



EDUCATION ZONE

Our BBTSA event Poise & is to perform dance steps with elegance and grace for a maximum of 40 seconds.

Did you know that you will receive a penalty of 0.1 for every second you are over 40 seconds and if you hit 46 seconds you will receive an additional 10-point penalty?

Please check the timing of your routine at practise, 10 points can have a detrimental impact on your overall result.

We can't wait to see your beautiful poise routines in competition.

