



WORLD ARTISTIC DANCE FEDERATION

Artistic Dance Departments

Divisions and Competition Rules

Artistic Couple Dance Department

Artistic One Dance Division
Artistic Three & Five Dance Couple Division
Artistic Formation Division
Artistic Multi Dance Division
Video & Hit-Song Dance Division

Street and Pop Dance Department

Break Dance Division
Urban Pop Dance Division
Urban Street Dance Division

Stage Dance Department

Ballet Division
Belly Dance Division
Dance Show Division
Tap Dance Division

Artistic Acrobatic Dance Department

Acrobatic Dance Division
Artistic Pole Dance Division
Cheer Leading Division

International 10-Dance Department

Arts & Culture Department

Performing Arts Division
Folklore & Folk Dance Division
Festival Division

WADF Managing Committee



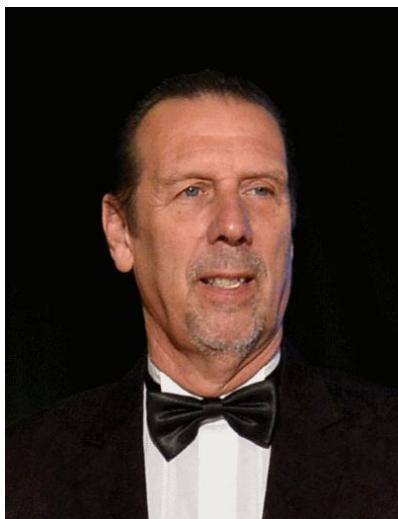
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Artistic Couple Dance Department

Section A-1

Artistic One Dance Division

Solo Dance Competitions

Duo Dance Competitions

Triple Dance Competitions

Artistic One Dance Competitions

Dances suitable for One Dance Competitions

General rules for dances in the One Dance Division.

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Music:	Organisers music must be played in strict tempo
Dances:	All couple dances are suitable but preferably the following dances
Ballroom (Standard):	Waltz, Tango, Viennese Waltz, Slow Foxtrot, Quickstep
Latin American:	Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive
Caribbean:	Bachata, Merengue, Salsa, and Timba
Free couple dance style:	Any popular dance that is suitable

Age Groups:

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults** 21-34 years
- **Masters** 35 and over

Dress Regulation:

Dance costumes must be well fitted, age appropriate and tasteful.
Shoes must be worn in all competitions.



Solo Dance Competitions

Categories

- a. Solo Female
- b. Solo Male

Age Groups

For all Age Groups see the General Rules

How to perform Solo Dance Competitions

- a. Solo Dance Competitions are performed in the same way as the accepted couple dance competitions. The difference being that all dancers perform alone. Each competition will be presented as a one dance competition.
- b. All figures can be danced by both male and female dancers even though competitions for males and females are separate. Creative non syllabus figures can also be danced so long as they are kept within the style and character of the dance being performed.
- c. In Latin American, Street and Caribbean dances, like (Salsa, Bachata and Merengue), where the majority of the performance is danced towards where the judges sit or stand, the numbers must be placed on the front of the body or on the left hip so that the numbers are clearly visible to all judges. In Ballroom (Standard) dances the number can be placed on the back or on the front of the body because the dancers move around the dance floor turning in both directions so the numbers will be visible.

Solo Dance Competition format

- a. The Organisers' music must be played in Strict Tempo.
- b. In the starting round of the competition all dancers shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 but a heat should never exceed 12 dancers. The time for each heat shall never be longer than one (1) minute.
- d. Judges mark the dancers using the 1-dimensional system of marking with a cross for the dancers they want to go forward into the next round.
- e. To close the round all dancers will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final

A Final shall consist of a minimum of 5 dancers, unless it is a straight final, but with no more than 8 dancers. If there are 6 dancers or less in a class, it can be a straight final. If there are 7 dancers or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two equal groups. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music for up to a maximum of 1 minute but not less than 30 seconds each time.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time

Criterion for Judging

- a. The judges will reward good and sound footwork and the use of the feet.
Good balance, musicality and poise are important.
- b. The placing and movements of the arms are of the dancers own choice.
- c. The same applies to the head and body.
Facial expression is important but should not be exaggerated.
- d. Good floor craft, use of free space and avoidance of collisions is important.

Open marking is not to be used.

Duo Dance Competitions

Categories

Duos = Female-Female, Male-Male, Male-Female.

Definition of a Duo

A Duo is defined as two persons of any gender dancing together as individuals and not taking hold.

Age groups

For all Age Groups see the General Rules

How to perform Duo Dance Competitions

- a. A team consists of only two dancers and therefore all steps must be danced side by side, in shadow position or behind each other. It is not allowed to dance in an opposite mode as a couple. It is allowed to face each other but not taking a normal hold, and dance mirroring figures using the opposite steps, but not for longer than 4 bars of music at a time.
- b. It is possible to dance the Men's and/or the Ladies steps but always by the two dancers at the same time facing the same way. Avoid keeping the same position in relation to each other during the whole performance. In the open dances of the Latin American and Caribbean styles it is important to change places and face different directions during the performance. Try to make good use of the floor. In the Ballroom (Standard) style this is not a problem but could be in Latin American and Caribbean style.
- c. The head, arms, body, legs and feet should be synchronised during the whole performance.

Duo Dance Competition format

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all duos shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups.
- c. The duos will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 duos in each heat and never more than 12 duos. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute. Mini kids must never dance longer than 1 minute and not less than 40 seconds.
- d. Judges mark the duos using the 1-dimensional system of marking with a cross for the duos they want to go forward into the next round.
- e. To close the round all duos will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final

A Final shall consist of a minimum of 5 duos, unless it is a straight final, but with no more than 8 duos in the final. If there are 6 duos or less in a class, it can be a straight final.

If there are 7 duos or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two equal groups. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music for up to a maximum of 1 minute but not less than 30 seconds each time.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time

Criterion for Judging

- a. The judges will reward good synchronisation between the team members.
- b. It is important how the team uses the floor.
- c. Clever choreography, impressive impact of each team member with correct technique is also important but a team is always judged as a whole and not by the individuals.

Open marking is not to be used.

Triple Dance Competitions

Categories

Triplets

Definition of a Triplet

A Triplet is defined as three persons of any gender dancing together.

Age groups:

For all Age Groups see the General Rules

How to perform Triple Dance Competitions

- a. A triplet consists of three dancers who shall dance during the whole performance a completely free choreography in the true character of the dance. It is allowed, and encouraged, for two of the triplet to dance in an opposite mode as a couple while the third dances in a shadow position to one dancer in the couple. It is allowed to dance the man's steps, and/or the ladies steps, by all three dancers synchronised side by side or while one or two dancers perform the man's steps and one or two perform the opposite steps respectively.
- b. Avoid keeping the same position in relation to each other during the whole performance. In the open dances, of the Latin American and Caribbean styles, it is important to change places and face different directions during the performance. Try to make good use of the whole dance floor. In the Ballroom (Standard) style this is not a problem but could be in Latin American and Caribbean styles.
- c. The head, arms, body, legs and feet should be synchronised as far as possible when dancing the same steps in shadow position or side by side.

Triple Dance Competition format

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all Triplets shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups.
- c. The Triplets will thereafter be divided into heats. The number of Triplets in the same heat depends on the size of the dance floor. It is recommended 4 Triplets in each heat but never more than 6 Triplets. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute. Mini kids must never dance longer than 1 minute and not less than 40 seconds.
- d. Judges mark the Triplets using the 1-dimensional system with a cross for the Triplets they want to pass forward into the next round.
- e. To close the round all Triplets will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final

A Final shall consist of a minimum of 5 Triplets, unless it is a straight final, but with no more than 8 Triplets in the final. If there are 6 Triplets or less in a class, it can be a straight final. If there are 7 Triplets or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two or more groups with not more than three Triplets at the same time on the dance floor. If the time allows, each Triplet can dance solo. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the Triplets in order of merit using the 1-dimensional system.
- e. In a straight final with 4 Triplets or less all competitors will dance together to two different pieces of music for up to a maximum of 1 minute but not less than 30 seconds each time.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time.

Criterion for Judging

- a. The judges will reward good synchronisation between the team members.
Clever and innovative choreography in the character of the dance will be rewarded.
- b. It is important how the Triplet uses the floor.
- c. Impressive impact of each Triplet member with correct technique is also important but the Triplet is always judged as a whole and not by the individuals.

Open marking is not to be used.

Artistic One Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female.

Definition

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position.

Age Groups

For all Age Groups see the General Rules

Dances

In addition to the dances mentioned in the General Rules, the Special Couple Dances are also suitable for One Dance Competitions like, (Disco Fox, Jitterbug, Argentine Tango, Tango Waltz, Bugg, Polka) and any other dance that the organiser would like to have included in his competition.

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups.
- c. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute.
Mini kids must never dance longer than 1 minute and not less than 40 seconds.
- d. Judges mark the couples using the 1-dimensional system of marking with a cross for the duos they want to go forward into the next round.
- e. To close the round all couples will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and f. will be repeated in all following rounds until the Final.

Judging – Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward to the next round.

Format for dancing the Final

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two equal groups. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music for up to a maximum of 1 minute but not less than 30 seconds each time.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time.

Open marking is not to be used.

Lifts and Acrobatics

It is allowed to use low lifts, separations, floor drops, side-by-side figures and similar in all Artistic Free style dances.

Acrobatics are not allowed.

Dances suitable for One Dance Competitions

Artistic Latin American

General recommendations for Artistic Latin American

We are looking for an artistic interpretation in all dances of this section in contrast to the more sportive approach to the dances of the International Latin American style. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts are allowed! (Low lifts means that no part of the lifted partner's body will be above the lifting partner's shoulders except for the arm needed for supporting the lift).

Artistic Cha-Cha-Cha

Tempo of the music = 27 - 29 bars per minute (108 - 116 beats per minute).

Note the tempo!

Artistic Samba

Tempo of the music = 50 - 52 bars per minute (200 - 208 beats per minute)

Artistic Rumba

Tempo of the music = 30 - 32 bars per minute (120-128 beats per minute).

Note the tempo!

Artistic Jive

Tempo of the music: 42 - 44 bars per minute (168 - 176 beats per minute)

Artistic Paso Doble

Tempo of the music: 56 - 60 bars per minute (220 - 240 beats per minute)

Artistic Ballroom (Standard)

General recommendations for Artistic Ballroom (Standard)

We are looking for an artistic interpretation of all dances in this section in contrast to the more sportive approach to the dances of the International Ballroom (Standard) style. We want to see innovative figures mixed with spectacular entertaining dancing.

The judges will reward Low lifts, separations, side-by-side figures, floor drops and similar.

Couples dancing with the Ballroom hold the whole time will be marked down.

(Low lifts means that no part of the lifted partner's body will be above the lifting partner's shoulders except for the arm needed for supporting the lift). Enough space has to be given to the couples when performing. Recommended amount of couples is 4 in each heat unless the floor is very large).

Low lifts, separations, side-by-side figures, floor drops and similar are allowed

Artistic Slow Waltz

Tempo of the music = 28 - 30 bars per minute (84 - 90 beats per minute)

Artistic Slow Foxtrot

Tempo of the music = 28 - 30 bars per minute (112 - 120 beats per minute)

Artistic Tango

Tempo of the music = 32 - 34 bars per minute (128 - 136 beats per minute)

Artistic Quickstep

Tempo of the music = 48 - 50 bars per minute (192 - 200 beats per minute)

Artistic Viennese Waltz

Tempo of the music = 58 - 60 bars per minute (174 - 180 beats per minute)

Caribbean style

Salsa

Tempo of the music = 46 – 50 bars per minute (184 – 200 beats per minute).

Characteristics and movements:

Salsa basic is a double three-step pattern taken during 8 beats of music, in a quick, quick, slow – quick, quick, slow rhythm. It is allowed to break on the 1st and 3rd beat in the bar or the 2nd and 4th beat in the bar. What is important is to keep the consistence of the breaking. If one starts breaking on 1 or 3 it must be continued throughout on 1 or 3 and not suddenly change to break on 2 and 4. Salsa is a very popular club dance in that it allows the dancers much freedom to interpret the music using movements and elements from many different Latino dances. Salsa means, "Sauce", and the dancers should depict a very hot and spicy interaction with each other. Salsa basics involve clever hand and arm movements as well as changes of handhold while maintaining flowing movements, which are all typical of the dance.

Bachata

Tempo of the music = 28 - 32 bars per minute (112 -128 beats per minute)

Exception: Mini Kids & Juveniles = 30 – 34 bars per minute (120-136 beats per minute)

Characteristics and Movement:

Bachata is of Caribbean origin, and does not move along the Line of Dance (LOD). The basic action is a rather slow, flowing, romantic and passionate movement. The basic is composed of a 3-step moving pattern with a lifting/tilting hip moment without transference of weight on 4. The 4th beat is a hip action (lift, drop), counted "and 4", and NOT a weight transference - "in place, in place" - rather like a Cha-Cha-Cha action/timing, which should only be used as a variation, and not in the basic. A slight counter sway is often used to compliment the Latin Hip movement. There are also many other rhythms, including syncopations, slows and quick's etc., that may be used to interpret the music. Bachata is a club dance, and the couples should focus on one another to create an earthy and sensual feeling through the use of close, intricate rotational movements coupled with an almost playful teasing interaction with one another.

Merengue

Tempo of the music = 30 - 34 bars per minute in 4/4 time signature (120-136 beats per minute)

Characteristics and Movement:

Merengue is a Latin American Spot Dance, and does not move along the Line of Dance (LOD). Steps are compact, at times Latin Hip movements are used throughout in staccato. A slight counter sway is often used to compliment the Latin Hip movement. The basic action is similar to a marching rhythm, but many other rhythms, including syncopations, slows, etc., may be used to interpret the music. Merengue is a club dance, and the couples should focus on one another to create an earthy and sensual feeling through the use of close, intricate rotational movements coupled with an almost playful teasing interaction with one another.

Timba

Timba is a Cuban genre of music based on popular Cuban music. American Funk/R&B, and a strong influence of Afro-Cuban folkloric music. In Timba you will find a mixture of dances when combined create the popular "Cuban Salsa". To dance Timba you must combine Casino, Son, Rumba, Afro-Yoruba and Cubaton.

Son Cubano music and dance, which started the whole salsa fascination, has its origin in the eastern provinces of Cuba, Oriente. Around 1910 it migrated to western Cuba, including Havana, where it was developed to an extreme that increased the number of instruments and musicians. Havana was the nightlife city, full of music and dance, which was an attraction for American musicians to play there. Due to the Prohibition Cuba was for a while not just a tourist paradise. Son as a dance starts with a very close embrace of the man and the woman. The couple maintains an upright frame, with quick flirtatious side to side movements of the shoulders, torso and hips accenting the underlying six count rhythm of the feet. Since Son is danced off-beat (also known as "contra tempo") the couple moves on the half beat before the one. The leader moves left and holds the "& 1" beat, moves right on the 2nd and left on the 3rd beats. This results in a slow-quick-quick, slow-quick-quick rhythm pattern. Salsa dancers will recognise that this style is the exact opposite of the quick-quick-slow rhythm pattern of modern day Salsa. Basic step in Son begins with a long step, counted 8.1-pause 2,3,4,5,-pause 6,7.

Casino is derived from the traditional style of dance Cuba "son cubano". Couples dance together in a circle with the centre located between the dancers, the woman or the partner. Another characteristic of this style is a strong lead by the partner and strong "looped" figures, called nodes – "Nugos".

Casino is danced in three points which creates a circular motion as partners face each during intricate patterns made by the arms and body movement. Casino has a strong basic step known as a "*guapea*" (lilt. "Chill Out" by the Afro-Cuban community), also known as *pausa*, in which the male lead places his left foot behind on the break, which is a contrast to the most common basic Salsa step, in which the lead places his left foot forward. Casino styling includes men being "macho" and women being femininely sexy, with major body and muscle isolations, through the influence of *Rumba* dancing. During the dance, dancers often break away from each other during percussion solos and perform the *despelote*, an advanced form of styling when the male and female partner physically tease each other without touching through the gyrating of hips and shoulders while performing muscle isolations.

Rumba is a secular genre of Cuban music involving dance, percussion and song? It originated in the northern regions of Cuba, mainly in urban Havana and Matanzas, during the late 19th century. It is based on African music and dance traditions, namely Abakuá and Yuka, as well as the Spanish based coros de clave. There are three different types of Rumba; Guaguansó, Colombia and Yambú. When dancing Timba in couples they usually dance Guagancó. Guaguance has fast complex rhythms involving overtly flirtatious movements between a man and a woman in the roles of "Rooster and "Hen".

Simultaneously the woman entices and protects herself from the man who tries to catch the woman off guard with a 'vacunao', tagging her with the flip of a handkerchief, or by throwing his arm, leg or pelvis in her direction, in an act of symbolic sexual contact. To defend herself she may cover with her hand, or use her skirt, to protect her pelvis, and whip the sexual energy away from her body. Guagancó most likely inherited the idea of the 'vacunao' from yucca or macuta dances, which were both brought to Cuba by Bantú ethnic groups. The Rooster and Hen dynamic is a feature of many African dances found throughout the Caribbean and Latin America, which was frowned upon or even banned in many places.

Yaruba is a traditional Afro dance of the Santería religion that presents the myths of the stories of the gods. Each God has its own style, movement, colour and outfit. Every dance is dedicated to a particular God, (Orisha). Important facial expressions and gestures determine its character. Elegua, fun loving, ruler of destination where everything begins and ends. Ogun, an aggressive, courageous warrior. Obatala - calm and wise. Chango - lord of thunder. Ochun – feminine and sensual goddess of love. Yemaya – goddess of intelligence and the sea. Oya – a courageous and strong warrior. Narrated through dance they are full of energy and action stories that move the audience into a completely different divine world of magic and trance.

Cubaton is a Cuban variation of Reggaeton, the youngest genre of music and dance in Cuba. A sensual and dynamic style based on strong movements of the chest and hips that highlight the distinctive rhythm of the music.

Traditional style

Artistic Argentine Tango

Tempo of the music = 30 - 32 bars per minute (120 - 128 beats per minute).

Characteristics:

Argentine Tango is a social dance that falls into a smooth category of dance. It follows the Line of Dance (LOD), going around the dance floor in a counter clockwise direction. This dance expresses love and passion, which is evident by the closeness of the dancers, by the man's control and the woman's seductiveness. The dancers execute the figures mainly from the waist down while trying to achieve an interesting interplay between them. This interplay between the partners is dictated by the music, and the dancers should be dancing to something "in" the music. One should be able to see the melody expressed through their movement. The epitome of Argentine Tango is to see the couple dancing with good posture, good extension through the legs, feet almost always caressing the floor, and pausing with the music with a sense of rhythm that is clear to those watching.

Typical Movements:

Walks, turns, Ochos to front and back, sandwiches, twists and curls, leg-wraps, drags and saccades to front and back, Boleos that leave the floor and other decorations that allow the legs to swing. Molinetes, Paradass, Barridas, and pauses with the music are also typical of this dance. Brushing and follow through technique is essential in all movements.

Lifts and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used but no acrobatics

Tango de Salon

Tempo of the music:

Three different pieces of music at different speed Characteristics:

Tango de Salon is the typical dance that is danced in dance halls at Milongas. Once the hold is formed the couple may not separate while the music is playing. This means that they will not break the embrace, which is considered the basic dance position in tango. For the position to be considered correct, the body of one must be encircled by the arm of the other. It is understood that in certain figures, this may be flexible, but not throughout the duration of the dance. All movements must be made within the space allowed by the couple's embrace.

Typical Movements:

Within these parameters, the couple may perform any commonly used figure, including **barridas, saccades, enrosques**, etc.

Jumps, climbs, separations and lifts are totally forbidden.

Couples will dance to three different pieces of music at different speeds to show their musicality and ability to improvise. Judges will take into account musicality, improvisation and style of walk.

Exception for dancing the final:

All couples dance together to three different tempos and will be evaluated by the 2-dimensional system.

Tango Escenario Show

Argentine Tango is a social dance that falls into a smooth category. It follows the line of dance (LOD), going around the dance floor in a counter clockwise direction. However, the Tango Escenario is the Performing Art of Argentine Tango, which is more adapted to the stage format.

The performance expresses love and passion, which is evident by the closeness of the dancers, the man's control and the woman's seductiveness.

The dancers execute the figures mainly from the waist down while trying to achieve an interesting interplay between them. This interplay is dictated by the music when the dancers should be dancing to something IN the music. One should be able to see the melody expressed through their movement.

The epitome of Argentine Tango is to see the couple dancing with good posture, good extension through the legs, feet almost always caressing the floor, and pausing with the music with a sense of rhythm that is clear to those watching.

Typical Movements: Walks, turns, Ochos to front and back, sandwiches, twists and curls, leg-wraps, drags and saccades to front and back, Boleos that leave the floor and other decorations that allow the legs to swing.

Molinetes, Paradas, Barridas, and pauses with the music are also typical of this dance.

Brushing and follow through technique is essential in all movements.

Tango Escenario Competition format

- a. Music is of the dancer's own choice. Tempo of the music is free.
- b. All couples dance one by one to their own music.
- c. Time Limit: Music must be between 3 and 4 minutes.

How to perform Tango Escenario

- a. Tango Escenario is a choreographed performance.
- b. Acrobatics are not allowed.
- c. Lifts are allowed.
- d. Scenic props like a chair or table and hand props like a hat or an umbrella are allowed if they can be brought on to the floor in less than 20 seconds.

Criterion for Judging

- a. The judges will reward clever choreography which will capture the audience's interest.
- b. Innovative use of modern figures and movements within the Argentine Tango style of dancing will be appreciated.
- c. During the qualifying rounds the judges will use the 2-dimensional system by awarding two sets of crosses, one for Artistic Merit, the other for Technical Merit.
- d. In the final the judges will use the 2-dimensional system by awarding two sets of placings, one set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used

Discofox

Tempo of the music: 33 – 36 bars per minute (132 – 144 beats per minute).

Characteristics and Movements:

The characteristic of the dance is basically stationary, although the couple can move with walks and turns across the floor. Most of the time it is danced in double or one handhold in every variation like cross handhold, right in right hand and others. Wrap figures, spin turns, pivot turns, throw outs, let go and catch again actions are the main characteristics of the dance. Natural hip movements are accepted. Pose figures like over sways, leans, checks, drops and points are allowed.

Typical movements:

Disco Fox is danced in open or closed facing position with different hand-holds. It consists of basic steps and basic step variations which are in the rhythm of 1 2 & 3 but can be 1 2 3&, 1 & 2 3, & 1 2 3 or syncopated such as & 1 & 2 & 3. Normally the Man dances on the LF and the Lady on the RF on 1.

Poses and drops are allowed.

American Mambo

Tempo of the music = 3. Tempo: 45 - 47 bars per minute (180 - 188 beats per minute).

Characteristics and Movement:

Dancers must break on the 2nd beat of the bar. Mambo originated as a street dance, and is a dance in which the man and woman challenge each other for control, strength and dominance. The woman is very strong and can be just as dominating as the man. The man is trying to remain in control and impress the woman with his physical ability and speed. Steps and movements come out of the original Latin American dance styles. It is very important that the movements, step combinations and 'poses' are in perfect harmony with the rhythm and character of music throughout the dance. Interesting rhythms, twist turns and wraps are characteristic of the dance.

Swing Dance style

Jitterbug

Tempo of the music = 42 – 44 bars per minute (168 – 176 beats per minute).

Characteristics:

Jitterbug is a social dance that falls into the Swing dance family. Originating in America it has a long tradition. There are well documented literature and videos how to perform this dance.

Typical Movements:

A mix of steps and movements taken from other Swing dances such as Boogie-Woogie, Be Bop, Lindy Hop, Bugg, West and East Coast Swing, etc. All kinds of Swing movements are allowed. Acrobatics, lifts, separations and jumps are allowed and encouraged but if possible should be connected to the musical phrase.

Lifts and acrobatics:

In Jitterbug lifts and acrobatics are allowed in all rounds.

Bugg

Tempo of the music = 42 – 46 bars per minute (168 – 184 beats per minute).

Characteristics and Movement:

The music may be any type of swing music written in 4/4 timing with a boogie beat in the rhythm. Bugg is a non-choreographed dance. All figures must be led by the man. Side-by-side figures are not allowed. The dance should be performed with a smooth flow. The lady walks on every beat (occasional syncopations are allowed). The man's steps are free. Basically he walks on LF on 1 and 3 and with RF on 2 and 4. The dance is moving around the room along the line of dance with the man leading the lady to turn to the left and right while she is circling around the man.

Typical movements:

Spins, hesitations, syncopated spins, kicks, drag, breaks and a playful interaction between the man and the lady following the music and its phrases. Choreographed figures must be performed only as part of the man's natural lead and must not be obvious. Different handholds should be used during the performance. Release of the Lady to throw and catch her hands are allowed and encouraged.

West Coast Swing

Tempo of the music = 26-32 bars per minute (104 – 128 beats per minute).

Characteristics and Movement:

West Coast Swing is a social dance that falls into the Swing dance family and could be defined as a "slot" dance, which means that the woman travels forward and back along a single straight line on the floor, with the man moving off and onto her line. Although there are turning figures, the lady stays on her line. Typical is to use an "Anchor Step" and not a "Coaster Step" at the end of a pattern. The follower is discouraged from moving forward at the end of the pattern until the leader gives an indication to move forward by a strong lead. West Coast style creates lots of turns and syncopated footwork. The man stays pretty much in one place while the woman moves back and forth in a slot. Therefore, it's the woman's movements that are emphasised. West Coast Swing is a living dance, still evolving. It follows the music trends of each decade, and accommodates new dance styles. It can be danced to most of the music played on the radio today, incorporates many dance elements from Disco and Hustle to Hip Hop and Jazz. Figures begin with two walking steps, followed by two triple steps (or a triple step, two walks and another triple, in 8-count figures). The second triple step is generally danced in place ("anchor step") its main purpose is to establish physical tension between the partners, generally achieved by leaning slightly back.

Other possible One Dance Swing disciplines

Typical Movements:

A mix of steps and movements taken from other Swing dances such as Boogie-Woogie, Be Bop, Lindy Hop, Bugg, West and East Coast Swing, etc. All kinds of Swing movements are allowed. Acrobatics, lifts, separations and jumps are allowed and encouraged but if possible should be connected to the musical phrase.

Artistic Couple Dance Department

Artistic Three and Five Dance Division

Section A-2

Artistic Three Dance Competitions

Artistic Five Dance Competitions

General rules for dances in the Artistic Three and Five Dance Division.

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Music:	Organisers music must be played in strict tempo
Dances:	All couple dances are suitable but preferably the following dances.
Standard (Ballroom):	Waltz, Tango, Viennese Waltz, Slow Foxtrot, Quickstep.
Latin American:	Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive.
Caribbean:	Salsa, Merengue and Bachata.
Tango:	Tango Waltz, Milonga, Tango

Age groups:

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults** 21-34 Years
- **Masters** 35 and over

Lifts and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used during the whole Artistic Three and Five Dance event, also in the Artistic Ballroom (Standard) and Artistic Latin American and the Tango style dances.

Acrobatics are not allowed.

Dress regulation:

Dance costumes must be well fitted, age appropriate and tasteful.

Shoes must be worn in all competitions

Open marking is not to be used

Artistic Three Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female

Definition of a Couple

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position.

Age groups:

For all Age Groups see the General Rules

Artistic Dances

Standard (Ballroom): Slow Waltz, Tango, Quickstep .

Latin American: Cha-Cha-Cha, Samba, Jive.

Caribbean: Salsa, Bachata, Merengue.

Artistic Tango: Tango Waltz, Milonga, Tango.

General recommendations for Artistic Dance competitions

We are looking for an artistic interpretation of all dances in this section in contrast to the more sportive approach to the dances we have in the International style. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts, separations, side-by-side figures, floor drops and similar are allowed in Artistic Dance. Acrobatics are not allowed in any dance.

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups. The presentation dance is only used in the first dance
- c. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute. Mini-kids must never dance longer than 1 minute and not less than 40 seconds.
- d. All heats will finish the first dance before moving on to the next dance.
- e. Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward to the next round.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Judging - Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross for couples they want to go forward to the next round. The couples having the most crosses over the three dances will pass to the next round.

Format for dancing the Final

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance the first, second and third dance all together for up to a maximum of 1 minute 30 seconds and no less than 1 minute.
Mini Kids dance for a maximum of 1 minute and not less than 40 seconds.
- b. Each dance is judged on its own merit, the adjudicators will place the couples in order of merit using the 1-dimensional system.
- c. The Skating System will establish the result over the three dances.

Open marking is not to be used.

Lifts and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used in all Artistic Three Dance events.

Acrobatics are not allowed in any dance.

Artistic Five Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female

Definition

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position.

Age Groups

For all Age Groups see the General Rules

Artistic Dances

Standard (Ballroom):

Slow Waltz, Tango, Slow Foxtrot, Quickstep, Viennese Waltz.

Latin American:

Cha-Cha-Cha, Samba, Rumba, Paso Doble, Jive.

General recommendations for Artistic Dance competitions

We are looking for an artistic interpretation of all dances in this section in contrast to the more sportive approach to the dances we have in the International style. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts, separations, side-by-side figures, floor drops and similar are allowed in Artistic Dance. Acrobatics are not allowed in any dance.

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of all competitions the couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups. The presentation dance is only used in the first dance.
- c. The couples will thereafter be divided into heats. The number of couples in the same heat depends on the size of the dance floor, recommended is 6 in each heat and never more than 12. Each heat will be for a maximum of 1 minute 30 seconds and not less than 1 minute. Mini Kids must never dance longer than 1 minute and not less than 40 seconds.
- d. All heats will finish the first dance before moving on to the second dance and so on.
- e. Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward into the next round.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Judging – Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward to the next round. The couples having the most crosses over the five dances will pass to the next round.

Format for dancing the Final

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance all five dances together for up to a maximum of 1 minute 30 seconds and not less than 1 minute.
Mini Kids dance for a maximum of 1 minute and not less than 40 seconds
- b. Each dance is judged on its own merit and the adjudicators will place the couples in order of merit using the 1-dimensional system.
Mini Kids dance for a maximum of 1 minute and not less than 40 seconds.
- c. The Skating System will establish the result over the five dances.

Open marking is not to be used.

Lift and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used in all Artistic Five Dance events.

Acrobatics are not allowed in any dance.

Artistic Couple Dance Department

Section A-3

Artistic Formation Dancing Division

Artistic Couple Dance Formation competitions

General rules for Artistic Couple Dance Formation competitions.

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Music: Of the team's own choice.

Dance Styles

Artistic Ballroom (Standard) Slow Waltz, Tango, Viennese Waltz, Slow Foxtrot, Quickstep.

Artistic Latin American Cha-Cha-Cha, Rumba, Samba, Paso Doble and Jive.

Artistic Caribbean Salsa, Merengue and Bachata.

Artistic Tango Tango Waltz, Milonga, Argentine Tango.

Age Groups

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults I** 21-34 years
- **Masters** 35 and over

Dress Regulation

Dance costumes must be well fitted, age appropriate and tasteful.

Shoes must be worn in all competitions

Lifts and Acrobatics

In all Couple Dance Formation disciplines Lifts are allowed but no acrobatics.

Categories

- a. Teams consisting of Couples / Female-Female, Male-Male, Male-Female.
- b. Small Teams with up to 4 couples
- c. Large Teams between 5 - 8 couples
- d. Showcases between 9 - 12 couples
- e. Super Showcases 13 and more couples

Definition

A Couple is defined as two persons of any gender dancing together with or without hold in any dance position.

Competition styles

Competitions may be organised separately in the different Styles (see General rules above), or in any combination of styles, such as Latin American and Ballroom (Standard) combined or any other combination of styles.

Couple Dance Formation Competition format

Each team performs on their own to their own music.

Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit and the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.

Format for the Final

In the final the judges mark the teams in order of merit using the 2-dimensional system by giving two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Time limit

- a. **Small Teams:** Music must be between a minimum of 2 and a maximum of 3 minutes.
- b. **Large Teams:** Music must be between a minimum of 2 and a maximum of 3 minutes.
- c. **Showcases:** Music must be between a minimum of 3 and a maximum of 4 minutes.
- d. **Super Showcases:** Music must be between a minimum of 4 and a maximum of 5 minutes.

How to perform Couple Dance Formation

- a. The teams dance a choreographed routine making interesting patterns to music that could be of any dance or several dances from style that is being performed.
- b. It is allowed to dance solo or with a hold as a couple with opposite steps. However a well balanced mix of dancing solo and as a couple will be rewarded.

Criterion for Judging

- a. The judges will reward good coordination between the team members.
- b. It is important how the team uses the floor available keeping the formation in good order with sharp lines and a clear and even distance between the team members.
- c. Clever choreography, impressive impact of each team member with correct technique is also important but the team is always judged as a whole and not as individuals.
- d. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- e. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit and the other for Technical Merit.

Open marking is not to be used.

Salsa Rueda de Casino competitions

Age Groups

Juveniles and Junior's under 16
Youth and Adults 16 and over

Categories & Time limits

Small Teams: 4-8 people. 3.00 minutes with the organiser's music.

Large Teams: 9-16 people. 3.00 minutes with the dancer's own music or the organiser's music.

Showcases: more than 16 people. 3.00 minutes with the dancer's own music or the organiser's music.
Music could be 15 seconds less or 15 seconds more than 3 minutes.

Music

The organiser's music is played at 46 – 50 bars per minute (184 – 200 beats per minute).
Pre-recorded music of the dancers own choice, no restrictions in regards to tempo but typical Salsa music should be used for the performance.

Props

Scenic props are not allowed but it is possible to use hand-props like gloves, hats, canes and similar. It is also allowed to remove parts of the costume or change clothing during performance.

Costumes

Dresses are of the dancers own choice but should be tasteful and compatible with the Salsa style.
Shoes must be worn at all times.

Lifts and Acrobatics

Lifts and acrobatics are allowed but should not dominate the performance. They will only enhance the judges score if danced in harmony with the music and performed with good control.

Salsa de Rueda Competition format

Each team performs on their own.

Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit, the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.

Format on how to dance the Final

In the final the judges mark the teams in order of merit using the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

How to perform the Salsa de Rueda

Each team consist of couples that dance together in one or more circles. Other types of formation choreography may be used such as lines, stationary dancing and dividing into smaller groups or circles. Musicality, rhythm, breaks etc. variations in figures, use of space and clever changing of partners will be rewarded.

Criterion for Judging

- The judges will reward good coordination between the team members.
- It is important how the team uses the floor available keeping the formation in good order with sharp lines and a clear and even distance between the team members.
- Clever choreography, impressive impact of each team member with correct technique is also important but the team is always judged as a whole and not as individuals.

Open marking is not to be used.

Artistic Couple Dance Department

Section A-4

Artistic Multi Dance Division

Synchronised Dance Show Competitions

Choreographed Dance Show Competitions

General Rules for Dances in the Artistic Multi Dance Division

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age Groups:

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults** 21-34 years
- **Masters** 35 and over

Dress Regulation

Dance costumes must be well fitted, age appropriate and tasteful.

Shoes must be worn in all competitions

Lifts and Acrobatics

Lifts and acrobatics are allowed in all Multi Dance Division disciplines.

Music: Is of the dancers own choice.

Dance styles for Synchronised and Choreographed Dance Show Competitions

- Artistic Latin American:** The main part of the performance must include one or several of the following dances. Cha-Cha-Cha; Samba; Rumba; Paso Doble; Jive and also minor parts of other dances that belong to the Latin American family.
- Artistic Ballroom (Standard):** The main part of the performance must include one or several of the following dances. Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep and also minor parts of other dances that belong to the Ballroom family.
- Caribbean:** The main part of the performance must include one or several of the following dances. Salsa, Bachata, Merengue.
- Swing Dances:** The main part of the performance must include one or several of the following dances. Free Swing Dance, Jitterbug, Boogie Woogie, Lindy Hop, West Coast Swing, Bugg.
- Traditional Dances:** The main part of the performance must include one or several couple dances such as Quick Waltz, Polka, Schottische, Mazurka, Rhythm Foxtrot, Argentine Tango, Milonga, Tango Waltz, Disco-Fox, Hustle, Mambo, Lambada/Zouk, Brazilian Samba, Cumbia, New Vogue, Modern Sequence, Italian Liscio and other possible couple dances. Banghra Dance, Bollywood, Oriental Belly Dance, Flamenco, Hungarian Czardas and many more National Folklore or traditional group dances.
- Classic Film & Musical:** The main part of the performance must include dances in a style taken from Hollywood films and Broadway Musicals choreographed in the 40's, 50's and 60's. It is possible to choreograph new dances performed in the "old" style.
- All Styles:** All the above styles are possible: (It is not allowed to participate in a competition in any of the above special styles using the same choreography and/or music and/or clothing and also participate in the "All Styles" at the same event). It is not allowed to use dances from another division than the Couple dance division, such as Street or Pop or Jazz or Contemporary.

Synchronised Dance Show competitions

Categories

- a. **Duos** with the possibilities to divide the categories in: Duos FF, Duos MM, Duos FM.
- b. **Trios** 3 dancers'
- c. **Small Teams** 4 - 8 dancers
- d. **Large Teams** 9 - 16 dancers
- e. **Showcases** 17 - 30 dancers
- f. **Super Showcases** 31 dancers and over

Age Groups

For all Age Groups see the General Rules

Competition Styles

Competitions may be organised separately in the different Styles (see General rules above), or in any combination of styles, such as Latin American and Ballroom (Standard) combined or any other combination. It is also possible to organise competitions in special dances that are mentioned against each style family. With few enrolments it is recommended to run the competition in "All Styles" only and all kind of styles will then compete under the "All Styles" banner in the same competition.

Synchronised Dance Show Competition format

- a. Each team performs on their own, to their own music.
- b. Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit, the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.

Format for the Final

In the final the judges mark the teams in order of merit using the 2-dimensional system by giving two sets of placing. One set for Artistic Merit and the other for Technical Merit.

Open marking is not to be used.

Time Limit

- a. **Duos and Trios:** Music must be between a minimum of 1.30 and a maximum of 2 minutes.
- b. **Small & Large Teams:** Music must be between a minimum of 2 and a maximum of 3 minutes.
- c. **Showcases:** Music must be between a minimum of 3 and a maximum of 4 minutes.
- d. **Super Showcases:** Music must be between a minimum of 4 and a maximum of 6 minutes.

How to perform the Synchronised Dance Show

Duos

- a. A duo team consists of two dancers. All movements must be danced in synchronisation side-by-side, in shadow position or behind each other. It is not allowed to dance in an opposite mode, as a couple facing each other, because then there is no synchronisation.
- b. It is possible to dance the Men's and/or the Ladies steps but always by the two dancers at the same time facing the same way. Avoid keeping the same position in relation to each other during the whole performance. In open dances from the Latin American and Caribbean styles it is important to change places and find different directions to face during the performance. Try to make good use of the floor. In the Ballroom (Standard) style this is not a problem but could be in open dance styles.
- c. The head, arms, body, legs and feet should be synchronised during the whole performance except for the last 8 bars when it is possible to dance freely, when acrobatics and lifts are allowed.

Trios

- a. A Trio consists of three dancers and when dancing in opposite mode only two of the dancers can be in shadow with each other.
- b. A Trio Team may all dance the men's steps or ladies steps.
- c. One dancer can dance the man's steps and the other two the ladies steps in synchronised shadow mode with or without hold.
- d. It is also possible to dance the other way around with two dancers dancing the man's steps in synchronised shadow mode and the third dancer the ladies steps.
- e. When changing from shadow steps to opposite steps and vice versa, zip figures will be used where the steps are not synchronised for a few seconds.
Such figures must not exceed 2 bars of music.
- f. During the last 8 bars of the performance, it is allowed to dance different figures and dance freely to end up in a final pose. The final 8 bars may include acrobatic movements and lifts.

Teams and Showcases

- a. All dancers in the team are dancing exactly the same figures at the same time, either as man or as lady, solo or as a couple. It is possible to turn and move in different directions, making different patterns so long as all dancers are dancing the same figure.
- b. All figures can be danced by all dancers in two ways, either as the leader or as the follower.
- c. It is allowed to dance solo with shadow steps or with a hold as a couple with opposite steps. However a well balanced mix of dancing solo and as a couple will be rewarded. All dancers must have at least one other dancer who is dancing the same steps facing the same way in a synchronised mode as a shadow. This means that it is not possible to have one man dancing the man's steps and all other dancers in the team dancing the ladies steps. At least one more dancer must also dance the man's steps shadowing him in a synchronised mode.
- d. When changing from shadow steps to opposite steps and vice versa, a zip figure must be used where the steps are not synchronised for a few seconds.
Such figures must not exceed 2 bars of music.
- e. During the last 16 bars of the performance, it is allowed to dance different figures and dance freely to finish in a final pose. The final 16 bars may include acrobatic movements and lifts.

Recommendation

It is recommended that the choreography of a team should look more or less synchronised all the time except for the last 16 bars of music. It is better to keep the figures rather simple, not changing the mode of dancing from couples to solo too many times or too often. Keep the zip figures, when changing the mode as smooth and quick as possible. The judges will look for exact synchronisation in the arm, hand, leg, head and body movements. Changing the mode too often will make the general impression of the team look unsynchronised. On the other hand the judges will reward changing of patterns and clever choreography that makes the performance interesting. Avoid the obvious solution that all dancers keep their places in the formation facing the front all the time and dancing either only as couples or only as solo dancers.

Criterion for Judging

- a. The judges will reward good synchronisation between the team members.
- b. It is important how the team uses the floor space available.
- c. Clever choreography, impressive impact of each team member with correct technique is also important but the team is always judged as a whole and not as individuals.
- d. During the qualifying rounds the judges' will use the 2-dimensional system by giving two set of crosses. One for Artistic Merit, the other for Technical Merit.
- e. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Choreographed Dance Show competitions

Categories

- a. **Solos** with the possibility to divide the Solos into: Solo Male and Solo Female.
- b. **Duos** with the possibility to divide the categories into: Duos FF, Duos MM, Duos FM.
- c. **Trios** (3) dancers
- d. **Small Teams** 4 - 8 dancers
- e. **Large Teams** 9 - 16 dancers
- f. **Showcases** 17 - 30 dancers
- g. **Super Showcases** 31 dancers and over

Age Groups

For all Age Groups see the General Rules

Competition styles

Competitions may be organised separately in the different styles (see General Rules) above, or in any combination of styles, such as Latin American and Ballroom (Standard) or any other combination. It is also possible to organise competitions in special dances that are mentioned against each style family. With few entries it is recommended to run the competition as All Styles only then all couples will compete under the All Style banner in the same competition.

Choreographed Dance Show Competition format

Each team performs on their own to their own music.

Judges mark teams into the next round by using two sets of marks, one for Technical Merit and the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion.

Time Limit

- a. **Solos, Duos and Trios:** Music must be between a minimum of 1.30 and a maximum of 2 minutes.
- b. **Small & Large Teams:** Music must be between a minimum of 2 and a maximum of 3 minutes.
- c. **Showcases:** Music must be between a minimum of 3 and a maximum of 4 minutes.
- d. **Super Showcases:** Music must be between a minimum of 4 and a maximum of 6 minutes.

How to perform the Choreographed Dance Show

- a. Dance Show is a choreographed performance.
- b. The character of the performance must be in line with the style of dancing that is being performed.
- c. It is allowed to change clothes or remove parts of the costume.
- d. Acrobatics and Lifts are allowed.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography, a realistic theme or a small story.
- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- d. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Artistic Couple Dance Department

Section A-5

Video & Hit-Song Dance Division

Synchronised Repeat Dance Show competitions

Video Clip Dance Show competitions
(to be inserted)

General Rules for the Video Hit-Song Dance Division

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same discipline.

Age Groups

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults** 21-34 years
- **Masters** 35 and over

Categories

- a. **Small Teams** 4 – 8 dancers
- b. **Large Teams** 9 - 16 dancers
- c. **Showcases** 17 - 30 dancers
- d. **Super Showcases** 31 dancers and over

Synchronised Repeat Dance Show competitions

Categories

- a. **Small Team** 4-8 dancers
- b. **Large Team** 9-16 dancers
- c. **Showcase** 17 - 30 dancers
- d. **Super Showcases** 31 dancers and over

Age Groups

For all Age Groups see the General Rules

Competition Dance styles

The dance style for this discipline is completely free.

Repeat Dance Competition format

- a. Each team performs on their own to their own music. The team will select one piece of music. It has to be a song or melody, which will fit the time limit that is allowed for the Team or Showcase respectively. It is not allowed to select different songs or melodies and mix them together. Tempo and style of the music is free but the minimal number of choruses must be 2 (two). Most likely the team will use an internationally well known song or melody which people know.
- b. Judges mark teams into the next round by using the 2-dimensional system, by giving 2 marks, one for Technical Merit, the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion.

Time Limit

- Small & Large Teams:** Music must be between a minimum of 2 and a maximum of 3 minutes.
- Showcases:** Music must be between a minimum of 3 and a maximum of 4 minutes.
- Super Showcases:** Music must be between a minimum of 4 and a maximum of 5 minutes.

How to perform Repeat Dance

- a. Repeat Dance is a choreographed performance.
- b. The character of the performance is easy movements that are playful and easy to learn.
- c. Repeat Dance is divided into musical phrases according to how the song or melody is written. The performance is related to the different choruses, verses, interludes etc. The dance can be stationary or moving around but most of the movements are done with the hands, arms, heads and the upper part of the body. Snapping fingers, clapping hands, patting the head, boxing movements, head turns, tilting of the body and similar easy movements. It is important that the same move or movements are repeated for the same part of the song or melody.
- d. To make the dance more interesting sometimes the team is divided into several small groups or two large groups, who take turns and interact with each other in a playful way. It is possible for one group to dance on their knees for example while the other group stands and dance the other way around.
- e. There are no limits to the movements that can be used. It's considered as a good point of performance when the team moves to different positions, dances two groups fronting one each other etc. but the simplicity of dancing must be kept.
- f. For Small Teams and Large Teams the last 8 bars and for Showcases the last 16 bars of the dance are free and the team can move into a final pose.
- g. Acrobatics and Lifts are allowed.
- h. Props are allowed as long as the props can be brought on to the floor in less than 20 seconds.

Criterion for Judging

- a. The judges will reward clever choreography and a good interacting between the team members and the groups, use of innovative, modern figures and movements will be highly rewarded.
- b. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- c. In the Final the judges' use the 2-dimensional system by giving two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Street and Pop Dance Department

Section B-1

Break Dance Division

Break Dance competitions

Categories

- a. Solo Female (B-Girls)
- b. Solo Male (B-Boys)
- c. Small Teams 4 – 8 dancers Mixed (B-Boys & B-Girls)
- d. Large Teams 9 – 16 dancers Mixed (B-Boys & B-Girls)
- e. Showcases 17 and more dancers

Age Groups

- a. Juveniles 11 years and under
- b. Juniors 12-15 years
- c. Youth and Adults 16 years and over

Solos

Format - Qualifying Rounds

- a. The organiser's music is played at a suitable tempo.
- b. In the starting round of the competition all dancers shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries the floor will be crowded and the presentation dance will be divided in two or more groups. The chairman of judges will decide the number of dancers in each group.
- c. The dancers will thereafter be divided into heats. Every heat will not have more than 2 dancers. The duration of the performance will be between 45 and 60 seconds. d. In all following rounds, including the semi-final there will be not be a presentation dance at the beginning of the round.

Judging - Qualifying Rounds

Judges mark the 8 best dancers using the 2 dimensional system with one cross for Technique and Acrobatics and the other for Artistic Merit for the dancers each adjudicator want to go directly forward to the final battle. The eight dancers that have the highest number of crosses will go straight to the final battle. All other dancers will dance one more qualification round, from which the remaining 8 dancers will be selected for the final.

Format for dancing the Final

All dancers in the final are ranked in order of the number of crosses received. The 8 dancers that were selected directly for the final will be ranked 1-8. The 8 dancers that were selected in the second chance round will be ranked 9-16 according to the number of crosses they received. The 1st ranked dancer will dance against the 16th ranked dancer. The 2nd ranked dancer will dance against the 15th ranked dancer and so on ending with the 8th ranked dancer will dancing against the 9th ranked dancer, eight (8) battles in total. In the event of equal number of crosses a draw will be carried out for who will meet who. The winners of each battle will meet in a quarter final in 4 battles and where the winners are ranked against each other again in accordance to the number of the crosses from the ranking list of the first round. The 4 winners of the ¼ final will meet in a semi-final. Who will meet who in the semi-final will be decided by a draw. The two winners will meet each other in a final for 1st and 2nd place and the two losers of the semi-finals will meet for 3rd and 4th place.

Judging the Final

The two dancers are dancing on a split floor, one dancer on floor A and one on floor B. The judges decide who will win the battle by showing A or B cards. The majority of the judges' markings will decide who will be the winner in each battle.

Acrobatics

It is allowed to use acrobatics, except dangerous tricks for Juveniles like head spins, the crown and other figures that could damage the neck and the spine. Dangerous tricks and acrobatics are used at the trainers, parents and/or dancers own risk.

Music: The Organiser's music will be used in all rounds.

Teams

Format - Qualifying Rounds

- a. The Organiser's music must be played at a suitable tempo.
- b. In the starting round of the competition all teams shall be seen by the judges in a presentation dance for 1 minute. Every team dances solo and may decide on how many dancers will be dancing at the same time. The Presentation round is not judged.
- c. The teams will thereafter be divided into heats. Each team will dance solo. The teams may decide how many dancers will be dancing at the same time.
- d. The duration of the performance is to be between 2:30 and 3 minutes.
- e. In all following rounds there will not be a presentation dance at the beginning of the round.

Judging - Qualifying Rounds

- a. Every Judge will mark the 4 best teams using the 2 dimensional system with one cross for Technique and Acrobatics and the other for Artistic Merit for the teams they want to go directly forward to the final battle. The four teams that have the highest number of crosses will go straight to the final battle. All other teams will dance one more qualification round from which the remaining 4 teams will be selected for the final.
- b. In the event that there are less than 8 teams entered only two (2) teams will qualify directly for the final, the remaining two places will be selected from the "second chance" round.

Format for dancing the Final

- a. All teams in the final are ranked in order of merit by the number of crosses. The 4 teams that were selected directly for the final will be ranked 1-4. The four teams that were selected in the "second chance" round will be ranked 5-8 according to the number of crosses they received. The 1st ranked team will meet the 8th ranked team. The 2nd ranked team will meet the 7th ranked team and so on through the 4 battles. In the event of equal crosses a draw will be made for who will meet who. The winners of each battle will meet in a semi-final in 2 battles. Who will meet who in the semi-final will be decided by a draw? The two winners will meet each other in a final for 1st and 2nd place and the two losers in the semi-final will meet each other for 3rd and 4th place.
- b. The duration of the battles will be 6 minutes and the teams decide themselves when to send in dancers and how many.

Judging the Final

The teams dance on separate floors, one team on floor A the other on floor B. The judges decide who will win the battle by showing A or B cards. The majority of the judges' markings will decide who will be the winner in each battle.

Lifts and Acrobatics

It is allowed to use acrobatics, except dangerous tricks for Juveniles like head spins, the crown and other figures that could damage the neck and the spine. Dangerous tricks and acrobatics are used at the trainers, parents and/or dancers own risk.

Music:

The Organiser's music will be used in all rounds.

Street and Pop Dance Department

Section B-2

Urban Street Dance Division

Urban Street Dance competitions

House Dance competitions

Popping & Locking competitions

Urban Street Dance Fusion Show competitions

General rules for the Urban Street Dance Division.

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age Groups

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults** 21-34 years
- **Masters** 35 and over
- **Mixed Age Groups**

Categories

Solo Female

Solo Male

Duos Female-Female (FF)

Duos Male (MM)

Duos Male-Female (MF)

Trios (3) dancers

Small Teams 4 – 8 dancers

Large Teams 9 - 16 dancers

Showcases 17 – 30 dancers

Super Showcases 31 and more dancers

Definition of a Duo

A Duo is defined as two persons dancing as individuals and can be of any gender.

Definition of a Trio

A Trio is defined as three dancers of any gender dancing together.

Urban Street Dance Competitions

Urban Street

Urban Street dance is a broad category that includes a variety of urban styles. The older dance styles that were created in the 1970s include up-rock, breaking, and the funk styles. At the same time breaking was developing in New York, other styles were being created in California. Several street dance styles created in California in the 1970s such as roboting, bopping, hitting, locking, bustin', popping, electric boogaloo, strutting, sac-ing, and dime-stopping. It is historically inaccurate to say that the funk styles were always considered hip-hop. "Hip-Hop Dance" became an umbrella term encompassing all of these styles.

Categories

- a. Solos with the possibility to divide the Solos into Solo Male and Solo Female.
- b. Duos with the possibility to divide the categories into: Duos FF, Duos MM, Duos FM.
- c. Trios (3) dancers
- d. Small Teams 4 - 8 dancers
- e. Large Teams 9 - 16 dancers
- f. Showcases 17 - 30 dancers
- g. Super Showcases 31 and more dancers

Age groups

For all Age Groups see the General Rules.

Tempo of the music: Tempo: 27 - 28 bars per minute (108 - 112 beats per minute)

Characteristics and Movement: Different new dance styles, such as Quick Popping Crew, Asian style, African style, Hype Dance, New-Jack-Swing, Popping & Locking, Jamming, etc., adding creative elements such as stops, jokes, flashes, swift movements, etc. Some Electric and Break movements can be performed but should not dominate. Floor figures are very popular but should not dominate the performance.

Format - Qualifying Rounds Solos, Duos and Trios

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all dancers, Solos, Duos and Trios shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries, and therefore the floor will be too crowded, the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, but the heats should not exceed 6 dancers, 6 Solos or 3 Duos or 2 Trios. Each heat will never last longer than 1 minute. Mini-kids will never dance longer than 40 seconds.
- d. Judges mark the dancers using the 1-dimensional system of marking with a cross for each Solo, Duo or Trio whom they want to go forward into the next round.
- e. To close the round all dancers will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made but items c, d, and e, will be repeated in all following rounds until the Final.
- g. Lifts and Acrobatics are not allowed in the qualifying rounds.

Format for dancing the Final for Solos, Duos and Trios

There must be a minimum of 5 Solos, Duos or Trios in the final unless it is a straight final, but never more than 8 Solos, Duos or Trios. If there are 6 Solos, Duos or Trios or less, it can be a straight final. If there are 7 Solos, Duos or trios in a class or more then there must be a semi-final.

- a. All finalists will dance 30 seconds together.
- b. The competitors will be divided in two parts. 50% of the competitors will dance for up to a maximum of 1 minute but not less than 30 seconds. The other 50% will dance the same amount of time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds. The Trios could be divided into three heats depending of the size of the floor.
- c. All competitors will then dance together for up to a maximum of 1 minute. Mini-kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music for up to a maximum of 1 minute but not less than 30 seconds each time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time
- f. Solos, Duos and Trios are allowed to use lifts and acrobatics. A lift is defined as one partner losing contact with the floor for more than 2 beats, by being supported by the other partner. Acrobatics are defined as those movements, in which the body turns around the sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.

Format - Qualifying Rounds for Small Teams, Large Teams, Showcases

Music:	Every Team dances to their own music.
Small Teams:	Only 1 team will dance at a time in each heat. There is no presentation dance for Small teams. The duration of the music, which is the Small Team's own music, must not be longer than 3 minutes.
Large Teams:	Only 1 team will dance at a time in each heat and the duration of the music, which is the Large Team's own music, must not be longer than 3 minutes.
Showcases:	Only 1 team will dance at the time in each heat and the duration of the music, which is the Showcase's own music, which must not be longer than 4 minutes.
Super Showcases:	Only 1 team will dance at the time in each heat and the duration of the music, which is the Showcase's own music, which must not be longer than 5 minutes.

Judges mark the Teams and Showcases one by one, by using the 2-dimensional system and give each Team they want to go forward into the next round two sets of crosses, one for Artistic Merit, the other for Technical Merit.

Format for dancing the Final for Small Teams, Large Teams and Showcases

- a. Each team will dance on their own, one by one, using their own music. Small and Large Teams must not dance longer than 3 minutes, and Showcases not longer than 4 minutes.
- b. Judges place the Teams in order of merit using the 2-dimensional system by giving two placings, one for Artistic Merit, the other for Technical Merit.
- c. For Small Teams, Large Teams and Showcases lifts and acrobatics are allowed, in all rounds because each team is performing alone on the floor.
- d. Acrobatics are defined as those movements, in which the body turns around the sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.

House Dance Competitions

House Dance

House music is a genre of electronic dance music that originated in Chicago in the early 1980s. Early house music was generally dance-based music characterised by repetitive 4/4 beats, rhythms mainly provided by drum machines, off-beat hi-hat cymbals, and synthesised bass-lines. House music has also fused with several other genres creating fusion subgenres, such as euro house, tech house, electro house and jump house.

Tempo of the Music: Tempo: 31-33 bars per minute (124 - 132 beats per minute)

Characteristics and Movement:

The movements are mainly done in the feet and legs with a jumping bouncing body action. Different House styles are all accepted. Basic figures are Basic Jack, Jack in the Box, Speedy Heels, Speedy Toes, Swirl (heels and toes), Heel Punch, Toe Punch, Rapid V-Step, Criss Cross, Farmer, Stomp, Happy Farmer etc., adding creative elements such as stops, jokes, flashes, swift movements, etc. Some Electric and Break movements can be performed but should not dominate.

<http://www.youtube.com/watch?v=g2Mp2jQMuiU>

<http://www.youtube.com/watch?v=YELoYSdN92U>

http://www.youtube.com/watch?v=tVFQZeC_dsM

Categories

- a. Solos with the possibility to divide them into Solo Male and Solo Female:
- b. Duos with the possibility to divide the categories into: Duos FF, Duos MM, Duos FM.
- c. Trios (3) dancers
- d. Small Teams 4 - 8 dancers
- e. Large Teams 9 - 16 dancers
- f. Showcases 17 - 30 dancers
- g. Super Showcases 31 and more dancers

Age Groups

For all Age Groups see the General Rules.

Format - Qualifying Rounds Solos, Duos and Trios

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all dancers, Solos, Duos and Trios shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries, and therefore the floor will be too crowded, the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in each heat is dependent of the size of the dance floor, but the heats should not exceed 6 dancers, 6 Solos or 3 Duos or 2 Trios. Each heat will never last longer than 1 minute. Mini-kids will never dance longer than 40 seconds.
- d. Judges mark the dancers using the 1-dimensional system of marking with a cross for each Solo, Duo or Trio whom they want to go forward into the next round.
- e. All dancers will then dance a closing dance for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made but items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final for Solos, Duos and Trios

There must be a minimum of 5 Solos, Duos or Trios in the final unless it is a straight final, but never more than 8 Solos, Duos or Trios. If there are 6 Solos, Duos or Trios or less, it can be a straight final. If there are 7 Solos, Duos or trios in a class or more then there must be a semi-final.

- a. All finalists will dance 30 seconds together.
- b. The competitors will be divided in two parts. 50% of the competitors will dance for up to a maximum of 1 minute but not less than 30 seconds. The other 50% will dance the same amount of time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds. The Trios could be divided into three heats depending of the size of the floor.
- c. All competitors will then dance together for up to a maximum of 1 minute. Mini-kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music for up to a maximum of 1 minute but not less than 30 seconds each time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time.

Format - Qualifying Rounds Small Teams, Large Teams, Showcases

Music: Every Team dances to their own music.

Small Teams: Only 1 team will dance at the time in each heat. There is no presentation dance for Small teams. The duration of music, which is the Small Team's own music, must not be longer than 3 minutes.

Large Teams: Only 1 team will dance at a time in each heat and the duration of music, which is the Large Team's own music, must not be longer than 3 minutes.

Showcases: Only 1 team will dance at the time in each heat and the duration of music, which is the Showcase own music, must not be longer than 4 minutes.

Super Showcases: Only 1 team will dance at the time in each heat and the duration of music, which is the Showcase own music, must not be longer than 5 minutes.

Judges mark the Teams and Showcases that are dancing, one by one, by using the 2-dimensional system and give each Team that they want to go forward to the next round two sets of crosses, one for Artistic Merit, the other for Technical Merit.

Format for dancing the Final for Small Teams, Large Teams and Showcases

Each team will dance on their own, one by one, using their own music. Small and Large Teams must not dance longer than 3 minutes, and Showcases not longer than 4 minutes.

Judges place the Teams in order of merit using the 2-dimensional system by giving two placing, one for Artistic Merit, the other for Technical Merit.

Lifts and Acrobatics

- a. Solos, Duos and Trios are only allowed to use lifts and acrobatics in the final. A lift is defined as one partner losing contact with the floor for more than 2 beats, by being supported by the other partner. Acrobatics are defined as those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.
- b. For Small Teams, Large Teams and Showcases lifts and acrobatics are allowed, in all rounds because each team is performing alone on the floor.

Popping and Locking competitions

Popping & Locking

Popping is a street dance and one of the original funk styles that came from California during the 1960s-1970s. Popping means to quickly contract and relax muscles to create a jerking effect (a *pop* or *hit*) in the body. Popping can be concentrated to specific body parts creating variants such as arm pops, leg pops, chest pops and neck pops. They also can vary in explosiveness. Stronger pops normally involve popping both the lower and upper body simultaneously.

Locking is a style of funk dance, which is today also associated with hip hop. The name is based on the concept of *locking* movements, which basically means freezing from a fast movement and "locking" in a certain position, holding that position for a short while and then continuing in the same speed as before. It relies on fast and distinct arm and hand movements combined with more relaxed hips and legs. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.

Categories

- a. Solos with the possibility to divide them into Solo Male and Solo Female:
- b. Duos with the possibility to divide the categories into: Duos FF, Duos MM, Duos FM.
- c. Trios (3) dancers
- d. Small Teams 4 - 8 dancers
- e. Large Teams 9 - 16 dancers
- f. Showcases 17 - 30 dancers
- g. Super Showcases 31 and more dancers

Age Groups

For all Age Groups see the General Rules.

Tempo of the Music: Tempo: 28-32 bars per minute (112-128 beats per minute)

Characteristics and Movement:

Poses in popping make heavy use of angles, mime style movements and sometimes facial expressions. The lower body has many ways to move around from basic walking and stepping to the more complex and gravity defying styles of floating and electric boogaloo. Movements and techniques used in popping are generally focused on sharp contrasts and extremes, being either robotic, rigid or very loose and flowing. Popping is almost always performed standing up, except in rare cases when the dancer goes down on the knees or to the floor to perform a special move. Locking may be done in solo or in unison with two or more dancers doing steps or handshakes together. A locker may smile while performing to emphasize the comical nature of the dance. Other important stylistic features are waving of arms, pointing, walking stationary and grabbing and rotating the cap or hat.

Format - Qualifying Rounds Solos, Duos and Trios

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all dancers, Solos, Duos and Trios shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries, and therefore the floor will be too crowded, the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in each heat is dependent of the size of the dance floor, but the heats should not exceed 6 dancers, 6 Solos or 3 Duos or 2 Trios. Each heat will never last longer than 1 minute. Mini-kids will never dance longer than 40 seconds.
- d. Judges mark the dancers using the 1-dimensional system of marking with a cross for each Solo, Duo or Trio whom they want to go forward into the next round.
- e. All dancers will then dance a closing dance for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made but items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final for Solos, Duos and Trios

There must be a minimum of 5 Solos, Duos or Trios in the final unless it is a straight final, but never more than 8 Solos, Duos or Trios in the final. If there are 6 Solos, Duos or Trios or less, it can be a straight final. If there are 7 Solos, Duos or trios in a class or more then there must be a semi-final.

- a. All finalists will dance 30 seconds together.
- b. The competitors will be divided in two parts. 50% of the competitors will dance for up to a maximum of 1 minute but not less than 30 seconds. The other 50% will dance for the same amount of time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds. The Trios could be divided in three heats depending of the size of the floor.
- c. All competitors will then dance together for up to a maximum of 1 minute. Mini-kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music up to a maximum of 1 minute but not less than 30 seconds each time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time

Format - Qualifying Rounds Small Teams, Large Teams, Showcases

- a. **Music:** Every Team dances to their own music.
- b. **Small Teams:** Only 1 team will dance at the time in each heat. There is no presentation dance for Small teams. The duration of music, which is the Small Team's own music, must not be longer than 3 minutes.
- c. **Large Teams:** Only 1 team will dance at a time in each heat and the duration of music, which is the Large Team's own music, must not be longer than 3 minutes.
- d. **Showcases:** Only 1 team will dance at the time in each heat and the duration of music, which is the Showcase own music, must not be longer than 4 minutes.
- e. **Super Showcases:** Only 1 team will dance at the time in each heat and the duration of music, which is the Showcase own music, must not be longer than 5 minutes.
- f. Judges mark the Teams, Showcases and Super Showcases that are dancing, one by one, by using the 2-dimensional system and give each Team that they want to go forward to the next round two sets of crosses, one for Artistic Merit and one for Technical Merit.

Format for dancing the Final for Small Teams, Large Teams and Showcases

- a. Each team will dance on their own, one by one, using their own music. Small and Large Teams must not dance longer than 3 minutes, and Showcases not longer than 4 minutes.
- b. Judges place the Teams in order of merit using the 2-dimensional system by giving two placing, one for Artistic Merit, the other for Technical Merit.

Lifts and Acrobatics

- a. Solos, Duos and Trios are only allowed to use lifts and acrobatics in the final. A lift is defined as one partner losing contact with the floor for more than 2 beats, by being supported by the other partner. Acrobatics are defined as those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.
- b. For Small Teams, Large Teams and Showcases lifts and acrobatics are allowed, in all rounds because each team is performing alone on the floor.

Urban Street Dance Fusion Show competitions

Any free Street Dance style like Hip Hop, Break Dance, Electric, Robot, New style, New School, Crumping, Clowning, Locking, Popping, Boogaloo and Whacking must dominate the performance. Urban Pop, House, Techno and Disco Dance Floor and Dance Hall are dances that could be a part of the Urban Street Dance Fusion Show.

Categories

Solo	can be divided into Solos Male and Solo Female
Duos	can be divided into Duos FF, Duos MM, Duos FM
Trios	(3) dancers
Small Teams	4 - 8 dancers
Large Teams	9 - 16 dancers
Showcases	16 - 30 dancers
Super Showcases	31 and more dancers

Age Groups

For all Age Groups see the General Rules.

Urban Street Dance Fusion Show competition format

Each team performs alone to their own music

Time limit

Solos, Duos and Trios:	Music must be between a minimum of 1.30 and a maximum of 2 minutes.
Small Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Large Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Showcases:	Music must be between a minimum of 3 and a maximum of 4 minutes.
Super Showcases:	Music must be between a minimum of 4 and a maximum of 5 minutes.

How to perform Urban Street Dance Fusion Show

- Urban Street Dance Fusion Show is a choreographed performance.
- The character of the performance must be in line with the style of Urban Street Dance.
- It is allowed to change clothes or remove parts of the costume.
- Acrobatics and Lifts are allowed.
- Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily brought in through a normal size door.

Criterion for Judging

- The judges will reward clever choreography, a realistic theme or a small story.
- The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- In the Final the judges' use the 2-dimensional system by giving two sets of placing, one set for Artistic Merit, the other for Technical Merit.

Street and Pop Dance Department

Section B-3

Urban Pop Dance Division

Acrobatic Slow Disco competitions

Urban Pop Dance competitions

Urban Pop Dance Fusion Show competitions

General rules for the Urban Pop Dance Division.

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age Groups

- **Mini Kids** under 8 years
- **Juveniles I** 8 - 9 years
- **Juveniles II** 10 - 11 years
- **Junior I** 12 - 13 years
- **Junior II** 14 - 15 years
- **Youth I** 16 - 17 years
- **Youth II** 18 - 20 years
- **Adults** 21 - 34 years
- **Masters** 35 and over
- **Mixed Age Groups**

Categories

Solo Female

Solo Male

Duos Female-Female (FF)

Duos Male (MM)

Duos Male-Female (MF)

Trios (3) dancers

Small Teams 4 - 8 dancers

Large Teams 9 - 16 dancers

Showcases 17 - 30 dancers

Super Showcases 31 and more dancers

Definition of a Duo

A Duo is defined as two persons dancing as individuals and can be of any gender.

Definition of a Trio

A Trio is defined as three dancers in the following combinations.

- a. Three ladies/girls
- b. Three men/boys
- c. Two ladies/girls & one man/boy
- d. Two men/boys & one lady/girl

Acrobatic Slow Disco competitions

Jazz-funk

Jazz-funk (also called street-jazz or Slow Disco) is a hybrid of hip-hop and jazz dance. Although jazz-funk borrows from hip-hop dance, it is not considered a style of hip-hop because the foundational movements are jazz and acrobatic movements.

Music: Time Signature 4/4 Tempo: 15 - 18 bars per minute (60 - 72 beats per minute).

Categories

- Solos with the possibility to divide the Solos into Solo Male and Solo Female.
- Duos with the possibility to divide the categories into: Duos FF, Duos MM, Duos FM.

Age Groups

For all Age Groups see the General Rules.

Characteristics and Movement:

Acrobatics such as Hand-wheeling, Somersaults, Splits, Grand Split jumps, Floor acrobatics, Spins, High Kicks, Pirouettes, Arabesques and other Ballet figures should dominate the performances. Musicality, rhythm, dance variety and originality will be rewarded. The music is played in a very slow tempo but following the music is very important.

Format - Qualifying Rounds Solos and Duos

- Organiser's music played in Strict Tempo.
- In the first round all dancers, Solos and Duos shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries the floor will be crowded and the presentation dance can be divided into two or more groups.
- The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor but must not exceed 6 dancers, 6 Solos. Each heat shall not last longer than 1 minute. Mini Kids must never dance longer than 40 seconds.
- Judges mark the dancers using the 1-dimensional system with a cross for each Solo, Duo or Trio they want to go forward to the next round.
- All dancers will then dance a closing dance for 30 seconds for the judges to clarify their marks.
- In the following rounds a presentation dance will be performed, items c. d. and e. will be repeated.

Format for dancing the Final for Solos and Duos

There must be a minimum of 5 Solos or Duos in the final unless it is a straight final, but never more than 8 Solos or Duos in the final. If there are 6 Solos or Duos or less, it can be a straight final. If there are 7 Solos or Duos in a class or more then there must be a semi-final.

- All finalists will dance 30 seconds together.
- The competitors will be divided in two parts. 50% of the competitors will dance for up to a maximum of 1 minute but not less than 30 seconds than the other 50% will dance the same amount of time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- All competitors will then dance together for up to a maximum of 1 minute. Mini-kids will dance for up to a maximum of 40 seconds.
- The adjudicators will place the dancers in order of merit using the 1-dimensional system. It is possible to also use the 2-dimensional system if the competitors under h. are dancing one by one.
- In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music up to a maximum of 1 minute but not less than 30 seconds each time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time.

Urban Pop Dance competitions

Categories

- a. Solos with the possibility to divide them into Solo Male and Solo Female:
- b. Duos with the possibility to divide the categories into: Duos FF, Duos MM, Duos FM.
- c. Trios (3) dancers
- d. Small Teams 4 - 8 dancers
- e. Large Teams 9 - 16 dancers
- f. Showcases 17 - 30 dancers
- g. Super Showcases 31 and more dancers

Age Groups

For all Age Groups see the General Rules.

Music: Time Signature 4/4 Tempo: 34 - 35 bars per minute (136 - 140 beats per minute).

Characteristics and Movement:

Bouncing fast leg-movements with typical fast arm moments and a pumping body pulse should dominate all performances. Slides, leaps, jumps, kicks, spins and pirouettes are an important part of the dance. Floor figures such as splits, back and bump spins are allowed but should not dominate the performance. Long running leaps moving across the floor must not exceed four steps at a time. Musicality, (rhythm, breaks), dance variety and originality is very important.

Format - Qualifying Rounds for Solos, Duos and Trios

- a. Organiser's music played in Strict Tempo.
- b. In the first round all dancers, Solos, Duos and Trios shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries the floor will be crowded and the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor but must not exceed 6 dancers, 6 Solos, 3 Duos or 2 Trios. Each heat shall not last longer than 1 minute.
Mini-kids must never dance longer than 40 seconds.
- d. Judges mark the dancers using the 1-dimensional system with a cross for each Solo, Duo or Trio they want to go forward to the next round.
- e. All dancers will then dance a closing dance for 30 seconds for the judges to clarify their marks.
- f. In the following rounds a presentation dance will be performed, items c. d. and e. will be repeated.

Format for dancing the Final for Solos, Duos and Trios

There must be a minimum of 5 Solos, Duos or Trios in the final unless it is a straight final, but never more than 8 Solos, Duos or Trios in the final. If there are 6 Solos, Duos or Trios or less, it can be a straight final. If there are 7 Solos, Duos or trios in a class or more then there must be a semi-final.

- a. All finalists will dance 30 seconds together.
- b. The competitors will be divided in two parts. 50% of the competitors will dance for up to a maximum of 1 minute but not less than 30 seconds. Then the other 50% will dance the same amount of time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds. The Trios could be divided in three heats depending of the size of the floor.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini-kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music up to a maximum of 1 minute but not less than 30 seconds each time. Mini-kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time.

Format - Qualifying Rounds for Small Teams, Large Teams and Showcases

Music: Every Team dances to their own music.

Small Teams: Only 1 team will dance at the time in each heat. There is no presentation dance for Small teams. The duration of music, which is the Small Team's own music, must not be longer than 2 minutes.

Large Teams: Only 1 team will dance at the time in each heat and the duration of music, which is the Large Team's own music, must not be longer than 2 minutes 30 seconds.

Showcases: Only 1 team will dance at the time in each heat and the duration of music, which is the Showcase own music, must not be longer than 3 minutes.

Super Showcases: Only 1 team will dance at the time in each heat and the duration of music, which is the Showcase own music, must not be longer than 3 minutes.

Judges mark the Teams and Showcases that are dancing, one by one, by using the 2-dimensional system and give each Team that they want to go forward to the next round two sets of crosses, one for Artistic Merit, the other for Technical Merit.

Format for dancing the Final for Small Teams, Large Teams and Showcases

- a. Each team will dance on their own, one by one, using their own music. Small Teams must not dance longer than 2 minutes. Large Teams not longer than 2:30 minutes and Showcases not longer than 3 minutes.
- b. Judges place the Teams in order of merit using the 2-dimensional system by giving two placings, one for Artistic Merit, the other for Technical Merit.

Lifts and Acrobatics

- a. Solos, Duos and Trios are only allowed to use lifts and acrobatics in the final. A lift is defined as one partner losing contact with the floor for more than 2 beats, by being supported by the other partner. Acrobatics are defined as those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.
- b. For Small Teams, Large Teams and Showcases lifts and acrobatics are allowed, in all rounds and the Final because each team is performing alone on the floor.

Urban Pop Dance Fusion Show competitions

The Pop dance style should dominate the performance but Street dance style dances could also be a part of the performance.

Categories

Solos	can be divided into Solo Male and Solo Female.
Duos	can be divided into Duos FF, Duos MM, Duos FM.
Trios	(3) dancers
Small Teams	4 - 8 dancers
Large Teams	9 - 16 dancers
Showcases	17 - 30 dancers
Super Showcases	31 and more dancers

Age Groups

For all Age Groups see the General Rules.

Urban Pop Dance Fusion Show Competition format

Each team performs alone to their own music.

Time limit

Solos, Duos and Trios:	Music must be between a minimum of 1.30 and a maximum of 2 minutes.
Small Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Large Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Showcases:	Music must be between a minimum of 3 and a maximum of 4 minutes.
Super Showcases:	Music must be between a minimum of 4 and a maximum of 5 minutes.

How to perform Urban Pop Dance Fusion Show

- Urban Pop Dance Show is a choreographed performance.
- The character of the performance must be in line with the style of Urban Pop Dance.
- It is allowed to change clothes or remove parts of the costume.
- Acrobatics and Lifts are allowed.
- Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily brought in through a normal size door.

Criterion for Judging

- The judges will reward clever choreography, a realistic theme or a small story.
- The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- In the Final the judges' use the 2-dimensional system by giving two sets of placings, one set for Artistic Merit, the other for Technical Merit.

Stage Dance Department

Section C-1

Ballet Division

Classical Ballet Competitions

Contemporary Ballet Competitions

Jazz Dance Competitions

General rules for the Stage Dance Department

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age groups

Mini Kids	under 8 years
Juveniles I	8 - 9 years
Juveniles II	10 - 11 years
Junior I	12 - 13 years
Junior II	14 - 15 years
Youth I	16 - 17 years
Youth II	18 - 20 years
Adults	21 - 34 years
Masters	35 and over

Categories

Solo	Female
Solo	Male
Duos	Female-Female (FF)
Duos	Male (MM)
Duos	Male-Female (MF)
Trios	(3) dancers
Small Teams	4 - 8 dancers
Large Teams	9 - 16 dancers
Showcases	17 - 30 dancers
Super Showcases	31 and more dancers

Definition of a Duo

A Duo is defined as two persons dancing as individuals and can be of any gender.

Definition of a Trio

A Trio is defined as three dancers of any gender dancing together.

Classical Ballet Competitions

Characteristics and Movement

This discipline must be performed using the Classical Ballet Technique and style and may be performed in soft ballet shoes or Pointe shoes. Although choreography may be of a modern nature, it may not deviate from what is commonly known as Classical Ballet.

Contemporary and/or Modern Jazz moves and styles may not be performed in this discipline.

Ballet Dance Competition format

- a. Music is of the dancers own choice
- b. All teams dance one by one to their own music

Time Limit

Solos Duos and Trios	Music must be between 1.30 and 2 minutes
Small Teams	Music must be between 2 and 3 minutes
Large Teams	Music must be between 2 and 3 minutes
Showcases	Music must be between 3 and 4 minutes
Super Showcases	Music must be between 4 and 5 minutes

How to perform Classic Ballet Competitions

- a. Classic Ballet is a choreographed performance.
- b. It is not allowed to change clothes or remove items from the costume during performance.
- c. Acrobatics are not allowed.
- d. Lifts are allowed but must remain in the Classical Ballet tradition.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds.
- f. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for judging

- a. The judges will reward well-rehearsed performances with good classical dance technique.
- b. During the qualifying rounds the judges will use the 2-dimensional system by awarding two sets of crosses, one for the Technical Merit, the other for Artistic merit.
- b. In the final the judges will use the 2-dimensional system by awarding two sets of placings.
- c. One set for Technical Merit, the other for Artistic Merit.

Open marking is not to be used.

Contemporary Ballet Competitions

Characteristics and Movement

All forms of Ballet are allowed. Classical, Modern and other Jazz dance styles.

Contemporary Ballet Competition Format

- Music is of the dancers' own choice.
- All teams dance one by one on their own to their own music.

Time Limit

Solos, Duos Couples and Trios: Music must be between a minimum of 1:30 and a maximum of 2 minutes.

Small Teams: Music must be between a minimum of 2 and a maximum of 3 minutes.

Large Teams: Music must be between a minimum of 2 and a maximum of 3 minutes.

Showcases: Music must be between a minimum of 3 minutes and a maximum of 4 minutes.

Super Showcases: Music must be between a minimum of 4 minutes and a maximum of 5 minutes.

How to perform Contemporary Ballet

- Contemporary Ballet is a choreographed performance.
- It is allowed to change clothes or remove items from the costume.
- Acrobatics and lifts are allowed (except for Mini Kids and Juveniles under 12) they will only enhance the dancers' score if the acrobatic movements are well integrated into the performance with style and finesse.
- Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can easily pass through a normal size door frame.

Criterion for Judging

- The judges will reward clever choreography, a realistic theme or a small story.
- Innovative and use of modern figures and movements within the style of dancing that is being performed will be highly rewarded.
- During the qualifying rounds the judges will use the 2-dimensional system by awarding two sets of crosses. One for Artistic Merit, the other for Technical Merit.
- In the final the judges will use the 2-dimensional system by awarding two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Jazz Dance Competitions

Characteristics and Movement

All kinds of Jazz Dance is allowed. Contemporary dances like Break, Street and similar may be used as long as it is not dominant in the performance.

Jazz Dance Competition format

- a. Music is the dancer's own choice.
- b. All teams dance one by one to their own music.

Time Limit

Solos, Duos, Couples and Trios:	Music must be between 1.30 and 2 minutes.
Small Teams:	Music must be between 2 and 3 minutes.
Large Teams:	Music must be between 2 and 3 minutes.
Showcases:	Music must be between 3 and 4 minutes.
Super Showcases:	Music must be between 4 and 5 minutes.

How to perform Jazz Dancing

- a. Jazz Dance is a choreographed performance.
- b. It is not allowed to change clothes or remove items from the costume
- c. Acrobatics are not allowed in the air, but are allowed when danced on the floor.
- d. Lifts are allowed (except for Mini Kids and Juveniles under 12) but will only enhance the dancers score if the movements are well integrated in the performance with style and finesse.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds.
- f. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography, a realistic theme or a small story.
- b. Innovative and use of modern figures and movements within the style of dancing that is performed will be highly rewarded.
- c. During the qualifying rounds the judges will use the 2-dimensional system by awarding two sets of crosses. One for Artistic Merit, the other for Technical Merit.
- d. In the final the judges will use the 2-dimensional system by awarding two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used

Stage Dance Department

Belly Dance Division

Section C-2

Belly Dance Competitions

Categories

Solos	can be divided into: Solo Male and Solo Female
Duos	can be divided into: Duos FF, Duos MM, Duos FM.
Trios	(3) dancers
Small Teams	4 - 8 dancers
Large Teams	9 - 16 dancers
Showcases	17 – 30 dancers
Super Showcases	31 and more dancers

Age Groups

For all Age Groups see the General Rules

Competition styles

Classic Belly Dance

Show Belly Dance

Folk Belly Dance

Competitions may be organised separately in the different styles or in any combination of styles.

Belly Dance competition format

1. Each team/dancer performs on their-own music.
2. Costumes:
 - a. For Juniors the costume must be appropriate to their age.
 - b. It is very important to note that for Juveniles (and younger) the belly and chest must be cover.
3. Special note for Juveniles (and younger) that each 15 second dancer should change to the different movements (for example: not make the shimmy movements at the same spot for a whole minute)
4. Special notes for Classic Belly Dance:
 - a. First rounds (qualifications) will be performed on the organizers music and only the Final round dancers will perform on their own music
 - b. First rounds (qualifications) can be performed in the same costume (dress) and for the Final round dancers should perform in a different costume
5. Special notes for Folk Belly Dance:
 - a. It is important to recognize that Folk Belly Dance includes: Arabic Folk Dance Styles, Turkish Folk Dance Styles and Iranian Folk Dance Styles
 - b. There is a special note for Juveniles (and younger) should avoid to use Iraqi, Khaleegy, Zaar, Iskandarani (Melaya Leff) Dance Styles
6. Special notes for Show Belly Dance:
 - a. It is important to recognize that Show Belly Dance choreography must have at least 50% of Classic Belly Dance technique
 - b. It is important to recognize that Show Belly Dance choreography must have a concept (small story)

Time Limit

Solos, Duos and Trios:	Music must be between a minimum of 1:30 and a maximum of 2 minutes.
Small Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Large Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Showcases:	Music must be between a minimum of 3 minutes and a maximum of 4 minutes.
Super Showcases:	Music must be between a minimum of 4 minutes and a maximum of 5 minutes.

How to perform Belly Dance

- Belly Dance is a choreographed performance.
- The character of the performance must be in line with the style of dancing that is being performed.
- It is allowed to change clothes or remove parts of the costume.
- Acrobatics and Lifts are allowed except for Mini-kids and Juveniles.
- Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- The judges will reward clever choreography, a realistic theme or a small story.
- The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- Judges mark teams/dancer into the next round by using 1-dimensional system for Classic and Folk Belly Dance, but use the 2-dimensional system for Show Belly Dance : one for Technical Merit, the other for Artistic Merit.
- Normally around 50% of the teams should be marked in each criterion.

Open marking is not to be used

Stage Dance Department

Dance Show Division

Section C-3

Artistic Dance Show Competitions

Categories

For all categories see the General Rules

Age Groups

For all Age Groups see the General Rules

Characteristics and Movement

All styles of dance can be performed. Ballet, Contemporary Dances, Funk, Jazz, Modern, Pop, Street, Tap and similar styles. It is not allowed to compete in Dance Show and other disciplines with the same choreography at the same event.

Scenic Show Dance Competition format

- a. Music is of the dancers' own choice.
- b. All teams dance one by one on their own to their own music.

Time Limit

Solos, Duos Couples and Trios: Music must be between a minimum of 1:30 and a maximum of 2 minutes.

Small Teams: Music must be between a minimum of 2 and a maximum of 3 minutes.

Large Teams: Music must be between a minimum of 2 and a maximum of 3 minutes.

Showcases: Music must be between a minimum of 3 minutes and a maximum of 4 minutes.

Super Showcases: Music must be between a minimum of 4 minutes and a maximum of 5 minutes.

How to perform Show Dance

- a. Show Dance is a choreographed performance.
- b. It is allowed to change clothes or remove items from the costume.
- c. Acrobatics and lifts are allowed (except for Mini Kids and Juveniles under 12) they will only enhance the dancers' score if the acrobatic movements are well integrated into the performance with style and finesse.
- d. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography, a realistic theme or a small story.
- b. Innovative and use of modern figures and movements within the style of dancing that is being performed will be highly rewarded.
- c. During the qualifying rounds the judges will use the 2-dimensional system by awarding two sets of crosses. One for Artistic Merit, the other for Technical Merit.
- d. In the final the judges will use the 2-dimensional system by awarding two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Bollywood Competitions

Categories

- a. Solos
- b. Duos
- c. Trios
- d. Small Teams 4 - 8 dancers
- e. Large Teams 9 - 16 dancers
- f. Showcases 17 - 30 dancers
- g. Super Showcases 31 and more dancers

Age Groups

For all Age Groups see the General Rules.

How to perform Bollywood

- a. Bollywood Dance is a choreographed performance.
- b. Bollywood must be based on traditional Indian dance and its different styles. However, the style is famous with the use of different moves from the modern, folklore or pop dance. A strong role in this dance is the image created by the dancer/s costume, make up and hair style. The costume could be both either classical or modernised as long as it belongs to the traditional vision of the Indian culture. Bells for the legs, jewels and also make up can be used but they should correspond to the relative age division. The lip synchronisation, gester moves, poses of the body, hands and legs are very important for the routine.

Bollywood Competition format

Each team performs one by one with their own music.

Judges will mark teams into the next round by using the 2-dimentional system, (two sets of marks) one for Technical Merit, the other for Artistic Merit.

Normally around 50% of the teams should be marked in each criterion.

Time Limit

- | | |
|-------------------------------|--|
| Solos, Duos and Trios: | Music must be between a minimum of 1 and a maximum of 2 minutes |
| Small and Large Teams: | Music must be between a minimum of 2 and a maximum of 3 minutes. |
| Showcases: | Music must be between a minimum of 3 and a maximum of 4 minutes. |
| Super Showcases: | Music must be between a minimum of 4 and a maximum of 5 minutes. |

Lifts and Acrobatics

Lifts and acrobatics are allowed.

Props

Props are allowed.

Criterion for Judging

- a. The judges will reward clever choreography, Technical skill and Artistic performance in harmony with music, lip sync, costumes and a blend of traditional and modern figures.
- b. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- c. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit and the other for Technical Merit.

Open marking is not to be used

Ethno Dance Show Competitions

Categories

For all Categories see the General Rules

Age Groups

For all Age Groups see the General Rules

Characteristics and Movement

Ethno style includes all performing arts of nations – Irish, Hungarian, Russian, Polish, Spanish, Flamenco, Indian, Eastern folklore, Greek, Bulgarian folklore and etc. Costumes, music and choreography should correspond to the character of the nation. It is not allowed to dance Belly dance in Ethno style.

Ethno Dance Show Competition format

- a. Music is of the dancers' own choice.
- b. All teams dance one by one to their own music.

Time Limit

Solos, Duos, Couples and Trios: Music must be between 1.30 and 2 minutes.

Small & Large Teams: Music must be between 2 and 3 minutes.

Showcases: Music must be between 3 minutes and 4 minutes.

Super Showcases: Music must be between 4 minutes and 5 minutes.

How to perform Ethno Dance Show

- a. Ethno Dance Show is a choreographed performance.
- b. It is allowed to change clothes or remove items from the costume.
- c. Acrobatics are allowed. Lifts are allowed (except for Mini Kids and Juveniles under 12) but will only enhance the dancers score if the acrobatic movements and/or the lifts are well integrated in the performance with style and finesse.
- d. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography that is corresponding to the character of the Nation from where the dance is coming from.
- b. Innovative and modern use of figures and movements within the style of dancing that is performed will be highly rewarded.
- c. The judges' will use the 2-dimentional system by giving two set of crosses in the qualifying heats, one cross for Artistic Merit, the other for the Technical Merit.
- d. The judges' will use the 2-dimentional system by giving two sets of placing in the final, one set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used

Stage Dance Department

Tap Dance Division

Section C-4

Tap Dance Competitions

Characteristics and Movement

There are many kinds of Tap styles and all forms of tap dancing will compete against each other. The quality of the strikes against the floor must be clear and rhythmical and in harmony with the music.

The music must not contain pre-recorded tap sound.

Personal amplification devices are not permitted

No more than 30 seconds of a cappella or tacet (silence) may be used in any one routine. "A Capella" is an open phrase of multiple measures in length, but completely absent (silent) of any/all music.

The Organiser must make sure the stage has adequate floor microphones and speakers to make the music clearly audible to the audience and adjudicators.

Music must be played at the beginning and at the end of the performance.

Tap Dance Competition format

- Music is of the dancers' own choice.
- All teams dance one by one to their own music.

Time limit

Solos, Duos, Couples and Trios:	Music must be between 1:30 and 2 minutes.
Small Teams:	Music must be between 2 and 3 minutes.
Large Teams:	Music must be between 2 and 3 minutes.
Showcases:	Music must be between 3 and 4 minutes.
Super Showcases:	Music must be between 4 and 5 minutes.

How to perform Tap Dancing

- Tap Dance is a choreographed performance.
- It is allowed to change clothes or remove items from the costume.
- Acrobatics and lifts are allowed (except for Juveniles under 12) but will only enhance the dancers score if the acrobatic movements are well integrated in the performance with style and finesse.
- Props are allowed if they can be brought on to the stage in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.
- In the Juvenile age group, under 12 years of age, it is not allowed to dance on the top of a pointed toe for more than 2 beats of a bar, with the weight taken on to that foot or onto both feet while standing on the top of the toes of both feet.

Criteria for Judging

- The judges will reward clever choreography, a realistic theme or a small story.
- Innovative and modern use of figures and movements within the style of dancing that is performed will be highly rewarded.
- The judges' will use the 2-dimensional system by giving two set of crosses in the qualifying heats, one cross for Artistic Merit, the other for the Technical Merit.
- The judges' will use the 2-dimensional system by giving two sets of placing in the final, one set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Artistic Acrobatic Dance Department

Section D-1

Artistic Acrobatic Dance Show Division

Artistic Acrobatic Dance Show Competitions

Free Acrobatic Dance Show Competitions

General rules for the Artistic Acrobatic Dance Show Division

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age groups

- **Mini Kids** under 8 years
- **Juveniles I** 8 - 9 years
- **Juveniles II** 10 - 11 years
- **Junior I** 12 - 13 years
- **Junior II** 14 - 15 years
- **Youth I** 16 - 17 years
- **Youth II** 18 - 20 years
- **Adults** 21 - 34 years
- **Masters** 35 and over

Dress Regulation

Dance costumes must be well fitted, age appropriate and tasteful.

Shoes must be worn in all competitions.

Music: The music is of the dancer's own choice.

Artistic Acrobatic Dance Show Competitions

Categories

- a. **Solos**
- b. **Duos**
- c. **Trios**
- d. **Small Teams** 4 - 8 dancers
- e. **Large Teams** 9 - 16 dancers
- f. **Showcases** 17 - 30 dancers
- g. **Super Showcases** 31 and more dancers

Age Groups

For all Age Groups see the General Rules.

Competition styles

The performance must be a sequence of Gymnastic Acrobatic Tricks blended/linked together with any style of dancing or type of music with no restriction in tempi. It could be Classical / Modern / Contemporary / Jazz or Street dance figures.

Artistic Acrobatic Dance Show competition format

Each team performs on their own music.

Judges will mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit.

Normally around 50% of the teams should be marked in each criterion.

Time Limit

Solos, Duos and Trios: Music must be between a minimum of 1.00 and a maximum of 2 minutes

Small and Large Teams: Music must be between a minimum of 2 and a maximum of 3 minutes.

Showcases: Music must be between a minimum of 3 and a maximum of 4 minutes.

Super Showcases: Music must be between a minimum of 4 and a maximum of 5 minutes.

Lifts and Acrobatics

Lifts, acrobatics and building pyramids are allowed and encouraged.

Any acrobatic trick or pyramid that is performed with good balance and full control will be rewarded.

Props

Hand Props and Stage Props are allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

How to perform the Artistic Acrobatic Dance Show disciplines

- a. Artistic Acrobatic Dance Show is a choreographed performance.
- b. The character of the performance could be in any style. It is important to use gymnastic acrobatic elements like flexibility, skips, jumps, splits, bridges, leaps, summersaults or other gymnastic elements. Gymnastic elements must be in harmony with the choreography. It is very important to connect idea, music, choreography and costume. Presentation and image is also important. An important part of the performance, especially for Small and Large teams is building pyramids. Variety and the grade of difficulty will be evaluated. It is important with skilful dancers in the team but the team is judge as a team and not by individuals.

Criterion for Judging

- a. The judges will reward clever choreography, technical skill and acrobatic elements. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- b. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- c. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used

Free Acrobatic Dance Show Competitions

Categories

- a. **Solos**
- b. **Duos**
- c. **Trios**
- d. **Small Teams** 4-8 dancers
- e. **Large Teams** 9-16 dancers
- f. **Showcases** over 16 dancers

Age Groups

For all Age Groups see the General Rules.

Competition styles

Free Acrobatic Dance Show is a spectacular acrobatic dance show for which performances may use any kind of dance techniques. The dance styles and dance techniques may be mixed.

It is not a precondition for the performance to present a story to the audience. The presentation must be a dance show and not a fitness or gymnastic exercise. It is important to note that Gymnastic Acrobatic Tricks are blended/linked together with any style of dance or type of music with no restrictions to the tempi.

Free Acrobatic Dance Show competition format

Each team performs one by one to their own music on a fitness carpet (Tatami), which the organiser must provide. Judges will mark teams into the next round by using two sets of marks, (2-dimensional system) one for Technical Merit, the other for Artistic Merit.

Normally around 50% of the teams should be marked in each criterion.

Time Limit

Solos, Duos and Trios: Music must be between a minimum of 1.00 and a maximum of 2 minutes

Small and Large Teams: Music must be between a minimum of 2 and a maximum of 3 minutes.

Showcases: Music must be between a minimum of 3 and a maximum of 4 minutes.

Lifts and Acrobatics

Lifts and acrobatics are allowed and encouraged.

Any acrobatic trick that is performed in good balance and with full control will be rewarded.

Props

Stage Props are not allowed. Hand Props are allowed.

How to perform the Free Acrobatic Dance Show

- a. Free Acrobatic Dance Show is a choreographed performance.
- b. The character of the performance could be in any style. It is important to use gymnastic acrobatic elements like flexibility, skips, jumps, splits, bridges, leaps, summersaults or other gymnastic elements. Gymnastic elements must be in harmony with the choreography. It is very important to connect music, choreography and costume. Acrobatic elements must be correctly presented and smoothly blended with the dance steps. Presentation and image is also important. Variety and the grade of difficulty will be evaluated. It is important with skillful dancers in the team but the team is judge as a team and not by individuals.

Criterion for Judging

- a. The judges will reward clever choreography, technical skill and acrobatic elements. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- b. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- c. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit and the other for Technical Merit.

Open marking is not to be used

Artistic Acrobatic Dance Department

Section D-2

Cheerleading Division

Pom-Pom Cheer Dance Competitions

Categories

Trios	(3) dancers
Small Teams	4 - 8 dancers
Large Teams	9 - 16 dancers
Showcases	17 - 30 dancers
Super Showcases	31 and more dancers

Age Groups

For all Age Groups see the General Rules

Competition styles

Any style of dancing or type of music is allowed with no restriction in tempos.

Pom-Pom Cheer Dance competition format

- Each team performs alone to their own music.
- Judges mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit.
Normally around 50% of the teams should be marked in each criterion.

Time Limit

Trios:	Music must be between a minimum of 1 and a maximum of 2 minutes.
Small Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Large Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Showcases:	Music must be between a minimum of 3 and a maximum of 4 minutes.
Super Showcases:	Music must be between a minimum of 4 and a maximum of 5 minutes.

Lifts and Acrobatics

Lifts and acrobatics are allowed. When building pyramids only 1 floor above the ground is allowed. Lifts are not allowed for Mini-kids and Juveniles.

Props

Hand props are obligatory with two Pom-Poms per dancer. Any change of the Pom-Poms between the team members must not exceed 10 seconds.

When building a pyramid it is allowed to leave the Pom-Poms on the floor for 10 seconds.

Stage props are not allowed.

How to perform Pom-Pom Cheer Dance disciplines

- Pom-Pom Cheer Dance is a choreographed performance.
- The character of the performance could be in any style. It is possible to use gymnastic elements like skips, jumps or elements of folklore dances if the music underlines this type of dancing.
- Gymnastic elements must be in harmony with the choreography and should never be obvious. It is very important to connect idea, music, choreography and costume.
- Presentation and image is also important.
- The Pom-Poms must be used in harmony with correct handling.
Variety and the grade of difficulty will be evaluated.
- It is useful to have skilful dancers in the team but the team is judge as a whole and not on individuals.

Criterion for judging

- a. The judges will reward clever choreography, a realistic theme and clever use of the Pom-Poms.
- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- d. In the Final the judges' use the 2-dimensional system by giving two sets of placings. One set for Artistic Merit and the other for Technical Merit.

Open marking is not to be used

Artistic Cheerleading Competitions

Categories

Solos

Duos

Trios

Small Teams 4 - 8 dancers

Large Teams 9 - 16 dancers

Showcases 17 - 30 dancers

Super Showcases 31 and more dancers

Age Groups

For all Age Groups see the General Rules

Competition styles

Any style of dance or type of music is allowed with no restriction in tempos.

Artistic Cheerleading competition format

- a. Each team performs alone to their own music.
- b. Judges mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit.
Normally around 50% of the teams should be marked in each criterion.

Time Limit

Solos, Duos and Trios	Music must be between a minimum of 1 and a maximum of 2 minutes
Small Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Large Teams:	Music must be between a minimum of 2 and a maximum of 3 minutes.
Showcases:	Music must be between a minimum of 3 and a maximum of 4 minutes.
Super Showcases:	Music must be between a minimum of 4 and a maximum of 5 minutes.

Lifts and Acrobatics

Lifts and acrobatics are allowed but only with support from other team members or when the acrobatic movement is performed on the floor. When building pyramids only 1 floor above the ground is allowed.

Lifts are not allowed for Mini-kids and Juveniles.

It is not allowed to throw dancers between team members.

Props

Hand props like flags, banners, twirling sticks, signs, pom-poms, megaphones and pieces of cloth are allowed.

Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.

All props must be handled in a safe way not to harm anybody.

Stage props are not allowed.

How to perform Artistic Cheerleading competitions

- a. Artistic Cheer Leading is a choreographed performance.
- b. The character of the performance could be in any style. It is possible to use gymnastic elements like skips, jumps or elements of folklore dances if the music underlines this type of dancing.
- c. Gymnastic elements must be in harmony with the music and the choreography should be Artistic rather than Gymnastic.
- d. It is very important to blend the music, choreography, costume, and the use of props into an Artistic Performance.
- e. Presentation and image is also important.
- f. It is important that any Acrobatic stunts, tossing and tumbling is blended into the musical phrase with balance and control.
- g. Soft-soled shoes must be worn while competing.
No dance shoes/boots, and/or gymnastic slippers (or similar) are allowed. Shoes must have a solid sole.
- h. Jewellery of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces and pins on uniforms are not allowed.
- i. Jewellery must be removed and may not be taped over.

Criterion for judging

- a. The judges will reward clever choreography that is performed in harmony with the music. All acrobatics must be danced with control and blended into the phrasing of the music.
- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- d. In the Final the judges' use the 2-dimensional system by giving two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used

International 10-Dance Department

Section E

Ballroom (Standard) competitions

Latin American competitions

Combined competitions

International Formation Show competitions

General Rules

Age groups:

- **Mini Kids** under 8 years
- **Juveniles I** 8 - 9 years
- **Juveniles II** 10 - 11 years
- **Junior I** 12 - 13 years
- **Junior II** 14 - 15 years
- **Youth I** 16 - 17 years
- **Youth II** 18 - 20 years
- **Adults** 21 - 34 years
- **Masters** 35 and over

Categories

Couples Male/Female

Music 1-10 Dance Competitions

Organiser's music in strict tempo

Music for Formation competitions

Music of the team's own choice

A couple or team cannot participate in more than one team in the same competition.

Reason: It is not allowed for any couple to compete against themselves.

Judging system 1-10 Dance Competitions

Using the 1-dimensional system judges give one set of crosses in the qualification rounds and one set of placings in final round.

Judging system Formation competitions

The 2-dimensional system judges give two set of crosses in qualification rounds and two set of placings in final round.

Open marking is not to be used in any of the sections.

Dress regulation:

The choice of clothing is free but it should be well fitted and age appropriate. Shoes must be worn all the time.

Ballroom (Standard) competitions

Dances: Slow Waltz, Tango, Slow foxtrot, Viennese Waltz, Quickstep.

Disciplines:

International One Dance

It is possible to organise One Dance competitions in all five dances.

International Two Dance

It is possible to choose any two dances but preferable we recommend Slow Waltz and Quickstep

International Three dance Ballroom (Standard)

It is possible to choose any three dances but preferable we recommend Slow Waltz, Quickstep and Tango

International Four Dance

It is possible to choose any four dances but preferable we recommend Slow Waltz, Quickstep, Tango and Viennese Waltz

International Five Dance

All five dances

General Rule:

It is not allowed to release the Ballroom hold, no lifts, separations, floor drops or side by side figures are allowed.

It is allowed to enrol for all "One Dance competitions" but it is only allowed to enrol in one of the Two, Three, Four and Five dance additional competitions at the same event.

Reason: We do not want the same winner in all disciplines. The Two Dance and the Three Dance competitions will be chosen by lower grade couples and the higher graded couples will enrol in the Four or possibly the Five Dance competitions.

Latin American competitions

Dances: Cha-Cha-Cha, Samba, Rumba, Paso Doble, Jive.

Disciplines:

International One Dance

It is possible to organise One Dance competitions in all five dances.

International Two Dance

It is possible to choose any two dances but preferable we recommend Cha-Cha-Cha and Jive

International Three Dance

It is possible to choose any three dances but preferable we recommend Cha-cha-cha, Jive and Samba

International Four Dance

It is possible to choose any four dances but preferable we recommend Cha-cha-cha, Jive, Samba and Rumba

International Five Dance

All five dances

General rule:

No lifts are allowed.

It is allowed to enrol for all "One Dance competitions" but it is only allowed to enrol in one of the Two, Three, Four and Five dance additional competitions at the same event.

Reason: We do not want the same winner in all disciplines. The Two Dance and the Three Dance competitions will be chosen by lower grade couples and the higher graded couples will enrol in the Four or possibly the Five Dance competitions.

Combined competitions

Dances Standard (Ballroom):

Slow Waltz, Tango, Slow foxtrot, Viennese Waltz, Quickstep.

Dances Latin American:

Cha-Cha-Cha, Samba, Rumba, Paso Doble and Jive

Disciplines

International Two Dance Combined

It is possible to choose any two dances but preferable we recommend Slow Waltz and Cha-Cha-Cha

International Four Dance Combined

It is possible to choose any four dances but preferable we recommend Slow Waltz, Quickstep, Cha-Cha-Cha and Jive

International Six Dance Combined

It is possible to choose any six dances but preferable we recommend Slow Waltz, Quickstep, Tango, Cha-Cha-Cha, Jive and Samba

International Eight Dance Combined

It is possible to choose any eight dances but preferable we recommend Slow Waltz, Quickstep, Tango, Viennese Waltz, Cha-cha-cha, Jive, Samba and Rumba

International Ten Dance Combined

All ten dances

General rule:

It is not allowed to release the Ballroom (Standard) hold, no lifts, separations, floor drops or side by side figures are allowed in the Combined Ballroom (Standard) dances and no lifts are allowed in the Combined Latin American dances.

A couple can only enrol to one of the disciplines in the combined section at the same event.

Reason: We do not want the same couples taking part in all disciplines with the risk to have the same winner in all disciplines. The lower grade couples will enrol for the Two, Four and Six dance competitions and the higher graded couples will enrol for the Eight or Ten dance competitions.

Format for Ballroom (Standard) & Latin American competitions

Format - Qualifying Rounds

The Organiser's music must be played in Strict Tempo.

- a. In the first round all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups.
- b. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute. Mini-kids must never dance longer than 1 minute and not less than 40 seconds.
- c. All heats will dance the first dance before moving on to the next dance.
- d. In the following rounds no presentation dance will be made, items b. and c. will be repeated.

Judging – Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward to the next round in each dance. Normally approximately 50% of the couples will pass to the next round.

Format for dancing the Final

A final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

One Dance Final

- a. All finalists will dance 30 seconds together.
- b. The final will then be divided in two parts where 50% of the finalists will dance for up to a maximum of 1 minute and 30 seconds. Mini kids will only dance up to a maximum of 1 minute and not less than 40 seconds.
- c. All couples will then dance together for up to a maximum of 1 minute. Mini-kids will dance for up to a maximum of 40 seconds.
Reason: Because there is only one dance the judges need to see the finalists three times.
- d. The adjudicators will place the couples in order of merit using the 1-dimensional system giving out one set of placing.

Two, Three, Four and Five Dance Finals

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance the first dance 30 seconds together.
- b. All finalists will dance all dances together. Each dance for up to a maximum of 1 minute and 30 seconds but not less than 1 minute.
- c. Mini kids will only dance up to a maximum of 1 minute each dance and not less than 40 seconds.
- d. Each dance is judged individually with the adjudicators placing the couples in order of merit using the 1-dimensional system by giving one set of placings in each dance.

Format for Combined competitions

Because that there is one Ballroom (Standard) dance and one Latin American dance in the Combined competitions the competitors are recommended to dress in a way that will suit both styles. There will be no time to change clothes between the dances. It is possible to wear fast changing clothes like wearing a skirt in the Ballroom that can be removed quickly leaving a Latin skirt underneath.

Format - Qualifying Rounds

The Organiser's music must be played in Strict Tempo.

- a. In the first round all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups.
The presentation dance is only used for the first dance.
- b. The couples will thereafter be divided into heats. The number of couples in the same heat depends on the size of the dance floor, recommended is 6 in each heat and never more than 12. Each heat will be for a maximum of 1 minute 30 seconds and not less than 1 minute.
Mini Kids must never dance longer than 1 minute and not less than 40 seconds.
- c. All heats will finish the first dance before moving on to the second dance.
- d. In the following rounds there will not be a presentation dance.

Judging – Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross in each dance, for the couples they want to go forward to the next round. Normally approximately 50% of the couples will pass to the next round. The combined number of crosses over all dances will decide which couples will pass to the next round.

Format for dancing the Final

A final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance each dance together for up to a maximum of 1 minute 30 seconds but not less than 1 minute.
Mini Kids dance each dance for a maximum of 1 minute but not less than 40 seconds.
- b. A short break is to be programmed between the Ballroom and Latin dances to make it possible for a quick change of dress.
- c. Each dance is judged individually when the adjudicators will place the couples in order of merit using the 1-dimensional system by giving one set of placings in each dance,
The Skating system will determine the placings over all dances.

International Formation Show competitions

Competition styles

Ballroom (Standard)	Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep
Latin American	Cha-cha-cha, Samba, Rumba, Paso Doble, Jive

Categories

Teams consisting of 6–8 couples Male/Female

Competition format

Each team performs on their own to their own music.

Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit, the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.

Format for dancing the Final

A final shall consist of a minimum of 5 teams, unless it is a straight final, but with no more than 8 teams in the final. If there are 6 teams or less in a class, it can be a straight final. If there are 7 teams or more in a class a Semi-Final must be danced. In the final the judges mark the teams in order of merit using the 2-dimensional system by giving two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Time limit

The time limit is 6 minutes starting from the moment the team is introduced until the last dancer has left the floor.

How to perform Formation Show competitions

- The teams dance a choreographed routine making interesting patterns to music that could be of any dance or several dances within the section that is being performed.
- It is allowed to dance solo or with a hold as a couple with opposite steps. However a well balanced mix of dancing solo and as a couple will be rewarded.
- Lifts are allowed but no acrobatics.

Criterion for Judging

- The judges will reward good coordination between the team members.
- It is important how the team uses the floor space, keeping the formation in good order with sharp lines, a clear and even distance between the team members.
- Clever choreography, impressive impact of each team member with correct technique is also important but the team is always judged as a whole and not as individuals.

Arts & Culture Department

Section F-1

Performing Arts Division

Artistic Lip Sync Show competitions

Performing Artists Show competitions

General Rules

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age groups:

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults** 21-34 years
- **Masters** 35 and over

Categories

Solo Female

Solo Male

Duos Female-Female (FF)

Duos Male (MM)

Duos Male-Female (MF)

Trios (3) dancers

Small Teams 4 – 8 dancers

Large Teams 9 - 16 dancers

Showcases 17 - 30 dancers

Super Showcases 31 dancers and over

Definition of a Duo

A Duo is defined as two persons dancing as individuals and can be of any gender.

Definition of a Trio

A Trio is defined as three dancers in the following combinations.

- a. Three ladies/girls
- b. Three men/boys
- c. Two ladies/girls & one man/boy
- d. Two men/boys & one lady/girl

Time Limit

Solos, Duos and Trios: Music must be between a minimum of 2 and a maximum of 3 minutes.

Small Teams: Music must be between a minimum of 3 and a maximum of 4 minutes.

Large Teams: Music must be between a minimum of 3 and a maximum of 4 minutes.

Showcases: Music must be between a minimum of 3 and a maximum of 5 minutes.

Super Showcases: Music must be between a minimum of 4 and a maximum of 6 minutes.

Artistic Lip Sync Show Competitions

Categories

For all Categories see the General rules

Age Groups

For all age groups see general rules.

Competition Styles

- a. Film & Musical
- b. Burlesque
- c. Opera & Operetta
- d. Popular, Soul, Rock & Ballads
- e. All styles

Lip Sync Show Competition format

Each team performs one by one to recorded music. The judges will mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion.

Time Limit

The reason for the extended time limit, compared to other disciplines, is that recorded songs used for the Artistic Lip Sync Show have to be used from the beginning to the end, by having a larger time span it will be easier to find good numbers.

Lifts and Acrobatics

Lifts and acrobatics are allowed. Any acrobatic trick that is performed in good balance and with full control will be rewarded.

Props

Props are allowed if they can be brought on to the stage or dance floor in less than 1 minute. It must be possible to fold all scenic props and backgrounds so that they pass easily through a normal size door frame.

How to perform the Artistic Lip Sync Show

- a. Lip Sync is a choreographed performance where the main object is to synchronise the lips with the playback music making the performance looking like live singing.
- b. The character of the performance could be in one of the specific styles, or in any other style competing in all styles. It is important that costumes and props are in line with the style being performed. Gestures, dancing, facial and body expression must give the impression that the number is performed live on stage with live singing. It is very important to connect music, choreography and costume. Acrobatic elements must be correctly presented and smoothly blended with the dance steps. Presentation and image is also important.

Criterion for Judging

- a. The judges will reward clever choreography, technical skills and acting elements. The use of arms, facial expression and acting in accordance with the music is very important. Of course the synchronisation of the lips with the music is the most important part.
- b. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- c. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

Performing Artist Show Competitions

Categories

For all Categories see the General rules

Age groups

For all age groups see the General rules

Competition Styles

- a. Circus Acts & Acrobats
- b. Dance
- c. Illusionists & Comedians
- d. Music Vocal
- e. Music Instrumental
- f. Shadow & Light Shows
- g. All styles

Performing Artist Show Competition format

Each artistic entry performs individually, one by one.

Judges will mark teams into the next round by using two sets of marks, one for Technical Merit and the other for Artistic Merit.

Normally around 50% of the teams should be marked in each criterion.

Time Limits see General rules

Lifts and Acrobatics

Lifts and acrobatics are allowed where applicable and suitable.

Any acrobatic trick that is performed in good balance and with full control will be rewarded.

Props

Props are allowed if they can be brought on to the stage or dance floor in less than 1 minute. It must be possible to fold all scenic props and backgrounds so that they pass easily through a normal size door frame.

How to perform the Performing Artist Show

- a. The artists perform their act one by one with or without music
- b. The character of the performance can be in one of the specific styles, or a mixture of styles when competing in g. all styles. It is important that costumes and props are well in line with the style being performed. It is also important that the music, choreography and costume are well connected. The performing elements must be correctly presented and smoothly blended with the presentation of the act.
- c. Presentation and image of the performance is an important ingredient.

Criterion for Judging

- a. The judges will reward clever unique performances, technical skill and acting elements. The use of innovative and modern elements in the performance will be highly rewarded.
- b. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- c. In the Final the judges' give one set of placings after using the 2-dimensional of Artistic Merit and Technical Merit to reach their decision.

Arts & Culture Department

Section F-2

Folk Dance & Folklore Division

Folk Dance Competitions

General Rules

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age groups:

- **Mini Kids** under 8 years
- **Juveniles I** 8-9 years
- **Juveniles II** 10-11 years
- **Junior I** 12-13 years
- **Junior II** 14-15 years
- **Youth I** 16-17 years
- **Youth II** 18-20 years
- **Adults** 21-34 years
- **Masters** 35 and over

Categories

Solo Female

Solo Male

Duos Female-Female (FF)

Duos Male (MM)

Duos Male-Female (MF)

Trios (3) dancers

Small Teams 4 – 8 dancers

Large Teams 9 - 16 dancers

Showcases 17 - 30 dancers

Super Showcases 31 dancers and over

Definition of a Duo

A Duo is defined as two persons dancing as individuals and can be of any gender.

Definition of a Trio

A Trio is defined as three dancers in the following combinations.

- a. Three ladies/girls
- b. Three men/boys
- c. Two ladies/girls & one man/boy
- d. Two men/boys & one lady/girl

Time limit

Solos, Duos and Trios: Music must be between a minimum of 2 and a maximum of 3 minutes.

Small Teams: Music must be between a minimum of 3 and a maximum of 4 minutes.

Large Teams: Music must be between a minimum of 3 and a maximum of 4 minutes.

Showcases: Music must be between a minimum of 3 and a maximum of 5 minutes.

Super Showcases: Music must be between a minimum of 4 and a maximum of 6 minutes.

Folk Dance Competitions

Categories

For all Categories see the General Rules

Age Groups

For all Age Groups see the General Rules

Characteristics and Movement

Folk dances are dances that have developed over a period of time that reflect the traditional life of the people of a certain country and/or region. The term "folk dance" is reserved for dances, which to a significant degree are, bound by tradition and originate in the time when the distinction existed between the dances of "common folk" and the dances of the "high society". Folk Dances are usually held at folk dance gatherings or social functions by people with little or no professional training, often to traditional music. Folk Dances are not generally designed for public performance or the stage, though they may later be arranged and set for stage performances. Execution dominated by an inherited tradition from various international cultures rather than innovation (though folk traditions change over time).

Folk Dance Competition format

- a. Music is of the dancers' own choice.
- b. Each team performs one by one.

Time limits see General rules

How to perform Folk Dance/Folklore competitions

- a. Folk Dance is a choreographed performance.
- b. It is allowed to change clothes or remove items from the costume.
- c. Acrobatics are allowed. Lifts are allowed but will only enhance the dancers score if the acrobatic movements and/or the lifts are well integrated in the performance with style and finesse.
- d. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can easily pass through a normal size door frame.

Criterion for Judging

- a. The judges' will use the 2-dimentional system by giving two set of crosses in the qualifying heats, one cross for Artistic Merit, the other for the Technical Merit.
- b. The judges' will use the 2-dimentional system by giving two sets of placing in the final, one set for Artistic Merit, the other for Technical Merit.