required to perform as assigned.*** Dancers with 3 or more routines between their performances are expected to be ready to perform as scheduled. Studio owners are asked to stress this policy with their dancers in order to keep the competition moving as scheduled.
- Group routines that perform with more dancers than the registered number will automatically be disqualified from Overall Awards, but will be included in placements. Please check all registration numbers to confirm that all group members have been registered.
- Re-starting of a performance; if there are technical difficulties, the routine will be rescheduled to compete at the end of the division, and judging will be on the complete later performance. If there is an injury/illness, the performer(s) will exit the stage, and will discuss with the stage manager if they will be able to perform at the end of the division, or if they will not be able to re-perform. Judges will take into consideration the first performance as they judge the later performance. Issues such as mistakes or missed choreography are not reasons to re-start the routine. The music will be stopped at the discretion of the event director, in which case, the performance will be rescheduled.
- Timing begins with the first note of the music for routines starting onstage, **OR**, the entrance of the routine after the announcement of the group for those performances entering with music. If the routine starts on stage, please take the stage as the announcer is announcing your routine. If performers do not enter the stage during the announcement of the routine, the music will begin immediately following the announcement. Timing ends with the exit of the majority of the group from the stage with fading music, or the last note of the music if ending onstage. Performances that exceed the maximum time limit are automatically ineligible for Overall High Point placings and prizes.
- Every participant in a Dance Force Xpress event is understood to recognize the risks inherent in dance and dance performances. Participation in this event indicates the acceptance of such risks by participants, their guests or spectators, and their parents/guardians. Dance Force Xpress assumes no responsibility for personal injury or property loss at these events. Participation in any event indicates understanding and agreement to all rules and policies, and releases Dance Force Xpress and the host venue from liability. ***Any waiver form(s) that require special attention, such as, but not limited to, food allergies that would limit the concession items sold at the event or photo/video restrictions are required to be submitted by mail or email at least two weeks prior to the event. Submitting these waivers will allow all parties the appropriate time to handle these specific situations.***



- Acrobatic elements; acrobatic/tumbling elements are allowed in routines. In any partnering stunts/lifts, the flyer must be supported at all times, **or proper measures must be in place to ensure that spotters/partners are trained and confident in safely completing the movement.** Directors are to keep in mind that there are not mats available, as well as our safety guideline, *“Dance Force Xpress stresses the importance of safety and requires participants to execute only those skills, techniques and practices that will not cause harm or injury to performers, spectators, or the facility.”*
- Teachers may not enter the stage or prompt dancers during their performance, with the exception of the Rising S.T.A. R. division. Violations may be subject to point deduction. (Ages 6 and under may be assisted with on-stage lineup only.)
- Smoking, vaping, or consuming alcohol are prohibited on any part of venue property.
- Solicitation or advertising of any kind is prohibited.
- Only teachers and performers are allowed backstage. Only same gender parents and teachers that are essential to the dancers’ needs are allowed in dressing rooms. This includes female parents/studio staff assisting young male dancers. Females are not allowed in the male dressing room under any circumstances. Please connect with DFX staff prior to the event if this may be an issue for your studio. Dressing areas are provided. Participants must keep areas clean, as well as respect property belonging to the host facility. ***If at any time the actions of participants are deemed unacceptable, a studio representative may be required to remain in the dressing area to supervise for the duration of the event.***
- One studio representative is required to check-in with the Stage Manager at least 3 routines prior to their performance. Failure to do so may result in the number being skipped. The studio representative is to stay with the Stage Manager to cue the music.
- Dance Force Xpress will make every effort to locate a performer(s) that have not checked in on time. Routines that miss their performance time are automatically disqualified, and will not be allowed to perform at a later time.
- Spectators are to enter and exit the theater in between routines only.
- Photo and video are strictly prohibited during all performances. Studio Directors will sign an acknowledgement that this policy has been discussed with all participants and spectators in attendance who are representing their studio.
- Performances will not be scheduled any earlier than 7:00 am. Additionally, every effort will be made to schedule the last entry to perform no later than 10:00 pm. Performances will never be scheduled during school hours.
- Dance Force Xpress reserves the right to add additional days, cancel, or extend any competition as a result of the number of entries received, or to make any changes in the event of circumstances beyond our control. The event, or specific categories, will close when registration is full. In the event of cancellation, entry fees will be refunded to the payer, or transferred to another competition site if desired by the studio owner. DFX may combine OR divide divisions or categories in order to create a competitive atmosphere for those registered in categories where there are no other registrations.
- Dance Force Xpress reserves the right to refuse service to anyone, refuse any performance, or remove individuals from the premises for any reason deemed appropriate.
- Dance Force Xpress is not responsible for lost, stolen, or damaged items, and is not responsible for injury, damage or loss to any person or property during participation in any event, nor is their promoters, directors, principals, agents and employees. They are not liable for injury, damage, or loss that may be caused by any act or omission of any of them.
- Photographs, recordings or filming of participants by any and all Dance Force Xpress staff members or members of the press become the property of Dance Force Xpress and may be used for future publicity. Participating in any event, or attending as a spectator, is an acknowledgement that the performer or spectator may be used in promotional materials.
- Food, beverage, or gum is not allowed in the auditorium/spectator seating. Participants may bring water bottles and peanut-free snacks into their dressing rooms. **Information will be provided at least 2 weeks prior to each event in regards to the availability of concessions as well as if studio snack tables are allowed by the venue. Please note that snack tables are prohibited in dressing rooms at all venues. If snack tables are permitted by the venue, a specific area will be indicated on the venue map.**
- Dressing rooms, performing areas, and spectator areas are to be left in the same condition after the competition as before. If food/drink is found in prohibited areas, we reserve the right to excuse spectators and competitors from the event.
- Good sportsmanship is expected from all participants, teachers, and spectators. Applause and cheering are encouraged! Poor conduct in this area may result in disqualification.
- Admission is free of charge. Concessions, merchandise, programs, souvenirs, trophies, and awards may be available for purchase.
- ***SPORTSMANSHIP EXPECTATIONS: It is the belief of Dance Force Express that every performer should be rewarded with positive reinforcement for each and every performance. Anyone - including parents, family members, instructors, dancers, or studio owners - who take part in behavior that is emotionally or physically harmful to performers will be asked to immediately leave the event venue.***



SAFETY and PROPS

The safety of the dancers and spectators is essential at all Dance Force Xpress events. A stage manager and backstage manager are available for assistance at every event. Dance Force Xpress stresses the importance of safety and requires participants to execute only those skills, techniques and practices that will not cause harm or injury to performers, spectators, or the facility. Do not use or throw props on or off stage that might cause damage or leave a residue, such as liquids, gels, aerosols, glitters, powders, etc. Stage must be returned to its original pre-performance condition within 30 seconds.



All props must be free standing and may not be attached to any apparatus or stage rigging. Choreography and/or props that allow any dancer to be physically placed more than 6 feet off the ground of any scenic piece or prop could be considered dangerous, and we ask that proper safety measures have been taken. Props must be able to be placed on stage in no more than 60 seconds prior to the routine, as well as removed from the stage within 60 seconds of the completion of the routine. Studio representatives are responsible for ensuring that the stage is clear of all props, costume pieces, feathers, nails (from sets/props), etc. Excessive time limits due to props will result in a 5 point deduction. If your prop set up is more than 2 minutes, this must be communicated in the NOTES section of your online registration.

Specifics will be forwarded about when and where to deliver and pick up props for each venue.

All choreography must be performed within the boundaries of the provided stage area. Dancing in aisles, on or around the judges table, jumping off the stage, and/or performing in any other part of the auditorium aside from the stage is strictly prohibited and may be subject to disqualification.

“Michigan’s Dance Competition”

Our mission is to provide a positive competitive experience that benefits the entire dance community. Dancers will compete for generous awards and prizes in a positive and professional atmosphere. Studio owners and instructors will appreciate simply stated rules and a sensible pricing structure, and will receive valuable feedback from qualified judges.

We value the close relationships that we are able to build with our participants. Our goal is not to be the biggest competition - ***but to be one of your favorites!*** Our events are well-organized and well-attended, with registration caps in place to ensure that events are manageable. Every registered routine is performed on the main stage and given equal attention.

Spectators will enjoy family friendly performances. As a regional competition circuit hosting exclusively in the state of Michigan, we challenge dancers to bring us their best performance with just one day to take the XPRESS route to EXCELLENCE!

Thank you for visiting, and welcome to the DFX family!



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