



Rock Olympics ²⁰²⁶

RACE AGAINST YOURSELF!

**DANCE • BALLET
CONTEMPORARY DANCE**

*Individual
Competition Guide*

Individual Competition Guide

DANCE

Procedures:

Semi-Final

Competition: **Saturday, 9 May 2026**

Venue: **Gave Stage, Grand Metropolitan Bekasi**

Final

Competition: **Saturday, 23 May 2026**

Venue: **GF Atrium, Gajah Mada Plaza**

<i>Event</i>	<i>Age Category (On The Day Of The Event)</i>
Dance Individual Kids	4-7 yrs (4 yrs – 7 yrs 365 days)
Dance Individual Tween	8-11 yrs (8 yrs – 11 yrs 365 days)
Dance Individual Teen	12-18 yrs (12 yrs – 18 yrs 365 days)

1. Candidate must perform dance routine according to their age as per date of the final 23 May 2026.
2. Age Limits: Participants should follow their proper age as at per date of the final. Age will be checked during registration process. RSA has right to disqualify any participant that registered under the wrong age category.
3. Candidate must perform choreography shown on the video (see RSA video link).
4. Dance routine will not be learnt in the regular classes. Candidates should learn routines in private classes with RSA Dance Teacher.
5. In addition, the top 4 performers will have an additional competition in the form of Battle Dance, to determine the winners (1, 2, 3). This system is not learning a choreography, but a freestyle dance in which 2 dancers will face each other 1 on 1 by showing off their dance skills through dance freestyle movements.
6. In Dance Battle judging system is Knock-Out. It means the judges will directly choose the best dancer by pointing the winner in the battleground.
7. Judges have right:
 - Not to award all the prizes.
 - To share prize among performers.
 - All judges' scores are **final** and **unchangeable**.

The skills that will be evaluated during the Dance Individual Competition Are:

Technique

Expression

Musicality

Individual Competition Guide

DANCE

Costumes & Routines:

Dance Individual (4-7 yrs)

Gold & Silver Theme – Wear costumes with glitter, sequins, metallic fabrics, or anything that sparkles and catches the spotlight. Shine bright on stage!



Tutorial Video ▶

<https://youtu.be/bP16Fd-mezU>

Dance Individual (8-11 yrs)

Rainbow Theme – Your outfit should feature a vibrant combination of rainbow colors. Get creative with bold, eye-catching styles that stand out. Bring the color!



Tutorial Video ▶

<https://youtu.be/J4KCESkQAc0>

Dance Individual (12+ yrs)

Dark Theme – Your outfit should be primarily black and silver. Get creative with edgy, dramatic details and sleek, striking designs. Embrace the power of the night!



Tutorial Video ▶

<https://youtu.be/Sev4A7AjByg>

Individual Competition Guide

BALLET

Procedures:

Final Competition: **Saturday, 16 May 2026**
 Venue: **Fashion Atrium, Kota Kasablanka Mall**
 System: **Point Based**
 Students who are fit the age qualification for this category may register

Event	Age Category (On The Day Of The Event)
Ballet Individual 5-7 yrs	5-7 yrs (5 yrs – 7 yrs 365 days)
Ballet Individual 8-10 yrs	8-10 yrs (8 yrs – 10 yrs 365 days)
Ballet Individual 11-18 yrs (Soft Shoes)	11-18 yrs (11 yrs – 18 yrs 365 days)
Ballet Individual 11-12 yrs (Pointe Shoes)	11-12 yrs (11 yrs – 12 yrs 365 days)
Ballet Individual 13-18 yrs (Pointe Shoes)	13-18 yrs (13 yrs – 18 yrs 365 days)

1. Candidate must perform dance routine according to their age as per date of the final.
2. Age Limits: Participants should follow their proper age as of 16 May 2026. Age will be checked during registration process. RSA may disqualify any participant that registered under the wrong age category.
3. Candidate must perform choreography according to the video provided (see RSA video link).
4. Variation will not be learnt in the regular classes. Candidates should learn routines in private classes with RSA Ballet Teacher.
5. Major alteration to original choreography will cost point deduction.
6. Pointe shoes are only allowed for 11+ yrs *Pointe Shoes* category.
7. Judges have right:
 - Not to award all the prizes.
 - To share prize among performers.
 - All judges' scores are **final** and **unchangeable**.

The skills that will be evaluated during the Ballet Individual Competition Are:

Technique

Expression

Musicality

Individual Competition Guide

BALLET

Costumes & Routines:

Ballet Individual (5-7 yrs)



*Bunny
Variation*

Tutorial Video ▶

<https://youtu.be/CSgslJOYdwY>

Ballet Individual (8-10 yrs)



*Asian Doll
Variation*

Tutorial Video ▶

<https://youtu.be/7mXiGxc9hBk>

Ballet Individual Soft Shoes Girls (11+ yrs)
Girls



*Fairydoll
Variation*

Tutorial Video ▶

<https://youtu.be/JnwwGAMFyG4>

Ballet Individual Soft Shoes Boys (11+ yrs)
Boys



*Drummer Boy
Variation*

Tutorial Video ▶

<https://youtu.be/6mEVfjE-XjU>

Ballet Individual Pointe Shoes (11-12 yrs)



*3rd Shades
Variation*

Tutorial Video ▶

<https://youtu.be/5vR9qegorV8>

Ballet Individual Pointe Shoes (13+ yrs)



*2nd Shades
Variation*

Tutorial Video ▶

<https://youtu.be/VZmWN1qLidw>

Individual Competition Guide

CONTEMPORARY DANCE

Procedures:

Final

Competition: **Sunday, 17 May 2026**

Venue: **Fashion Atrium, Kota Kasablanka Mall**

<i>Event</i>	<i>Age Category (On The Day Of The Event)</i>
Contemporary Dance Individual 6-7 yrs	6-7 yrs (6 yrs – 7 yrs 365 days)
Contemporary Dance Individual 8-10 yrs	8-10 yrs (8 yrs – 10 yrs 365 days)
Contemporary Dance Individual 11+ yrs	11-18 yrs (11 yrs – 18 yrs 365 days)

1. Candidate must perform dance routine according to their age as per date of the final.
2. Age Limits: Participants should follow their proper age as of 17 May 2026. Age will be checked during registration process. RSA may disqualify any participant that registered under the wrong age category.
3. Candidate must perform choreography according to the video provided (see RSA video link).
4. Variation will not be learnt in the regular classes. Candidates should learn routines in private classes with RSA Contemporary Dance Teacher.
5. Judges have right:
 - Not to award all the prizes.
 - To share prize among performers.
 - All judges' scores are **final** and **unchangeable**.

The skills that will be evaluated during the Contemporary Dance Individual Competition Are:

Technique

Expression

Musicality

Individual Competition Guide

CONTEMPORARY DANCE

Costumes & Routines:

Contemporary Dance Solo (6-7 yrs)



*Breeze
Solo*

Tutorial Video ▶

<https://youtu.be/8p42wz1kmeU>

Contemporary Dance Solo (8-10 yrs)



*Golden Hour
Solo*

Tutorial Video ▶

<https://youtu.be/Mt0JNEFsrtc>

Contemporary Dance Solo (11+ yrs)



*River
Solo*

Tutorial Video ▶

<https://youtu.be/mxgKD3VAESI>

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