



Competitions & Championships

Highland Dancing is a competitive sport by nature, so competitions and championships can be a fun and rewarding part of the experience. We encourage dancers to try competitions, but we know that competitive sports aren't for everyone and it is not mandatory to compete.

When Do I Start Competing?

We typically suggest that Primary dancers aged 4-6 begin competing when they know their 16 Pas de Bas and Pas de Bas and High Cuts well to music. For Beginner dancers (aged 7+) we suggest they start competing when they know the Fling and Sword to music with no mistakes. This is a good time to go and try out a local competition and see what it is all about!

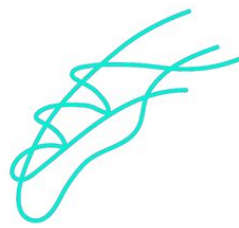
To compete, you will first need a ScotDance Card (SOBHD Card). These cards renew annually, and we reach out to families to send in our cards as a whole dance studio in December each year. The cost for the dance card is approximately \$25.00.

Dancers will also need a kilt or kiltie outfit, and proper ghillies, to begin competing. A lot of the time, there are wonderful second hand outfits available within the dance school, the Calgary dance community, or online for a fraction of the price. A new outfit typically costs between \$400-\$550 for Pre-Premier dancers.

Reach out to your dance teacher if competitions are something your dancer is interested in. We are happy to facilitate getting your dancer ready for a competition!

How Do I Progress In Competitions

A dancer may only dance in Primary until they are 7 years old. Once they are 7, a dancer **must** dance in Beginner. At competitions in Beginner, Novice and Intermediate, dancers receive "stamps" on their dance card depending on how you place at the competition. In order to progress to the next level, you need 6 stamps. Each level has a slightly different requirement for a stamp.



Gillie Callum

Highland Dancers

Level	What you get a Stamp for
Beginner	Fling - 1st, 2nd, 3rd Sword - 1st, 2nd, 3rd ST - 1st, 2nd, 3rd Reel - 1st, 2nd, 3rd
Novice	All dances - 1st, 2nd, 3rd
Intermediate	All dances - 1st, 2nd, 3rd
Premier	N/A

Dancers remain at their level for the time it takes them to get 6 stamps, or 1 calendar year - whichever takes longer. Once a dancer has gone "up" to the next category, they may not go back down to the previous category. Once a dancer gets to Premier, they remain in Premier.

Championships

Championships are for very competitive Premier dancers - think elite level dancers! These are dancers who are dancing 2hrs every week in class, and in January add a private lesson once a week, a Championship class on weekends and are practicing on their own inbetween. These dancers take it very seriously!

Every year in August, a panel of judges selects different steps for the Fling, Sword, ST and Reel (Championship dances) and those are the steps that dancers are required to dance the following calendar year. There are different age categories for Championships then you may see at other competitions:

- 7-11 Years
- 12-13 Years
- 14-15 Years
- 16-17 Years
- 18-20 Years
- 21 Years & Over ** numbers permitting

All dancers compete in these age categories, dancing the set steps, in front of a 3 person judges panel. These results are scrutineered, and then the awards are presented.