



ISA

Dance
Competition



Open to all ages

Final: Thursday 5 February 2026
Bedford Greenacre Independent School
MK41 7FZ

DEADLINE

Thursday 27 November 2025

Competition open to ISA Members' schools only
Visit the ISA website for more information

isaschools.org.uk | isaarts@isaschools.org.uk

ISA
ARTS

Beyond artistic and expressive skills, dance allows students to develop social skills such as autonomy and initiative, collaborative work, perseverance and self-motivation which are all very important to learning. Open to KS2, KS3 and KS4/5 pupils.

Eligibility

Only schools whose Head is a Member with ISA are eligible to enter ISA competitions. Any pupils competing must be on the main school's admissions register, on the date of the event.

Solo or group performances are all permitted. A student may participate in only one solo entry but can be part of multiple group entries. The maximum number of entries is four per year group. Our year groups are based on the UK national curriculum, for more information and to check the correct year group for your students see [here](#). Please ensure you enter pupils according to the UK system, even if your own school's age group system differs.

At ISA, we are committed to making our opportunities accessible, we welcome applications from all pupils, including those with learning difficulties or disabilities. If your pupil(s), those with an EHCP or on the school's SEND register, are working at a level that differs from their age group's key stage, or if your school or student focuses on development and skills rather than year groups, please contact us.

Alternative formats of these guidelines are available on request. Please notify us at the earliest opportunity so we can provide the document accordingly, if required.

Year Groups

Schools may enter a maximum of four entries per age category.

Groups with mixed ages must be entered into the age category of the oldest pupil.

Limited number of 15 pupils per group. (Please note that some year groups might be combined for the judging process).

- Year 3
- Year 4
- Year 5
- Year 6
- Year 7
- Year 8
- Year 9
- Year 10
- Year 11
- Year 12
- Year 13

Competition Format

1. Online Qualification Round

The first stage of this competition consists of an online qualification round.

Late cancellations cause considerable inconvenience to the organisers and prevent other schools from taking part. All entries received will be regarded as a definite commitment to attend the final if successful.

2. The Final

Finalists will be invited to **Bedford Greenacre Independent School, MK41 7FZ on Thursday 5 February 2026** for the final. Schools will be asked to email the following information to isaarts@isaschools.org.uk

- Title of piece
- Music in mp3 file
- Length of the performance
- Sign up list (full names of pupils per piece made clear, staff and ETA)
- Number of coaches/minibuses/cars etc expected at the event

Judging Criteria

- Choreography: (Creativity & Musicality, Difficulty, Formation & Transition)
- Technique (Movement, Placement)
- Execution: (Spacing, Synchronisation (if group performance), Timings and Basic Rhythm)
- Impression (Energy, Dynamism, Costume & Music, Communication and Projection)

Rules and General Information

- All dance styles are welcome, including (but not limited to) jazz, tap, ballet, street dance, freestyle, traditional and contemporary.
- Each performance must be a maximum duration of 3 minutes 30 seconds.
- Each student must perform only in their relevant age group they will be in for the duration of the competition.
- Please ensure, before submitting an entry, that you have obtained appropriate permissions from your Head/HoD for pupil and staff absence from school, including appropriate cover for staff and any associated costs.
- Your video must feature the same pupils (and same number of pupils) that will perform in the final, if selected.
- The routine must be the same at the final as the online round.
- For information the dance space for the final is W: 9 metres. D: 4.5 metres, please plan your performances accordingly.

How to enter

Entries must be submitted via the online form on the ISA website [here](#) by **Thursday 27 November** at the latest.

- Schools are invited to record a video of their entry(ies) and submit it/them via the online form on the ISA website, following the guidelines below.
- A working URL link must be given for the video (e.g., to YouTube or Vimeo). ISA won't accept any file to download, WeTransfer links, or broken links.
- Please make sure that your videos are accessible to view by anyone with the link. YouTube videos will need to be unlisted, Vimeo videos will need to be unlisted and age rated, Google Drive will need to be set to 'Anyone with the link' and OneDrive needs to be set with 'share link' to 'anyone'.
- The maximum duration for each entry is three minutes.
- ISA suggests running a competition in-house and submitting your best entries.
- Please note: ISA reserves the right to showcase some of the winning entries on the ISA website and social media and to use them for marketing purposes. The name of the student might also be displayed. Get in touch if you do not wish this information to be shared.

If you have any questions, please contact isaarts@isaschools.org.uk