

FOLLOW YOUR DREAMS
SEASON
2025

follow your
dreams
competitions

www.fydentry.com



FOLLOW YOUR DREAMS

SEASON 2025

CELEBRATING 30 YEARS



follow your
dreams
competitions

www.fydentry.com

March 8 – 9 • Traralgon • VIC

March 29 – 30 • Perth • WA

April 5 – 6 • Echuca • VIC

April 11 – 12 • Adelaide 1 • SA

May 2 – 4 • Tauranga • NZ

May 17 – 18 • Melbourne 1 Junior • VIC

May 24 – May 25 • Adelaide 2 • SA

May 31 – June 1 • Melbourne 1 Senior • VIC

May 31 – June 1 • Ulverstone • TAS

June 14 – 15 • Mt Gambier • SA

June 14 – 15 • Gold Coast • QLD

June 21 – 22 • Canberra 1 • ACT

June 21 – 22 • Wollongong Troupes • NSW

June 28 – 29 • Wodonga • VIC

July 11 – 13 • Melbourne 2 • VIC

July 19 – 20 • Ulladulla • NSW

July 26 – 27 • Wagga Wagga Temora • NSW

August 2 – 3 • Lismore • NSW

August 15 – 17 • Perth 2 • WA

August 16 – 17 • Melbourne 3 Troupes • VIC

August 22 – 24 • Adelaide 3 • SA

August 23 – 24 • Wollongong Solos • NSW

September 13 – 14 • Canberra 2 • ACT

September 13 – 14 • Auckland • NZ

September 20 – 21 • Darwin • NT

September 27 – 28 • Mackay • QLD

October 4 – 5 • Canberra 3 • ACT

October 6 – 8 • Launceston • TAS

October 18 – 19 • Melbourne 4 Junior • VIC

October 25 – 26 • Melbourne 4 Senior • VIC

TBA: Newcastle • NSW



WELCOME TO FOLLOW YOUR DREAMS

From humble beginnings in 1995 with one regional a year attended by 2 or 3 schools we now sell out regional competitions within hours. Over the years Kylie and her family have expanded Follow Your Dreams into one of Australia's largest and most popular national dance competitions around. We have a reputation for being professional, on time, and friendly for dancers of all ages and abilities.

MISSION STATEMENT

Follow Your Dreams will provide young children, teens and young adults everywhere with the opportunity for personal growth, increased self-esteem and character building, through a positive, professional dance competition experience.

WHY FOLLOW YOUR DREAM COMPETITIONS?

Trophies for 1st, 2nd, and 3rd places, plus 4th in large section of more than 10.

Awards presented live on stage with feedback from the judge at the end of each section.

Every competitor receives an award in every section, no one is left out.

Voice critiques from our experienced judges available right after the section.

Free downloadable program at regional events.

No door fees for audience members - free entry for everyone to watch!

Friendly and encouraging environment

Bringing a fresh approach to dance competitions in the UK.

Studio owners can reserve space for regional entries - email support@fydentry.com



FOLLOW YOUR DREAMS DIRECTOR

KYLIE DREW

Kylie's journey in the dance world began at the tender age of four, where she immersed herself in a variety of styles, including jazz, classical ballet, tap, musical theatre, and contemporary. Her passion and dedication saw her excel in training, assist in classes, and complete rigorous exams in CSTD, TAAD, and ADV across all levels. By 19, Kylie had achieved her teaching diplomas, and just a year later, she realised her dream of opening her own dance studio.

Under her guidance, the studio blossomed, at one point welcoming over 500 students. Kylie's vision brought together classes in all styles, exam preparation, and award-winning competition teams. Balancing her studio, she also pursued a teaching career and launched Follow Your Dreams (FYD) dance competitions, which soon became a nationwide phenomenon.

Even while managing a bustling studio, starting a family, and navigating married life, Kylie's drive led her back to university, where she earned Honours in Early Childhood Education. Ultimately, she decided to focus exclusively on FYD, which proved to be a pivotal moment. Within a year, the business tripled in size, allowing her husband, Peter, to join the team full-time. With his technical expertise, FYD introduced innovative systems, such as online entries and voice critiques, elevating the competition experience.

Today, FYD is one of the premier dance competitions across Australia and New Zealand, known for its family-run approach and unwavering commitment to excellence. In 2018, FYD expanded to the UK, bringing its unique blend of professionalism and heart to dancers and families abroad.

Kylie's energy, ambition, and gratitude fuel her success. She often reflects on her journey with a laugh, saying, "It's taken 30 years to become an overnight success!" Her greatest joy comes from the connections she forms with the FYD community, helping dancers and their families create cherished memories.

"I'm deeply honoured to be part of your child's dance journey. I can't wait to meet new FYD families and dancers as we head into our 30th year."



AGE GROUPS

Junior: 5 years & under, 7 years & under, 9 years & under, 11 years & under

Senior: 13 years & under, 15 years & under, Open (16 years & over), Adult (21 years & over), Masters (30 years & over)

Dancers age is set as of January 1st each year. Our online entry system will automatically calculate dancers' correct age group based on the date of birth listed when entering.

DANCE STYLES & DEFINITIONS

Jazz	Ballet / Classical	Tap (any style)	Acro
Jazz No Tricks	Character	Speed Tap	Funk / Hip Hop
Broadway Jazz / Musical Comedy	Neo	Slow Tap	Open (any style)
Lyrical	Song & Dance	Waltz Tap	Vocal (Any Style)
Lyrical No Tricks	Song & Tap	Latin Tap	Commercial Heels
Contemporary	Own Choreography	Dancers With Special Needs	

Broadway Jazz / Musical Comedy is a routine using a song from a musical or movie.

Jazz and Lyrical No Tricks solo sections: No Acro tumbling skills or transitions. This includes cartwheels, handstands, aerials, walkovers, forward and backward rolls, or any move where a dancer's legs go over the top of their head (inverted manoeuvres). Permitted moves: a mount, spilt or leap of any kind.

A two-point deduction will be applied for any "tricks" included in a routine in a No Tricks section.

SOLOS



Song & Dance and Song & Tap routines should have near equal song and dance/tap content.

A hand-held microphone will be available for performers in Vocal sections. Microphones may not be used in Song & Dance or Song & Tap sections.

Own Choreography competitors can wear their own costume. Same time limits apply as other age sections.

SOLO TIME LIMITS

Junior solos (5/U, 7/U, 9/U, 11/U) - 2.5 mins max

Senior solos (13/U, 15/U, Open, Adult, Masters) - 3 mins max

Song and Dance solos (all ages) - 3 mins max

A two-point deduction will be applied to routines that run over time limit.

AWARDS

After all solo sections for an age group have been completed, a Top 5 of highest scoring soloists will be announced and presented with a certificate on stage. The overall highest scoring soloist will also be announced and presented with a trophy. These announcements will take place in the same presentation as the Champion Dancer results for that age group. Additional judges awards may also be presented.

Solo entries are \$59 each + \$47 registration. Registration is paid once per dancer per competition. Dancers appearing in a single solo routine only receive a discounted registration rate of \$25

**Prices valid as of January 2025 and subject to change. Please see 'Rules' section of this document for new fees applicable to 2025 season.*



ELIGIBILITY

CHAMPION DANCER

Dancers who enter and compete in at least three solo sections are eligible to enter the Champion dancer section, with prizes including a trophy, sash, and tiara.

ROUTINE SELECTION

Champion Dancer entrants can choose the routine they perform in this section. Routines can be any dance style and can be a repeated dance or something not already performed in the competition. Entrants are able to select their routine on the day of the competition. Time limits are the same as regular solo sections each age group.

Age groups may be combined at regional competitions depending on the number of entries received.

Champion Dancer entries are \$70 and must be entered prior to entries closing in advance of the competition.

**Prices valid as of November 2024 and subject to change. Please see 'Rules' section of this document for new fees applicable to 2025 season.*





DUOS & TRIOS

AGE GROUPS

Junior: 7 years & under, 9 years & under, 12 years & under

Senior: 14 years & under, Open (16 years & over), Adult (21 years & over), Masters (30 years & over)

DANCE STYLES

Jazz

Broadway Jazz

Tap

Song & Dance

Song & Tap

Dancers With Special Needs

Classical

Neo Classical

Character

Lyrical

Contemporary

Funk/Hip Hop

Acro

Open (Any Style)

Own Choreography

Parent and Me (any style)

DUO & TRIO TIME LIMITS

All Duos and Trios have a time limit of 3 minutes. Age is taken from the oldest competitor.

A two-point deduction will occur if a dance runs over time.

Duo & Trio entries are \$70 per routine (please note change to this fee structure in 2024). Each duo or trio only needs to be entered once per item in one fydentry.com account. Registration is paid once per dancer per competition.

**Prices valid as of January 2025 and subject to change. Please see 'Rules' section of this document for new fees applicable to 2025 season.*



AGE GROUPS

Junior: 5 years & under, 7 years & under, 9 years & under, 12 years & under

Senior: 14 years & under, 16 years & under, Open (17 years & over), Adult (21 years & over), Masters (30 years & over)

Small groups have 4 - 8 dancers, and large groups have 9 or more dancers

Troupes are automatically allocated to an age group based on the AVERAGE age of the troupe, calculated by the dancers listed in each group when entered online and their dates of birth.

The final age group will not be more than one age group below that of the oldest dancer in the troupe. For example: if 3 dancers are 11, one is 14, and one is 17 the average age is 12.8, However they must compete in 16/U and not 13/U due to the 17 year old dancer.

DANCE STYLES

Jazz

Broadway Jazz/Musical Comedy

Tap

Dancers With Special Needs

Lyrical

Classical

Neo Classical

Contemporary

Acro

Funk/Hip Hop

Song & Dance

Song & Tap

Open

TROUPES

All Troupes have a time limit of 4 minutes. A two-point deduction will occur if a dance runs over time.

All Troupes are \$10 per person per dance. No registration fee is payable for troupe-only dancers.

**Prices valid as of January 2025 and subject to change. Please see 'Rules' section of this document for new fees applicable to 2025 season.*



REGIONAL COMPETITION RULES

By entering any Follow Your Dreams Competition you agree to all rules stated including time limits, age groups, and section eligibility, as outlined on FYD sites and as put forth by FYD Management.

All entries must be done legally and honestly and hereby release all directors, officers or representatives from any claims for damages or injuries sustained while participating in any activity related to this competition.

By entering any Follow Your Dreams competitions you agree that all rules are final and that our team/staff will not engage in any correspondence with a parent/teacher/participant once a rule is broken to have this rule overturned or opened for discussion.

All rules are the same at each regional competition, this includes issues with music.

RULE UPDATES EFFECTIVE AS OF 2025 SEASON

Additional fees and charges will apply for administrative support where deadlines are not adhered to:

Music uploaded and assigned in fydentry.com account *after* deadline set in release of running sheet: \$5 per item (does not include Champion Dancer)

Music not uploaded or assigned in correct fydentry.com account, handed in to MC on day of competition: \$10 (does not include use of back-up in case of technical issues)

Adjustments to entries, if made possible by FYD administration (factoring in availability of awards and timing of competition) *after* release of running sheet: \$10 per change

First Aid: All entrants and/or their studio owners or teachers are responsible for providing their own first aid supplies, such as ice packs. Follow Your Dreams Competitions cannot guarantee availability of first aid supplies from FYD team or venue.

Copyright: All copyright laws and associated regulations must be strictly followed at all times. Studios and dancers are responsible for understanding and fulfilling their copyright obligations. Follow Your Dreams Competitions is not liable for any individual breaches of copyright, and dancers must ensure royalty payments are paid if applicable.

ENTRIES

Follow Your Dreams has a reputation for being relaxed, friendly, welcoming, and inclusive. We welcome new schools and individuals who embrace this ideal.

Entry to the competitions is subject to you agreeing to all the rules and conditions listed herein. If you request entries or changes made by our administration team you also agree to the rules and conditions.

Entries must be placed and managed through an fydentry.com account. The owner of the account is responsible for all communication regarding to entries and their payment.

The names and correct dates of birth for all competitors in solos, duo/trios, and troupes must be entered via an fydentry.com account so that age groups can be calculated.

Dancers may enter as part of a school or studio, or as independent competitors.

Dancers may be entered in up to five solos per regional event, plus Champion Dancer.

Dancers must be entered in and appear in at least three solos sections to be eligible to enter Champion Dancer.

It is the responsibility of competitors, or their parent/guardian or teacher entering them, to ensure information including date of birth is correct, and correct sections are entered to suit routines.

Full payment must be received for entries to be confirmed and included in the competition schedule.

By entering any FYD event, competitors agree to appear in photos or videos on FYD social media channels, unless specifically requested otherwise.

AGE GROUPS

FYD Competitions are open to all dancers of any age.

Competitors' age groups are calculated based on their age on 1st January of the year (i.e. a competitor's age will be measured as the same age for all competitors born in the same year) and remain the same for the entire season, including National Finals which may be held in the following calendar year.

Competitors must be prepared to produce a Certificate of Birth if requested by FYD management.

Teachers may dance in Open, Adult and Masters age sections, as per their age.

Competitors or their representatives may request to be moved up one age group in solos, duo/trios, and/or troupes. Requests for change of age group will be assessed by FYD Management. This option is not available for transfer into Adult and Masters age groups.

Competitors may dance in one age group for each regional only - all solos must be in that age group including Champion Dancer for that regional.

FYD reserves the right, if there are insufficient entries in any sections, to join sections with next age group of same section.

Troupe age group is calculated automatically as the average age of all competitors listed in that group in the fydentry.com account where they are entered, and no more than one age group below that of the eldest dancer/s. (i.e. a troupe with an average age fitting into the 12/U age group but with a 16 year old dancer could not be entered in an age group any lower than 14/U)

It is the account owner's responsibility to ensure the correct group members are listed for each troupe with correct dates of birth.

SCHEDULE

All competitors enter competitions on the understanding that they may be scheduled to compete on any of the advertised date. FYD does not accept scheduling requests.

Final schedule of specific age groups or sections is dependant on final number of entries once entries are finalised.

A competition running sheet with an overview of times for each age groups and section will be released approximately 10 days prior to the start of the competition.

Once the running sheet is released, regardless of date, all entries are considered final and no changes or additions will be accepted, including changes from regular to 'No Tricks' options in Jazz or Lyrical.

FYD reserves the right to alter or amend the schedule or order of appearance within a section at any time.

FYD Competitions are entitled to run up to 1 hour ahead of the scheduled time. It is the responsibility of competitors or their supervisors to ensure they are aware of and ready for their performance time. FYD accepts no responsibility for missed performances or events.

AWARDS, PLACINGS & RESULTS

Any competitor who receives a score of 86 or higher qualifies for FYD Nationals. Competitors who qualify as soloists may enter solos, duo/trios, or troupes at Nationals. Competitors who qualify in a duo or trio may also enter troupes at Nationals. Troupe members who only qualify in a troupe may only enter troupes at Nationals.

In all sections, prizes will be awarded according to the decision of the adjudicator, who may not necessarily award any or all placings. FYD uses a National scoring system, with minimum points required for placings.

All decisions of the adjudicator must be accepted as final subject to clause, what is announced on stage is what stands.

Communication with the adjudicator is strictly prohibited. Follow Your Dreams Competitions reserves the right to disqualify any person from the competition, being dancers, teachers or other interested parties, from communication with the judge.

Highest Points Award for each age group is given based on the scores given to each solo, not accumulated per dance. Highest Points awards may not be presented if there is only one competitor in a particular age group.

COSTUMES & STAGE ATTIRE

Costumes must be age-appropriate and suitable for performances in a family-friendly environment.

Tights must be worn with every costume where the costume is a shorter than boy-leg, including leotards, briefs, shorts, or tutus.

Knee pads must be worn if any drop to the knee occurs (this does not include kneeling or rolling on knees), for dancer's health and safety.

Appropriate footwear must be worn for Tap, Classical and Character (including pointe or demi pointe), and Commercial Heels sections. Unless specifically required for character or costume reasons, dancers should wear two shoes or half-soles, or bare feet.

Costume and grooming is considered in scoring. Points may be deducted if attire is inappropriate.

Any feathers, hair pins, sequins, diamantés, beads, or other parts of costumes or hair styling left on the stage after an item must immediately be cleared by the competitor or a person representing them.

ROUTINE CONTENT

Only one person may be on stage at any time during a solo while music is playing.

Duos (two people) and trios (three people) will compete in the same section.

A troupe is to consist of no less than 4 members.

Music and dance styles must be suitable for a family audience no suicide or death themes (exceptions may be made in Character sections, if appropriate to the story). Cultural sensitivity should be shown in routine content. Explicit graphic content is not permitted under any circumstances. If you are unsure please email us for clarification.

The director reserves the right to disqualify any competitor or group whose item is deemed unsuitable.

FYD endeavours to uphold true dance in its art form. Acro skills will not gain extra technical points except in an Acro solo. All Acro skills are done at a competitor's own risk.

Acro skills may be included in all styles of dance except the Jazz (No Tricks) and Lyrical (No Tricks) solo sections. Any skill where a dancer's feet go over the top of their head is considered a 'trick' (including cartwheels, aerials, handsprings and flips, and forward and backward rolls).

Competitors perform at own risk. Dancers are to provide their own rosin if required (especially in Classical sections). FYD does not provide rosin.

FYD does not enter into discussions regarding ownership of choreography by individual competitors, teachers, or studios. Plagiarism of choreography is not in the spirit of FYD competitions.

Props may be used. It is the responsibility of competitors, or their parents, teachers, or other representatives to move props onto and off stage if required, in a timely manner.

Props may be stored in dressing rooms or side stage if there is sufficient space, and must not be a hazard to other attendees. Large props must be kept outside if no suitable space is available inside.

Any materials left on the stage after a performance must be immediately cleared by competitors, their teacher, or other representative. Items which leave the stage in an unclean or unsafe state may be given a points penalty.

MUSIC

Music files are to be uploaded to the fydentry.com account where entries are managed and assigned to the relevant entry, at least 5 days prior to the start of the competition. It is the account owner's responsibility to ensure music is correctly uploaded and assigned. FYD suggests clicking on music links to check they play.

Music files previously used at other events will remain in each account's Music Library, and can be re-assigned for future events.

Changes to music made less than 48 hours before the start of the competition may not update. Please check with the competition MC on the day to be sure.

Champion Dancer competitors may choose to not assign music to their entry in this section if they would prefer to choose a routine on the day. If a routine from earlier in the competition is selected, that music can be played. Competitors considering a different routine should upload and assign the music in the Champion Dancer section so it is available, even if there is a change of mind on the day.

Music files not assigned to an entry for a particular competition will not be available to play at that competition.

FYD recommends bringing all music on a USB as a back-up during the competition. Music can be played from a phone or laptop in an emergency situation. iPhone and iPad users use provide their own adapter for an AUX (3.5mm) connection.

COMMUNICATION

FYD can only accept requests for additions, cancellations, or changes to entries or any other information from the named holder of the account, or with their express permission.

Refunds, credits, or transfers can only be issued to the fydentry.com account where entries were initially placed.

Account holders (including studio owners) who place and manage entries for other dancers are responsible for communicating any and all information relevant to those entries, collecting monies and making payment, and distributing refunds where necessary.

Please do not message Kylie Drew or her personal page regarding the competitions. Any enquires can be sent to support@fydentry.com

CANCELLATIONS, REFUNDS, CREDIT TRANSFERS

Competitors are not entitled to any refund of fee or transfer of fees in case of non-appearance in any section whatsoever, change of mind or any other reason. By entering into the competition you agree that we are to provide an event that is a dance competition where you are judged by a judge and given an award if deemed fit.

FYD is not in control of who enters or how many items may appear in particular sections. If you are the only competitor you will be judged against the National scoring system and you must place with a score of 86 to qualify for entry into our National Finals.

Refunds under Consumer Law: There are limited circumstances covered under the Consumer Law where refunds are permitted. These circumstances generally relate to where the services provided are not rendered with due care and skill or in compliance with a specified purpose or provided within a reasonable time. They do not include circumstances where you change your mind or are unable to attend to for any reason. Should your circumstances satisfy those requirements, a refund will be provided.

No refunds will be issued to competitors whose entries were placed by a third party.

COMPETITION ATTENDEES

The use of iPhones and smart devices, phone cameras, and video cameras is strictly prohibited during any session, unless specifically stated by the MC during the event.

No photographs are to be taken in the dressing room - only on the provided media walls.

Mobile phones must be turned off in the theatre. FYD provides an official photographer and video service at most locations. Use of your own camera or video is not permitted. It is a condition of entry that you do not take photos or video in the audience. Failure to comply will result in competitor involved being disqualified.

FYD will not be responsible for music, stage property, or other belongings not claimed on the day or after the performance.

COMPETITOR CHECK-IN

Dancers should check-in with the competition MC side of stage when they have arrived and are ready to appear for their first section. After this, the MC will assume that if competitors have arrived and music is uploaded, they will be appearing in subsequent sections unless specifically advised otherwise.

Dancers who are entering from a side of the stage or beginning in a place where they cannot be seen, or who have any other requirements prior to beginning their routine, should advise the MC when they arrive for that section.

Any non-appearances in any section should be advised to the MC as soon as possible.

Competitors or their representative (teacher or parent) may request the MC adjust the order of appearance of or in any section if needed to accommodate costume changes. Competitors who appear out of order without previous arrangement by the MC may receive a points deduction.

While FYD aims to allow longer changing time wherever possible, the duration of 1 full item or more is considered adequate time for quick costume changes. Dancers should be prepared to adapt costume and hair if needed for quick changes.

ON-STAGE PROCEDURES FOR COMPETITORS

A competitor who commences performing an item and stops is allowed to restart the item, but will receive a critique and no score and be ineligible for placing higher than an Honourable Mention. Dancers who do not restart will be judged on their performance prior to exiting the stage, and may be eligible for placing.

If a competitor is required to restart for a reason determined by the judge or MC to not be the fault of the competitor, they may be eligible for a score and place.

In the event the wrong music is played, a restart may be tolerated, provided the fault is quickly corrected, and the dance has not begun. It is the responsibility of competitors or their parent or teacher to ensure the correct music is available in the FYD music system.

Restarts are not permitted in any Champion Dancer section, except in the case of technical fault by FYD staff, providing the fault is immediately identified and the performance has not properly commenced.

Competitors should remain in their costume for the on-stage announcement of results at the end of each section (unless a quick turnaround between sections requires costume change). Dancers are asked to not wear studio jackets or other casual clothes on stage for presentations where possible. Champion Dancer competitors must be in their costume from that section when the results are announced during their age group's awards presentation.

Competitors will be announced back to the stage in the order they are listed in the program, and should stand in a line in that order in the middle of the stage. When being presented with a ribbon or trophy, dancers should move to the side of the stage where the MC is located and from where awards will be handed out. Once all awards are presented, dancers on stage should all bow towards the judge together before leaving the stage.

Dancers must be present to receive trophies or ribbons at the end of each section, and at the overall awards presentations following the conclusion of their age group for Champion Dancer and Highest Points awards. Trophies, place cards, and Top 5 certificates can only be collected on the day. A representative of the competitor may collect on their behalf if they are not present.

COMPETITOR CODE OF CONDUCT

Treat others as I like to be treated. Be polite, courteous and respectful to other students and other people in the dance environment, regardless of experience ability.

Strive to create a positive environment at all times.

Respect the theatre and change rooms, putting all rubbish into bins and keep the space neat and clean for the safety of myself and others

Encourage everyone and not gossip or criticise others in the competition.

Respect the judges decision as fair on the day and how they saw it at the moment.

PARENT CODE OF CONDUCT

Encourage your children to participate for their own interest and enjoyment, not yours.

Teach children that an honest effort is always as important as a victory. Focus on developing skills, improving, and growing confidence with each performance.

A child learns best by example. Applaud all competitors on the stage. Do not criticise your or others' children in front of others.

Accept decisions of the judges are how they see it on the day.

Respect the rights, dignity and worth of every person.

Show appreciation for competition staff, volunteers and helpers from studios, officials and others involved in the competition.

Keep children in your care in view and teach theatre etiquette (eg. do not enter theatre until stage is clear or music has stopped, remain seated during performances, keep all noise inside theatre to a minimum).

Always respect the use of facilities and leave the theatre and dressing rooms clean and tidy.

FYD TEAM CODE OF CONDUCT

The Director will employ staff with experience, knowledge, and/or qualifications suitable for the safe and effective running of the competition.

Ensure minimum safety and space requirements, including suitable flooring, with a safe surface designed and constructed to minimise risk of injury.

Strive to communicate love of dance.

Demonstrate professional attitudes, including punctuality, reliability and responsible care of competitors.

Encourage and support all competitors.

DRUG & ALCOHOL POLICY

Competitors, parents, studio representatives, volunteers, employees and other people associated with the competition should be aware that:

The possession or consumption of illicit or non-prescribed drugs is not acceptable at any time.

Competitors, parents, studio representatives, volunteers, and employees must not arrive at any FYD site, or represent FYD late any time, impaired by the effects of non-prescribed drugs.

Competitors, parents, studio representatives, volunteers, and employees must not arrive at the competitions, under the influence of any prescribed drug where it could risk injury to any person, including the person using the prescribed drug.

FYD staff must have a blood alcohol content of .00 when arriving at any competition site.

The consumption of alcohol by competitors, parents, studio representatives, volunteers, and employees is prohibited within any FYD site, unless expressly allowed by the Director at an event held in a licensed premises, and then only so long as the alcohol is consumed in a responsible manner as deemed by the Director.

PREVENTION OF BULLYING POLICY STATEMENT

Follow Your Dreams expects that everyone at our competitions shall treat each other with respect and dignity, in an effort to provide an environment that is cohesive and comfortable for all. Specifically, the competition will not tolerate any bullying or harassment. This behaviour can include but is not limited to:

1. Verbal abuse or shouting;
2. Physical abuse;
3. Excluding or isolating a person;
4. Psychological harassment;
5. Humiliating a person through sarcasm, criticism or insults (including bullying through on-line systems);
6. Ignoring or belittling a person's contribution or opinion.

Follow Your Dreams encourages the early reporting of any allegations of bullying or harassment.

Where any persons feel that they are the victim of this behaviour, they should discuss the matter directly with the person/people concerned and request an end to the behaviours.

Should this approach fail or be inappropriate, the victim can raise the matter with the Director, or the competition MC if the Director is not available.

Disciplinary action will be taken against anyone who victimises or retaliates against a person who has made a complaint.

Follow Your Dreams reserves the right to remove a person from an event if their behaviour, or that of any of their family members or associates, is considered to not be in line with FYD values or standards. Entry fees will be forfeit in this instance.

Follow Your Dreams reserves the right to refuse return entry from a studio and any or all of their competitors if the FYD team considers the studio to have not adequately upheld and/or supported the enforcement of anti-bullying standards.