



Competition rules
Disco
Street dance
Jazz dance, Modern & Show dance
2018-2019



OOMS - SPORTTROFEEEN



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1 General Rules

This chapter is about the different dance styles, disciplines and classes at our competitions. In this chapter we explain in which category a participant has to dance and which rules the participant has to follow.

1.1 Styles and disciplines

Danssport Vlaanderen organises 3 competition circuits in the following actual dance styles and disciplines:

Circuit	1	2	3		
Style	Disco	Street dance	Modern	Jazz dance Up / Slow Tempo	Show dance
Discipline	solo, duo, small group, formation			small group, formation	formation (*)

(*) show dance is one open category, with no age limitations

1.1.1 Solo

Clipdance

Clipdance is a dance provided by Danssport Vlaanderen for beginning competition dancers in the age category Mini Kids (disco) and Children. This dance will be learned and practiced in the dance schools.

In the clipdance are basic technique figures which will need to be danced correct. The point is making the dancer aware of a correct body posture and the importance of performing a clean dance.

The participants can not put other participants or themselves in danger while performing their movements.

Own choreography

The music has to meet the conditions depending on that dance style.

The participants can not put other participants or themselves in danger while performing their movements.

The dancers are not obligated to perform the same routine in the different rounds.

1.1.2 Duo

Both dancers are expected to dance together. A well-executed duo performance consists of synchronized dance steps and typical choreographic elements such as: follow the leader, shadow and mirror..., and, more importantly, a mix of all the various possibilities. Duos must dance as one unit. Duos must take care not to endanger themselves and/or other participants while performing their routine.

1.1.3 Small group and formation

- A small group consists of a minimum of 4 and maximum of 7 dancers.
A formation consists of a minimum of 8 dancers.
- Small groups and formations will be judged as a whole. Solo and duo elements are allowed but may not dominate the choreography.

- Groups are free to choose their own groupname.
- When there are two groups with the same name we will separate these groups by putting the initials of the dance school after the group name.
- If there is a preliminary round, the same choreography and music must be used in the preliminary round and in the final.

1.2 Age categories

Age category	Mini Kids (disco) & Children	Juniors	Adults	Adults 2
Age	Up to and including 11 y.	12-15 y.	16-... y.	28-... y.
Born in	2008 and later	2004, 2005, 2006, 2007	2003 and earlier	1991 and earlier

Age limitations

All ages are determined by the following formula:

Year of the championship (2019) – birth year = age of dancer

Example:

A dancer is born on 09/06/2007. We calculate: 2019 – 2007 = 12 years old. The dancer has to participate in the age category juniors even if the dancer is still 11 years old.

1.2.1 Solo

We don't organise Adults 2 in solo's. 28+ dances with Adults (16+).

1.2.2 Duo

The age of the oldest partner determines the duo's age category. We don't organise Adults 2 in solo's. 28+ dances with Adults (16+).

1.2.3 Small group and formation

- 50 % of the group may be younger.
- With each 7 dancers the group is allowed to have one older dancer (max. 4 years older with children and juniors).

Number of dancers in the group	Max. number of older dancers	Max age older dancer in Children	Max age older dancer in Juniors	Max age older dancer in Adults	Max age older dancer in Adults 2
4 - 7	1	Year of birth 2004	Year of birth 2000	No maximum age	
8 - 14	2				
15 - 21	3				
22 - ...	4				

The groups will be checked upon registration. If a dancer can't participate (illness/injury) we need a doctors certificate as prove.

Adults 2 can choose to participate in Adults or Adults 2.

1.3 Classes

There are different classes to make sure the level is equally divided.

A participant in a higher class will compete against another participant with an equal level.

There are three classes:

- Beginners
- Intermediates
- Advanced

By earning promotion points, participants can promote to a higher class (Only for Belgian dancers).

Small groups and formation Adults 2 don't have classes (exception: disco small groups Adults).

International dancers can choose in which class they want to participate.

2 Course of the competition

2.1 Preliminaries and finals

The Danssport Vlaanderen Secretariat sets the format of the competition. The format depends on the number of registrations and the timing. Danssport Vlaanderen does not take account of dancers who dance in several small groups or formations when organising the timing. Depending on the number of participants, an octo-final, quarter-final, semi-final, and where necessary, a rematch is organised.

2.2 Music

If there are technical issues the participants are allowed to redance one time.

2.2.1 Music by organisation

This music is chosen by Danssport Vlaanderen. You can find this music on:

<https://www.danssportvlaanderen.be/page?page=Wedstrijdinformatie>

2.2.2 Random music

This music is chosen by the organising dance school. The participant don't know this music in advance.

2.2.3 Own music

The time limit of the own music will be checked by the scruteneers. When the music is too short or too long the participant(s) will be disqualified.

All participants who dance on their own music will dance alone on the floor.

When dancing to one's own music, the following rules apply:

- A USB or CD + backup is brought along on the day of the competition.
- The USB stick and CD must feature the following details: name of the club / group name / name of the person responsible for the club.
- USB sticks and CDs can contain one track only (the full choreography).
- Both the USB or CD and the recording of the track must be of excellent quality (MP3)!
- The person in charge of the group shall sit on the designated chair on the dance floor and shall signal the person in charge of the music when to start the music.
- The track shall come with an obvious stop.

	DISCO	STREET	MODERN	JAZZ Slow/fast	SHOW
SOLO	Random expection: clipdance	Random expection: clipdance	Random expection: clipdance	/	/
DUO	preliminary: random Final: own music for advanced	preliminary + Beg.: organisation music Finale Int. + Adv.: own music	Own music	/	/
SMALL GROUP	Random (140bpm)	Own music	Own music	Own music	/
FORMATION	Own music	Own music	Own music	Own music	Own music

Time limits:

	DISCO	STREET	MODERN	JAZZ slow/fast	SHOW
SOLO	1 min. Final advanced: 30 sec. DFYL (*)	1min30	Max 1min30	/	/
DUO	1 min.	Max 1min30	Max 1min30	/	/
SMALL GROUP	Child: 1min30 Jun – Adults: 2 min.	Child: 1min30 – 2 min. Jun – Adults: 2 min. – 2min30	Child: 2 min. – 2min30 Jun – Adults: 2 min. – 3 min.	Child: 2 min. – 2min30 Jun – Adults: 2 min. – 3 min.	/
FORMATION	Min 2min30 Max 3 min.	Min 2min30 Max 3 min.	Min 2min30 Max 3 min.	Min 2min30 Max 3 min.	Min 2min30 Max 3 min.

(*) Dance For Your Life: during the final of the advanced disco class all finalist will dance 30 seconds individually.

3 Disco

3.1 Dance style

This particular dance style mainly consists of rapid, powerful and defined movements danced to up-tempo music. The dance style is characterised by stretched arm movements, often with straight lines. Technique (body use, body awareness, spotting and turning technique) is also important.

3.2 Age categories

Also see 1.2

Exemption: Disco Mini Kids (2010 or later), Disco Children (2008, 2009)

3.3 Figures and choreography

3.3.1 Solo, duo, small group

Routines such as splits,.. are permitted but must be reduced to a minimum. • Not allowed: cartwheels, round-offs, somersaults, handsprings and flick flacks. • Lifts are not allowed. • Attributes are not allowed. At any doubt: contact Danssport Vlaanderen in ADVANCE!! Dancers who include acrobatic elements will receive a warning from the competition office. If the same dancer includes the same acrobatic element in a next round, the competition office will rank him/her/group last.

3.3.2 Formation

The choreography shall be mainly disco-based. All groups should pay particular attention to the following aspects: the correct choice of music (mix), facial expression, aura, finish, attitudes, technique, collaboration... Attributes are not allowed.

4 Street dance

4.1 Dance style

Street dance, or urban dance, is a collective term that encompasses a variety of urban-dance forms. In other words, street dance is not a dance style as such. The main dance styles within street dance are: hip-hop, b-boying, locking, popping, house, krumping and ragga/dancehall, but other street-dance styles can also be performed: jazz rock, wacking, vogue, hype... The various street-dance styles often have their own style of music with their own speed and foundation (basic techniques). When you choose to perform a street-dance style, it is essential that you master the basic techniques of the style in question.

4.2 Figures and choreography

The choreography must be predominantly street-dance style. All figures may be danced but they must be in line with the street-dance styles. All groups should pay particular attention to the following aspects: the correct choice of music (mix), facial expression, aura, finish, attitudes, technique, collaboration.... Attributes may be used provided they do not pose a risk or interfere with the timing.

5 Jazz, modern/contemporary & show

5.1 Dance style

5.1.1 Jazz: Up Tempo

The category Up Tempo Jazz Dance includes: Old School Jazz, Theatre Jazz, Broadway Jazz, Street Jazz, Commercial Jazz,... Examples of Choreographers in those styles: Bob Fosse, Jack Cole, Matt Mattox,... The music has to be up tempo (fast, not adagio). The choreography shall consist of jazz techniques: jazz turns, jazz hands, alignment, placement, sautés, isolations, stretches, use of port de bras,... Timing, rhythm and coordination are essential in jazz dance. As floor work is a part of both jazz and modern dance, the typical modern floor work is permitted provided it does not predominate. However, the typical jazz floor work can predominate. Lifts are permitted, but acrobatic elements (gymnastic elements such as flip-overs, cartwheels with or without hands, flips,...) should be kept to a minimum. Attributes may be used, provided they serve a functional purpose.

- Modern floor work is permitted, provided it does not predominate.
- Lifts are permitted, but acrobatic elements (gymnastic elements such as flip-overs, cartwheels with or without hands, flips,...) should be kept to a minimum.
- Attributes may be used, provided they serve a functional purpose

5.1.2 Jazz: Slow Tempo

The category Slow Tempo Jazz Dance includes: adagios (slower music). The choreography shall consist of jazz techniques: jazz turns, jazz hands, alignment, placement, sautés, isolations, stretches, use of port de bras,... Timing, rhythm and coordination are essential in jazz dance. As floor work is a part of both jazz and modern dance, the typical modern floor work is permitted provided it does not predominate. However, the typical jazz floor work can predominate. Lifts are permitted, but acrobatic elements (gymnastic elements such as flip-overs, cartwheels with or without hands, flips,...) should be kept to a minimum. Attributes may be used, provided they serve a functional purpose.

- Modern floor work is permitted, provided it does not predominate.
- Lifts are permitted, but acrobatic elements (gymnastic elements such as flip-overs, cartwheels with or without hands, flips,...) should be kept to a minimum.
- Attributes may be used, provided they serve a functional purpose.

5.1.3 Modern/contemporary

The Modern/Contemporary dance stems from a rebellion against the classical technique. Experimental or original technique and choreography are encouraged, but the basic technique is and remains essential. The use of gravity should predominate, which is expressed in 'grounded' dancing and modern floor work. The modern techniques stem from Limon, Cunningham, Graham, Laban, Duncan,.... Modern choreography often has a theme of storyline, but that is not essential, in contrast to show dance. Lifts are permitted, but acrobatic elements (gymnastic elements such as flip-overs, cartwheels with or without hands, flips,...) should be kept to a minimum. Attributes may be used, provided they serve a functional purpose.

- Lifts are permitted, but acrobatic elements (gymnastic elements such as flip-overs, cartwheels with or without hands, flips,...) should be kept to a minimum.
 - Attributes may be used, provided they serve a functional purpose.
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5.1.4 Show

Show Dance mainly includes stage dance and theatre dance with the accent on entertainment and considerable show effect (effect of surprise). In Show Dance, acrobatic elements (gymnastic elements such as flip-overs, cartwheels with or without hands, flips,...), lifts, lip-syncing and attributes are permitted, to add to the performance. Show dance must have a title or theme with a concept or idea, possibly with a storyline that runs through the dance. Various dance styles are permitted, as they reinforce the effect of surprise. Entertainment is the most important factor! Adagios have no place in this category unless they are used as intro/bridge before the choreography explodes (for contrast). Attributes can be used.

To clarify the theme, each group is welcome to send in two sentences which the MC will read out before the performance.

- Lifts and acrobatic elements are permitted.
- Attributes can be used.

Show dance will be dance in one open category with no age limitations.

6 General competition rules

6.1 Registrations

- We ask to register 3 weeks in front. Deadlines @ www.dancenation.be
- We can not accept cancellations later then 1 week before the competition.
- If you cancel after the deadline, we need to charge the regular start fee (5 euro/dancer)

6.2 Fee

- Dancers: € 5 / person / style (modern/jazz/show is 1 style)
- Spectators: € 5 / person / per day
- Children under 8 years have free acces.
- For each club we can provide 1 free acces for a responsible. Please send us the name of the responsible during the registration.

6.3 General rules

- Participants must be on site at least 60 minutes before their category is due to perform.
 - Start numbers can be collect at the venue. For small group & formation we ask only 1 responsible to collect the nr.
 - Please return your start number after the competition. Otherwise, we need to charge 20 €.
 - Start numbers must be worn on the front of the body.
 - Participants who are not on the dance floor after having been called twice (by the competition director) are no longer entitled to take part in the series.
 - Trophies are presented for 1st, 2nd and 3rd place.
 - Identity cards or other proofs of identity may be asked for during the competitions or at the time of registration.
 - Within one and the same dance style, dancers can participate under 1 club name only, meaning that if a dancer dances in a team, he/she will also dance solo or in duo under the same club name.
 - As a dancer you are subject to the doping legislation and you can be tested for doping. More information at www.danssportvlaanderen.be of www.dopinglijn.be.
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7 Rules regarding organisation

7.1 Timing

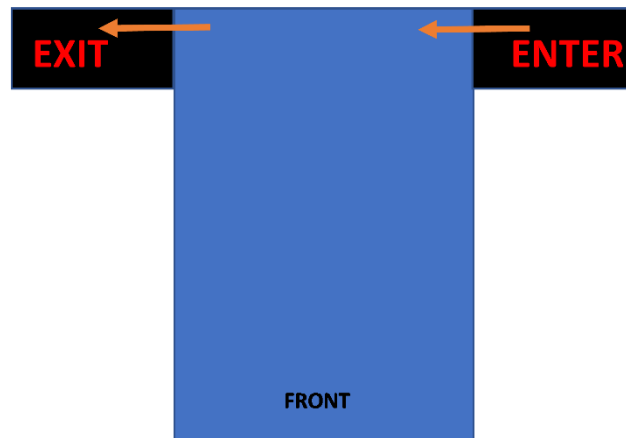
The responsible of Danssport Vlaanderen will send you a timing 1 week in front of the competition.

7.2 Dance floor

Minimum disco: 11m x 18m

Minimum streetdance, jazzdance, modern, showdance: 11m x 15m

We try to have 1 corner to enter the dance floor (right at the back of the floor) and 1 to leave the dance floor (left at the back of the floor).



Every rule of this regulation can be revoked by Danssport Vlaanderen for the sake of a fair outcome and a smooth course of the competition.

The competition commission will take care of every complaint. We ask to send us the complaints by email at least 1 week after the competition.