

**EASTERN COLORADO  
VA HEALTH CARE SYSTEM**



**2020**

**CREATIVE ARTS FESTIVAL  
LOCAL COMPETITION**

**DANCE  
DIVISION HANDBOOK**

Presented by

**VA**



U.S. Department  
of Veterans Affairs

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# **National Veterans Creative Arts Festival Overview**

Welcome to the 2020 Eastern Colorado Health Care System's Veterans Local Creative Arts Competition and National Veterans Creative Arts Festival. Nationwide, Department of Veterans Affairs (VA) medical facilities use the creative arts as one form of rehabilitative treatment to help Veterans recover from and cope with physical and emotional disabilities. Veterans enrolled at VA health care facilities around the country compete in a local creative arts competition. Through a local then national judging process, first, second and third place entries in each category are determined. First place winners at the national level of the competition have the opportunity to be invited to the National Creative Arts Festival where the Veterans participate in various workshops, seminars, stage show, and more.

Both the General and Art Division Handbook explain how to participate in the Eastern Colorado Local Competition to have the opportunity to advance to the National Competition. Please read through all paperwork in each handbook carefully. We look forward to seeing your talents shine!

Location for the 2020 Festival is undetermined at this time. Local Coordinators will inform participants of the location once available.

## **NVCAF LOCAL COORDINATORS FOR EASTERN COLORADO**

**Sarah El Hage**

Office: 720-723-3156

Cell: 303-518-1382

**Jessie Durham**

Office: 720-723-6866

Cell: 720-527-8066

**APPLICATIONS DEADLINE**

**FEBRUARY 14, 2020**

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# 2020 Timeline

**January 31 10:00a – 12:00p** Informational meeting & assistance with applications at RMRVAMC Auditorium

**February 8 and 13** – Assistance with filming at VA (RSVP required for time slot)

**February 14 – APPLICATIONS DUE**

- All paperwork including entries for creative writing, dance, music, and drama due Feb. 14
- Physical artwork entries must be at VA no later than Feb. 27

**February 27 3:00p – 6:00p - Drop off art entries at RMRVAMC Auditorium**

**February 27 – June 27** Artwork will be on display at RMRVAMC

**March** – Local Judging and winning entries are submitted to National

**April 16 1:00-3:00** - Local NVCAF Awards Ceremony, Readings and Performances

**June (Date TBD)** - Pick up Art entries at RMRVAMC Auditorium

**September** National Winners Celebration

**October/November** - National Veterans Creative Arts Festival. Dates and Location TBD

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## Definitions and Abbreviations

**DIVISIONS** are Art, Creative Writing, Dance, Drama, and Music

**CATEGORIES** are the types of pieces inside the division. Examples of categories inside the Art division are oil painting, color photography, carving, and leather kit. Creative Writing are poetry, essay, short story, etc.

**ECHCS (VA Eastern Colorado Health Care System)**. Veterans entering competition must receive care within any VA/CBOC within this VA system. This includes Colorado Springs, Pueblo, etc. If you receive your primary care in another system, you must enter at that VA facility s.

**RMRVAMC (Rocky Mountain Regional VA Medical Center)** located in Aurora, CO. This is the main VA facility within the ECHCS system. Local coordinators, meetings and art display are located at this facility.

**NVCAF (National Veterans Creative Arts Festival)** – The Festival is located in a different city each year where the national winners of the competition participate in a weeklong festival of workshops, stage shows, and more.

**ECHCS Local Competition** – The first phase of the NVCAF competition. Each VA facility holds competitions at the local level, winners at the local level advance to the national phase. Local requirements may vary based on location and resources of each VA facility.

**Local Coordinators** – VA Staff organizing the local competition and liaison between National Coordinators and Veteran participants. Local coordinators will assist in process from the local to national phase of the festival. Local Coordinators at ECHCS are Sarah El Hage and Jessie Durham.

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# Rules for All Divisions

1. **Eligibility: Veterans must be enrolled to receive care at a VA medical facility before entering your local competition.** This facility should be the site where he/she receives their primary care. He/she can submit an entry in creative writing, dance, drama or music categories with a Veteran or group from another VA facility, but still represents and must go through his/her originating VA facility to enter the competition.
2. **All eligible Veterans will be given the opportunity and encouraged to participate regardless of degree of talent and experience**
3. Eligible Veterans are only permitted to enter through one VA facility competition each year.
4. Each Veteran must work with a VA staff person from the VA facility at which he/she receives his/her primary treatment to submit entries into the competition, or risk disqualification.
5. A 10-3203 form (Consent for Production and Use of Verbal or Written Statements, Photographs, Digital Images, and/or Video or Audio Recordings by VA) and additional local release forms must be completed and signed by every Veteran entering the local and national level of competition.
6. Entries created/recorded/written by Veterans who have passed away prior to the national deadline in March 2020 are not eligible to be submitted to the national level of competition.
7. No one Veteran will be allowed to enter more than three art categories and one group category in the art division. No one Veteran will be allowed to enter more than three creative writing categories in the creative writing division. No one Veteran will be allowed to enter more than three solo categories and three group categories in the dance, drama and music divisions. Veterans can have only one entry per category in each division.
8. First-place ties in a category at the local competition **MUST** be re-judged at the local level as only one entry for each category will be accepted from each VA facility. A formal competition is not required at the local level but is strongly encouraged.
9. Veterans may not expand the number of their entries in any one division using a different name (for example: pen names, stage names, different artist names, etc.).
10. A single entry may not be submitted into two or more categories within the same division. It is acceptable for an entry to be submitted into multiple divisions if the rules are followed for each division.
11. Send only the first-place winners from your competition. Only one entry for each category will be accepted from a VA facility.
12. For ALL divisions: Veterans who have received a gold medal in the same category from any of the 5 divisions (art, creative writing, dance, drama, and music) for two consecutive years must enter a different category the third year. Failure to comply with this rule will result in the entry being disqualified.

13. Veterans may not enter the same art, creative writing, dance, drama and music entry again once it has won first-place nationally. Failure to comply with this rule will result in disqualification of the entry. Additionally, Veterans should be encouraged to enter new material each year rather than repeat entries.
14. Veterans in national first, second and third place groups of up to four in art, creative writing, dance, drama and music will each be presented a medal. Groups of 5 or more will be presented a medal if possible or will be provided an award certificate. Non-Veterans and Veterans serving as accompanists, or dance partners, or dramatic readers that enhance an entry will not receive medals or certificates.
15. Prior to submitting entries in the competition, eligible Veterans who are also VA employees should discuss leave options/restrictions with their supervisor in the event they might be invited to attend the National Veterans Creative Arts Festival.
16. Final results of each of the five divisions of competition will be sent via E-mail to staff contact persons by mid-June. A list of Veterans invited to attend the National Veterans Creative Arts Festival will also be sent to the staff contact persons of the invited Veterans by mid-June.
17. Funding and arrangements for travel to and from the National Veterans Creative Arts Festival for returning Veterans invited to attend the NVCAF is the responsibility of the Veteran. Lodging, meals and ground transportation during the Festival week will be provided through national Festival funds. These expenses will be provided for up to 8 eligible Veterans invited in the Group Categories
18. Stage show performance costumes for winning acts invited to the Festival will be the responsibility of the participant(s). Male participants will be requested to bring black pants and a white collared, long-sleeve dress shirt. Other production number costumes such as vests, ties, etc., will be provided. Women participants will be provided a Festival chorus dress.
19. Veterans who are invited to the Festival must be prepared to send an E-mail including the lyrics for music and dance and words/narration for drama entries in order for this to be placed in the show script.

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## Dance Division Rules

1. First-place ties in a category at the local competition **MUST** be re-judged at the local level as only one entry for each category will be accepted from each VA facility. A formal competition is not required at the local level but is strongly encouraged. All eligible Veterans should be given the opportunity to participate regardless of degree of talent.
2. All entries in the dance, drama and music divisions must be recorded after April 1, 2019.
3. Dance entries must include a video recording of the Veteran(s) performing the entry and last approximately three minutes in length.
4. Judges reserve the right to move an entry to the appropriate category or disqualify the entry if rules are not followed.
5. Dance entries will be judged based on the style of dance and steps incorporated in the performance as opposed to the style/genre of music selected.

6. Whole-body (head to toe) video recording for dance entries is necessary. Video recording can include close-ups of the body and/or feet but whole-body view of the movement should be included as well.
7. It is considered a solo when one Veteran dances with a non-Veteran partner.
8. Entries MAY NOT be expanded with non-eligible Veterans or any other individual unless it is a partner dance where the partner is necessary to perform the dance movements. It should be noted that although the National Veterans Creative Arts Program recognizes the therapeutic value of participation of staff, volunteers and ineligible Veterans in groups, it is essential in keeping with the fairness of the competition that only eligible Veteran inpatients or outpatients are competing against each other.
9. The CD accompaniment of the dance division entries are NOT required to be sent to the dance chairperson. However, should the entry place first in the national competition and the Veteran(s) be invited to perform their entry in the Festival stage show the CD audio track must be sent to the dance division chairperson in June.
10. **Title Slides** for SharePoint entries, CDs, DVDs: Each entry must have a title slide displayed prior to the entry being shown. This is crucial to the judging process. The title slide can be inserted during the editing process or it can be done manually prior to the taping of the Veteran. A handwritten sign can be held up that states the category, title of piece and name of Veteran or Veterans in the entry. *Please do not include elaborate menus or graphics.*
11. Following the national judging, all of the first-place-winning entries from the national competition in the dance, drama and music divisions will advance for viewing and possible selection for inclusion in the 2020 Festival stage show performance. Please note: Not all first-place winning entries in the dance, drama and music divisions are invited to attend the National Veterans Creative Arts Festival. Those invited to attend the Festival will be notified by mid-June, 2020 via their staff contact person.

*\*Note: VA staff contact persons will be notified via E-mail with the 2020 competition results.*

## **Video Recording Requirements**

- USB, external drives, or emails will NOT be accepted
- **You no longer need to submit entries on separate DVD's!** One DVD is acceptable to submit all required paperwork and images.
- Rewritable DVDS are preferred
- **The only file extensions that will be accepted are: .wmv and .mov** (the preferred format is .wmv).
- No filming from smart phones, it will not convert properly.
- These extensions are the most standard digital formats which can be opened on most VA computers.
- **Record on a blank DVD only. CD's will not be playable.**
- If entries are not submitted in the formats indicated above, they risk not being playable and therefore not able to be judged
- **File size is recommended to be 50MB or less.**
- **Title Slides for entries:** Each entry must have a title slide displayed prior to the entry being shown. This is crucial to the judging process. The title slide can be inserted during the editing process or it can be done

manually prior to the taping of the Veteran. A handwritten sign can be held up that states the **category, title of piece and name of Veteran or Veterans in the entry**. *Please do not include elaborate menus or graphics.*

- **Label DVD** with the name, division, category, title of piece and name of Veteran or Veteran(s)
- If entries are not submitted in the formats indicated above, they risk not being playable and therefore not able to be judged
- **DVDs cannot be returned.** Please make duplicate copies of the media files and all paperwork for your records.
- Be sure to make a copy of your final CDs and DVDs for your own file/library in the event of lost or damage.  
**DVDs will be destroyed post-judging and will not be return**
- **If you need assistance with filming call Local Coordinators for assistance**

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## Tips for Taking Better Video Recordings

- **Be sure to check that all videos play before submitting**
- **Focus on the performer**, not the accompanists. Avoid taping from the back of the room. Stage presence cannot be judged if you cannot clearly see the performer.
- When video recording dance acts, it is necessary to include the whole-body in the entire recording, including the feet.
- **Sound control** is important! Clear audio makes a performance much easier (and enjoyable) to judge. Make sure your sound is good and balanced.
- **Dance, drama, and music entries** will be accepted digitally via the NVCA Competition SharePoint site or via CDs or DVDs for the 2019 competition. **If submitting entries on CDs or DVDs, A SEPARATE CD OR DVD MUST BE SUBMITTED FOR EACH ENTRY IN EACH CATEGORY.** **More than one entry on a CD or DVD will not be accepted.**
- It is necessary to **label each entry with a title slide (for all SharePoint, CD and DVD entries)**. This can be done electronically when editing your entries or it can be done manually by holding up a handwritten sign that states the category, title of piece and name of the Veteran(s) being shown. This is crucial to the judging process.
- Check your CDs and DVDs before mailing them and **make sure every act you intend to be on there is in fact there.**
- **Label your CDs and DVDs according to the instructions provided in this handbook**
- Be sure to make a copy of your final DVDs for your own file/library in the event of lost or damage. **CDs and DVDs will be shredded post-judging and will not be returned**

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# Dance Judges' Score Sheet

Judges at the 2020 National level of competition will be ranking each dance entry according to merit in the following criteria.

- **Technical Skills** - body placement, quality of movements
- **Musicality** - rhythm, timing/phrasing, movement related to music
- **Stage Presence** - confidence, focus, artistic expression, mastery of choreography

## Dance Judging Score Sheet

Category Number:	Category Name:
Title of Entry:	

### CRITERIA

### POINTS

	1	2	3	4	5	6	7	8	9	10
Technical Skills										
Musicality										
Stage Presence										

**TOTAL SCORE** \_\_\_\_\_



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# Dance Categories



All categories are inclusive for Veterans who are ambulatory or use any assistive devices for movement (i.e. wheelchair, crutches, walkers, etc.)

*New!*

1. Structured Ballroom - Solo or Group. Pattern of movement in a choreographed routine. Structured ballroom dances such as the waltz, jitterbug/swing, hustle, disco, polka, lindy hop, fox-trot, quick step, samba, cha-cha, salsa, Meringue, Machida, rumba, tango, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
2. Novelty - Solo or Group. A routine consisting of original, imaginative, or innovative dance movements that incorporate a theme concept or characterization throughout the entire performance.
3. Country/Western/Folk/Ethnic/Cultural - Solo or Group. Country/western dances such as: Two Step, Waltz, Cowboy or Traveling Cha Cha, Polka, Schottische, promenade dances, East Coast Swing, West Coast Swing, Line Dance, Square Dance. Choreographed wheelchair dances associated with various cultures or countries. Examples may include: Clogging, Jewish Hora, Jig, May Pole, Mexican Hat, etc.
4. Line Dance - Set pattern of movement done with the so individual ends up facing 2 or 4 walls. Suggest a minimum number of 3 to form the line. **All group members must be Veterans unless the line dance requires a partner where the partner is necessary to perform the dance.**
5. Interpretive Movement - Solo or Group. Interpreting song lyrics or feelings through hand movements or gestures. Example may include sign language or other hand movements. Wheelchair does not need to move.
6. Structured Latin Ballroom - Solo or Group. Latin style structured ballroom dances such as samba, cha-cha, salsa, Meringue, Machida, rumba, tango, etc. Veteran(s) should maintain physical contact with partner for greater part of dance.
7. Freestyle/Hip-Hop - Solo or Group. Non-choreographed/non-patterned movements that can involve any style of dance. Movements are spontaneous/improvisational. Entries into this category may contain many diverse steps and movements allowing dancers to use freedom of expression to enhance their dance style. Example: Freestyle, hip-hop, etc.
8. Tap, Jazz or Ballet - Solo or Group. Traditional tap, jazz, or ballet patterns of movement choreographed to music in a routine.
9. Dance Meditation - Solo or Group. Using physical movements to meditate. Yoga dance and tai chi dance should be entered into this category. Stretching to music playing the background does not qualify entry into this category.

## **Senior Dance Category**

10. Senior - Solo or Group. Wheelchair or Ambulatory. The purpose of the senior categories is to allow Veterans who may have experienced diminished physical or cognitive functioning an opportunity to compete in a category with persons who are at a similar level and age. **The senior categories are special categories for Veterans age 65 and older.** Entries may be ANY type of dance. Group members must all be eligible Veteran inpatients or outpatients 65 years of age or older. As with other group entries, groups may not be expanded by staff, volunteers or ineligible Veterans. If a partner is needed for the dance, then a staff member, volunteer or other person may be used, but the entry would be counted as a solo if only one Veteran is present. Seniors may also enter other categories in the dance division.

## **Dance Special Recognition Category**

11. Special Recognition - Solo or Group. Wheelchair or ambulatory. **All specific category rules still apply when entering the special recognition category.** Entries that recognize individuals who exhibit creative expression through the use of dance while possessing significant physical or psychological limitations. The intent of this category is to reinforce the concept of the arts as therapy, where an individual uses artistic expression to facilitate successful treatment outcomes.

Entries in this category **MUST** also include:

- **A written statement/narrative** (25 to 225 words) by a VA staff person or the Veteran of why the Veteran is deserving of special recognition
- Consent form 10-3203 and 10-5345 must be signed and dated by the Veteran. The staff contact person submitting the entry for the Veteran should safeguard the signed consent forms at their VA facility.

## **Mixed Performing Arts Category**

12. Mixed Performing Arts - Solo or Group. Entries in this category must combine two or more performing arts styles. For example: dance and vocal solo, drama and instrumental. Entries will be judged on musicality and total presentation.

# 2020 Dance Division SOLO Entry Form

**VA Staff:** Obtain additional Veteran contact information to notify Veteran(s) of the competition results.

Category Number:	
Category Name:	
Title of Entry:	
Title of Music Selection <i>(if different from Title of Entry)</i> :	
Non-Veteran name(s):	
Was the entry choreographed by the Veteran?	<b>YES or NO</b>

Digital Media File Name – see page 53 (Example: DA-02-PEACE-jd-656)	
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Veteran Name: (include age for solo entries into Category 10 - Senior only)	
Veteran E-mail:	
Veteran Phone Number:	
Veteran Age: (for Cat. 10 - Senior category only)	

**Veteran:** **Initial**

I have read all the rules for the Dance Division.	
Should this entry place in the national competition I wish for it to be forwarded to the National Stage Show Committee for consideration for an invitation to perform in the Festival stage show.	
If invited, I understand that it is required that I attend and participate in the entire Festival event.	

**VA Staff:** **Initial**

I confirm that the Veteran meets eligibility criteria as specified on page 7 and is approved to enter the 2020 NVCA Competition as a representative of this VA facility.	
I confirm that the Veteran has signed the necessary consent forms (10-3203 and if necessary, 10-5345) to enter the 2020 NVCA Competition.	

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*Signature of Veteran*

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*VA Staff Contact Signature*

# 2020 Dance Division GROUP Entry Form

Category Number:	
Category Name:	
Title of Entry:	
Title of Music Selection <i>(if different from Title of Entry):</i>	
Non-Veteran name(s):	
Was the entry choreographed by the Veterans?	<b>YES or NO</b>
Digital Media File Name (See page ###) (Example: DA-02-PEACE-jd-656)	
Group Name:	
Number of Veterans in Group:	
List one point of contact for group and phone number	
List Group Member First and Last Names: (include ages for group entries into Category 10 - Senior only)	

Should this entry place first in the national competition the group would like for the entry to be forwarded to the National Stage Show Committee for consideration for an invitation to perform in the Festival stage show.	
If invited they understand it is required that the group above attend and participate in the entire Festival event.	
I confirm that the Veterans meets eligibility criteria as specified on page 7 and are approved to enter the 2020 NVCA Competition as representatives of this VA facility.	
I confirm that the Veterans have signed the necessary consent forms (10-3203 and if necessary, 10-5345) to enter the 2020 NVCA Competition.	

**VA Staff Contact Signature** \_\_\_\_\_