



# SABOD

SOUTH AFRICAN BODY OF DANCE

## WESTERN CAPE PROVINCIAL QUALIFIER

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

## ENTRY INFORMATION

### SABOD

presents

A FEDERATION OF DANCE SPORT SOUTH AFRICA  
Champions League

## WESTERN CAPE PROVINCIAL PERFORMING ARTS & STREET DANCE QUALIFIER

### WTC ONLY

Open to all studios in all 9 Provinces

DATE: **16 JUNE 2026**

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

Closing Date for Registrations and Entries: **16 MAY 2026**  
**THIS DATE WILL BE STRICTLY ADHERED TO. No Late Entries will be accepted.**

### CONTACT US

THE SOUTH AFRICAN BODY OF DANCE

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## REGISTRATION & ENTRY FEES

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

Please find the link below to begin the registration process:

[www.sabod.co.za/sys](http://www.sabod.co.za/sys)

## PROPOSED SCHEDULE

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

## TIME LIMITS FOR MUSIC

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

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

### PERFORMING ARTS:

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

Maximum time limits will be as below:

Solos: 2:15 min

Duos: 2:15 min

Trios: 2:15 min

Small Groups: 3:00 min

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

Productions: 5:00 – 8:00 min

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

### STREET STYLES:

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

Maximum time limits will be as below:

Solos: 2:15 min

Duos: 2:15 min

Small Groups: 3:00 min

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

Productions: 5:00 – 8:00 min

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

### **HIP HOP:**

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

Duos: 3 rounds of 1min.

Small Groups: 1:30 (NEW LIMIT)

**POPPING:** 1min

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

## **AGE DIVISIONS**

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

#### **WTC:**

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

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

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

Productions: All ages

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

#### **WTC:**

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

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

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

Productions: All ages

#### **TAP BATTLES:**

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

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

An allocated Judge will set the rhythm.

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

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

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

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

## **POPPING BATTLES:**

13&under and 14&over

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

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

Battle format:

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

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

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

## **LYRICAL:**

LYRICAL for WTC status falls under JAZZ WTC

## **SHOW DANCE:**

All entries must have a title.

## **BALLET REPERTOIRES:**

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

## **IMPROVISATION:**

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

## **STREET DANCE SHOW:**

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

# **GENERAL RULES, CONDITIONS & EXPLANATIONS**

**Closing date for age groups WTC dancers is the 31<sup>st</sup> of December of the current year.**

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

- ❖ Entries will not be processed without proof of payment.
- ❖ Entry fees are non-refundable under any circumstances.
- ❖ The closing date for this event will be strictly adhered to – **16 MAY 2026**
- ❖ The organiser reserves the right to combine or cancel sections, if and where necessary.
- ❖ Dancers are required to wear their arm bands for the full duration of the competition.
- ❖ Right of admission reserved.
- ❖ The judges' decision is final. No correspondence will be entered into.
- ❖

- ❖ Competitors must produce birth certificates to verify age should a challenge or question arise.
- ❖ The Compere will only announce the competitors number twice. A no-show will result in the removal of the candidate for that section. **NO EXCEPTIONS!**
- ❖ Any trainer or dancer who fails to adhere to the official code of conduct will face disciplinary action as set out in accordance to the SABOD Disciplinary Code.
- ❖ Medals & Certificates will be awarded to the Top 3 finalists for solo, duos, trios, small groups & formations. Certificates will be awarded for placings 4-6 and participation certificates for the remainder of the placing.
- ❖ Dancers participating in Solo, Duo, Small Group and Formation sections must have competed in the minimum required WTC qualifying competitions in order for their points to be recognized.

## **GUIDELINES FOR ENTERING**

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

## **BANKING DETAILS**

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

**Entry fees are non-refundable under any circumstances.**