



SOLOS

DANCE SYLLABUS 2026

Date: 6th - 10th October 2026

PERFORMING ARTS & CULTURE CENTRE
CESSNOCK

Entries through Comps-Online

Closing date for SOLO entries – August 24th 2026

(or once capacity is reached)

ADJUDICATOR: TBA

Director of Dance: Moya Waters

Contact: 0406409804

Email: abermaineisteddfoddance@gmail.com Website: <https://www.abermaineisteddfod.org.au>



SOLOS

DUOS/TRIOS/QUARTETS

PROPOSED AGE DATES:	5/U, 6/U, 7/U, 8/U, 9/U	Tuesday 6th October 2026
	10/U	Wednesday 7th October 2026
	11/U & 12/U	Thursday 8th October 2026
	13/U, 14/U & 15/O	Friday 9th & Saturday 10th October 2026
	21/O	Saturday 10th October 2026
	Spirit of The Coalfields Cup (14/O)	Saturday Night 10th October 2026

All dates are subject to change depending on entries.

OUR TRADITION

The Abermain Eisteddfod is the longest running eisteddfod of its kind in NSW. It was established circa 1917, and in 1965 it grew to be the largest eisteddfod in NSW, even rivalling the Sydney Eisteddfod.

Historically, the Abermain Eisteddfod holds immense significance in the hearts and minds of so many local dances. It has offered a platform for dancers to showcase their talents, gain constructive and professional feedback and most importantly opens minds to the beauty and possibilities of dance.

The Abermain Eisteddfod is not for profit and operated by a dedicated committee of volunteers.

All prize money is raised or donated by local families and businesses to ensure the 'community' tradition continues.

OUR VENUE

Performing Arts & Culture Centre Cessnock (PACC), 198-202 Vincent Street Cessnock 2325

The PACC is an amazing venue to showcase the competitors' talents. A 466-seat theatre to cater for the masses with the charm of feeling like an intimate setting for the smaller numbers. Professional quality sound system, lighting and ample change areas – simply put, there is nowhere better!

A large stage – 8 metres wide x 6 metres deep (with a further 3 metre 'apron' at the front of stage) with professional quality Tarkett flooring.



RULES & REGULATIONS

Changes in 2026 – Please read carefully.

AGE ENTRY

Age for **SOLO ENTRANTS** is taken as at the first day of the SOLO competition – **Tuesday 6th October 2026.**

DUO/TRIO/QUARTET age is calculated by average age as at **Tuesday 6th October 2026.**

ADJUDICATION

Adjudicators are industry professionals and carefully chosen to judge at the event. The adjudicator's decision is final – no protests will be accepted.

The adjudicator will be announced prior to the event. In the event an announced adjudicator cannot attend, Abermain Eisteddfod reserves the right to engage a different adjudicator for the event. Any competitor who has been regularly taught by the Adjudicator within the preceding 6 months must declare this prior to the commencement of the competition. These performers will not be eligible to place and will be marked as critique only.

The Adjudicator has the right to withhold a prize if they do not feel a sufficient standard has been reached.

The Adjudicator must not be approached by any competitor/parent/dance teacher for any reason.

AMATEUR STATUS

The competition is open to amateurs only; an amateur being defined as one whose regular income is not primarily derived from the exercise of his or her talents in which they are competing.

ARRIVAL

Doors to the venue will open 45 minutes prior to the competition's scheduled start time.

AGE-APPROPRIATE PERFORMANCE / COSTUMING

We clearly understand the wide range of styles and appropriateness that dancers are exposed to in different settings including social media and TV.

We have the expectations that every performance be in good taste for viewing by a 'family friendly' audience.

ATTENDEES

ALL attendees, participating performers, teachers, parents and friends are expected to display good sportsmanship and encouragement of others. People who do not comply with these rules will be withdrawn from the competition or asked to leave. Our focus is always on the dancer's best performance and a safe and supportive atmosphere.

BACKSTAGE / SIDESTAGE RULES

- No person, other than competitors in the current sections, will be allowed backstage with the exception to Babies and 6/U sections.
- Prompting side of stage is not allowed whilst the competitor is performing except for the babies dance sections.
- No caregivers are to be backstage with competitors. The only exception to this rule is for the provision of bringing props backstage. Teachers are permitted to accompany competitors for 5/U & 6/U and SR first timers.
- Props stored backstage must not obstruct passageways and must be removed from the backstage area as soon as possible following the performance.



BACKING VOCALS

No backing vocals are allowed in Song & Dance or Demi-Character sections and championships.

CATEGORIES

OPEN for those who have placed 1st in a restricted section at any time, at any competition in that chosen style.

RESTRICTED for those who have placed 1st in a specially restricted section at any competition in that chosen style.

SPECIALLY RESTRICTED for those who have never placed 1st in any section of that style at any competition. Ideal for first time competitors and those new to the Eisteddfod circuit.

DRESSING ROOMS

Due to child protection laws, please use the Dressing Rooms provided. These are to be left clean & tidy.

Abermain Eisteddfod accepts no responsibility for items left in dressing rooms.

ENTRIES and ALTERATIONS

- The comps-online system for entries will enable you to make all your entries online in one transaction. To enter, go to www.compsonline.com.au or follow the comps-online link on our website www.abermaineisteddfod.com.au .
- By registering for this event, participants acknowledge that they have read and understand the rules and regulations of the event, and they have in turn informed all parents as to the same requirements.
- Entry fees are non-refundable except when the event is cancelled.
- The Abermain Eisteddfod reserves the right to cancel, move or extend the competitions in accordance with the number of entries or unforeseen circumstances. In the event of cancellation, all funds will be returned promptly.
- The Abermain Eisteddfod will not release scores from participating performers to any other studio.
- If there are insufficient entrants in a section, the committee reserves the right to amend or combine a section at their discretion.
- In Duo/Trio/Quartet sections competitors may compete more than once with the same or different partner.
- Acceptance of an entry by the Eisteddfod Committee is conditional upon the competitor agreeing that their name may be published in the Eisteddfod Program, in results published in the media and on the Abermain Eisteddfod website and social pages.
- Competitors must be present at the beginning of a session as withdrawals may alter the order of appearance. Due to this, it is unwise to anticipate exact performance times.
- Please review your entries carefully – no alterations or additional entries will be accepted after the close of entries on **24th August 2026**.
- Specially Restricted/Restricted/Open – If your category changes after the close of entries the competitor is still eligible to compete in the entered category. For example: ‘Restricted’ refers to not having achieved first place (regardless of age) in any Eisteddfod or competition within the entered genre. If the competitor does win after entries close, they are still eligible to participate in the Category that was entered. Kindly refrain from requesting a switch to the open category, as this will not be possible.

FLOORING

All performances take place on Tarkett Flooring. Ideal for all genres.



MUSIC UPLOADS

Music must be submitted via the music uploads platform no later than 1 week prior to the commencement of the competition. Competitors will be notified of the date for commencing uploads as soon as it becomes available. Please ensure you keep a backup of your music on a phone or USB in the event of an error.

PHOTOGRAPHY/VIDEO

Due to legal requirements related to privacy and child protection, the use of cameras or recording devices by individuals is strictly prohibited inside the theatre.

Photos and/or video etc. taken by Committee Members or appointed professionals may be posted on the Abermain Eisteddfod social media pages, promotional material and website.

If you do not give permission, please advise the Dance Convenor or an official Committee Member well in advance of the commencement of the Eisteddfod

Photos may be taken in front of the media boards found at the back of the venue or in the foyer.

A professional videographer and photographer will be available at the event – performances and photos can be purchased at the event.

REPEATS

Repeats throughout the competition are **NOT** permitted.

Repeats of dances in Championships are **NOT** permitted and will result in the competitor forfeiting a place in the Championship. **(Please note – this rule does not apply to 6/U Championships)**

RE-PERFORMANCE

Re-Performance is at the discretion of the Adjudicator. A performer will be allowed to re-perform without penalty if it is interrupted by a technical error on the part of the Abermain Eisteddfod.

TAP SHOES

Tap covers are always required when inside the building.

TEACHERS ENTRY

Teachers are granted free entry into the venue. As a requirement of the venue, you will be asked to sign in and provide a current Working with Children Check.

THEATRE

No eating/drinking or smoking are permitted in the theatre. Fire exits must be kept clear. No entry/exit is allowed in/out of the theatre when an act is on stage.

IMPROVISATIONS

All competitors must report backstage prior to the section commencing. The first competitor will stay side stage to listen to the first play of the music. The remaining competitors will be directed to another area with an overseer, whom they must stay with until they are called for - failure to do so will result in their disqualification.

A plain leotard and/or tights are to be worn by competitors with no adorning details allowed.



ABERMAIN EISTEDDFOD SOLOS SYLLABUS 2026

CHAMPIONSHIPS

Criteria to qualify for each Championship varies, so please read carefully. No repeats are allowed with the exception of 6/U. For 6/U please refer to the CHAMPIONSHIP section of the syllabus.

BALLET: Two routines - 1 x CLASSICAL plus 1 x DEMI-CHARACTER/VARIATION. To qualify you are required to compete in OPEN BALLET or OPEN DEMI CHARACTER/VARIATION plus at least one other non-championship OPEN section. (improvisation or Variety allowed)

CONTEMPORARY: One routine - 1 x CONTEMPORARY. To qualify you are required to compete in OPEN CONTEMPORARY plus at least one other non-championship OPEN section. (Improvisation or Variety allowed)

JAZZ: One routine - 1 x JAZZ. To qualify you are required to compete in OPEN JAZZ plus at least one other non-championship OPEN section. (improvisation or Variety allowed)

LYRICAL: One routine - 1 x LYRICAL. To qualify you are required to compete in OPEN LYRICAL plus at least one other non-championship OPEN section. (Improvisation or Variety allowed)

TAP: Two routines: 1 x SLOW TAP plus 1 x SPEED TAP. To qualify you are required to compete in two OPEN TAP SPECIFIC sections. (Improvisation allowed)

SCHOLARSHIPS

To be eligible for a Scholarship, applicants must compete in at least three sections of the Scholarship Categories listed below. There is no requirement to perform a separate dance, as the Adjudicator will observe all Scholarship entrants throughout the duration of their performances in the Solos. The winners will be announced on the final night of competition for that age group.

Junior Abermain Eisteddfod Scholarship (12/U): \$250 (Incorporating Ballet, Jazz, Lyrical, Contemporary)

Senior Abermain Eisteddfod Scholarship (13/O): \$250 (Incorporating Ballet, Jazz, Lyrical, Contemporary)

Junior Tap Scholarship (12/U): \$250

Senior Tap Scholarship (13/O): \$250

LIABILITY

Abermain Eisteddfod, its staff and the venue will not be responsible for any accident or injury. All competitors and spectators enter at their own risk. No responsibility will be taken for any accident, injury or loss of property, this also applies to the cars parked in the grounds of the venue.

ENTRY FEES * per section	
SOLOS	\$20 *
DUOS/TRIOS/QUARTETS	\$25 *
CHAMPIONSHIPS	\$25 *
SCHOLARSHIP	\$25
THE SPIRIT OF THE COALFIELDS CUP	\$50
PROGRAM (compulsory)	\$7

THE SPIRIT OF THE COALFIELDS CUP - Celebrating Passion, Artistry & Showmanship

Introduced with great success in 2025 - the Hunter's newest and most exciting dance prize celebrates more than just excellent technique – it honours dancers who show individuality, personality and originality. It is not about who is the best dancer on the day, but who delivers the most outstanding overall onstage performance. It is open to all genre's and will be scored by a prominent panel of judges, including the Abermain Eisteddfod adjudicator, a selection from the dance community, and local community personalities.

- Open to competitors **14+ years of age**
- One entry only per competitor
- To qualify you must dance in **three OPEN SECTIONS** of the dance syllabus.
- You cannot repeat a dance already performed at this year's Abermain Eisteddfod
- It is open to all dance genres (as per the Abermain Eisteddfod syllabus)
- The final of the Spirit of the Coalfields Cup will take place on the last day of the Eisteddfod and will include a maximum of ten competitors*. Should more than that number of competitors nominate, we may hold a dance battle prior (earlier in the day or night prior) to selecting the final 10. (*The Committee reserves the right to increase the final number of competitors depending on entries. For example, if only 13 were to nominate, all competitors would go through to the final round).
- If a dance battle is required, the same dance is to be performed in the final if you are one of the top ten*. There may be a different panel of judges for the initial dance battle.
- Time limit 3.5 minutes
- The competition will be cancelled if less than 5 competitors register.
- As per Eisteddfod regulations, this entry is only open to those who hold an amateur status.
- **PRIZE MONEY for the winner: \$1000 CASH.**
- There will also be a PEOPLE'S CHOICE award as voted by the audience.
- **Entry Fee: \$50 per person**

The Cup is in memory of the talented dance teachers who have enriched the ability and quality of what you see today - Merle Pullar, Tessa Maunder, Diane Talbot, Ted Miller and Les Griffith were all instrumental in keeping Newcastle and Hunter dancers on their toes!



AWARDS

Prizes include Cash, Trophies, Medals, Scholarships, Gift Vouchers, Sashes, Certificates and more.

All Awards are subject to entries.

All prize money has been kindly donated by local families and businesses in the spirit of keeping the tradition of Abermain Eisteddfod moving forward – Now in its 109th year!

SECTION AWARDS

- Cash Awards for Open 12/U, 14/U, 15/O & 21/O placings
- Trophies, Medals & Highly Commended for SR/R and Open Categories 5/6/8/10/U Category placings
- **Adjudicator's CHOICE** Awards:6/U 8/U 10/U 12/U 14/U 15/O
- **Adjudicator's ENCOURAGEMENT** Awards:6/U 8/U 10/U 12/U 14/U 15/O

OVERALLS (Junior 12/U & Senior 13/O)

- **'BABY TAKE A BOW'** Award (Most Promising Competitor 7/U)
- **Highest Scoring Soloist:** Junior & Senior
- **Abermain Sportsmanship Award:** Junior & Senior
- **Most Potential Tapper:** Junior
- **Most Outstanding Tapper:** Senior
- **Most Potential Ballet:** Junior & Senior
- **Most Potential Jazz:** Junior & Senior
- **Most Potential Modern** (Contemporary/Lyrical): Junior & Senior
- **Most Memorable Costume:** Junior & Senior
- **Most Outstanding Choreography:** Junior & Senior
- **The Abermain Eisteddfod Junior Scholarship** (incorporates Jazz, Contemporary, Ballet, Lyrical): \$250
- **The Abermain Eisteddfod Senior Scholarship** (incorporates Jazz, Contemporary, Ballet, Lyrical): \$250
- **Junior Tap Scholarship:** \$250
- **Senior Tap Scholarship:** \$250
- **The Spirit of the Coalfields Cup (14/O)** - Celebrating passion, artistry & showmanship: \$1000 CASH
- **The Spirit of the Coalfields Cup - People's Choice award** (as voted by the audience)

LATE ENTRIES

No entries will be accepted once programming has been completed.

The logo for Music Uploads, featuring a stylized musical note and the text 'MUSIC UPLOADS'.

We are using Music Uploads

For our Music and Voice Critiques

All music will now be uploaded direct and managed by the team at Music Uploads. No more CD's USB's or Emails
If you do not have an active storage plan you will need to sign up at

musicuploads.com.au





ABERMAIN EISTEDDFOD SOLOS SYLLABUS 2026

OPEN SECTIONS

(for those who have placed 1st in a restricted section at any time at any competition in that chosen style)

CLASSICAL	DEMI CHARACTER/VARIATION	JAZZ	CONTEMPORARY	LYRICAL	MUSICAL THEATRE BROADWAY JAZZ	STUDENT CHOREOGRAPHY
21/O	-	21/O	-	21/O	-	21/O
15/O	15/O	15/O	15/O	15/O	15/O	15/O
14/U	14/U	14/U	14/U	14/U	14/U	14/U
12/U	12/U	12/U	12/U	12/U	12/U	12/U
10/U	10/U	10/U	10/U	10/U	10/U	10/U
8/U	8/U	8/U	8/U	8/U	8/U	
6/U	6/U	6/U	6/U	6/U	6/U	
SLOW TAP	SPEED TAP	STRAIGHT TAP	WALTZ TAP	SONG & DANCE (Tap or Soft Shoe)	VARIETY Any Genre or style	HIP HOP
21/O	21/O	-	-	-	21/O	-
15/O	15/O	15/O	15/O	13/O	15/O	15/O
14/U	14/U	14/U	14/U	12/U	14/U	14/U
12/U	12/U	12/U	12/U		12/U	12/U
10/U	10/U	10/U	10/U		10/U	10/U
8/U	8/U	8/U	8/U		8/U	8/U
6/U	6/U		6/U		6/U	6/U

~ Cash Prizes for all placings in OPEN sections 12/U, 14/U, 15/O, 21/O ~

RESTRICTED SECTIONS

(for those who have placed 1st in a specially restricted section at any competition in that chosen style)

CLASSICAL	DEMI CHARACTER/VARIATION	JAZZ	CONTEMPORARY	LYRICAL		
15/U	15/U	15/U	15/U	15/U		
13/U	13/U	13/U	13/U	13/U		
11/U	11/U	11/U	11/U	11/U		
9/U	9/U	9/U	9/U	9/U		
7/U	7/U	7/U	7/U	7/U		
SLOW TAP	SPEED TAP	WALTZ TAP				
15/U	15/U	15/U				
13/U	13/U	13/U				
11/U	11/U	11/U				
9/U	9/U	9/U				
7/U	7/U	7/U				



ABERMAIN EISTEDDFOD SOLOS SYLLABUS 2026

SPECIALLY RESTRICTED SECTIONS

(for those who have never placed 1st in any section of that style at any competition)
Ideal for first time competitors and those new to the Eisteddfod circuit

CLASSICAL	DEMI CHARACTER/VARIATION	JAZZ	CONTEMPORARY	LYRICAL	MUSICAL THEATRE BROADWAY JAZZ	
13/O	13/O	13/O	13/O	13/O	13/O	
12/U	12/U	12/U	12/U	12/U	12/U	
10/U	10/U	10/U	10/U	10/U	10/U	
8/U	8/U	8/U	8/U	8/U	8/U	
6/U	6/U	6/U	6/U	6/U	6/U	
SLOW TAP	SPEED TAP	WALTZ TAP				
13/O	13/O	13/O				
12/U	12/U	12/U				
10/U	10/U	10/U				
8/U	8/U	8/U				
6/U	6/U	6/U				

BABIES

5/U	TAP LYRICAL JAZZ BALLET	Multiple entries accepted. Sections may be combined depending on entries					

IMPROVISATIONS

CLASSICAL	CONTEMPORARY	JAZZ	LYRICAL	TAP		
15/O	15/O	15/O	15/O	15/O		
14/U	14/U	14/U	14/U	14/U		
12/U	12/U	12/U	12/U	12/U		
10/U	10/U	10/U	10/U	10/U		
8/U	8/U	8/U	8/U	8/U		
6/U	6/U	6/U	6/U	6/U		

INCLUSIVE SECTION FOR DANCERS WITH INDIVIDUAL NEEDS

Multiple Entries accepted

13/O	12/U	Any Genre, Any Style - This section is free to enter					

DUOS/TRIOS/QUARTETS

Any Genre / Any Style - Multiple Entries accepted

6/U	8/U	10/U	12/U	14/U	15/O	21/O



ABERMAIN EISTEDDFOD SOLOS SYLLABUS 2026

CHAMPIONSHIPS

CHAMPIONSHIPS		
BALLET	15/O	Two Routines - One Classical & One Demi-Character/Variation NO REPEATS (except for 6/u) <i>(To qualify - you must compete in the Open Classical or Demi-Character plus 1 other Open section – can be an impro or Variety)</i>
	14/U	
	12/U	
	10/U	
	8/U	
	6/U	
CONTEMPORARY	15/O	One Routine NO REPEATS (except for 6/U) <i>(To qualify - you must compete in the Open Contemporary section plus 1 other Open section – can be an impro or Variety)</i>
	14/U	
	12/U	
	10/U	
	8/U	
	6/U	
JAZZ	15/O	One Routine NO REPEATS (except for 6/u) <i>(To qualify - you must compete in the Open Jazz section plus 1 other Open section – can be an impro or Variety)</i>
	14/U	
	12/U	
	10/U	
	8/U	
	6/U	
LYRICAL	15/O	One Routine NO REPEATS (except for 6/u) <i>(To qualify - you must compete in the Open Lyrical section plus 1 other Open section – can be an impro or Variety)</i>
	14/U	
	12/U	
	10/U	
	8/U	
	6/U	
TAP	15/O	Two Routines – One Slow Tap & One Speed Tap NO REPEATS (except for 6/u) <i>(To qualify - you must compete in 2 sections of the same genre – can include Tap Impro)</i>
	14/U	
	12/U	
	10/U	
	8/U	
	6/U	One Routine – Slow OR Speed Tap (Repeats allowed) <i>(To qualify – you must compete in Open Tap plus 1 other Open section)</i>
ADULT	21/O	One Routine – Any Genre NO REPEATS <i>(To qualify you must compete in 2 Open Sections)</i>