



**DISCIPLINES OF PERFORMING ARTS & STREET STYLES & ALL  
DISCIPLINES FOR NOVICE, AMATEUR, CHAMPIONSHIPS & WORLD TRIAL  
CIRCUIT for DANCE,**

- IDO (International Dance Organization) World Championships –

Tap Dance / Disco Dance / Disco Freestyle / Show Dance / Jazz / Ballet / Break Dance / Hip Hop /  
Modern/Contemporary /Popping- Electric Boogie / Street Dance Show / All Style Battles / Hip Hop Teams

IDO SOUTH AFRICAN MEMBER : South African Body of Dance  
 IDO SOUTH AFRICAN REPRESENTATIVE : Mrs Beverley Wood, President, SABOD  
 WTC for DANCE ORGANIZER : SABOD

*COMPETITION RULES 2004 / UPDATED 2005 / 2006 / 2007 / 2008/ 2009 / 2010 / 2011/ 2012/ 2013/ 2014/2015/  
2016/2017/2018/2019/2020/2022/2023/2024*

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## 1. DANCE STYLES

### 1.1. Performing Arts Disciplines - All dance to own music

- Tap Dance
- Show Dance
- Jazz Dance / Lyrical
- Production
- Ballet
- Modern and Contemporary Dance
- **Performing Arts Improvisation - Test competition**

### 1.2 Street Dance Disciplines

- Disco Dance
- Disco Dance Freestyle
- **Disco Slow – Test competition**
- Hip Hop
- Hip Hop Solo & Crew Battle
- Popping / Electric Boogie
- Break Dance
- Street Dance Show

## 2. CATEGORIES

- Solo solo male, solo female
- Duo 2 females / 2 males / mixed
- Duo male / female or male/male in Adult Show Dance & Disco Dance only
- Trio Tap ONLY – 3 athletes.
- Small Group 3 – 7 athletes
- Small Group 4-7 athletes (TAP ONLY)
- Break dance Solo Female, Solo Male, B-Boys and B-Girls
- Crew 3 – 7 athletes (in Break Dance & Hip Hop Battles)
- Formation 8 – 24 athletes
- Production 25 athletes +
- Para Athletes Small Group & Formations

## 3. AGE DIVISIONS

Age rules will be strictly enforced, there will be no exceptions. Athletes must register on the database with full ID or birth certificates number. This must be produced should you need to verify age should a challenge or question arise. Improper age entry will result in disqualification.

### Guideline for AGE DIVISIONS in 2024

The following age divisions will be used in all SOLO, DUO, COUPLE: AGE DIVISION	AGE RANGE (years of birth listed below are for competition year 2024)
Mini Kids	7 and under (born in 2017, 2018, 2019...)
Children	12 and under (born in 2012, 2013, 2014...)
Junior 1 Junior 2	13 – 14 (born in 2011, 2010) 15 – 16 (born in 2009, 2008)
Adult 1 Adult 2	17 and over (born in 2007, 2006, 2005...) 31 and over (born in 1993 and before)

The rules of the 3-year span is applicable- not in Adult 2

Guideline for **AGE DIVISIONS** in **2024**

The following age divisions will be used in all <b>TRIO, GROUPS, TEAMS, CREWS and FORMATIONS: AGE DIVISION</b>	<b>AGE RANGE</b> (years of birth listed below are for competition year <b>2024</b> )
Mini Kids	<b>7</b> and under (born in <b>2017, 2018, 2019...</b> )
Children	<b>12</b> and under (born in <b>2012, 2013, 2014...</b> )
Junior	<b>13 – 16</b> (born in <b>2008, 2009, 2010, 2011</b> )
Adult 1	<b>17</b> and over (born in <b>2007, 2006, 2005...</b> )
Adult 2	<b>31</b> and over (born in <b>1993 and before</b> )

The rules of the 3-year span is applicable- not in Adult 2

NOVICE & AMATEUR AGE DIVISIONS FOR SOLOS, DUOS & TRIOS - Athletes age is determined by the closing date of the competition they wish to enter.

Mini kids 7 & Under (Non-Status category)  
 Children 7-8, 9-10, 11-12  
 Junior 13-14, 15-16  
 Adult 17 & Over

The rules of the 3-year span are applicable in all duo & trio sections – except 17&over (see below)

CHAMPIONSHIP & WTC AGE GROUPS IN SOLO & DUO.

Mini Kids 7 & under (Non-status category)  
 Only if IDO organiser’s offer this age category. In Modern/Contemporary Dance Discipline, Mini Kids are not allowed)  
 Children 12 and under (Not younger than 6 years)  
 Junior 1 13 – 14  
 Junior 2 15 - 16  
 Adult 1 17 and over  
 Adult 2 31 and over

Adult 2 has the following restriction: The age of all athletes in the group or formation must fall within the specified age range.

An athlete may never dance down an age group.

In all Children sections, no athlete under the age of 6 years may participate in the category 12 & under.

All Style Solo Battles – Children, Junior 1 & 2, Adult  
 All Style Crew Battles – Children, Junior 1 & 2, Adult  
 Breakdance Solo & Crews – Junior & Adult **only**.  
 Popping – All ages in solo & duo  
 Disco Adult Age Division 1a - 17 – 20 years, 1b - 21 years and over

CHAMPIONSHIP & WTC AGE DIVISIONS FOR SOLOS & DUOS – Athlete’s age is determined as of 31 December of the year of participation.

Mini kids 7 & Under  
 Children 12 & Under  
 Junior 1 13-14 years  
 Junior 2 15-16 years  
 Adult 1 17 & Over  
 Adult 1a 17 – 20 (Disco Only)  
 Adult 1b 21 and over (Disco Only)

**NOTE: On occasion an IDO Organizer may run a competition for Mini Kids, Senior’s and/or Adult 2.**

The rules of the 3-year span are applicable in all duo sections – except 17&over (see below)

## NOVICE & AMATEUR, CHAMPS & WTC AGE DIVISIONS FOR TRIO, SMALL GROUPS & FORMATIONS

Mini kids	7 & Under
Children	12 & Under
Junior	13-16 years
Adult	17 & Over
Adult 2	31 & Over

**NOTE: On occasion an IDO Organizer may run a competition for Mini Kids, Senior's and/or Adult 2.**

**The rules of the 3-year span are applicable in all duo, trio & group sections**

### Age Division for Duos:

- It is not possible to compete in the same discipline and category in two different age divisions during one calendar year.
- It is not possible to compete in one discipline and one category in two different age divisions at the same competition.
- Older partner determines the age group.
- The rules of the **3 years** younger than the lower age limit may dance in an older division, but the age cannot exceed the **3 years**.
- Younger partner may not be more than **3 years** younger than the lower age limit of the division concerned. However, there may not be more than **3 years** between the duo partners - not applicable in Adult Division. Once both dancers are ADULT, there is no limit about their age difference.
- Split section in Adult Duo Category only: Man/Lady or 2 Females/2 Males – this is organiser's decision.

### DUO PARTNERSHIPS

- If there are any changes to partnerships, written notice must be handed to the SABOD office immediately as all points allocated to the old partnership will fall away and the new partnership will start from scratch. However, on written application all requests will be considered by the Competition Committee. The Committee's decision is final.
- This rule is not applicable to Novice, Amateur & Championship Status.

**EXAMPLE: One dancer is 11 and one is 14, they may dance in the Junior 1 Division but if the younger dancer is only 10 they may not. Also, if younger dancer is 12 and older dancer is 15 they may dance in Junior 2 division.**

**If one dancer is 14 and one is 17 they may dance in the Adult Division, but if the younger dancer is only 13 they may not. If younger dancer is 13 and older is 16 they will dance in Junior 2 Division.**

Examples:

A younger athlete who dances 'up' a division as outlined under the rules, such as a child of 11 dancing in the Junior Duo division, **MUST** dance in that age division in that category for the remainder of the competition year. He or she may **NOT** dance in the Children's division with a different partner, but he or she **COULD** dance in the younger (Children's) division in Solo, Small Groups or Formations.

Once these children dance in a specific discipline/category, they cannot dance in the same one in a different age, e.g., Athlete which is 11 or 12 years old can dance in JUNIOR HIP HOP GROUP and also in CHILDREN hip hop solo or Children Hip hop Duo, **BUT CANNOT** dance in a CHILDREN HIP HOP GROUP, because he/she is already in JUNIOR HIP HOP GROUP.

An athlete of 10, 11 or 12 years may dance Junior Group/Formation, but an athlete of 9 may not.

An athlete of 14, 15 or 16 years may dance in Adult group/Formation but an athlete of 13 may not.

While younger athletes may dance "up" a division, the reverse is **NOT** possible and older athletes may not dance "down" a division. Nor may an athlete dance down a status.

Once an athlete has chosen to move up an age level in a specific category, he/she must remain in that age division until the end of the year and not revert back.

## AGE DIVISION FOR TRIO, SMALL GROUPS, TEAMS/CREWS AND FORMATIONS:

No more than 50% of the athletes in the small group or formation can be **3 years** or less, younger than the age division entered (With the exception of adult 2 division). The age of the other athletes in the small group or formation must fall within the specified age group.

Athletes are **never permitted** to dance in two specific age divisions as explained herewith; In Trio's, Small Groups and Formation's an athlete no more than **3 years** than the lower age limit may dance in an older division. The age group of all other athletes in the trio, small group or formation must fall within the specified age group. No athlete may be more than **3 years** younger than the required age group of the category they choose to enter.

In Adult 2, the dancers must be **31** and over in the year of competition and where applicable in all disciplines, no exceptions.

## **4. ADJUDICATION SYSTEMS**

X'ing – The adjudicators are required to give an X (cross) to each start number to be returned to the next round. Used in the competitions where the organisers' music is being used in the first round.

2-Dimensional: Productions and **Ballet Repertoire**

1<sup>st</sup> Dimension - Technique, musicality, and dance ability (5-50 points)

2<sup>nd</sup> Dimension – Interpretation, presentation, costume, entertainment (5-50 points)

3-Dimensional: Technique Choreography Image; known as the TCI system.

4-Dimensional: Technique Choreography Image & Show value: known as the TCIS system - Is used in ALL show categories including Show Dance, Street Dance Show

Placement System – The adjudicators place each start number in the order of how they would like them to be awarded in the final round, using the 3-D or 4-D system.

Paper re-dance – This is done when there are ties in a section and time does not allow for a re-dance.

Using the official entry form, the scrutineer, following the decision of the chairman of adjudicators, will inform the adjudicators how many athletes are called back to the next round.

**ADJUDICATION SYSTEMS** – for Novice & Amateur categories

X'ing – The adjudicators are required to give an X (cross) to each start number to be returned to the next round. Used in the competitions where the organisers' music is being used in the first round.

**Novice and Amateur sections:** Will be percentage based with a report given from one adjudicator.

## **5. SCRUTINEERING SYSTEM:**

2-D, 3-D, 4-D Skating System. In order of merit for percentage-based marking

## **6. RESERVES FOR SMALL GROUPS / FORMATION / TEAMS / PRODUCTIONS**

- 1 permissible for a group up to and including 4 athletes.
- 2 permissible for a group between 5 and 7 athletes.
- 3 permissible for formations between 8 and 15 athletes.
- 4 permissible for formations between 16 and 24 athletes.
- 6 permissible for production of 25 athletes or more.

**All reserves must be registered and pay the prescribed registration fee.**

Reserve athletes are not liable to pay the entry fee of current Competition if he/she is not competing.

### **6.1. REPLACEMENT OF AN ATHLETE DURING AN IDO / SABOD COMPETITION.**

During a competition, a replacement of an athlete/athletes can be done in case of an injury or otherwise incapacitated (severe illness of the athlete, death or severe injury to a family member, stolen costume or shoes, transportation problems etc) upon approval of the IDO / SABOD officials (Chairperson and Supervisor). Not more than 1 athlete in a trio / group / crew / team – Maximum 3 in a formations / production can be changed. In case of more athletes the athletes need to fulfil all the enrolment conditions set out by the organisation (in this case IDO / SABOD registrations and the start fees need to be paid to the organiser). When the athlete that is injured is taken out of the competition, the substitute needs to dance all consequent rounds of the category until the end of the competition. Athletes in Solo, Duo and couples cannot be replaced as their enrolments and titles are personal.

## 7. SELECTION PROCESS

### SELECTION CRITERIA FOR PROVINCIAL COMPETITION

There is no selection process. Provincial competitions are open to all athletes. See Colours Policy for Provincial Colours.

WTC Dancers must have competed in at least 2 qualifying SABOD competitions (The dancers top 2 scores will be used)

Dancers need to place in the TOP 10 of their category/item.

SABOD will apply for Provincial Colours to the Sport Confederations of the various provinces provided that the judges deem the standard of the athlete's work to be of a WTC standard.

Dancers who meet the above criteria will be invited to attend the SABOD National Championships.

### SELECTION CRITERIA FOR NATIONAL COMPETITION

The top 10 dancers per age group/per style will be invited to the SA national Championships. (Provided that the judges are in agreement). Example: If there are only 3 athletes in a section and the Athletes are placed 5<sup>th</sup> at both qualifiers then they will not qualify to go through to Nationals.

No costumes, music or theme may be changed after the National Championships.

### SELECTION CRITERIA FOR IDO WORLD CHAMPIONSHIPS

- Best results from 2 WTC qualifying competitions applicable.
- National points will be added to total points received.
- Final selection for total number of official representatives is dependent on the decision made by the organiser of the relevant IDO World Championship and ratified by the IDO sport director.
  - The dancers'/item total points must be double digits.
  - Dancers who have qualified will be notified by the office. Should they be unable to attend, the next in line will be notified by the office.

#### DRESS CODE:

- Provincial Tracksuits: Tracksuit, white t-shirt and white takkies.
- SA Protea Tracksuits: Tracksuit, white t-shirt and white takkies.
- SA Protea Blazer, beige pants, white collar shirt, Protea tie / scarf, black shoes.

## 8. DEFENDING CHAMPION

A Soloist who wins a World Championship title is entitled to defend that championship title, in the same discipline, the following year. If the age division changes, they may still defend the title in the next higher age division.

Athletes must still compete in ONE of the WTC qualifying heats during the relevant year, in the dance discipline concerned. In the case, an IDO championship is not run in a calendar year, the defending Champion may defend his/her title in the next Championship in that discipline. In the event their age has advanced, they may then compete in the next age level up.

A Duo who wins a World Championship title is entitled to defend that championship title, in the same discipline the following year. If one or more of the duo's age range changes, they may still defend the title in the next higher age division. Duo must be the same two athletes.

Small Groups & Formations – It is the "TEAM NAME" that defends the title. The athletes in the group & formation may change, but they must all be within the ruling regarding age.

A trio, small group or formation cannot advance to the next age level when defending a championship title.

- An Athlete/s may be added to a small group or formation after the final qualifying competition. The reserve rule applies for the number of athletes drawn as per the reserve ruling in point 6.
- Should one of the partners from a duo/trio be unable to attend the IDO world championships after the qualify list has been sent out, the "next in line" will then be eligible to attend. Should there be no "next in line" this one partner may be replaced.
- The above points are at the sole discretion of the SABOD committee. All requests must be submitted in writing to SABOD, and the committee's decision is final.

## **9. DISCIPLINARY COMMITTEE**

- To uphold the rules and regulation of our association, and to maintain its image and professional standards.
- All performances at SABOD and IDO events are governed by copyright rules and may not be copied in anyway whatsoever.
- The IDO Disciplinary Committee investigates IDO copyright transgressions.
- The executive committee reserves the right to institute whatever disciplinary action it deems appropriate given the apparent breach of the said rules / laws of the association.
- The executive further reserves the right to suspend a member pending the outcome of such disciplinary action.
- All Athletes, trainers and team captain will be required to sign an official code of conduct before attending any IDO World Championship.
- Trainers and athletes need to adhere to the rules and time frames instituted by the SA team captain regarding the collection of armbands, registrations of athlete, collection of music and certificates. This is the SA team captain's duty.
- The idea, concept, theme, or music of a performance may not be altered between competitions. Only Choreography can be changed (tweaked or upgraded) within the concept.
- The above can only occur before provincial qualifiers that the athletes compete in.
- The choreography, costume and/or music may not change after the final Provincial qualifier, nor after Nationals, before attending the relevant IDO world championship.
- Dark themes, costumes, and music are not permitted in all Children Age Division.
- Should an athlete not arrive at the World Championship without giving ample notice of at least 14 days then that athlete will be liable for all costs involved; IDO start fees and registrations as well as any outstanding accommodation and transport costs that may have been booked through SABOD or the IDO organiser.
- This athlete will also be subject to disciplinary action against them.
- Non arrival at an IDO world championship will be a matter for the disciplinary committee. All costs that are incurred as a result of any matters where legal action needs to be taken, will be for the account of the infringer.

## **10. RANKING POINTS**

- 1st – 10; 2nd – 8; 3rd – 7; 4th – 6; 5th – 5; 6th – 4; 7th – 3; 8th – 2; 9th to 10th – 1
- Semi-final from a quarter: 2 additional points.
- Every athlete will obtain an additional 2 points per round.
- If an athlete reaches the final – his/her points must be in double figures to qualify to represent South Africa.
- An athlete may not revert back to a lower status once she has entered in the higher status in solo & duos.
- If an athlete/s change studio all points obtain from previous competitions will fall away.
- This will only be applicable to WTC athletes.
- Amateur athlete may compete in Championship & WTC sections.
- Novice athletes may not compete in Championship or WTC sections. (Excluding productions)
- Battle points: There are normally four battles (8 athletes) that take place in a competition. In the quarter final round the losers will battle for 5th-8th position, in the semi-final round there will be a battle for 3rd and 4th place. In the final there will be a battle for 1st or 2nd position.
- Records of the results for every competition will be kept and the top 5 will be awarded to represent SA in the World Championships.

## **11. LIFTS AND ACROBATICS**

- Lifts are a movement defined as a figure when both feet of an athlete leave the floor with the support and help of another athlete. Exception: Jumps in one handhold are not considered as a lift.
- Lifts in the children's age categories are forbidden. When they are part of a junior and adult item, performers may not lift children.
- In all disciplines where applicable, in children age division acrobatics are allowed if the body part is touching the floor, acrobatics must not dominate the routine.
- In Children age division, all acrobatics must be performed without any physical support of the athlete/athletes.

### Forbidden elements in MINI KIDS AND CHILDREN age division:

- Head stands are not allowed.
  - Movements where most of the weight is carried by another athlete are not allowed.
  - Any kind of jumps from of a prop that is more than 1 metre in height.
  - Pointe work in Ballet
  - Toe work in Tap if it is more than 1 beat.
- 
- Acrobatics are those movements, in which the body overturns round the sagittal or frontal axis, such as somersaults cartwheels and similar figures.
  - These movements are permitted in some, but not in all disciplines.
  - Acrobatics must never dominate the routine.
  - If permitted, it will not necessarily enhance the athletes score and could even distract from the score if it is not performed in the technically correct manner.
  - In children's age division acrobatics is allowed if a body part is touching the floor. It also cannot be performed with assistance of another athlete in this division.

In Production the rules above are not applicable when competing in production. All elements carried out are at their own risk and cannot hold SABOD or IDO responsible for injury caused whatsoever.

These movements are permitted in some, but not all disciplines. Refer to the specific rules in the discipline concerned.

## **12. ANNUAL REGISTRATION FEES**

- All registrations for studios and athletes are done online.
- All athletes must pay an annual registration fee to SABOD.
- Please note that if you are announced as a representative of the South African National Team, you will have to pay an additional administrative cost to SABOD.
- Entry fee for all competitions is non-refundable under any circumstances.
- IDO registration and start fees are additional costs.
- **ENTRY FEES FOR PRODUCTION:** Every performer appearing in the Production, including athletes, singers, and musicians, along with any supporting cast must pay the relevant entry fees laid out by our Association.
- Non-SABOD members pay an annual registration fee per studio.

## **13. COMPETITION REGISTRATION & NUMBERS**

- WTC / Championship Athletes must register in an age group based on their age as at the 31 December of the current year of the circuit.
- Only numbers issued by SABOD will be allowed to be worn at any competition.
- These numbers do not need to be returned.
- If an athlete changes studio during the current year, a re-registration fee will be applicable.
- Novice and Amateur Athletes register in their age group based on their age as at the Closing Date of the competition that they wish to compete in.
- Teachers/trainers are to report to the registration table to collect cloth numbers and arm bands for their athletes. Athletes are required to wear their arm bands for the full duration of the competition.

Without an arm band no admittance to the hall/auditorium will be allowed. Full entrance will be charged. There will be no exceptions.

- All Proof of payment must be received by SABOD with a breakdown of registration & entry fees and referenced correctly on your payment.
- All teachers and trainers who wish to enter athletes into competitions must attend the scheduled Competition meeting held at the beginning of each year.
- Once the entries have been done on the online system, please check all your entries are correct by printing the summary of your entries.
- Invoices will be sent out for studio and athlete registrations. Kindly send proof of payment to the office. Reference - with your invoice number & studio name.
- Once the competition closes the invoices will be sent out to all studios.
- Shared athletes' invoices will go to the studio head that registered that particular athlete.

#### **14. ADJUDICATORS WARNING**

Adjudicators are required to issue warnings for possible disqualification of athletes who make infringements of the rules. A "W" with a reasonable explanation for this action.

All warning will be given to the trainer in SA and to the team captain in international competitions by the Chairman of adjudicator.

Infractions:

- Wrong age group
- Tempo of music
- Length of music
- Obvious wrong discipline
- Acrobatics
- Prop infringement

#### **15. PROPS**

- If you want to build up PROPS in the hall yourself or by your people, please notify us in writing in order for us to find a place where you and your PROPS are in nobody's way and not in front of an emergency exit.
- Stagehands / assistants are not allowed to carry props for the athlete(s). This applies to all age groups and categories with the exception of all 7 & under age group where the teacher may place props for the athletes. The rule regarding athletes/teachers carrying the PROPS in one trip, on and off, will remain the same.
- Scenic backgrounds and floor PROPS must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo, Trio, and 25 seconds in Small Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. Time will be beginning as soon as first piece of Scenic material touches the stage and in the taking of as soon as the last piece is off the stage.
- Props are to be delivered on the day of performance and removed from the competition as soon as possible.
- Hand props are anything carried with the hands and not part of the costume (bells, flags, umbrella, etc) Floor props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc) Scenic backdrops and backgrounds (scenic curtains or flats – scenery)
- Background prop – Is a prop that is NOT used. Backdrop – Is a prop that IS used.
- Props, liquids, shoes, costumes, or other substances that can litter, damage, or make the dance floor / stage unsafe may not be safe in any discipline.

**NOTE:** This means that the use of such props, liquids, shoes, costumes, or other substances will be punished with a warning and /or direct disqualification - **IDO RULING**.

#### **16. TIME LIMITS - Novice & Amateur Sections:**

- Solo: 1 to 1½ min
- Duo: 1 to 1½ min
- Trio: (TAP ONLY) 1 to 1½ min
- Small Groups (3 to 7 dancers) - 2 to 2½ minutes
- Formations (8 to 24 dancers) - 2½ to 3 minutes Please note: A dancer may never dance down into a lower age group, but dancers can dance up into a higher age group.

**NOTE: See relevant dance style for time limits for Championship & WTC categories.**

## 17. SELECTED FOR AN IDO WORLD CHAMPIONSHIP

- Kindly note that if you are announced as a representative of the South African National Team, you will have to pay an additional administrative cost to SABOD.
- The athletes must have a valid SA Identity Document and a valid passport.
- Unabridged certificate for all athletes under the age of 18years.
- IDO registration and start fees are additional costs.
- All Athletes, trainers and team captain will be required to sign an official code of conduct before attending any IDO World Championship.
- No travel or accommodation arrangements must be made until official notice has been issued from the SABOD office.
- Schedules, Hotels, shuttles etc will be communicate with the trainers regarding each world championship as they become available to SABOD.
- Visa letters will be given to each athlete from SABOD and the IDO organiser of the international event.
- Athletes will be permitted to enter into World Cup sections if it is offered at the same competition as the IDO world championship is been held.
- An athlete that is not in possession of a South African ID document, will not be eligible to apply for SA colours.
- Only dancers representing South Africa internationally will receive their SA colours if awarded by Federation of DanceSport SA. This is a SACOC rule.

### TEAM CAPTAINS NEED THE FOLLOWING DOCUMENTS:

- ID photo stapled to a certified copy of athlete's passport.
- Certified copy of visa.
- Certified copy of medical insurance.

## 18. RULES GOVERNING COSTUMES, MAKE-UP, MOVEMENTS AND THEMES – GENERAL COSTUME RULES FOR ALL AGE DIVISIONS

Costumes must cover the intimate parts of the dancer's body during the whole performance. Intimate parts: buttocks, bust and pubic areas (see picture 1)

The intimate parts of the body must be covered with non-transparent material of any colour except tan or flesh colour. When transparent material is used to cover these areas, it must be lined with non-transparent material.

### a. LOWER BODY:

**Buttock:** The buttock is defined as the area from the crease between the leg and bottom up to the hip line across the body.

**Hip line:** panties top line (how low) Straight horizontal line, top of line between buttocks muscles (interlineal line) **must not** be visible.

**Panty Line:** panties bottom line (how high)

The panties' hip line should be high enough to completely cover the vertical crease between the buttocks. The panties should cover the entire buttock in the back side (see pictures 2 and 3). In the front, the panty line should follow the line between the body and flexed leg. The distance from the hip line to the panty line should be at least 5 centimetres (2 inches) when measured from the side (see picture 1).

Abbreviated bikini bottoms, thongs, thong appliqués and any shorts imitating a thong look are prohibited in both males' and females' costumes. The dancers should make sure their costumes fit properly, as ill-fitting shorts or panties can wedge or otherwise expose the buttock in a way that is prohibited.

It is recommended that all male dancers wear a men's dance belt underneath their costume. A costume consisting only of a men's dance belt is prohibited.

## **b. UPPER BODY**

Abbreviated bikini tops, tube tops and tank tops are prohibited in all age divisions (see pictures 3 and 4).  
Female dancers: Exposing the breasts beyond what is shown in picture 4 is prohibited.

Male dancers: Male dancers are allowed to perform bare-chested.

a. Make-up and costume have to be age and gender appropriate, and they must suit the discipline in which they are used. Make-up and costume may never be offensive to the public or other competitors.

Music must also be appropriate for the age division of the dancer/s. Explicit sexual lyrics and guttural sounds are prohibited. All dancers must be aware of the lyrics in the music they use.

b. Teachers and choreographers should pay close attention to age appropriateness when choosing themes for children and juniors, making a special effort to avoid sexually inviting moves, morbid themes, brutal fighting, killing, etc.

c. If religious or political symbols are used as decoration and/or costume, they must suit the theme and choreography in which they are used. Such symbols must always be in good taste, and they may never be offensive to the public or other competitors. Personal jewellery should not be worn unless it is a part of the costume.

d. All dancers and coaches should be aware that if the Chairperson of Adjudicators gives a warning for an infraction of the above rules (governing costumes, make-up, movements and themes), the infraction should be removed immediately. If the warned competitor(s) repeats the infraction in the next round, they will be penalized.

## **3. SPECIAL RULES FOR THE CHILDREN'S DIVISION**

In addition to all the general costume, make-up, movement and theme rules, the following applies in the children's division:

Children should be encouraged to dress as children and not like teens and adults. Make-up should be used to bring out the features of the face or to portray a character. Hair should be neat, under control unless it is being used to portray a character, animal, rag doll, etc. Hair extensions, pieces or wigs should be of the kind commonly used by children. Hair extensions, falls, ponytails and wigs may be used as long as they do not distort the age of the child.

Costume materials that suggest sexual, deviate, sadomasochistic or other adult themes are prohibited in the children's division.

Costumes made entirely from see-through materials are prohibited, but the same material may be used for sleeves and to cover legs (for example: Aladdin-style pantaloons and sleeves).

Dancers in the children's division may never appear nude or in a costume implying nudity. Therefore, flesh, nude, tan, beige, or bone-coloured bodysuits, leotards, tops and pants may not be used in a way that implies nudity. Net, lace or any such material may never be used to cover the intimate parts of the body unless lined with a non-nude coloured material.

At all Performing Arts events MALE dancers in the CHILDREN'S division must have their torso covered with cloth material.

## **4. SPECIAL RULES FOR THE JUNIORS' DIVISION**

In addition to all the general costume, make-up, movement and theme rules, the following applies in the juniors' division:

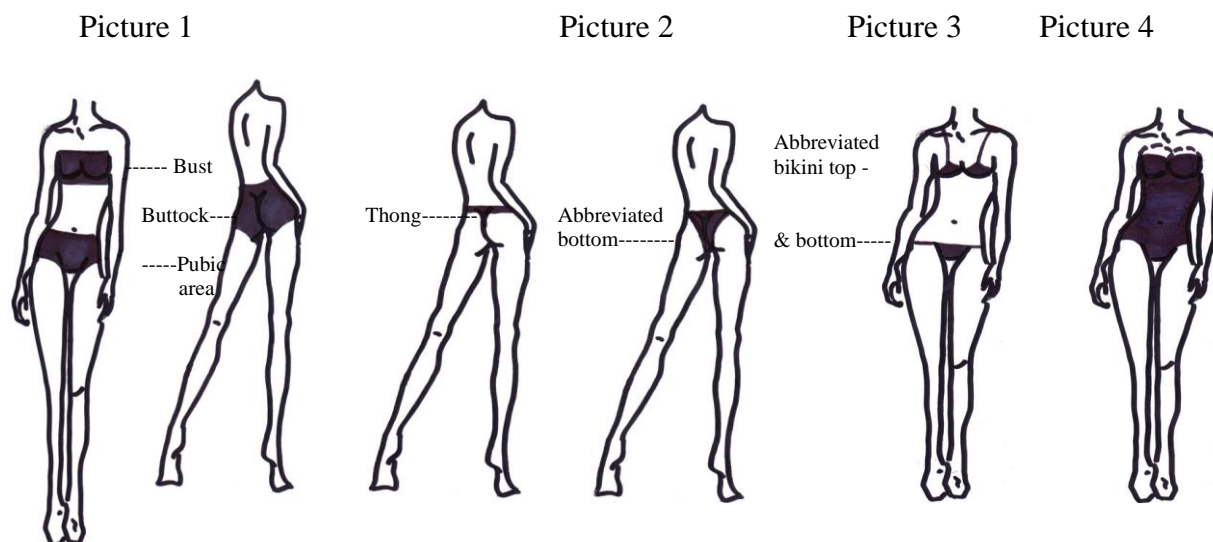
The special rules for the children's division (above) also apply in the junior division. Juniors should always be dressed age-appropriately, and their image should be that of a junior and not that of an adult.

## 5. SPECIAL RULES FOR THE ADULTS' DIVISION

All the general rules governing costumes, make-up, movements and themes apply in the adults' division. Adult dancers should bear in mind that they are the ones setting the trend for the younger dancers, who look up to them and seek inspiration from them. This is why it is very important to be dressed in good taste.

## 6. ADDITIONAL COSTUME RULES FOR PERFORMING ARTS DISCIPLINES ONLY

Tan or flesh-coloured materials may be used to cover the intimate parts of the body in the junior and adult division, if it suits the theme of the performance and if it is not sexually suggestive in any way. However, a costume consisting only of flesh-coloured panties and a bra is not allowed.



### SPECIAL RULE FOR COSTUMES

In Jazz, Modern, Ballet, Tap Dance and Show Dance disciplines athletes will not be allowed to change their costume during a performance or competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next round or final round.

It is possible to wear costumes/bodies/leotards with a **classic (higher)** cut leg line, in all age divisions. When wearing a classic cut leg line; opaque tights are mandatory - either skin coloured or coloured. (Implementation date 1.9.2023)



## 19. MUSIC REQUIREMENTS

### **Music supplied by Trainers Must:**

1. Please make sure all other music is uploaded in MP3 format onto the online system.
2. Be of first-class quality with clean editing and cuts.
3. Trainers to upload music through SABOD online system.
4. The competitor must inform the Compere of the competition if they enter the stage with music or before the music begins and if the music starts or stops, has a tag or contains tacit.
5. The onus is on the trainer to make sure that all music complies with the time limit rules. If the length of the music is not in accordance with the rules, then the competitor will be given a warning.
6. Athletes may not use live music.
7. Music must also be appropriate for the age division. Explicit sexual words or guttural sounds are not permitted. All trainers / athletes must be very aware of the lyrics in the music. Inappropriate language in music is not acceptable in any age group.
8. The event co-ordinator and the sound engineer will not be responsible for the quality of recordings.
9. MAKE SURE YOU CARRY YOUR OWN BACK UPS.
10. SABOD will supply any “**organisers music**” required for the event. All such music will be in accordance with the standards of the dance discipline for which it is supplied.
11. Deadline to upload music will be the same as the closing date of the entries of the competition.

## 20. REQUIREMENTS FOR REPRESENTATION OF A COUNTRY

- Athletes representing a country in an International IDO Competition must reside in and be a citizen of the country being represented.
- In order to represent a country, an athlete must prove that he or she has resided in that country for at least two (2) years.
- In order to be eligible for the application of Official Protea Colours an athlete must be in possession of a valid South African Passport.
- Trainers, athletes should only proceed with booking of flights and accommodation for international trips once they have received:
  - Official notification from the SABOD that the athletes have been selected to represent South Africa.
  - An official letter of invitation has been received.
- May only wear official SA team gear, with no private sponsors or studio logos can be seen on the podium.
- The South African flag may only be worn around the shoulders of the athletes on the podium.
- **All requests for representing a new country must be submitted by the new IDO NMO to the IDO Sport Director in written form (e-mail) whenever in the calendar year, but the validation date is the 31.12. of the current year.**
- **Documents requested – statement of both IDO NMO (previous country and new country), proof of residency, proof of enrolment in school or University or proof of employment.**
- **In the case of minors, a sign statement from the parents must be added.**

## 21. PASSPORTS

- All WTC athletes must be in possession of a valid South African Passport with your expiry date being no less than six months away from closing date of World Championship.
- If a championship athlete’s changes status to a WTC category within the same year the point above will then be the liability of the trainer and parent to ensure they have a valid passport.
- The above rules apply to all trainers & spectators whose intention it is to go to the World Champs in the current year.
- SABOD have specific deadlines for the submission of passport information and will not be held accountable for late submissions.
- Unabridged Birth certificate must be obtained by all athletes travelling to International Competition.
- SABOD will only accept official certified copies of passports. No scanned copies will be allowed.

## **22. MEDICAL & TRAVEL INSURANCE**

- The onus is on all members travelling as part of the SA team to make sure that they have their own medical and travel insurance confirmed. It is each person's responsibility to ensure, that they have sufficient medical insurance to cover their travel in accordance with the regulations of the country that will be visited. Important note regarding Europe health system! Please be aware, that health systems do not allow doctors or hospitals to treat anybody without insurance or payment by cash.
- The Team Captain must have a copy of EVERY athlete's medical insurance, certified copy of passport and visa and a coloured ID photo. This must be given to the official team captain at all IDO Championships. A file will be kept at the arena. The team captains of the nation must have these documents ready at hand if something should happen, be it for any reason whatsoever if the need should arise.

## **23. IMPORTANT GENERAL COMPETITION INFORMATION**

- Teachers or an Assistant must attend the competition meeting in the year they wish to enter all SABOD competitions.
- Teachers need to coach athletes on how to move forward as competitor's numbers are announced for solo spots in street dance styles.
- Teachers need to train athletes on how to receive awards and how to stand on the podium.
- Numbers must be pinned on the front of the Athletes, visible to adjudicators at all times.
- World Trial Circuit is a ranking system that is used for athletes to obtain points to be eligible to compete in the IDO World Championship.
- No Registration and/or Entry fees are refundable.
- No Re Dance is allowed in Championship / WTC sections.
- No Acrobatics in opening or final minute – In Hip Hop or Disco Dance Freestyle. If this must be performed, athlete must make sure that they are away from other athletes – to prevent injuries.
- No studio, teacher or parent may request a change to the schedule- Non-Negotiable!
- An athlete who has competed in another World Cup / Festival Championship and represented their country in any other world competition may only enter Championship and WTC sections.
- The same routine shall not be performed in more than one discipline.
- It is illegal to copy or make DVD recordings of IDO and SABOD events. No private video, visual or audio recording is allowed to be taken during performances. Unless prior arrangement has been made.
- All questions relating to IDO matters need to come through the SABOD office. As all correspondence is forwarded back to us to reply and we are kept in the loop of all emails. We are the member body in South Africa and should you have any queries kindly contact us first.
- IDO COPY RIGHT CLAUSE - All athletes, choreographers, sequences, figures, costumes, and ideas shown in World championship video's / DVD belong personally to the athletes, respectively to the formations and / or their choreographies and trainers. They may not be used without a written agreement from the right owners. **NO PRIVATE VIDEO, VISUAL OR AUDIO RECORDING IS ALLOWED TO BE TAKEN DURING PERFORMANCES.**
- Please note that this is unethical to video other studios/dancers' choreography.

- Distribution of arm bands at International Competitions will verbally be discussed at the team meeting.

- SABOD competitions distribution of armbands for Teachers, Assistant Teachers & Trainers:

Please NOTE: These armbands are to be worn by Teachers/Trainers ONLY

Armbands will be allocated as follows:

0 – 15 athletes	- 1 armband
16 – 30 athletes	- 2 armbands
31 – 50 athletes	- 3 armbands
51 – 100 athletes	- 4 armbands
101 + athletes	- 5 armbands

- Team leaders at local & World Champs – May not take the floor with their athletes if they are not part of the performance.
- The SABOD office has tight deadlines in place for all World Championships entries—so your full co-operation is imperative in this regard.
- No “COMPANY” logos are permitted on the official Protea Tracksuits.
- The IDO athlete’s annual license fee for 2024 is **35 Euro**, and an additional **35 Euro** start fee is per discipline in IDO competitions.
- If a teacher/athlete fails to notify the SABOD in writing 14 days before the said World Championship, he/she for is liable for the full payment of the above. Also, a 1-year suspension will be instituted.
- Performing Arts categories at IDO World Championships will only consist of 3 rounds.
- In Modern / Contemporary performance can have a title, but it is not mandatory.
- Show dance, Street dance show and **Repertoire solos** sections a title must be given.
- Dark themes, costumes and music are not permitted in the children and mini kids age divisions.
- Athletes who are not present in marshalling area after three announcements from the MC to dance following the starting order, without a valid reason, will be disqualified by the chairman of the adjudicators.
- **If an athlete needs to wear glasses for medical reasons during their performance, it is recommended that the athlete have an elastic holding them on around the head.**

## 24. EXPLANATION OF STATUS

**NOVICE:** An athlete who has not come first second or third in a solo / duo at any recognized festival or competition before. A Novice athlete may not compete in any Championship or WTC section.

**AMATEUR:** An athlete is eligible to compete in an Amateur section if he / she has been placed first, second or third in a Novice solo / duo section in any recognized festival or competition. An Amateur athlete may compete in any Duo, group, formation section in championship / WTC section.

**CHAMPIONSHIP:** An athlete who has been placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in an Amateur solo section at any recognized festival or competition. A Championship athlete may not compete in any Novice section. An athlete who has competed in another World Cup / Festival Championship and represented their country in any other world competition may only enter Championship sections.

**WTC:** An athlete of Championship Status who endeavours to enter the IDO World Championships competing in a minimum amount of national qualifying competitions in order to obtain points on the WTC ranking circuit. No novice athlete is permitted to dance in this category.

The World Trial Circuit is the ranking system that is used for athletes to obtain points to be eligible to compete in the IDO World Championships. WTC is not a higher status. The highest status an athlete can obtain in any competition is Championship. If an athlete does not wish to qualify in the current year, they may compete in the Championship sections.

Athlete who obtains single figures are not permitted to attend the World championships even if they have completed the 2 competitions.

If an athlete is the only athlete in the section, he/she does not automatically receive a first place.

No athlete may revert back to a lower status eg: A Championship or WTC athlete may not compete in an Amateur or Novice section at all.

The onus is on the teacher / trainer to enter their athletes in the correct status & sections.

## **25. DANCE ETIQUETTE AND BEHAVIOUR AT COMPETITIONS**

### ETHICAL BEHAVIOUR

- Competitors will always act in a dignified manner with good sportsmanlike behaviour.
- Competitors will treat other competitors in the same manner they would like to be treated.
- All competitors must understand that they must not only be good winners, but good losers as well.
- Acts of violence and intimidation against organizers, adjudicators and competitors will not be tolerated on or off the premises, during the entire event.
- Random drug tests will be taken at all SABOD and IDO events. If any dancer is found in the possession of or use of drugs will be faced with automatic disqualification and will be banned from competing at a National and World Championships for 2 years.

### CONDUCT BACKSTAGE, ON OR AROUND THE STAGE

- Competitors must be punctual and well-behaved while backstage.
- Competitors must be friendly with their fellow competitors and never be a distraction to a fellow competitor's performance.
- Competitors must be quiet and refrain from stretching or rehearsing while waiting their turn to compete.
- Competitors must do their best to keep the dressing rooms, toilets, and backstage area clean and discard rubbish in proper receptacles.
- Armbands must always be worn. No replacement armbands can be given.
- Numbers must be worn so that it may be clearly visible to the judges.
- No Bubble gum and water bottles will be permitted on stage, while receiving prizes and during rehearsals.
- Littering is strictly forbidden. Please clean up after yourself.
- No dancer may take the floor once a section has been called.
- A dancer is not permitted to leave the floor once the section has started.
- Athletes displaying unsporting behaviour will be disqualified.

### CONDUCT WHILE OBSERVING IN THE AUDIENCE

- Competitors must treat other competitors and nations with respect and refrain from making unnecessary noise or unnecessary movement during a performance. Respect for other athletes while they are performing is very important.
- Competitors and their fans should refrain from loud noises such as compressed air horns, which can be annoying to the judges, audience, and the competitors. However, cheering for fellow competitors is encouraged, thereby creating a good atmosphere, and encouraging fellow competitors.
- Competitors must be disqualified if they are responsible for throwing any object onto the stage or interfering with any competitor's performance.
- Sitting together as the SA team
- Talking badly about athletes from other studios/club and/or countries will not be entertained – you never know if they can speak or understand your language.
- Support and teams' spirit must be displayed by the SA Team at all times.
- Remember NO PRIVATE VIDEOS OR PHOTOGRAPHY is permitted.

### CONDUCT WHILE OFF THE COMPETITION PREMISES AND AROUND HOTEL PREMISES

- Competitors will always act in a dignified manner while attending any SABOD and/or IDO event, both on the competition premises and while in the hotel, restaurant, or other facility. Gross misbehaviour could result in disqualification from the competition.
- Any act of violence may result in immediate disqualification and future suspension from any SABOD and/or IDO competition.
- Any violations of the local law may also result in immediate disqualification and future suspension from any SABOD and/or IDO competition.
- The consuming of alcohol for underage persons is strictly forbidden. Adult athletes / spectators are forbidden from drinking in the official SA team tracksuit. Behaviour of persons who are permitted to consume alcohol must not be obscene and distasteful – Always conduct yourself in a respectable manner.
- Smoking in non-designated smoking areas will not be allowed.
- Bad language of any kind will not be entertained.
- Pay TV will be for each person's own account.
- Bar Fridge and Snacks in the hotel rooms are off limits and will be for each person's own expense.
- Telephone calls in the hotel are for your own expense.

## 26. TAP DANCE:

### SOLO MALE / SOLO FEMALE, DUO, TRIO, SMALL GROUP, FORMATION & PRODUCTIONS

- All categories: own music.
- Length of exhibition:
  1. Solo, duo & trio: 1:45 minutes minimum to 2:15 minutes maximum.
  2. Small groups: 2:30 minutes minimum to 3:00 minutes maximum.
  3. Formations: Junior & Adults 2:30 minutes minimum to 4:00 minutes maximum.
  4. Formations: Children 2:30 minutes minimum to 3:00 minutes maximum.
- No athlete may compete against her/himself.
- Characteristics
  1. All forms of tap permissible e.g. hoofing, rhythm, musical theatre, etc.
  2. Primary emphasis is on the athlete's foot work (sounds).
  3. Taps and music must be clearly audible to audience and adjudicators.
  4. Jingle taps, double taps or double clagues not permitted.
  5. Pre-recorded taps are not permitted in the music or recording.
  6. Personal amplification devices not permitted.
  7. Maximum 30 seconds of "A Capella" or "Tacet" (no music) is permitted per routine.
  8. Any tacit is permitted only during the routine and not at the beginning or end of the piece. "Stop Time" is an open part of a measure of music, not played but silent, with some notes being played. "A Capella" is an open phrase of multiple measures in length, but completely absent (silent) of any/all music.
  9. Appropriate costuming must be tasteful, age appropriate and well fitting.
  10. Toe work/dancing on point will be for no longer than one beat of the music on one or both feet in Children division. Note: No more than one beat and NO weight bearing point work at any time.
- Acrobatics:
  - 1 Acrobatic tricks are permitted only if an integral part of the routine.
  - 2 Acrobatic tricks do not enhance the score and could detract from a athlete's score if not performed technically correct.
  - 3 See General Rules for Children in point No 10 above.
- Lip-Sync is permitted – but must not dominate performance.
- Props:
  1. Cumbersome scenic props not permitted.
  2. May perform only with clothing and hand-held items.
  3. May not use liquids or other substances(gas) which litter the floor.
    - Stage props permitted only when carried by the athlete/s in one trip, no assistance is permitted.
- Lifts
  1. Lifts are permitted but will not enhance athlete's score.
  2. No lifts in Children 12 & under

## 27. TAP DANCE: Live music in Junior and Adult Small Groups.

- A competition for small groups, junior and adult age divisions, with live music.
- This is a separate category and cannot be mixed with other categories.
- 4 to 7 athletes are allowed to perform. Musicians are not counted as participants unless they also dance in the routine. The ages of the musicians are not relevant unless they are also athletes.
- The organizer must be advised by email 4 weeks prior to the event. The email MUST explain all necessary details. Once approved, the participant must adhere to the agreement.
- All equipment must be brought in and set up by the Athletes and/or musicians.
- Set up must be done quickly and in a quiet, non-disruptive manner.

- The set up and break down of the musical equipment and portable amplification must not take more than 3 minutes.
- Live music and recorded music can be mixed. In this case, the house system of the organizer can be used if the entrant can cue the sound engineer of the house system for starts and stops of the recorded music.

**For example:** If the entry uses amplified live music there can be two different systems:

- a. House system for CD and/or up to 2 microphones for vocals only.
- b. The entrant may supply additional portable amplification system for live music/vocals.
- c. Both systems may be mixed for live music AND recorded music.

*Suggested live music:*

Vocals, brass, woodwinds, strings, drums, percussion, bass, and keyboards may be used to make music. Full size pianos or organs will not be allowed.

## 28. SHOWDANCE

The same performance cannot be performed in Jazz, Modern & Show Dance section.

### DEFINITION OF SHOWDANCE

Show dance does not have its own dance technique. Show dance is based in the broadest sense is based either on any Jazz / Lyrical, Modern and Contemporary Dance Technique. It is possible to use any other performing arts dance disciplines in the composition of the show, but this must not dominate the performance. Show dance allows the use of lifts (except for children), acrobatics, props, lip sync and other theatrical effects. Any Show dance number has to have the concept by having a guideline, a story or visible concept to entertain, attract, touch and or send a message to the audience.

### SOLO MALE / FEMALE, DUO, SMALL GROUP & FORMATION

DUO female-female } the athlete must only represent in either one, in  
DUO Male-female or male-male } any given competition.

- All categories: own music. No Live Music permitted.
  1. May not be offensive to the general public or the IDO adjudicators.
  2. May not contain inappropriate or offensive lyrics or sound effects.
  3. A title must be given.
- Length of exhibition:
  1. Solo, duo: 1:45 minutes minimum to 2:15 minutes maximum.
  2. Small groups: 2:30 minutes minimum to 3:00 minutes maximum.
  3. Formations: **Junior & Adults** 2:30 minutes to 4:00 minutes maximum.
  4. Formations: **Children** 2:30 minutes to 3:00 minutes maximum.
- No athlete may compete against her/himself.
- Composition:
  1. Must be based on a story, concept, theme, or idea.
  2. Title or a short description must be provided on the entry form.
- Evaluation criteria
  1. Show must be fully understandable.
  2. Theme must be expressed by appropriate dance that adheres to the storyline.
  3. Must be creative, original and imaginative within the concept.
  4. Must have show value / audience appeal.
  5. Must have appropriate costumes / costume changes.
  6. Visual effects are permitted e.g., props and creative designs.
  7. Acrobatics movements will be evaluated under the show criteria and must never dominate and must be in harmony with the idea or theme. Lifts and spectacular jumps are permitted.
  8. Correct and safe techniques applicable.
  9. Theme must be age appropriate.
  10. Piece must not be offensive to the audience visually or audibly.

11. Pieces that are pure “jazz dance” will be marked lower if they have no show value.
12. Formation patterns will be marked as a whole piece.
13. Solo, duo or ensemble parts = maximum 15 seconds of total time.
14. Harmony of all characteristics / total performance very important.
15. Appropriate costuming which must be tasteful, age appropriate and well fitting.
16. Musicality, variety of dance and pattern, originality, total performance will be evaluated.

- Props

1. Cumbersome scenic props not permitted.
2. Stage props permitted only when carried by the athlete/s in one trip.
3. No assistance is permitted.
4. May not use liquids or other substances that litter / damage the floor.

- Lifts

1. Are permitted in Junior and Adults but not permitted in children 12 & under (See General Rules for children No 11)

### **IDO Show Dance compared with IDO Jazz and Modern and Contemporary**

The evaluation difference between Show Dance and the other IDO Performing Arts disciplines Jazz and/or Modern and Contemporary first lays in the judging system, as we pay more attention to the presentation by using the 4 D System (the additional Show dimension). As is written in the definition of Show Dance, you need to make a Show based on a concept by having a guideline, a story, or a visible concept to entertain, attract, touch and/or send a message to the audience. This will be evaluated with the fourth dimension and differentiates it from an IDO Jazz and/or Modern and Contemporary piece/competition where you can also do it this way but will not get a separate evaluation with the 4th dimension. While the focus in the IDO Jazz and/or Modern and Contemporary disciplines is on their respective techniques and styles, Show Dance can also take the liberty of mixing, softening, or reinventing all techniques and styles from them and also through other dance styles to form a choreography. Show Dance not only needs dancers and a choreographer, but it also needs a director (who doesn't always have to be the same person as the choreographer).

## **29. JAZZ and LYRICAL DANCE**

### **SOLO MALE / FEMALE, DUO, SMALL GROUP, FORMATION**

**Primitive:** This dance form stemmed from early African Folk Dances that were done by slaves brought to America from Africa, West Indies, Cuba, Panama and Haiti.

**Early:** Originated via the music of the late 1800's and early 1900's. Dances included the Two-Step or Cakewalk, and later became the Grizzly Bear, Bunny Hug, Turkey Trot, and Texas Tommy. This evolved into the fast music and dances of the 1920's, the One-Step, Lindy Hop, Charleston and Black Bottom.

**Musical Comedy / Theatre Jazz:** These forms of Jazz became very popular via movies / theatre during the 1930s and 1940s. Many dance forms were incorporated in Musical Comedy Jazz. Ballet with “On Your Toes”, and Modern Dance in “Oklahoma” and “Brigadoon”. During the 1950s and 1960s, dance became an integral part of telling the story in Musical Theatre, as illustrated in musicals such as “Flower Drum Song”, “Destry Rides Again”, “West Side Story” and “Seven Brides for Seven Brothers”. In 1978, the musical “Dancing” showed that the songs and books were secondary to the dancing; in fact, they are almost non-existent.

**Contemporary:** Primarily performed to music of the day, it began in the late 1950s to the music of Contemporary Jazz musicians like Dizzy Gillespie, Art Tatum, and Dave Brubeck.

**Today's Jazz Dance:** This discipline may be danced using many different styles and tempos, using themes based on Afro-Cuban, Oriental, Spanish, or other national themes. It may be performed as a character, such as Cowboy, Sailor, Clown, etc. It may also be abstract in nature. Lyrical Jazz, performed to such music as Bette Midler's “Wind Beneath My Wings”, may be included in Jazz Dance Discipline.

**Lyrical Jazz:** Lyrical Jazz is a fusion dance style that blends Jazz and Ballet technique. It combines the classical lines and technical aspects of ballet with the freedom, fluidity, and musicality of jazz. It relies

heavily on the dancer's connection with the music and challenges choreographers and dancers to use movement to interpret music and /or song lyrics and express emotion.

**NOTE:** Contemporary Ballet should not be confused with Jazz Dance and may not compete in this discipline. Other contemporary styles such as Hip-Hop, Disco, Break Dance and Electric Boogie may be incorporated, but must never control / dominate Jazz Dance performances.

**The same performance cannot be performed in Jazz, Modern & Show Dance section.**

- All categories: own music
  1. May not be offensive to the general public or the IDO.
  2. May not contain inappropriate or offensive lyrics or sound effects.
  3. The music choice may also be acapella, but the beginning and the ending must be marked with a clear audible sound or beep.
- Length of exhibition:
  1. Solo, duo: 1:45 minutes minimum to 2:15 minutes maximum.
  2. Small groups: 2:30 minutes minimum to 3:00 minutes maximum.
  3. Formations: Junior & Adult 2:30 minutes to 4:00 minutes maximum.
  4. Formations: Children 2:30 minutes to 3:00 minutes maximum.
- No athlete may compete against her/himself.
- Composition:
  1. Pure jazz technique, turns, jumps, isolations, as well as use of arms, legs and upper body.
- Characteristics
  1. May include many different styles and tempos.
  2. Is a multi-faceted style.
  3. May use afro-cuban, oriental, Spanish or other themes as a base.
  4. May be performed as a character dance eg cowboy, sailor, clown, etc.
  5. May be abstract in nature.
  6. Rock 'n roll / Latin American / ballroom is excluded.
  7. Contemporary ballet not permitted.
  8. Lyrical jazz and modern may be included.
  9. Other contemporary IDO dance, disciplines may be used.
    - a. E.g., Hip hop, disco dance, break dance, electric boogie.
    - b. \*\* Maximum usage = 15 seconds of the total time allocation.
- Evaluation criteria
  1. Must have show value / audience appeal.
  2. Entire routine must consist of Jazz Dance work.
  3. Jazz technique.
    - a. Turns, jump isolations, port de bras, legs, upper body.
  4. Timing and rhythm.
  5. Depending on the style of jazz routine and the floor conditions, footwear or lack of footwear is left to the decision of the athlete.
  6. Theme must be age appropriate.
  7. Piece must not be offensive to the audience visually or audibly.
  8. Costumes must be in character, tasteful, age appropriate and fit well.
- Acrobatics:
  1. Acrobatic moves are not allowed in Jazz Dance.
  2. Lifts, jumps, split etc are of course allowed.
  3. In Jazz Dance limited acrobatics will be allowed as long as a body part is touching the floor or an athlete in a duo or group has the partners support, acrobatics should not dominate the routine. (AGM 2012).
- Lifts:
  1. Permitted in Junior & Adult divisions.
  2. Children 12 & under: not permitted.
- Stage Props:

Hand, stage, and floor props will be allowed under the following conditions:

**Clothing:** All costume accessories, such as hats, scarves, gloves, belts, etc. may be worn if they are an integral part of the costume. They may be taken off, exchanged, or discarded but not left to litter the stage. Meaning, the athlete cannot leave the stage at the end of the routine leaving clothing behind. If an athlete discards or drops a scarf on the stage, they must pick it up and take it with when they leave.

**Hand props:** All hand props such as canes, umbrellas, handbags, briefcases, mirrors, flags, etc may be used as long as they are an integral part and used throughout the routine. They may be set down on the floor as long as it remains part of the routine and picked up when leaving the stage at the end of the routine. Hand props can never be used as floor props in other words; you cannot enter the stage with the umbrella, set it on the floor, dance your entire routine without utilising the umbrella and then pick it up at the end of the routine and leave the stage.

**Floor props:** Necessary floor props such as a chair, stool, box, ladder, etc. may be carried on by an athlete in one trip but must be an integral part of the routine and utilised throughout the entire performance. Items used to decorate or embellish the stage are not permitted. The athlete must carry the floor prop off the stage at the end of the routine.

**Scenic or stage props:** Any items such as a scenic background, back drop, tree, or other such props, used to create a scene or embellish the stage are not permitted.

- Lip-sync: is not permitted in Jazz Dance

### **IDO Jazz dance compared with IDO Modern and Contemporary dance.**

Jazz Dance is primarily based on the different Jazz techniques, diverse, highly expressive and energetic performance based, and entertaining, but Modern dance is varied and self-expressive and based on the individual dancer and their purpose for moving. Jazz dance and Modern dance are judged using the 3 D system (Technique-Composition-Image). Specific rules apply for Jazz dance vs Modern dance, for example backdrops, lip sync and acrobatic lines are not permitted in Jazz dance. A Jazz dance routine can be based on the pure technique of the dance discipline and may contain a story or a theme. Choreography is musically driven with an emphasis on polyrhythm and improvisation. Dependent on preserving historical roots of the discipline while leaving room for innovation. Whereas the primary focus of Modern and contemporary dance is the need to encourage dancers and choreographers to use their emotions and moods to design their own steps and routines. It is free and experimental with a deliberate use of gravity.

### **Show Dance VS Jazz.**

IDO Jazz dance compared with IDO Show dance Jazz Dance is primarily based on the different Jazz techniques and is judged using the 3 D system (Technique-Composition-Image). Show Dance can be based on a single or a combination of the following IDO disciplines: Modern & Contemporary, Jazz dance, Ballet. Other IDO dance disciplines (Disco Dance, Hip-Hop, Electric Boogie, Break Dance, Tap etc.) can be used as long they do not dominate the routine. Show dance is judged using the 4 D system (4th dimension = Show). Specific rules apply for Jazz dance vs Show dance, for example backdrops, lip sync are not permitted in Jazz dance. A Jazz dance routine can be based on the pure technique of the dance discipline and may contain a story or a theme.

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### 30. LYRICAL DANCE (Novice, Amateur and Championships only)

Lyrical dance is a style that utilizes various aspects of ballet, jazz, and modern dance techniques. It clearly displays emotional moods, choreographic strategies, and illustration of song lyrics. Lyrical should incorporate emotional and storytelling elements as well as quality of movement.

#### SOLO MALE / SOLO FEMALE, DUO, SMALL GROUP & FORMATION

- Length of exhibition:
    1. Solo, duo:
      - a. 1:45 minutes minimum to 2:15 minutes maximum (Champs).
      - b. 1:00 minimum to 1:30 minutes maximum (Novice and Amateur).
    2. Small groups: 2:30 minutes minimum to 3:00 minutes maximum.
    3. Formations: Junior & Adults 2:30 minutes to 4:00 minutes maximum.  
Formations: **Children** 2:30 minutes to 3:00 minutes maximum.
  - Lifts:
    1. Permitted in Junior & Adult divisions.
    2. Children 12 & under: not permitted.
  - Acrobatics
    1. Acrobatics are allowed with the exception of aerials and head stands in children's age divisions; however acrobatic movements must not dominate the routine.
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### 31. PRODUCTION:

A production is an elaborate theatrical presentation, dominated by dance, which may include any IDO discipline or any combination thereof, using a theme, story, or concept. Since its primary purpose will be to entertain, it will be under the jurisdiction and administration of the Performing Arts Department.

All IDO disciplines will compete against each other. Specific rules for each discipline apply unless otherwise stated below. In the production discipline the judging system must be used.

A Production may include solo; duo and collaborative performers as long as solo and duo performers do not dominate the performance. Both lifts and/or acrobatic movements are allowed, as long as they do not threaten the well-being of the athletes. Other theatrical effects such as fog, laser lighting, magic and illusions may be presented, without restriction, provided they are not hazardous to the performers, stagehands or audience.

- Own music:
  - 1 All types permissible
  - 2 May not be offensive to the general public or SABOD & IDO adjudicators.
  - 3 May not contain inappropriate or offensive lyrics or sound effects.
  - 4 Live music permitted provided musicians are part of the production.
- Time Limits:
  1. The minimum performance time limit, including the opening entrance and the final exit is 5 minutes and the maximum is 8 minutes.
- Stage props and Scenery:
  1. There will be a total of 5 minutes to set up and 5 minutes to break down scenic sets, back drop, and stage props.
  2. All set ups and break downs must be made by stagehands provided by the studio presenting the production.
  3. Liquids or other substances which can litter, damage, or make the dance floor/stage unsafe may not be used. Both fire and working weapons are not permitted.
- Age limits:
  1. 25 athletes minimum, with no maximum, are allowed in this category. However, it is the producer of the production's responsibility to make sure the stage or dance floor is large enough to accommodate the number of performers.
  2. There will be no age restrictions and all ages will compete against one another. No athlete will be represented in more than one production at any event.
  3. No athlete may compete against her/himself.

- Characteristics
  1. All existing IDO styles of dance or dance techniques permitted.
  2. Styles may be performed in pure form or as combinations.
  3. Dance disciplines under the control of WDC, IDSF or WRRC may not participate in any IDO event unless special dispensation is given by the official organization representing that particular discipline.
  4. May include solo and duo performances, but these must not dominate.
  5. Acrobatic movements & lifts are permitted, provided they are safe for all performers.
  6. For Mini Kids and children, the rules under lifts are not applicable for production. All elements carried out/performed are at their own risks. (Implemented 2020).
  7. Acrobatics permitted, provided they are safe for all performers.
  8. Costumes must be in character, tasteful, age appropriate and fit well.
- Theatrical effects
  1. Fog, laser lighting, magic, illusions may be presented, without restrictions but may not be hazardous to performers, stagehands or audience.
- Responsibility of the Organizer
  1. It is the organizer's responsibility to provide normal stage amenities. The organizer will also provide equal opportunity for all productions.
  2. It is the full responsibility of the school, club, or independent entry to supply all special effects, as well as the necessary stagehands for proper and safe operation.
  3. It is also their responsibility to check with the organiser to make sure all special effects are allowed in the auditorium or competition facility.

**ENTRY FEES:** Every performer appearing in the Production, including athletes, singers, and musicians, along with any supporting cast must pay the relevant fees laid out by our Association.

- Live music
  1. Musicians are not counted as participants unless they also dance in the routine.
  2. The Organizer must be advised by email prior to 4 weeks preceding the event. The email MUST explain all necessary details. Once approved, the participant must adhere to the agreement.
  3. All equipment must be brought in and set-up by the Athletes and/or Musicians.
  4. Set up must be done quickly and in a quiet, non-disruptive manner.
  5. The set-up and break down of all equipment must not take more than 5 minutes.
  6. Live music AND recorded music can be mixed. In this case, the house system of the Organizer can be used if the entrant can cue the sound engineer of the house system for starts and stops of the recorded music.

*For example:* If the entry uses amplified live music there can be two different systems.

- a. House system – for CD and/or up to 2 microphones for vocals only.
- b. Additional portable amplification system supplied by the entrant for live music/vocals.
- c. Both systems may be mixed for live music AND recorded music.

*Suggested live music:* Vocals, brass, woodwinds, strings, drums and percussion, bass, keyboards. Full size pianos or organs will not be allowed.

## 32. BALLET (CLASSICAL)

### SOLO MALE / FEMALE, DUO, SMALL GROUP & FORMATION

Ballet now has two sections in the SOLO category in all age divisions. The Repertoire section and the Open Classical ballet section. An athlete can dance in both of these solo sections or only in one.

**The REPERTOIRE solo is ONLY for WTC qualifiers for IDO World Championships. There is no set time limits on Repertoire solos, as they are all choreographed with a great variety in length in time.**

**Classical Ballet** is the most formal of the ballet styles; it adheres to traditional ballet technique. There are variations relating to area of origin, such as Russian ballet, French ballet, British ballet and Italian ballet. The Vaganova method, named after Agrippina Vaganova and the Cecchetti method, named after Enrico Cecchetti are Russian and Italian respectively and derive from the original French method. Classical ballet is best known for its unique features and techniques, such as point work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities (AGM 2010).

#### **Repertoire:**

Children MAY NOT dance on pointe. Junior and Adult must be on pointe in the repertoire section. Enrolment must accompany with name of repertoire number. **As there are no repertoire sections for duos, groups and formations. The rule applies that no music, theme, or costume from repertoire may be used in these sections (ONLY OWN CHOREOGRAPHY).**

The Own choreography section must be pure classical ballet and not “modern” or neo classical”. It was decided that these could be put into the modern or show section. **NO REPERTOIRES MAY BE DANCED IN THE OPEN CLASSICAL SECTIONS**

The original rule of no pointe for children, choice of pointe or demi pointe in junior and **compulsory pointe in adult section will apply. This includes Duos, Groups, and formations. Productions do not need to be on pointe.**

In case of any questions, do not hesitate to contact Tina D’Artnall (Chairperson of the IDO Ballet Committee) [tinadartnall@gmail.com](mailto:tinadartnall@gmail.com)

- All categories: own music
  1. May not be offensive to the general public.
  2. May not contain inappropriate or offensive lyrics or sound effects.
- Length of exhibition:
  1. Solo for male / female solo variations: 1:00 minutes min to 2:15 minutes max.
  2. Small groups: 2:30 minutes minimum to 3:00 minutes maximum.
  3. Formations: 2:30 minutes to 4:00 minutes maximum.
  4. Formations: Children 2:30 minutes minimum to 3:00 minutes maximum.
  5. **Repertoire solo are not bound by the 1:00 minutes min to 2:15 minutes rule.**
- No athlete may compete against her/himself.
- Composition:
  1. Classical Ballet
- Characteristics
  1. May be performed in soft ballet slippers or pointe shoes.
  2. Choreography may be of a modern nature but may not deviate from what is commonly known as Classical Ballet.
  3. Lyrical Dance not permitted.
  4. Modern Dance not permitted.
  5. Modern Jazz Dance not permitted.
  6. Costumes must be in character, tasteful, age appropriate and fit well.
  7. Acrobatic Movements: Not permitted in the Ballet discipline.
- Props
  1. Cumbersome scenic props not permitted.
  2. Stage props permitted only when carried by the athlete/s in one trip.
  3. No assistance is permitted.
  4. May not use liquids or other substances that litter the floor.

- Lifts
    1. Permitted and encouraged in Classical Ballet.
    2. Must remain in the Classical Ballet tradition.
    3. May include drop-falls, supported turns, jumps ending in catches.
    4. Experimental and original choreography is encouraged for growth and evolution of the style.
    5. Children 12 & under: not permitted.
  - Costumes: the costumes for repertoire must be in the correct style and theme of the selected repertoire but the details do not have to be the same. This is because the different ballet companies do add their own “flair” and “interpretation”. It is best to stay as close as possible to the original costume.
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### 33. MODERN / CONTEMPORARY DANCE

The same performance cannot be performed in Jazz, Modern & Show Dance section. Modern dance is not allowed in Mini Kids.

#### SOLO MALE / FEMALE, DUO, SMALL GROUP & FORMATION

Modern dance is a more relaxed, free style of dance in which choreographer’s uses emotions and moods to design their own steps, in contrast to ballet’s structured code of steps. It has a deliberate use of gravity, whereas ballet strives to be light and airy.

The development of modern dance was the logical consequence of the dancing styles that existed at the start of the 20th century, when the modern athletes of that period attempted to break free from established ballet forms, which they considered to be stiff, strict and restrictive and therefore they started searching for new trends and techniques to give dance a new direction.

This particular dance discipline concerns using modern dancing techniques that were created for the most part during the first half of the 20th century by renowned dance teachers and choreographers, e.g., Martha Graham, José Limon, Alvin Ailey, Merce Cunningham, Lester Horton and a host of others on the American continent, and Kurt Joss, Mery Wigman, Hanya Holm and many others in Europe.

In view of the fact that all dance remains in a constant state of movement and development, this does not mean that we have to use only the aforementioned techniques in their original forms. On the contrary, it is also about using contemporary **trends in modern dance** techniques that either goes back to the foundations established by the aforementioned dance instructors or we can use totally new, experimental and original concepts for modern dance.

**Contemporary dance** brings new information about body and how the body works, offers new quality of movement, new shapes of body in area, brings new composition process and space for experiment.

A modern routine usually uses such moves as flex feet, not traditional dance moves and body positions. It must be interesting to watch, have exciting music, lots of formation work and of course show all the weird & wonderful moves. Martha Graham technique would be a good guideline for modern.

Athletes doing modern can enter Jazz as well, but not with the same routine as the choreography and technical styles are different.

- All categories: own music
  1. May not be offensive to the general public, SABOD or IDO.
  2. May not contain inappropriate or offensive lyrics or sound effects.
  3. The music choice may also be acapella, but the beginning and the ending must be marked with a clear audible sound or beep.
  4. Every modern/contemporary performance can have a title but it is not mandatory.
- Length of exhibition
  1. Solo & Duos: 1:45 minutes min to 2:15 minutes max
  2. Small groups: 2:30 minutes minimum to 3:00 minutes maximum

3. Formations: 2:30 minutes to 4:00 minutes maximum
  4. Formations: Children 2:30 minutes minimum to 3:00 minutes maximum
- No athlete may compete against her/himself.
  - Characteristics and Movement
    1. The entire routine must consist of modern dance techniques and current trends and should correspond with age categories and the movement skills of the athletes.
    2. Contemporary Ballet should not be confused with Modern dance and may not compete in this discipline.
    3. Other contemporary styles such as Hip-Hop, Disco, Break Dance and Electric Boogie may be incorporated, but must never control / dominate Modern dance performances.
    4. The main point of assessment for this discipline will be the level of the dance movements carried out, as well as the theme and story line. The story, the building of a plot, is possible, but not so much emphasized here as, for example, for Show dance. It is primarily about pictures, moods.
    5. In Modern Dance, a story, theme, idea, or concept may be used but must always be in good taste for children, junior and adult situations, but human situations, especially those dealing with intimate or personal relationships should be acceptable to viewing by all ages.
  - Acrobatics and Lifts
    1. Acrobatic movements are experimental and original techniques.
    2. Should only be used to enhance the routine.
    3. A modern routine should not look like a gymnastic dance routine.
    4. Lifts allowed in Junior & Adult age division.
  - Props & Backgrounds:
    1. Stage props are allowed to the extent that the stage setting for the choreography does not overshadow the dance itself. Backdrops are prohibited.
  - Clothing:
    1. Aesthetic, tasteful and age division appropriate. Minimal glitz allowed.
- 

### **34. HIP HOP**

#### SOLO MALE / FEMALE & DUO

- Organizer's music
- Tempo in HIP HOP SOLO:
  1. 1ST minute/presentation 108 – 112 bpm (downbeat, more groove).
  2. 2ND minute/ presentation 108 – 112 bpm (downbeat, more groove).
  3. 3RD minute/ presentation **FREE TEMPO ROUND 90 – 100 bpm (downbeat, more groove).**
- Competition format:
  1. 1 minute all athletes together.
  2. 1 minute maximum 6 athletes (solo) and 3 duos dance together.
  3. 1 minute all athletes together.
  4. In the semi-final round, 2 athletes (solo) or 2 duos dance together.
  5. In the final round all athletes and duos perform solo.
  6. No athlete may compete against her/himself.
  7. An athlete must always dance the full-time limit in Solos & Duos, warning will be given. If an athlete / athletes do not perform the any of the required minutes this will result in a direct disqualification.

NOTE: In special cases when the athletes/athletes can't continue the competition they will be marked as the last place in the round the athletes have performed in.
- Characteristics
  1. Characteristics and Movement: Hip-Hop includes different new dance styles, such as Hype Dance, New-Jack-Swing, Jamming, Locking, Boogaloo etc., adding creative elements such as stops, jokes, flashes, swift movements, etc.
  2. Some Electric Boogie movements can be performed but should not dominate.
  3. Hip-Hop is mostly danced on the 8th note with a typical bounce or jumping action. (New Jack Swing).
  4. Costumes must be in character, tasteful, age appropriate and fit well.

5. Duos: must include variety of shadow work, mirror design, etc, a mixture of old school, new school, lock and pop, crumping etc.
- Acrobatics
    1. acrobatic tricks are permitted e.g. from Break Dance= maximum 15 seconds of total time allowance.
    2. acrobatic tricks do not enhance the score and could detract from a athlete's score if not performed technically correctly.
    3. Acrobatics are those movements, in which body overturns round frontal axis, such as somersaults, hand wheeling and similar figures.
    4. No Acro in opening or final minute allowed for safety reasons.
  - Props
    1. Cumbersome props not permitted.
    2. Stage props not definable as clothing may NOT be used. Hats, coats, sweaters, shawls etc., may be used as long as they remain part of the costume and must be retained during the performance.
    3. Acceptable stage props must be retained during the whole performance. Such clothing articles may be turned inside out, held in the hand, exchanged with a partner, etc., but may not be thrown or discarded away during a performance.
    4. May not use liquids or other substances, gas, spray which litter/damage or make the dance floor/stage unsafe.
    5. Stage props not definable as clothing may NOT be used. Such as; hand props sticks, umbrellas, balloons, skateboards', bags, headsets, masks, sunglasses/image glasses, and other non-clothing articles cannot be used during a performance.
  - Lifts
    1. Children 12 & under: not permitted.
    2. Lifts are defined as movements / figures in which both feet of one athlete are off the floor and such figures / movements are performed with the help / physical support of another person.

**Special note for Duos:** Both athletes should dance together, not only for themselves or one by one. Their performance should include synchronized steps such as Follow my leader, mirror design and shadow work as well as the use of patterns and dancing the same steps. A mixture of all possibilities is important.

## HIP HOP SMALL GROUPS

Rules as per solo and duos except for:

- **Length of exhibition for all Hip-Hop groups in all age divisions: 1:30 minutes.**
  1. Tempo: 27 – 28 bars per minute (108 – 112 bpm) (downbeat, more groove).
  2. In preliminary rounds and semi-finals, 2 or 3 groups may perform simultaneously.
  3. In the final round, the exhibition is performed solo by each group.
- Characteristics:
  1. Musicality, (rhythm, breaks), dance variety and originality, together with well-done and well- performed stage and individual choreography, will be highly evaluated. It is very important to present harmony of idea, music, dance and costume, which should underline the special Hip-Hop character.
  2. Groups judged as a whole unit - all athletes performing together.
    - Solo elements permitted = maximum 15 seconds of total time.
- Acrobatics:
  1. Acrobatic tricks are permitted e.g. from Break Dance = Maximum 15 seconds of total time allowed.
  2. Acrobatic tricks do not enhance the score and could detract from a athlete's score if not performed technically correct.
- Lifts: Not permitted in all age groups.
- Props: Not Permitted.

## HIP HOP FORMATIONS

Rules as per solo / duos / small groups except for:

- Own music:
    1. Must be typically Hip Hop as is currently known in the Hip Hop scene.
    2. May include break beats.
  - Length of exhibition:
    1. Formations: 2:30 minimum / 3:00 minutes maximum
    2. Tempo for Hip hop formation shall be typical hip-hop music with clear hip hop beat but without restriction in tempo. Only 30 seconds may be out of hip hop music. Typical hip-hop music – as it is currently known in the hip hop scene, including break beats.
    3. Groups judged as a whole unit – all athletes performing together.
      - Solo elements permitted = maximum 15 seconds of total time.
  - Lifts:
    1. Permitted in Junior and Adult age division only in formations.
  - Props:
    1. Not permitted – see solo/duo’s descriptions.
  - Acrobatics:
    1. Acrobatics tricks are permitted e.g., from Break Dance = Maximum 15 seconds of total time allowed
    2. Acrobatic tricks do not enhance the score and could detract from an athlete’s score if not performed technically correct.
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## **35. DISCO DANCE**

The categories of Disco Dance are:

SOLO MALE / FEMALE (See new adult age divisions), DUO, SMALL GROUPS & FORMATIONS

Adult division duo is divided in two categories:

- DUO female-female
- DUO male-female or duo male-male

The athlete must only be represented in either two females, two males or male/female in any given competition.

- Length of exhibition – in each round the athlete performs three times.
  1. Organizer’s music: the first presentation is 30 seconds, then 1-minute, last presentation 1 minute.
- Tempo: 34 - 35 bars per minute (136 - 140 beats per minute).
- Procedure of Competition:
  1. In each round the athletes perform three (3) times. Each group of athletes begins with 30 seconds and ends with a one-minute performance dancing together in each round. Number of athletes on the floor in subsequent rounds during second minute of performance.
  2. Both opening and final presentations are to give the Adjudicators an opportunity to compare athletes. To avoid any risk of injuries Adjudicators shall walk around the competition floor in the opening and final presentations.
- Characteristics and Movement:
  1. Disco Dance movements must dominate all performances.
  2. The dance is free, and all styles of disco dancing are permitted.
- Acrobatic Movements: not permitted.
- Lifts: not permitted.
- Stage Props: not permitted.
- Allowable Figures and Movements:
  1. Slides, leaps, jumps, kicks, spins and pirouettes.
  2. Floor figures such as splits, back and bump spins are allowed but should be kept to a minimum.
  3. Long running jumps moving across the floor must not exceed four steps at a time.

4. In the first and last presentation of disco dance DUO the athletes are not allowed to perform jumps over in duos.
  5. Restriction for MINI age division: The following elements are not allowed in Mini Kids division:
    - Jump over in duos,
    - Split jumps into the floor
    - Combination of elements using extreme back flexibility.
- Musicality, (rhythm, breaks), dance variety and originality will be highly evaluated.
    1. Clothing is of one's own choice but must fit properly and always be in good taste.
    2. Athletes are not allowed to change their costume during a performance or during competition unless it is ordered because of an infraction of the Costume Rules.
  - Special Note for Duos:
    1. Both performers should dance together, not only for themselves or one by one.
    2. Their performance should include synchronized steps such as Follow the Leader, shadow and mirror designs, as well as pattern work and dancing as one. A mixture of all possibilities is important.
  - Full costumes permitted with limitations.
    1. Strictly no glass beads or mirrors permitted on costumes.
    2. No flesh colour Lycra or mesh. Any "See-thru" material must be lined with a colour.
    3. No short shorts/hot pants that ride up, no butt crease, no cleavage, no thongs or G-strings, no high leg leotard cuts.

## GROUPS

- Duration of Performance: Organizer's music 2 minutes.
  - 1. Time limit for all Disco Dance Groups in all age divisions is 1:30.**
- Tempo: 34 - 35 bars per minute (136 - 140 beats per minute).
- Stage Props: not permitted.
- Allowable Figures and Movements: As outlined under Solo Male / Female and Duo but jumps must be performed without help.
- Lifts: not permitted.
- Groups dance two groups at a time in all rounds up to the final round.
  1. In the final round, each group dances alone.
- All other rules are as outlined under Solo Male / Female and Duo.

## FORMATIONS

- Formations dance to their own music. Disco music with a clear beat is recommended.
- Duration of Performance: 2:30 minutes minimum, 3 minutes maximum
- Tempo: 30 – 38 bars per minute or 120 – 152 beats per minute. However, it is allowed to be out of this tempo range and music character for a maximum of 30 seconds.
- Disco Dance Formation Athletes are not allowed to change their own music during the competition from one to another round.
- Formations will be adjudicated as a whole. Solo parts may be performed but should not dominate.
- Allowable Figures and Movements: As outlined under Solo Male / Female and Duo but jumps must be performed without help.
- Lifts are not permitted.
- Stage Props are defined under General Provisions of Street Dance Disciplines and are not permitted.
- It is not necessary to present any story or "show" in these formation performances.
- Musicality, dance variety and originality, synchronization, together with well-done and well-performed, stage and individual choreography, will be highly evaluated. It is very important to present harmony of idea, music, dance and costume.
- All other rules are as outlined under Solo Male / Female, Duo and Small Groups.

### **36. DISCO DANCE FREE STYLE**

Age Divisions: ADULT SOLO MALE & FEMALE, JUNIOR SOLO MALE & FEMALE.

- Duration of Performance: Organizer's music - the first presentation is 30 seconds, then 1-minute, last presentation 1 minute.
- Tempo: 33 - 35 bars per minute (132 - 140 beats per minute)
- Characteristics and Movement: The dance is free, and all kinds of movements are permitted, but Disco Dance steps and movements must dominate.
- Acrobatic Movements should be an integral part of Disco Dance Free Style performances but should not control / dominate the routine. The dance and acrobatic movements performed should be joined together smoothly and must be in harmony with the music. Compulsory Elements: Turning rounds, jumps, looseness and flexibility.  
NOTE: Acrobatic movements / figures are NOT permitted in the opening or final presentation in each round.
- Procedure of Competition: In each round the athletes perform three (3) times. Each group of Athletes begins with 30 seconds presentation and ends with a one-minute performance dancing together in each round.
- Both opening and final presentations are to give the Adjudicators an opportunity to compare athletes. To avoid any risk of injuries Adjudicators shall walk around the competition floor in the opening and final presentation.
- Disco Free Style competitions are not organized in Children age division.
- Athletes are not allowed to change their costume during a performance or during competition, unless it is ordered because of an infraction of the Costume Rules.

### **37. DISCO SHOW**

The categories of Disco Show are: SMALL GROUPS, FORMATION.

#### SCENIC SET UP AND BREAK DOWN

Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo and Duo entries. Groups will be allowed 25 seconds and Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. Time will begin as soon as the first piece of scenic material touches the stage and in taking it off, as soon as the last piece is off the stage. This rule applies to all Street dance show disciplines. Athletes have to carry the props in one trip, on and off.

#### GROUPS

- Duration of Performance: 2:30 minutes minimum – 3:00 minutes maximum (150 - 180 seconds)
- MUSIC: Athlete's dance to their own music. No limits. Music genre needs to support the choreography that has to be done 100% in Disco disciplines as presented in the rulebook.
- Characteristics and Movements:
  1. Performed technique must be within character of dance technique that is listed in the rules under IDO Street dance department: Disco Dance and Disco Free Style
  2. All pieces MUST have a show case, theme or idea that MUST be clearly visible throughout the whole performance.

**NOTE:** Musicality, variety of dance and dance patterns, originality, together with a well-done and well performed stage and individual/original choreography will be highly evaluated. It is very important to present harmony of idea, music, dance, choreography, costumes and props. Presentation and the entire image will be evaluated.

- In Children's division:
  1. Any kind of jumps from props at the height of more than 1 m is prohibited (jumps from props can be equally dangerous as lifts).
  2. Dangerous (Break) Acrobatics are not allowed (head spins, head slides,).
- Lifts: permitted as outlined under General Provisions of Street Dance Disciplines.  
**NOTE:** Lifts are not permitted in Children age division.

- Acrobatic Movements: permitted as outlined under General Provisions of Street Dance Disciplines. Any floor gymnastic combinations that are composed of more than three (3) acrobatic elements should be kept to a minimum.
- Props: permitted as outlined under General Provisions of Street Dance Disciplines. One solid piece must not exceed the dimensions of a standard door (200x80 cm). In case of bigger size of props, the team needs to contact the Organizer prior to the event (no later than 14 days before the beginning of the competition)
- The athletes in the Groups dance together. Group will be evaluated as a whole. Solo parts may be performed but should not dominate.

## FORMATIONS

- Duration of Performance: 2:30 minutes minimum – 4:00 minutes maximum. Children Formations maximum three (3) minutes.
  - Music: Athletes dance to their own music. No limits. Music genre needs to support the choreography that has to be done 100% in disco disciplines as presented in the rulebook.
  - 3.- 6. SEE rules for Disco Show GROUPS.
  - The athletes in the Formation dance together. Formation will be evaluated as a whole. Solo parts may be performed but should not dominate.
- 

## **38. IDO DISCO SLOW**

Categories: Solo Male /Female.

Age Divisions see in General Rules in Street dance disciplines.

- **Music**
  1. The music used must be SLOW MUSIC.
  2. 72/76 beats per minute (beat based music without change of rhythm)
  3. The music track of the final must be the same for all the finalists!
- **Characteristics and Movement:**

Dance technique should be based and inspired by Disco dance style and presented in slow version, using poses, freezes, stops, spins, slides, leaps, jumps, pirouettes. Floor figures such as splits, back and bump spins are allowed but should be kept to a minimum.

Long running steps and jumps moving across the floor must not exceed four steps at a time. In IDO Disco Slow elegance and harmony of movements are appreciated.

Disco Slow dance should be neither modern nor (fast) disco, it should be a new and specific style.

All movements in IDO Disco Slow competitions should be safe and cannot endanger the health of any of the dancers.

Dancers should dance at an adequate distance from a judge, leaving the judges their own space.
- **Acrobatic Movements**

Acrobatic movements are allowed, but only acrobatics in which a body part is touching the floor.

Acrobatics can only be performed in the second (1 min.) presentation of the semifinal and final round (when maximum 1 dancer is dancing).

In all selection rounds, including the opening and final presentations of semifinal round, acrobatic movements are not allowed.

The acrobatic movements should not dominate. Gymnastic lines (gymnastic tricks) are not allowed.

Acrobatic Movements should be an integral part of Disco Slow performances. The dance and acrobatic movements performed should be joined together smoothly and must be in harmony with the music.

Acrobatic moves will not always improve a dancer's score and may even detract from the score if they are not performed technically correctly.

- **Forbidden movements**

Obscene or suggestive movements are not allowed.

All movements must be age appropriate.

- **Musicality**, rhythm, breaks, feeling for music and its interpretation, dance variety and originality will be highly evaluated

- **Procedure of Competition**

The dancers will dance all the selection rounds, **3 presentations** only once for 1 minute, their number may be variable (**12 -15** dancers per round) will depend on the size of the stage.

In the **qualification** rounds:

30 sec (presentation) 12-15 dancers in a heat on the floor.

1 min. (Spot) 5-6 dancers on the floor.

30 sec. (last presentation) 12-15 dancers on the floor.

In the **semifinal** the dancers will dance 3 times:

30 sec (presentation) all semifinalists on the floor.

1 min. (Spot) 2 dancers on the floor.

30 sec (last presentation) all semifinalists on the floor.

In the **final** round the dancers will dance 3 times:

30 sec (presentation) all finalists on the floor.

1 min. (Spot) 1 dancers on the floor.

30 sec (last presentation) all finalists on the floor.

- **Costumes and Make up**

Clothing is of one's own choice, should be suitable for the age division of the dancer, must fit properly and always be in good taste and follow Code of Ethics and General costume rules (listed in Book 2, under 3.13).

Dancers are not allowed to change their costume during a performance or during competition, unless it is ordered because of an infraction of the Costume Rules.

The glass trimmings in costume, including beads and all other materials and decorations which can be dangerous when falling down to the dance floor are not allowed (lower quality and not well fixed decorations are not allowed).

Make up rules must be age appropriate and must follow GENERAL rules listed in BOOK 2, point 3.13, in 2 a) and 3.

**Implementation date immediately**

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## **39. STREET DANCE SHOW:**

### **SOLO MALE / FEMALE, DUO, SMALL GROUP AND FORMATION**

- Length of exhibition: 1:45 minimum – 2:15 maximum.
- Music: Athletes dance to their own music. No limits. Music genre needs to support the choreography that has to be done 100% in street disciplines as presented in the rule book.
  1. Which must be within the character of Hip Hop, R'n'B, Disco Dance (old or present), Break dance, Electric Boogie, Reageton, Tectonic, Techno and Pop. Popular music used in the performance can be only in a form of a remix (disco, techno, hip hop) and/or has to have downbeats typical for all street disciplines.
  2. In the total performance it is allowed to use only and strictly "Street music" (no heavy metal, hard rock, R'n'R, ballroom music, etc...).
  3. Special effects like speech and sounds (should be typical for the street scene) must correspond to the theme or idea the athletes are representing and must be performed as short gimmicks, gags or jingles.

4. Time limit for musical gimmicks, gags or jingles is 7 sec maximum. All type of music can be used but only in the time limit. One has to decide on how many gags will be used in choreography, but musical gags must not prevail.
- Characteristics and Movements:
    1. Performed technique must be within character of dance technique that is listed in the rules under IDO Street dance department: “Hip Hop, Disco Dance, Break dance, Electric Boogie and Techno”.
    2. The performance presented by athletes can be done using the listed techniques as they decide so: either in a pure version or as a mix. Example: The performance that is being presented only in Hip hop dance technique will be equally adjudicated as a performance that mixes Hip Hop, Disco Dance and Techno.
    3. All pieces MUST have a show case, theme or idea that MUST be clearly visible throughout the whole performance.
    4. Note: Musicality, variety of dance and dance patterns, originality, together with a well-done and well performed stage and individual/original choreography will be highly evaluated. It is very important to present harmony of idea, music, dance, choreography, costumes and props. Presentation and the entire image will be evaluated.
    5. Using electrical devices, such as personal light effects and music with the athletes plugs into an electric socket – props may be used but must be powered by battery.
    6. In Children’s division:
      - a. Any kind of jumps from props at the height of more than 1 m is prohibited (jumps from props can be equally dangerous as lifts) b. Break Acrobatics are not allowed (head spins, head slides,).
  - Lifts: permitted  
Note: Lifts are not permitted in Children age division
  - Acrobatic movement:
    1. Acrobatic Movements are those movements, in which the body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Any floor gymnastic combinations that are composed of more than three (3) acrobatic elements should be kept to a minimum.
  - Props are permitted.
    1. One solid piece must not exceed the dimensions of a standard door (200x80). In case of bigger size of props, the team needs to contact the Organizer prior to the event (no later than 14 days before the beginning of the competition).

### SCENIC SET UP AND BREAK DOWN

Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo and Duo entries and 25 seconds in Small Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. Time will begin as soon as the first piece of scenic material touches the stage and in taking it off as soon as the last piece is off the stage. This rule applies to all Street dance show disciplines. Athletes must carry the props in one trip, on and off.

### STREET DANCE SHOW: SMALL GROUPS (3 - 7 athletes)

- Length of exhibition: 2:30 minutes min - 3.00 minutes max (150 - 180 seconds).
- Music: All groups dance to their own music, which must be within character of Hip Hop, R’n’B, Disco Dance (no Disco Dance), (old or present), Break dance, Popping, Raeton, Tectonic, Techno and Pop (pop music which fits/represents/ portrays the character of street dance techniques used in this dance discipline). In the total performance it is allowed to use only and strictly “Street music”. Special effects like speech and sounds (should be typical for the street scene) must correspond to the theme or idea the athletes are representing and must be performed as short gimmicks, gags or jingles. See rules for solo / duo.
- Characteristics and Movements: see rules for solo / duo.
- Acrobatic Movements are permitted. Any floor gymnastic combinations that are composed of more than three (3) acrobatic elements should be kept to a minimum.
- Formations judged as a whole unit – all athletes performing together. Solo parts may performed but should not dominate.

- All other rules are outlined under Street Dance Show Solo & Duo.

### STREET DANCE SHOW: FORMATIONS (8 - 24 athletes)

1. Length of exhibition: 2.30 minutes minimum - 4.00 minutes maximum.
2. Children Formations 2.30 minutes minimum - 3:00 minutes maximum

- Music: See rules for Small Groups
- Characteristics and Movements:
  1. Performed technique must be within character of dance technique that is listed in the rules under IDO Street dance department: Hip Hop, Break Dance, Electric Boogie (no Disco Dance)
  2. The performance presented by dancers can be done using the listed techniques as they decide so: either in a pure version or as a mix. Example: The performance that is being presented only in Hip hop dance technique will be equally adjudicated as a performance that mixes Hip Hop and Break.
  3. All pieces MUST have a show case, theme or idea that MUST be clearly visible throughout the whole performance.

NOTE: Musicality, variety of dance and dance patterns, originality, together with a well done and well performed stage and individual/ORIGINAL choreography will be highly evaluated. It is very important to present harmony of idea, music, dance, choreography, costumes and props. Presentation and the entire image will be evaluated.

- In Children's division:
  - a. Any kind of jumps from props at the height of more than 1 m is prohibited (jumps from props can be equally dangerous as lifts)
  - b. Break Acrobatics are not allowed (head spins, head slides,).
- Lifts: permitted as outlined under General Provisions of Street Dance Disciplines.  
NOTE: Lifts are not permitted in Children age division.
- The dancers in the Formation dance together. Formations will be evaluated as a whole. Solo parts may be performed, but should not dominate.
- Acrobatic Movements: permitted as outlined under General Provisions of Street Dance Disciplines. Any floor gymnastic combinations that are composed of more than three (3) acrobatic elements should be kept to a minimum. (see in General Rules – Street Disciplines restriction for Children under Acrobatic Movements).
- Props: permitted as outlined under General Provisions of Street Dance Disciplines. One solid piece must not exceed the dimensions of a standard door (200x80 cm). In case of bigger size of props the team needs to contact the Organizer prior to the event (no later than 14 days before the beginning of the competition).

### **40. BREAK DANCE:**

The categories of Break Dance are: Solo and Teams. Break dance in **Children**, Junior and Adult only in WTC.

Break dance in Children, Junior and Adult in open status sections in SABOD competitions.

### SOLO and TEAMS

#### **Solo female, solo male, (B-boys and B-girls) and teams**

- Music: Organizer's music in Break Dance style.
- Duration of Performance: Preliminary round: 2 minutes divided into three sections of 40 seconds duration each. Additional opening minute of the 1st round is not evaluated. In the preliminary round, there must be no more than three (3) Athletes dancing together. The Chairman of Adjudicators determines the number of Athletes in the opening minute and final 40 seconds in the preliminary round. The best 16 Athletes fight in "battles" one by one in a "knock-out-system" (5 – 10 minutes each battle).
- Tempo: No restrictions.

- Typical Break Dance Elements: Crown, Headspin, Backspin, Turtle, Helicopter, Windmill, Bailey Windmill, Uprock, Freeze, Sixstep, One Hand Up, Swipe, Atomic, Flair, Holoback, Traxx, 99, variable footwork, etc., including different variations of these figures, elements and movements. Keen ‘breaks’ (stopping of movement), isolations, breaking movements, plus acrobatic movements in various combinations are all expected aspects of Break Dance routines. Technical difficulty of performed elements, joining of elements (flowing acrobatic movements melding into one another), originality, etc. are all highly important, and the entire presentation will be evaluated.

NOTE: It is important to show more than two different figures and elements. Figures danced twice are only counted once. If repeated, the best attempt of the two will be marked.

- Acrobatic Movements: Permitted as outlined under General Provisions for Street Dance.
- Forbidden Movements: Elements and figures that, according to the athlete’s ability, are too difficult or that could lead to injuries or loss of life.
- Stage Props: As applicable for this discipline. For Teams it’s allowed to use requisites.
- Procedure of Break Dance solo competition:

**a. FIRST/PRELIMINARY ROUND:** Each group of Athletes begins dancing together in the preliminary round with a one-minute ‘warm up’ performance, which the adjudicators do not evaluate. They then dance (not more than 3) first 40 second period. When all athletes finish, they start to perform the 2nd period of 40 seconds in the same order. The final performance gives the adjudicators an opportunity to compare the athletes. To avoid any risk of injuries, adjudicators shall walk around the competition floor during the final presentations. Best 16 Athletes will be qualified and continue with battles (knock out system).

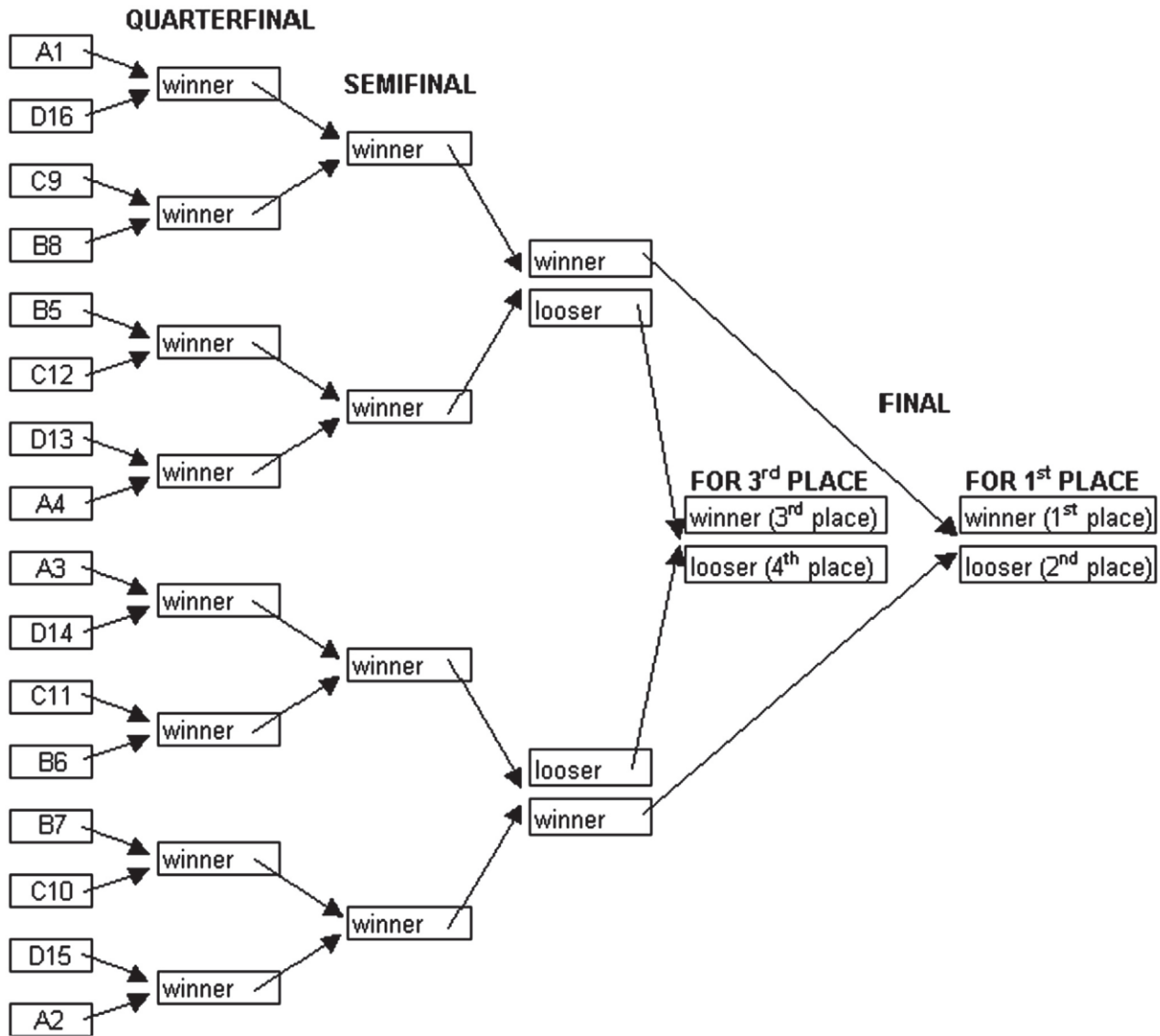
**b. QUALIFICATION:** If there are 18 athletes or more in the 1st round, adjudicators should qualify the best 16, which they divide into 4 classes/categories (A=best, B=2nd best, C=3rd best, D=4th best). For those whom they want to qualify, they use the following point system. The adjudicator gives the best 4 athletes 4 points (A), the next best 4 athletes 3 points (B), the next best 4 athletes 2 points (C) and the next best athletes 1 point (D) each. For those whom they do not want to qualify they give 0 no points. According to achieved summary of points the RANKING of the 16 best athletes is made, in which first four athletes belong to A class, 4 next to B class, 4 next to C class and 4 to D class. If there are more than 20 Athletes in the 1st=preliminary round, a supervisor together with a Chairman of Adjudicators may decide to ask for additional crosses for athletes on first next position after 16 best athletes (cross means placement on the 17th position and is taken into consideration in case of tie).

**c. BATTLES:** In the 8 battles that follow, the athletes from A class will battle with athletes from D class, and athletes from B class will battle with athletes from C class (1st in a ranking from group A with last from group D, etc....). Neither athletes, nor adjudicators will be informed who belongs to which class, only scrutineer and Supervisor (Chairman of Adjudicators) will be informed. List of battles will be published. After 8 battles, those who are winners will battle in the next 4 battles, and afterwards in last two for 4th and 3rd as well as for 2nd and 1st place. All adjudicators’ decisions must be also in written form (made by the Scrutineer and the chairman of Adjudicators).

**Ranking after the 1st round:**

1A	5B	9C	13D
2A	6B	10C	14D
3A	7B	11C	15D
4A	8B	12C	16D

## SPIDER of BATTLES:



If there is **10 to 17** Athletes in the 1st round, adjudicators will **qualify only 8 athletes**, 2 of class A (4 points), 2 of class B (3 points), 2 of class C (2 points), and 2 of class D (1 point). Then in next round there are only 4 battles (A1/D8; B3/C6; A2/D7; B4/C5). The winners of these four battles will go on to two battles and finally will be one battle for 1st place and one battle for 3rd place.

If there is **less than 10** Athletes in the 1st round, adjudicators will **qualify only 4** athletes, one of each class and then there are only 2 battles (A1/D4 and B2/C3); followed by battles of the winners of previous 2 battles (one battle for 1st place and one battle for 3rd place).

In the Break Dance battles solos only three battle “**entries**” moves should be necessary. (If needed it could be possible to include one more **entry**).

### 41. BREAKDANCE TEAM BATTLES / CREWS

- Number of Athletes: 3 - 7
- Music: Teams may use their own music in the first round. Organizer’s music in Break Dance style will be used in the final round.
- Duration of Performance in the first round (Show) 150-180 seconds (2:30–3:00 min) of each team’s performance may be danced using the team’s music.
- The “Semifinal-Battle” (3. and 4. place) will last about 5 – 10 minutes. The “Final-Battle” 10 – 15 (20) minutes, according to the Supervisors decision. The last minute will be announced.
- Tempo: No restrictions.

- Typical Break Dance Elements: Same as for Break Dance Solos, plus: Acrobatics should have some style continuation. Choreography for the exhibition to the team's own music must be a clear performance of a team, not just a demonstration of unrelated solo performances. Musicality, difficulty of movements and figures, originality and team variability will all be highly evaluated. Synchronized movements, shadow standing, mirror positions and smooth transitions of these components from one into another, along with choreographic variability and work with space will also be evaluated. All typical elements of Break Dance should be performed – Styles – Popping, Locking - Power moves – Electric Boogie.
- If one team disturbs another team's performance or endangers another team's safety, a loss of evaluation points will result.
- The final 'battle' portion of each contest shall consist of individual performances of athletes from the competing teams in which each athlete must dance his or her solo part at least one time, and the team's performance will be judged as a whole.
- Based on the first-round results, the Chairman of Adjudicators will determine the order of "battles" between 1st - 2nd ranked teams and the 3rd - 4th ranked teams.
- All other rules are as outlined under BREAK DANCE SOLO.
- Procedure of Break Dance Team competition. First round is a show of teams who will dance to their own music. The Adjudicators will evaluate and select the four best teams. The Adjudicators give the best team 4 points (A), the next best team 3 points (B), the next best team 2 points (C) and the next best team 1 point (D).

Only the 4 best teams will battle to the Organizer's music (3rd. against 4th and 1st against 2nd). If there are more than 8 teams in the 1st=preliminary round, a Supervisor together with a Chairman of Adjudicators may decide to ask for additional crosses for team/teams on the next position after 4 best teams (cross means placement).

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## 42. POPPING

The categories of Electric Boogie are: SOLO, DUO.

- Duration of Performance: Organizer's music 1 minute in all rounds, including the final round.
  1. Competition format :
    - 1 minute all athletes together
    - 1 minute maximum 6 athletes (solo) and 3 duos dance together
    - 1 minute all athletes together
    - In the semi final round, 2 athletes (solo) or 2 duos dance together
    - In the final round all athletes and duos perform solo
- Typical Movements and Techniques: Sharp electric movements that flow into waves, isolations, robot, pantomime elements, popping, animation, electric shock, walking, puppet, ticking, locking, etc. It is important to show more than two different techniques and movements.
- The athlete(s) should endeavour to create illusions in his or her performance to surprise and 'electrify' the audience. Each group of Athletes begins with a one-minute performance, dancing together in each round. They then dance three, two or one by one for their one-minute performance or 1 minute performance in the final round. Each group dances a final minute together in each round.
- **Tempo: Popping Tempo for Solos are free no limits.** Duos 31-32,5 bars p.m. (124-130 bpm)
- Lifts are allowed in Junior and Adults Duos.
- Stage Props: are allowed, such as masks, glasses, hats etc. - but NO requisites!!

To avoid any risk of injuries, Adjudicators shall walk around the competition floor in opening and final presentations. Both the opening and final performance give the Adjudicators an opportunity to compare the athletes.

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### 43. HIP HOP BATTLES

The categories of Hip Hop Battles are: SOLO AND TEAMS.

**In the first round, the adjudicators evaluate each dancer with the points 1-10 in each style.**

#### SOLO

- Music: Organizer’s music in different Hip Hop styles.
- Duration of Performance: 4-6 entries, each 0:30-1:00 min.
- HH battles music schedule:
  1. Always NEW STYLE
  2. DIFFERENT STYLES
    - Ragga
    - R&B
    - House
    - D.step
    - Popping
    - Into
    - Dancehall
    - R&B
    - House
    - Locking
    - Popping
  3. Always OLD SCHOOL

	1 <sup>st</sup> round	1/8 final	1/4 final	1/2 final	Battle 3/4 place	Battle 1/2 place
1.	1:00 NEW	0:30-0:40 NEW	0:30-0:40 NEW	0:30-0:40 NEW	0:30-0:40 NEW	0:30-0:40 NEW
2.	0:30 0:40	0:30 0:40	0:30 0:40	0:30 0:40	0:30 0:40	0:30 0:40
3.	0:30 0:40	0:30 0:40 OLD	0:30 0:40 OLD	0:30 0:40 OLD	0:30 0:40	0:30 0:40
4.	1:00 OLD	-----	-----	-----	0:30 0:40	0:30 0:40
5.	-----	-----	-----	-----	0:30 0:40 OLD	0:30 0:40 OLD

- Tempo: No restrictions, but very different because of the different styles
- Acrobatic Movements: Permitted as outlined under General Provisions of Street Dance Disciplines, including those typical of Break Dance, but should not control / dominate the performance.
- Stage Props: Not permitted (see more under General Provisions of Street Dance Disciplines)
- Procedure of Hip Hop Solo Battle competition:

**a. FIRST/PRELIMINARY ROUND:** Each group of Athletes (heats) begins dancing together in the preliminary round with a one-minute performance in “New Style”. Then they dance 2 times 30-40 seconds in some other Style: Ragga or R&B or House or D. Step or Popping or others, but not more than 6 athletes on the floor. The final performance is “Old School”, again one minute.

The Best 16 Athletes will be qualified and continue with battles (knock out system).

**b. Qualification:** If there are 18 athletes or more in the 1<sup>st</sup> round, adjudicators should qualify the best 16, which they divide into 4 classes/categories (A=best, B=2<sup>nd</sup> best, C=3<sup>rd</sup> best, D=4<sup>th</sup> best). For those whom they want to qualify, they use the following point system. The adjudicator gives the best 4 athletes 4 points (A), the next best 4 athletes 3 points(B), the next best 4 athletes 2 points(C) and the next best athletes 1 point(D) each. For those whom they do not want to qualify they give no points. According to achieved summary of points the RANKING of the 16 best athletes is made, in which first four athletes belong to A class, 4

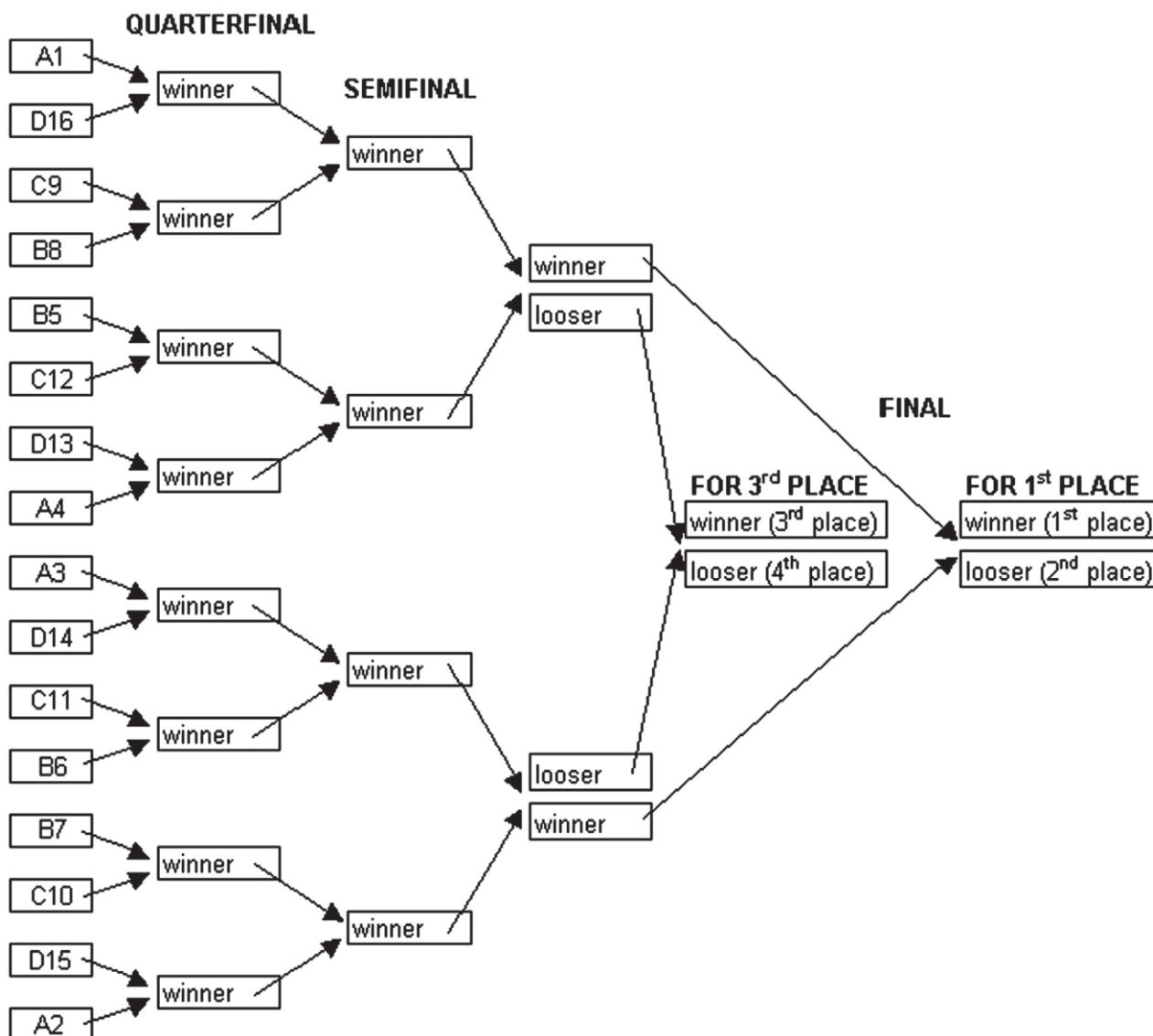
next to B class, 4 next to C class and 4 to D class. If there are more than 20 Athletes in the 1st=preliminary round, a Supervisor together with a Chairman of Adjudicators may decide to ask for additional crosses for athletes on first next position after 16 best athletes (cross means placement on the 17<sup>th</sup> position and is taken into consideration in case of tie).

**c. BATTLES:** In the 8 battles that follow, the athletes from A class will battle with athletes from D class, and athletes from B class will battle with athletes from C class (1st in a ranking from group A with last from group D, etc...). Neither athletes, nor adjudicators will be informed who belongs to which class, only scrutineer and Supervisor (Chairman of Adjudicators) will be informed. List of battles will be published. After 8 battles, those who are winners will battle in the next 4 battles, and afterwards in last two for 4<sup>th</sup> and 3<sup>rd</sup> as well as for 2<sup>nd</sup> and 1<sup>st</sup> place. All adjudicators' decisions must be also in written form (made by scrutineer and the chairman of adjudicators).

**Ranking after the 1<sup>st</sup> round:**

1A	5B	9C	13D
2A	6B	10C	14D
3A	7B	11C	15D
4A	8B	12C	16D

**SPIDER of BATTLES:**



If there is **10 to 17** Athletes in the 1<sup>st</sup> round, adjudicators will **qualify only 8 athletes**, 2 of class A (4 points),

2 of class B (3 points), 2 of class C (2 points), and 2 of class D (1 point). Then in next round there are only 4 battles (A1/D8; B3/C6; A2/D7; B4/C5). The winners of these four battles will go on to two battles and finally will be one battle for 1<sup>st</sup> place and one battle for 3<sup>rd</sup> place.

If there is **less than 10** Athletes in the 1<sup>st</sup> round , adjudicators will **qualify only 4 athletes**, one of each class and then there are only 2 battles (A1/D4 and B2/C3); followed by battles of the winners of previous 2 battles (one battle for 1<sup>st</sup> place and one battle for 3<sup>rd</sup> place).

#### 44. TEAM BATTLES

- Number of Athletes: 3-7
- Music: Teams may use their own music in the first round. Organizer’s music will be used from 2nd round.
- Hip hop battles music schedule:
  1. Always NEW STYLE
  2. DIFFERENT STYLES
    - Ragga
    - R&B
    - House
    - D.step
    - Popping
  3. Always OLD SCHOOL

#### TEAM BATTLES

	1st round	1/2 final	Battle 3/4 place & 1/2 place
1.	0:30-0:40 NEW	0:30-0:40 NEW	0:30-0:40 NEW
2.	0:30 0:40	0:30 0:40	0:30 0:40
3.	0:30 0:40	0:30 0:40	0:30 0:40
4.	0:30 0:40	0:30 0:40	0:30 0:40
5.	0:30 0:40 OLD	0:30 0:40 OLD	0:30 0:40 OLD

- Duration of Performance: 150-180 seconds (2:30 – 3:00 minutes) in first round (Show). The “Semifinal-Battle” (3. and 4. place) will have up to 5 entries (different styles). The “Final-Battle” up to 7 entries (different styles).
- Tempo: No restrictions.
- If one team disturbs another team’s performance or endangers another team’s safety, a loss of evaluation points will result.
- Based on the first round results, the Chairman of Adjudicators will determine the order of “battles” between 1st - 2nd ranked teams and the 3rd- 4th ranked teams.
- All other rules are as outlined under SOLO.
- Procedure of Hip Hop Battle Team competition:
  - a. First round is a show of teams who will dance to their own music. The Adjudicators will evaluate and select the four best teams. The Adjudicators give the best team 4 points (A), the next best team 3 points(B), the next best team 2 points(C) and the next best team 1 point(D). Only the 4 best teams will battle to the Organizer’s music (3rd. against 4th and 1st against 2nd). If there are more than 8 teams in the 1st=preliminary round, a Supervisor together with a Chairman of Adjudicators may decide to ask for additional crosses for team/teams on the next position after 4 best teams (cross means placement). If

the time frame allows, Organizer Chairman and Supervisor can decide, to use the big spider (as Solos), so there go 8 or 16 teams into the battles.

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#### **45. PERFORMING ARTS IMPROVISATION (PA Impro) - rules for TEST competitions**

*black = text from 2022, red = new 2023 text, green = clarified text by PA board meeting in August 2023*

**Categories:** Solo

**Age Divisions:** **Children, Junior**, Adult

**Duration of each performance:** 1:00 minute (Each round, every dancer dances a one minute presentation three times)

**Music/Tempo:** Music of each round and heat is chosen randomly with an approved playlist from the PA Department. The music Selection **will be different tempos and styles such as Lyrical Jazz, Modern Jazz, Funky Jazz, Pop, etc, in each presentation in every round. Music must be age appropriate for all ages.**

#### **Characteristics and Movement:**

PA improvisation gives solo dancers the opportunity to develop freely on previously unannounced music and to interpret **music through dance. Interpretation should be** in the sense of a PA dance, reduced to their own physicality **without a fixed** choreography/routine. It should mainly be based on the specific Performing arts techniques and variations of Ballet, Jazz, Modern & Contemporary.

#### **Acrobatic Movements:**

Acrobatic movements are allowed, but only during the main presentation. They do not always improve the dancer's performance and can result in a lower evaluation if not performed technically correct.

It should not dominate the performance. Gymnastic lines (gymnastic tricks) are not allowed. The PA improvisation

should not look like an acrobatic dance routine.

Acrobatics for Children follow the General rules in the PA.

#### **Competition procedure**

Dancers will compete according to the order of their start numbers which have to be presented clearly on the costume's front side.

Different music should be played for each round and heat. Each round should be redesigned by the dancers, and the music should be re-interpreted. Dancers shouldn't copy their presentation from round to round but improvise to the music which they listen to in the moment of their presentation.

The competition consists of preliminary rounds, semi-final and the final. Each round starts with an opening presentation, followed by main presentation, ends with a closing presentation.

#### **Preliminary round:**

Opening and closing presentation:

The dancers can be divided into several heats with up to 12 dancers if necessary.

Main presentation: The dancers can be divided into heats up to 4.

#### **Semi-final:**

Opening and closing presentation:

The dancers can be divided into two heats with up to 8 dancers if necessary.

Main presentation: The dancers can be divided into heats up to 2.

#### **Final:**

Opening and closing presentation:  
The dancers will all dance together.

Main presentation: The dancers will dance alone, one by one.

### **Costumes/Props**

Only **simple** black dancewear **appropriate for dancer's body shape** is allowed in this discipline. **Detailed movement should be visible. It is recommended that no skirts, frills, wide trousers/pants or baggy t-shirts are worn.** No extras on the costume/ dancewear (glitter, stones, accessories etc.) are allowed. Skin-colored tights can be added as a supplement. Costumes/dancewear must be age appropriate, fit properly, and must always be in good taste.

**All must follow the** Code of Ethics and the general costume rules

**Costume/dancewear and clothing articles may NOT be thrown away during or at the end of the performance.**

Dancers are not allowed to change their costume/dancewear during a performance or during a competition unless it is ordered because of an infraction of the Costume Rules.

To dance barefoot, in socks or jazz shoes is obligatory. Shoes that could damage the dance floor cannot be worn and are prohibited.

Props are **not allowed**.

### **Evaluation**

Preliminary and Semi final: Crossing system

Final: **Placement**

**The decision and evaluation of an adjudicator is based on dancer's ability to convert music into movements on the spot without using fixed choreography/routine (IMPROVISATION)**

- using technical skills according to music
- an attracting/**capturing** presentation

**(Implementation date immediately)**