

# J ROCK™ - In a nutshell

## CONCEPT

Whatever you like! Themes can range from the real to the surreal and we see a wide range of issues such as drug-abuse, bullying, war and politics, and domestic violence covered. Performances could also be anything from a journey through a historic era; a depiction of an actual event such as the Titanic or the life of a famous figure; to a reworking of well-known story such as The Wizard of Oz, you make the choice on what you want to tackle and how you want to tackle it whether it be a realistic interpretation, abstract, or a bit of both!

## TEAM

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 7-11 years old and currently enrolled at your establishment. In regards to team sizes, once again it's up to you - we have seen schools win the finals with 10 performers and schools win with 100!

## STUDENT REPRESENTATION

You will need to nominate one of your students to go onstage before you perform in the evening show to introduce your piece by reading your theme description (a short 60-word introduction you write to describe your piece for the audience and judges).

## COSTUMING

Costuming can be inexpensive and basic or as luxurious as ball gowns and tuxedos - 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 J Rock® and school productions or even getting in contact with other Rock Challenge® or J Rock™ 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!

## STAGE CREW

For the construction and dismantling of your set you can bring a stage crew of up to twenty students and six 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.

## LIGHTING

Before the day you and/or your 'Lighting Designer' will need to come up with a design for how you want your performance lit. On the event day your designer will sit with our Lighting Director and plot the lights you want to accompany your performance. The Designer *can* be a teacher, but, as in every area of J Rock™ we encourage student involvement in this area - the Designer does not need to be an expert, just someone who knows the piece and the kind of effects wanted. During the evening performance, your Lighting Designer will sit next to our Lighting Director and tell him or her when to change the lighting for each scene, etc.

## PARTICIPATION FEE

There is a participation fee of £8 per performer and student backstage crew member. There is also an additional £160 charge to schools that enter a J Rock™ event, but do not come from a local authority area who contribute to the show costs in any way. This fee is being introduced to avoid having to close shows to these schools completely.

## SOUNDTRACK

Your piece must last between 5 and 8 minutes. Like all other areas of J Rock™ the choice is yours on whatever music tracks you want to use to get your theme across whether it be pop, dance, classical, etc, but all music must be commercially available. You can also include up to a minute and a half of voiceover in your soundtrack. Whilst we know that many schools have the facilities and are able to edit their soundtracks, the Be Your Best Foundation are able to fund you to spend 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. Most performances we see are predominantly dance-based with elements of drama, but again, other more drama-based schools often concentrate on drama with elements of dance and have proven very successful as well! 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, tri-flats, quad-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.