



SABOD

SOUTH AFRICAN BODY OF DANCE

WESTERN CAPE PROVINCIAL COMPETITION

Incl. a Federation of Dance Sport South Africa Champions League
– WC Provincial Performing Arts & Street Dance Qualifier

ENTRY INFORMATION

SABOD'S

WESTERN CAPE PROVINCIAL

PERFORMING ARTS & STREET DANCE COMPETITION

Including

A FEDERATION OF DANCE SPORT SOUTH AFRICA
Champions League

WESTERN CAPE PROVINCIAL PERFORMING ARTS & STREET DANCE QUALIFIER

Novice, Amateur, Championships & WTC
Open to all studios in all 9 Provinces

DATE: **13-15 JUNE 2026**

VENUE: **SUNNINGDALE SPORTS CLUB, WATERVILLE, MILNERTON,
CAPE TOWN**

Closing Date for Registrations and Entries: **13 MAY 2026**
THIS DATE WILL BE STRICTLY ADHERED TO. No Late Entries will be accepted.

CONTACT US

THE SOUTH AFRICAN BODY OF DANCE

Tracy: 060 541 0750
sabodcomps@icon.co.za

Mariette: 060 541 0755
sabod@icon.co.za

REGISTRATION & ENTRY FEES

Studio Registration (Competition Member):	R1100 per annum
Dancer Registration:	R300 per annum
Solo:	R350
Duo/Trio/SG/Formation:	R200 per dancer

Please find the link below to begin the registration process:

www.sabod.co.za/sys

PROPOSED SCHEDULE

Please note that we are NOT proposing a schedule until we have all entries in. We will then be able to ascertain what sections can be run on which days.

TIME LIMITS FOR MUSIC

Please ensure that all other music is uploaded in MP3 format to the online system **by the competition's closing date.**

Additionally, make sure to bring a backup copy of your music on a USB to the competition.

PERFORMING ARTS:

OWN MUSIC: Jazz, Lyrical, Modern, Ballet, Tap, Acrobatics & Show Dance

Maximum time limits will be as below:

Solos: 2:15 min

Duos: 2:15 min

Trios: 2:15 min

Small Groups: 3:00 min

Formations: 4:00 (Children: 3:00) min

Productions: 5:00 – 8:00 min

ORGANISER'S MUSIC: Improvisation 1:00 minute (Each round, every dancer dances a 1 minute presentation 3 x)

STREET STYLES:

OWN MUSIC: Street Dance Show, Hip hop Crews, Hip hop Formations & Productions

Maximum time limits will be as below:

Solos: 2:15 min

Duos: 2:15 min

Small Groups: 3:00 min

Hip Hop Crews: 2:30 min

Formations: 3:00 min (music may run 30 sec out of hip hop)

Productions: 5:00 – 8:00 min

ORGANISER'S MUSIC: Hip hop – solos/duos/small groups, Popping, Breaking & All Style Battles

HIP HOP:

Solo: 108- 112 BPM (27-28 bars per minute) in solo 3rd minute 90 – 100 BPM

Duos: 3 rounds of 1min.

Small Groups: 1:30 (NEW LIMIT)

POPPING: 1min

BREAKING: 40 sec - 1 min max Music: Specific break dance style

AGE DIVISIONS

PERFORMING ARTS: Jazz, Modern, Ballet, Tap, Show Dance & Improvisation

NOVICE, AMATEUR & CHAMPIONSHIPS:

Solos, Duos & Trios: 6/U, 7-8, 9-10, 11-12, 13-14, 15-16, 17/O

Small Groups & Formations: 7/U (Novice ONLY), 9/U, 12/U, 13-16, 17/O

Ballet Repertoires: No Novice & Amateur. Championship 9-10, 11-12, 13-14, 15-16, 17/O

Improvisation Solos: 12/U, 13-16, 17/O. Depending on entries statuses may be joined.

Productions: All ages

Inclusive: All ages

WTC:

Solos, Duos & Trios(Tap Only): 8/U (dependant on the organiser's availability)
12/U, 13-14, 15-16, 17/O

Small Groups & Formations: 8/U (dependant on the organiser's availability)
12/U, 13-16, 17/O

Improvisation Solos: 12/U, 13-16, 17/O.

Productions: All ages

STREET STYLES: Hip Hop, Popping, Breaking Street Dance Show & All Style Battles

NOVICE, AMATEUR & CHAMPIONSHIPS:

Solos & Duos: 6/U, 7-8, 9-10, 11-12, 13-14, 15-16, 17/O

Small Groups & Formations: 7/U (Novice ONLY), 9/U, 12/U, 13-16, 17/O,
31-59 (Adult 2 No Novice)

Popping Solos & Duos ONLY: 9-10, 11-12, 13-14, 15-16, 17/O

Breaking Solos ONLY (No Novice): 9-10, 11-12, 13-14, 15-16, 17/O

Breaking Crew Battles (No Novice): 12/U, 13-16, 17/O

All Style Solo Battles (No Novice): 6/U, 7-8, 9-10, 11-12, 13-14, 15-16, 17/O sections will be joined where necessary.

All Style team Battles (No Novice): 12/U, 13-14, 15-16, 17/O

Productions: All ages

WTC:

Solos & Duos: 8/U (dependant on the organiser's availability)
12/U, 13-14, 15-16, 17/O

Small Groups & Formations: 8/U (dependant on the organiser's availability)
12/U, 13-16, 17/O, 31/O (Adult 2)

Breaking Crew Battles & All Styles Team Battles: 12/U, 13-16, 17/O

Productions: All ages

OPEN SECTION:

This section has been created to accommodate all groups and crews which don't fit into our normal competition genres or age groups. **ENTRY FORM ON PAGE 8**

ALL and ANY genres will be welcomed. e.g: Fusion or experimental versions of Hip Hop, Street Dance Show, Modern, Jazz, Tap and Ballet Gumboot, Pansula, Sbujwa, Breaking Crews, Krump, House, Waacking, Vogueing, Commercial, Dancehall, Locking, Bollywood, African, Dance Fusion. Acro, Disco

- Bring along your studio show items. Ideal for groups/crews where your whole studio is involved.
- Lifts permitted over 12 years.
- Length of items – min 1:30min – max 4min
- Mixed age groups permitted in all crews, small groups & formations.

TAP BATTLES:

Competitors will enter a cypher (circle) whereby an allocated adjudicator will set the rhythm for the dancers to begin the cypher. Cypher will go clockwise

Dancers will battle 1-on-1, 30 seconds per dancer 2 rounds per battle.

An allocated Judge will set the rhythm.

A spin of the bottle will determine which competitor will begin following the format:

Round 1 – Dancer #A starts followed by Dancer #B

Round 2 – Dancer #B starts followed by Dancer #A

Judges will show their choice of winner by show of hands, and the winner will commence to the next round until the final.

POPPING BATTLES:

13&under and 14&over

Competitors will do a showcase round of 40 seconds (2-3 at a time) to determine the order of battles.

Dancers will battle 1-on-1 40 seconds per dancer 2 rounds per battle.

Battle format:

Round 1 – Dancer #A starts followed by Dancer #B

Round 2 – Dancer #B starts followed by Dancer #A

Judges will show their choice of winner by show of hands, and the winner will commence to the next round until the final.

LYRICAL:

LYRICAL for WTC status falls under JAZZ WTC

SHOW DANCE:

All entries must have a title.

BALLET REPERTOIRES:

Full Titles for the repertoire need to be added. e.g: La Bayadere – Gamzatti Variation – Act 2

IMPROVISATION:

Age divisions: Children (12/U), Junior (13-16), Adult (17/O). Statuses: Novice, Amateur, Championship & WTC. Depending on entries statuses may be joined. Refer to the Rule book for more information.

STREET DANCE SHOW:

100% street styles with a theme/story line. Props may be used. Must be carried on and off in one trip 15 seconds.

GENERAL RULES, CONDITIONS & EXPLANATIONS

Closing date for age groups WTC dancers is the 31st of December of the current year.

Please refer to the SABOD rule book for clarification of rules, obtainable from the our offices and on our website.

- ❖ Entries will not be processed without proof of payment.
- ❖ Entry fees are non-refundable under any circumstances.
- ❖ The closing date for this event will be strictly adhered to – **13 MAY 2026**
- ❖ The organiser reserves the right to combine or cancel sections, if and where necessary.
- ❖ Dancers are required to wear their arm bands for the full duration of the competition.
- ❖ Right of admission reserved.
- ❖ The judges' decision is final. No correspondence will be entered into.
- ❖ Competitors must produce birth certificates to verify age should a challenge or question arise.
- ❖ The Compere will only announce the competitors number twice. A no-show will result in the removal of the candidate for that section. **NO EXCEPTIONS!**
- ❖ Any trainer or dancer who fails to adhere to the official code of conduct will face disciplinary action as set out in accordance to the SABOD Disciplinary Code.
- ❖ Medals & Certificates will be awarded to the Top 3 finalists for solo, duos, trios, small groups & formations. Certificates will be awarded for placings 4-6 and participation certificates for the remainder of the placing.
- ❖ Dancers participating in Solo, Duo, Small Group and Formation sections must have competed in the minimum required WTC qualifying competitions in order for their points to be recognized.

GUIDELINES FOR ENTERING

1. Make sure your dancers are registered online.
2. WTC is a competition circuit where dancers earn points to advance and secure a spot representing their province at the National Competition. From there, the South African team will be chosen to compete at the IDO World Championships.
3. Dancers may only compete in the same dance discipline in one age group during the same calendar year.
4. WTC Duos: The older partner governs the age division. The younger partner may not be more than 3 years below the age limit.
5. A dancer can only compete in one solo, one duo, one small group, one formation in the same style at the same competition. Therefore, a dancer cannot enter in 2 duos or 2 small groups etc in the same section. A dancer can NEVER dance against themselves.
6. Groups can have reserves, but these must be paid up registered dancers. They do not have to pay the competition entry fees if they are not dancing in that event.
7. COSTUMES: Must be appropriate and not revealing and may not be removed and placed on the floor during a dance. This all depends on the discipline of dance.
8. LIFTS: These are not permitted in any children's sections, in any duos and small groups in any age groups.
9. Music to be uploaded on the system by the competition closing date. No music may contain offensive language or sound effects. Trainers to have their own music back up at the competition on an USB.
10. Adult 2. Dancers all have to be within the age group 31 and over years. However Adult 1 age group 17/O can have dancers from 17-99 years old.

BANKING DETAILS

Acc Name:	SABOD
Bank:	NEDBANK
Acc No:	1924 167 301
Branch:	EASTGATE 192405
Reference:	Studio Name

Entry fees are non-refundable under any circumstances.

OPEN CATEGORY – GROUPS ONLY

Closing Date for Entries: **13 MAY 2026**

Kindly complete the entry form below and submit it, along with your proof of payment, via email to sabodcomps@icon.co.za

Rules for entering this section:

- **This category is exclusively reserved for groups unable to participate in any other section in the competition.
i.e There is no section available in the competition where this type of genre or age group will be able to dance.**

A dancer may only dance against themselves once.

Any genre may be entered into this section.

i.e. Fusion or experimental versions of Hip Hop, Street Dance Show, Modern, Jazz, Tap and Ballet Gumboot, Pansula, Sbukwa, Breaking Crews, Krump, House, Waacking, Vogueing, Amapaino, Commercial, Dancehall, Locking, Bollywood, African, Fusion

The entry will not be accepted without the Proof of Payment attached to the entry form. **ONE PAYMENT PER ENTRY.** Please don't allow each individual dancer to deposit their entry fees into the SABOD account. Please collect all the fees and do the deposit.

Should you have any queries please don't hesitate to contact Tracy - 060 541 0750

Age Groups: **13/U & 14/0**

There is no limit to the number of dancers that may dance in a group.

ENTRY FORM OPEN CATEGORY – GROUPS ONLY

To enter the open section of the competition, please fill out the full names of dancers on the form provided.

Submit this list and your payment confirmation via email to sabodcomps@icon.co.za

Entry fees are R200(Entry) + R300 (Reg) per dancer. REF: Studio name/Open Groups

PLEASE PAY THE ENTRY FEES FOR ALL DANCERS BELOW IN ONE AMOUNT.

THE ENTRY WILL NOT BE ACCEPTED WITHOUT THE PROOF OF PAYMENT ATTACHED

STUDIO NAME :			
EMAIL :		CELL NO :	
AGE SECTION (Mark with X) :	13/U	14/O	
STYLE OF DANCE :			
TITLE OF DANCE :			
DANCER'S NAMES :			
1.		21.	
2.		22.	
3.		23.	
4.		24.	
5.		25.	
6.		26.	
7.		27.	
8.		28.	
9.		29.	
10.		30.	
11.		31.	
12.		32.	
13.		33.	
14.		34.	
15.		35.	
16.		36.	
17.		37.	
18.		38.	
19.		39.	
20.		40.	
TOTAL DANCERS		X R500 (R200 (Entry fee)+ R300 (Reg))	R