

#### **CELEBRATING 100+ YEARS**

# Musical Theatre Syllabus

Sunday 8 March 2026.

Venue: Lancing Prep, The Droveway, 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