IGNITE DANCE STUDIO

SABOD MODERN & HIP-HOP

14 May 2026

SABOD
SOUTH AFRICAN BODY OF DANCE
GAUTENG PROVINCIAL PERFORMING ARTS COMPETITION

29 - 31 MAY 2026 (Championship & WTC)

VENUE: Roodepoort Theatre, Roodepoort

6 - 7 JUNE 2026 (Novice & Amateur)

VENUE: Pinnacle College, Founders Hill

Good day, parents

Please take note of important information for the Performing Arts competition. It is important to notice that an extra date was added, due to the overwhelming number of entries. We are aware that our mock exams are scheduled for the second weekend, but we will accommodate and work around timeslots for competition dancers. Please see below groups and dances that were entered as Championship, WTC, Novice, Amateur. For new parents – these are sections in which a dancer is entered in to participate at the competition. Novice is for dancers/routines participating in competitions for the first time, with Amateur as the next level and Championship and World trial circuit (WTC) as the highest competitive levels.

1 COMPETITION FEES

Dancer SABOD registration per annum: R300

Solo's: R350

Duo's: R200 per dancer

Groups: R200 per dancer

These fees will be added to accounts. Please ensure full payment before the start of the competition. Dancers will not be allowed to perform without full payment.

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2 DANCES PERFORMING (Please see names given to each item)

CHAMPIONSHIP AND WTC	
GROUPS	
Junior Jazz SG - Cruella Junior Modern Formation – DUNE Senior Jazz SG – Fringe & Fabulous Senior Modern SG – The Method	Adult Jazz SG – Royale Adult Modern SG - HOPE Adult Lyrical SG – Self-Portrait
SOLOS	**DUOS**
Anike Burke – Never let me go	MJ Smit & Clarissa Meyer – Date night Anne-C'mon Joubert & Zuné vd Linde – No ordinary Zoé Ahlers & Elsa Lehmann - Maybe Anike Burke & Lienke le Cock – Let me sign
AMATEUR AND NOVICE	
GROUPS	
Children Jazz SG – On Display	
SOLOS	**DUOS**
Jealise Goosen - Losing you Anastasia Onanov – Already gone Bianca van der Westhuizen -Audacious Annabelle Diedericks - Fabulous Izabel Michau – I want it all	Anastasia Onanov & Rochelle Olivier - Anchor Iva Thirion & Miané Botha – Time Vivian Yuan & Sophia Swart - Somebody to love Jana-Marie van Heerden & Amelie Clark – Volez-Vouz Izabel Michau & Lara Kruse - Rio

3 PROGRAM

We will send the program once we receive it from the organizers.

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4 COSTUMES/ HAIR & MAKE UP

General rules:

- Lipsticks will be provided for groups at the competition. Duos and solos may choose their own lipstick.
- Stage make-up is required for all dancers.
- Fake eyelashes are mandatory (Teachers will be available to assist with application of lashes. Lashes can be purchased at Dis Chem or Clicks).
- Please refer to the costume and hair layout below (point 5).
- Costs for costumes are also indicated per item. These costs will be added to accounts. The amount may be paid over 2 months (May / June)
- Ensure appropriate underwear is worn, if underwear is needed for a specific item.
- Please refer to the make-up example below.

Please note that hire fee is for the entire season, up until the middle of 2027.

5 GROUPS

5.1 Children Jazz SG – ON DISPLAY

Costume & Accessories (all provided by IDS)

- Different Color Dresses
- Matching Ski Pants
- Head Piece
- Necklace & Earrings
- Gloves / Scarfs

Hire Cost: R250 (Dresses & Ski Pants)

Buy Cost: R160 (All Accessories)

- Hair in low slick back side bun, side path (no donut to be used). See example point 9

- Red Lipstick

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5.2 Junior Jazz SG – CRUELLA

Costume & Accessories (all provided by IDS)

- One Piece Unitard
- Red Socks
- X2 Hair Pieces

Hire Cost: R350

- Hair in low slick back bun, middle path (no donut to be used). See example point 9

- White hair piece one side and black hair piece other side

- Red Lipstick

- Dark/Black Smokey Eye Make Up

5.3 Junior Modern Formation – DUNE

Costume (all provided by IDS)

- Leotard & Pants
- Matching Socks

Hire Cost: R350

- Hair in low slick back bun, middle path and no donut to be used. See example point 9

- Nude Lipstick

- Dark/Black/Brown Smokey Eye Make Up

5.4 Senior Jazz SG – FRINGE & FABULOUS

Costume & Accessories (all provided by IDS)

- Fringe Dress
- Diamond Earrings
- Diamond Necklace

Hire Cost: R330

- Hair in low slick back bun, middle path and no donut to be used. See example point 9

- Pink Lipstick to match dress

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5.5 Senior Modern SG – THE METHOD

Costume & Accessories

- Leotard (Provided by IDS)
- Pants (Provided by IDS)
- Black Socks (Provided by Dancer)

Hire Cost: R500

- Hair in low slick back bun, middle path and no donut to be used. See example point 9

- Nude Lipstick

- Dark/Black Smokey Eye Make Up

5.6 Adult Jazz SG – ROYALE

Costume & Accessories

- Glitter Top (Provided by IDS)
- Blue Suit (Provided by IDS)
- Necklace (Provided by IDS)
- Diamond Earrings (Provided by IDS)
- Black Socks (Provided by Dancer)

Female Buy Cost: R605 (Suit)

Male Buy Cost: R618 (Suit)

Female Hire Cost: R150 (Top/Earrings/Necklace)

- Hair in low slick back bun, middle path and no donut to be used. See example point 9

- Dark/Black Smokey Eye Make Up with hint of silver

5.7 Adult Lyrical SG – SELF-PORTRAIT

Costume & Accessories (all provided by IDS)

- Dress & Ski Pants
- Diamond Necklace

Hire Cost: R330

- Hair in low slick back bun, middle path (no donut to be used). See example point 9

- Normal stage make up. See example point 8

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5.8 Adult Modern SG – HOPE

Costume & Accessories (dancers already have)

- White long sleeve shirt
- Top
- Pants

Cost: n/a

- Hair in low slick back bun, middle path (no donut to be used). See example point 9

- Stage Make up. See example point 8

6 DUO'S

6.1 MJ & Clarissa – DATE NIGHT

- Clarissa Top, Pants & Shoes (Provided by IDS)
- Clarissa black Stockings (Provided by dancer)
- MJ Shoes / Pants / Shirt (Provided by dancer)

Hire Cost Clarissa: R80

- Hair in low slick back bun, middle path (no donut to be used). See example point 9

- Black/Silver Dark eye make-up, red Lipstick

6.2 Anne-C'mon & Zuné – NO ORDINARY

- Dress / Top / Ski pants / Socks (Provided by IDS)

Hire Cost: R 250

- Hair in low slick back bun, middle path (no donut to be used). See example point 9

- Stage make up. See example point 8

6.3 Elsa & Zoé – MAYBE

- Dress (Provided by dancer)

Hire Cost: n/a

- Dancers to decide on own hair and make up

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6.4 Anike & Lienke – LET ME SIGN

- Leotard & Top (Provided by IDS)
- Navy Blue Socks (Provided by dancers)

Hire Cost: R200

- Hair in low slick back bun, middle path and no donut to be used. See Example point 9

- Stage Make Up. See example point 8

6.5 Rochelle & Anastasia – ANCHOR

- Dress & Ski Pants (Provided by IDS)

Hire Cost: R250

- Hair in low slick back Ponytail, middle path. See Example point 9

- Stage Make Up. See example point 8

6.6 Iva & Miané – TIME

- Leotard & Socks (Provided by IDS)

Hire Cost: R200

- Hair in low slick back bun, middle path (no donut to be used). See example point 9

- Stage make up. See example point 8

6.7 Vivian & Sophia – SOMEBODY TO LOVE

- Leotard (Provided by IDS)
- Diamond Earrings (Provided by IDS)
- Diamond Hairpiece (Provided by IDS)

Hire Cost: R200

- Hair in low slick back bun, middle path (no donut to be used). See example point 9

- Stage Make Up. See example point 8

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6.8 Jana-Marie & Amelie – VOULEZ-VOUZ

- Top, Pants, Skirt, Hair Piece (Provided by IDS)

Hire Cost: R200

- Hair in low slick back Ponytail, middle path. (See point 9). Provided hair ribbon around ponytail

- Stage Make Up. See example point 8

6.9 Izabel & Lara – RIO

- Dress, Skirt (Provided by IDS)
- Feathers for hair (Provided by IDS)

Hire Cost: R200

- Hair in high bun to press feathers in. See example point 9

- Stage make up with some blue eyeshadow as well

7 SOLO's

7.1 Jealise Goosen – LOSING YOU

- Shirt (Provided by IDS)
- Crop Top (Provided by IDS)
- Socks / Blanket / Pants (Provided by dancer)

Hire Cost: R100

- Dancer may choose own hairstyle that fits with dance

- Stage Make Up. See example point 8

7.2 Anike Burke – NEVER LET ME GO

- Top & Skirt (Provided by IDS)
- Hairpiece (Provided by IDS)
- Diamond Earrings (Provided by IDS)

Hire Cost: R230

- Low slick back bun, middle path.

- Stage Make Up. See example point 8

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7.3 Anastasia Onanov – ALREADY GONE

- Dress (Provided by IDS)
- Ski Pants (Provided by IDS)
- Socks (Provided by IDS)

Hire Cost: R230

- Low slick back bun with middle path

- Stage Make Up. See example point 8

7.4 Bianca van der Westhuizen – AUDACIOUS

- Top (Provided by IDS)
- Pants (Provided by IDS)
- Suspenders (Provided by IDS)
- Diamond Earrings (Provided by IDS)
- Black Socks (Provided by dancer)

Hire Cost: R230

- Low slick back bun with middle path

- Stage Make Up. See example point 8

7.5 Annabelle Diedericks – FABULOUS

- Costume (Provided by IDS)

Hire Cost: R230

- Low slick back middle path ponytail

- Stage Make Up / May add color of costume into make up

7.6 Izabel Michau – I WANT IT ALL

- Top (Provided by IDS)
- Bottom (Provided by IDS)

Hire Cost: R200

- High Ponytail with hair curled

- Stage Make Up (Pink lipstick same as costume)

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8 Examples of stage make up



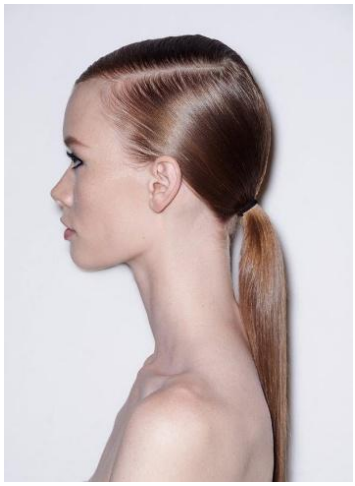


Stage make-up

9 Examples of hair

(Please request the teachers to explain hair if you are unsure of something)






Low slick back bun | Low Slick back ponytail | Low Side Bun

Dance greetings,

Tasha le Roux

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