

ROCK CHALLENGE® - In a nutshell

WHAT IS ROCK CHALLENGE®?

Rock Challenge® is an educational and aspirational performing arts competition with secondary schools, colleges, academies, schools catering for students with special needs and independent schools from all backgrounds taking part. A school's entry is an original piece of work involving dance, design and drama which reflects the personalities, concerns, hopes, dreams and interests of those who create it. Each school forms a team which decides on a theme, selects the medley of songs and designs the choreography, sets and costumes.

The focus of Rock Challenge® is for young people to be their best and achieve a 'natural high' without the use of tobacco, alcohol or other substances whilst also developing their confidence and enriching their character.

HOW LONG DOES IT HAVE TO BE?

A Rock Challenge® must be between five and eight minutes.

WHAT DOES IT HAVE TO BE ABOUT?

Whatever you like! Themes can range from the real to the surreal and we see a wide range every year. Performances can be anything from a social issues such as drug-abuse, bullying or domestic violence, relating to the curriculum with a journey through a historic era, a depiction of an actual event or the life of a famous figure; to a reworking of well-known story. Each school makes the choice on what they want to tackle and how to tackle it whether it be a realistic interpretation, abstract, or a bit of both!

SOUNDTRACK

There is no live speaking in a Rock Challenge® performance but you can use any commercially available tracks you want to get your theme across whether it be pop, dance, classical, etc. You can also include up to 90 seconds of voiceover in your soundtrack if you wish.

Most schools have the facilities to edit their soundtracks but the Be Your Best Foundation will pay for 90 minutes with a technician to edit your soundtrack together in your first year of entry.

CHOREOGRAPHY AND DRAMA

Put whatever choreography and drama you want into the piece to convey your theme. No one form of choreography has emerged as proving the most successful – ballet, tap, contemporary, hip-hop, line-dancing, gymnastics, modern – we see it all every year. Tailor your performance to what you and your team do best.

We can always lend you DVDs of past events if you want to see what people have come up with in previous years.

SET DESIGN AND STAGING

Set can include painted backdrops, platforms, stairs, rotating flats, chairs and tables, but this is not an exhaustive list! How much you bring is up to you too; many schools will fill the stage with big platforms and flats to create their setting, whereas some schools will use a minimal set and then move the pieces around to create another setting with the same bits and pieces. The main rule in regards to set pieces is that each piece must be able to pass through a 2.1m x 1.2m imaginary door frame before it gets on stage – you then have four minutes to build your set and get it into position. After your performance you have another four minutes to 'strike' your set.

WHAT ARE THE LIMITS ON TEAMS?

We encourage schools to be universally inclusive when it comes to the team and to involve as many young people as possible. Performers must be 11-18 years old and currently enrolled at your establishment.

In regards to team sizes, you must have a minimum of 20 performers and maximum of 100! You can also involve up to 20 students in your stage crew.

WHAT ARE THE LIMITS ON STAGE CREW?

For the construction and dismantling of your set you can bring a stage crew of up to 20 students and 4 adults. The stage crew is a great way for students who perhaps do not want to be onstage performing, the chance to still be involved in an equally important part of the team.

COSTUMING

Costuming can be inexpensive and basic or as luxurious as ball gowns – it is all dependent on your theme, how you have chosen to interpret it and, of course, your available budget. We encourage recycling costumes from previous Rock Challenge® and school productions or even getting in contact with other Rock Challenge® schools to use their old costumes! Alternatively, we recommend charity shops and wholesalers as great places to find discount fabrics. Think about use of colour and texture in relation to the theme and style of your production! Don't forget to think about your hair and make-up designs either!

SO WE PUT TOGETHER OUR PERFORMANCE - THEN WHAT?

On the designated event day, competing schools in the region assemble at a professional venue for a day of interaction, rehearsals and fun. In the evening, the schools perform to an audience of their peers, families and community members. The performances are judged by a panel of specialists from the performing arts industry.