

Musical Theatre Syllabus

Sunday 8 March 2026.

Venue: Lancing Prep, The Droveaway, Hove BN3 6LU.

The Springboard Musical Theatre days are open to singers of all ages.

The deadline for entries is midnight on Wednesday 28 January 2026.

Rules

- 1 Performers should pay close attention to the time limit for each class, as a performance that is over the limit will have marks deducted.
- 2 Performing songs from memory is encouraged but not compulsory. Marks are awarded for both performance and communication, and as singing from music may have a negative impact on communication it could affect the final mark.
- 3 No pop songs are permitted in any classes unless from a Juke Box musical.
- 4 Where needed, pupils must either provide their own accompanist or use a recommended accompanist as listed on the Springboard website. Backing tracks and amplification are not permitted.
- 5 Copies of music or scores are required for the Adjudicator for all classes. (See Music Rules below regarding the copying of copyright works.)
- 6 A piece may be sung in only one class in the Festival.
- 7 In classes for under-18s, teachers and performers should be aware that the music chosen needs to be appropriate to the performer's age and ability.
- 8 Intermediate and adult performers are asked to sing in the original language wherever possible if the original language is English, French, German, Italian or Latin.
- 9 PLEASE NOTE that Springboard reserves the right not to refund entry fees if an entrant decides to withdraw.

Adjudicator

Helen Snow

Originally from Lancashire, Helen trained in Musical Theatre at Laine Theatre Arts and went on to enjoy a vibrant career across the UK and Europe. Her work spans theatre, television, and recording, with highlights including roles such as Ariel in *The Little Mermaid*, performances in Disney's *Magical Moments* in London and Paris, and starring in numerous pantomimes and productions. Her voice can also be heard singing *Silent Night* in the film *Love Actually*.

Helen is a singing teacher and performance coach with over 13 years of experience. She has a 100% pass rate with her LAMDA students and previously taught at Stagecoach for more than a decade. Passionate about creating a fun, inclusive, and supportive environment, she teaches both in person and online from her home studio. Helen specialises in building confidence, enhancing vocal technique, and preparing students for successful auditions.

With a strong interest in voice science and performance psychology, Helen is an active member of a global network of vocal coaches. Her ongoing professional development keeps her current with the latest research in vocal technique and vocal health.

Helen is the Vice Principal of Dementia Singing Experience Sussex, a charity offering interactive music and movement sessions for people living with dementia. She regularly leads these sessions, bringing joy and energy to each one.

Helen recently played Mrs. Teavee in *Charlie and the Chocolate Factory* and performed in *Let the People Sing*, a 40th anniversary tribute to *Les Misérables*, both with Brighton Theatre Group.

AWARDS

MARY HAMMOND PRE-PROFESSIONAL CLASS: First prize: £50 donated by the Newitt family; Second prize, £30; donated by the Starr family.
Springboard Festival Medals are awarded to the winners of solo and small group classes for those aged 16 and younger.

Junior Musical Theatre

300 SOLO SONG (Year 2 and below)

Award: Festival medal.

One song from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Fee £9.70

7 and under

Up to 3 mins

301 SOLO SONG (Years 3 and 4)

Award: Festival medal.

One song from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Fee £9.70

Age 7 - 9
Up to 3 mins

302 SOLO SONG (Years 5 and 6)

Award: Festival medal.

One song from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Fee £10.20

Age 9 - 11

Up to 4 mins

Intermediate Musical Theatre

303 SOLO SONG (Years 7 and 8)

Award: Festival medal.

One song from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Fee £10.20

Age 11 - 13

Up to 4 mins

304 TWO CONTRASTING SONGS (Years 7 and 8)

Award: Festival medal.

Two contrasting musical theatre songs, from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Singers are permitted to make cuts to songs in order to fit the time limit, but a minimum of 4 mins of singing must be presented.

Fee £12.00

Age 11 - 13

Up to 6 mins

305 SOLO SONG (Years 9 and 10)

Award: Festival medal.

One song from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Fee £10.20

Age 13 - 15

Up to 4 mins

306 TWO CONTRASTING SONGS (Years 9 and 10)

Award: Festival medal.

Two contrasting musical theatre songs, from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Singers are permitted to make cuts to songs in order to fit the time limit, but a minimum of 4 mins of singing must be presented.

Fee £13.00

Age 13 - 15

Up to 7 mins

307 SOLO SONG (Year 11)

One song from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Fee £10.20

Age 15 - 16

Up to 4 mins

308 TWO CONTRASTING SONGS (Years 11)

Two contrasting musical theatre songs, from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Singers are permitted to make cuts to songs in order to fit the time limit, but a minimum of 4 mins of singing must be presented.

Fee £13.00

Age 15 - 16

Up to 7 mins

Senior Musical Theatre

309 TWO CONTRASTING SONGS. MARY HAMMOND PRE-PROFESSIONAL CLASS (Year 12+)

Award: First prize: £50 donated by the Newitt family; Second prize, £30 donated by the Starr family.

Two contrasting musical theatre songs, from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical) with piano accompaniment. Minimal props and staging allowed.

Singers are permitted to make cuts to songs in order to fit the time limit, but a minimum of 5 mins of singing must be presented.

Fee £14.00

Age 16 - 24

Up to 8 mins

Group Singing

310 DUET, TRIO OR QUARTET

Any music theatre ensemble piece for 2-4 singers, including repertoire drawn from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical). A capella or with piano accompaniment. Minimal props and staging allowed. If using accompaniment it may be either piano or backing track, no sound equipment is provided by the festival. This must be provided by the performers.

Fee £12.00

Group of 2 to 4 people

16 and under

Up to 6 mins

311 DUET, TRIO OR QUARTET

Any music theatre ensemble piece for 2-4 singers, including repertoire drawn from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical). A capella or with piano accompaniment. Minimal props and staging allowed. If using accompaniment it may be either piano or backing track, no sound equipment is provided by the festival. This must be provided by the performers.

Fee £12.00

Group of 2 to 4 people

16 and over
Up to 6 mins

312 ENSEMBLE

Any music theatre ensemble piece for a minimum of 5 singers, maximum 30, including repertoire drawn from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical). A capella or with piano accompaniment. Minimal props and staging allowed. If using accompaniment it may be either piano or backing track, no sound equipment is provided by the festival. This must be provided by the performers.

Fee £13.00

Group of a minimum of 5 people

16 and under

Up to 7 mins

313 ENSEMBLE

Any music theatre ensemble piece for a minimum of 5 singers, maximum 30, including repertoire drawn from musical theatre, cabaret, music hall, Disney or film (no pop, unless from a Juke Box musical). A capella or with piano accompaniment. Minimal props and staging allowed. If using accompaniment it may be either piano or backing track, no sound equipment is provided by the festival. This must be provided by the performers.

Fee £13.00

Group of 5 to 30 people

16 and over

Up to 7 mins