



## COMPETITION RULES 2022

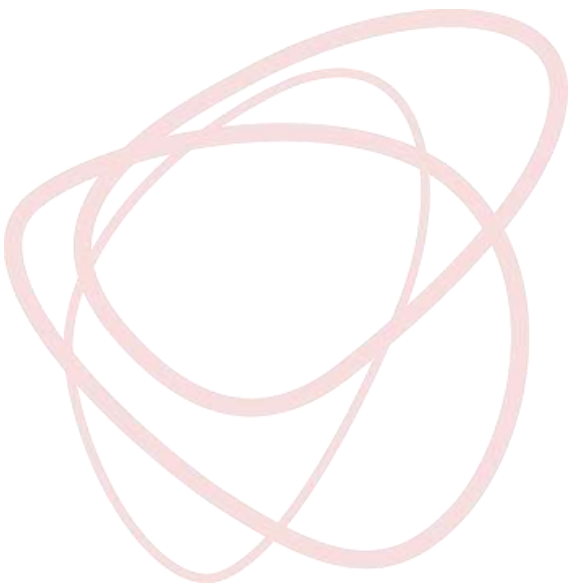
DISCO - MODERN - URBAN CHOREO

LET'S BUILD BRIDGES!

More info: [www.dancenation.be](http://www.dancenation.be)  
May 21st & 22nd 2022 - BELGIUM (Leuven)

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## 1. General Structure

This chapter looks at the different styles, disciplines and classes at competitions. It explains in which category a participant will be placed and which rules apply to this participant.

### 1.1 Styles and disciplines

# DANCENATION

LEUVEN 2022 - BELGIUM

Dance style	Discipline	Age Category
DISCO 21/05/2022	SOLO	Junior 1 Junior 2 Adults
	SMALL GROUP + FORMATIONS	Juniors Adults
MODERN 22/05/2022	DUO	Juniors Adults
	FORMATIONS	Juniors Adults
URBAN CHOREO 22/05/2022	DUO	Juniors Adults
	FORMATIONS	Juniors Adults

Age Category	Birth year
Junior 1	... up to and including 2008 (-15 years old)
Junior 2	2007 - 2006 (15 - 16 years old)
Juniors	... up to and including 2006 (-17 years old)
Adults	2005 and older (16+ years old)

Disco small groups
From 4 to 7 dancers
Disco formations
From 8 to ... dancers
Formations (Urban + Modern)
From 4 to ... dancers

## Age determination

All ages are determined based on the year of birth of the dancer(s) according to the following formula: **the year of the championship (2022) minus the year of birth of the dancer** gives the age determination.

Example:

A dancer was born on 09/06/2009. We calculate:  $2022 - 2009 = 13$  years. The dancer will therefore compete in the Juniors 1 category even though they are still 12 throughout the whole competition season.

### 1.1.1 Duo

The age of the oldest person determines the age category of the duo.

### 1.1.2 Small group and formations

The age of the oldest person determines the age category of the group.

- If a group has fewer dancers than allowed on the contest day, they will be disqualified.
- During the last week before the competition, your category is final and there will be no more changes to your category.



## **2 Course of the match**

### **2.1 Preliminaries and finals**

The secretariat of Danssport Vlaanderen determines the format of the competition. This depends on the number of registrations and the timing. In the timing, Danssport Vlaanderen does not take into account dancers dancing in several small groups or formations.

Depending on the number of participants, there will be a 1/8, a 1/4, a 1/2 final and possibly a re-dance.



## 2.2 Music

# MUSIC

## DANCENATION 2022

Dance style	Discipline	MUSIC
DISCO 21/05/2022	SOLO	Randomly selected (140 bpm) Duration: preliminary rounds: 1min finals: 30 sec. DFYL* + 1min
	SMALL GROUP	Randomly selected (140bpm) Duration: 2min
	FORMATIONS	own music Duration: Minimum 2min30 Maximum 3min
MODERN 22/05/2022	DUO	own music Duration: Max 1min30
	FORMATIONS	own music Duration: Max 3min
URBAN CHOREO 22/05/2022	DUO	own music Duration: Max 1min30
	FORMATIONS	own music Duration: Max 3min

\*DFYL: Dance for your life: During the final, the finalists dance on the floor individually for 30 seconds, followed by 1 minute together.

In case of technical problems or problems caused by third parties, you may re-dance once.

### 2.2.1 Randomly selected music

This music is chosen by the contest organiser. The dancers do not know the music in advance. The music is adapted to the style.

### 2.2.2 Own music

The duration of own music will be checked by the secretary. A margin of 5 seconds will be used. If the music is too short or too long, the participant may be disqualified by the chairman.

All duos and formations dancing to their own music (see table), dance separately on the floor.

When dancing to your own music, the following rules apply:

- The music must be uploaded in mp3 (320kbps) format.
- The music must be brought to the competition on a USB stick as back-up. Only one song per USB is allowed.
- The USB must contain the following information: discipline + age + surname and first name.
- The person in charge of the group takes place on the chair provided on the dance floor and gives a sign to the person in charge of the music to start the music.
- The music must indicate a clear stop.





## 3 Disco

### 3.1 Dance style



This dance style contains mainly fast, powerful and outlined moves that are danced to up-tempo music. The dance style is characterised by extended arm movements with often straight lines. Mastering techniques (such as body use, body awareness, spotting and turning) is also important.

Disco solo is danced in different directions, except for the 'Dance For Your Life', which is danced to the front.

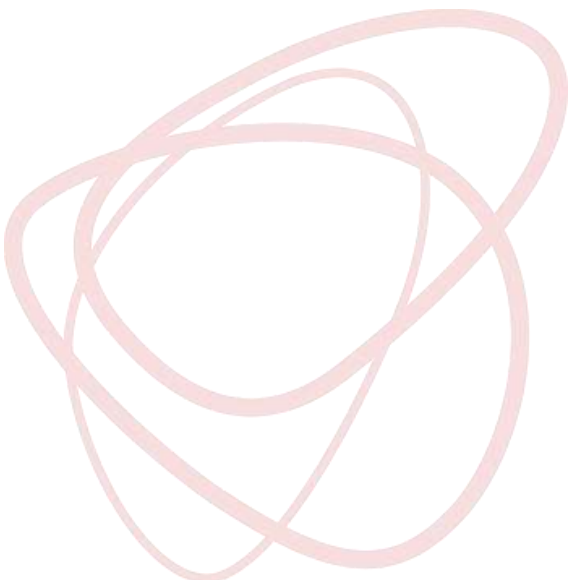


Acrobatic figures and lifts are not allowed.  
Attributes may not be used.

We define an acrobatic figure as a movement in which the body rotates about the sagittal or frontal axis. For example, cartwheel, roundhouse, flick...

We define a lift as a movement or figure in which a dancer (or several dancers) loses contact with the dance floor with the physical support of another dancer (or several dancers).

Should an acrobatic figure be performed, the dancer will be warned by the officials. When this figure is performed again, the dancer will be put in last place by the officials.



## 4 Urban choreography

### 4.1 Dance style

Urban choreography, or urban dance/street dance, is an umbrella term for various urban dance forms. Urban choreography is therefore not a dance style. The main dance styles within urban choreography are: hip-hop, breaking, locking, popping, house, krumping and ragga/dancehall, but other urban styles can also be danced, such as: jazz rock, waacking, vogue, hype, ... The choreographer chooses how many styles are being danced. The different styles within urban often have their own music style with their own speed and their own foundation (basic techniques). When you choose to dance an urban style it is important to master the foundation of this style.

The choreography must consist mainly of urban styles.

All figures may be danced, but they must have an awareness of the urban styles. For all groups the following aspects are of great importance: correct choice of music (mix), expression, appearance, execution, attitudes, technique, co-operation, ... Attributes may be used as long as they do not form a dangerous situation or interfere with the timing.



## 5 Modern

### 5.1 Dance style

Modern/Contemporary was originally a rebellion against classical technique. Experimental or creative technique and choreography are encouraged, but basic technique remains necessary. The use of gravity is strongly emphasised, which is expressed in 'grounded' dancing and modern groundwork. The modern techniques stem from Limon, Cunningham, Graham, Laban, Duncan, etc. Modern choreographies often have a theme or a storyline, but that is not a necessity. This is in contrast to show dance. Lifts are allowed but acrobatic elements (gymnastic elements such as transverse, turn with or without hands, summersalt...) must be limited to a minimum. Attributes may be used, but must be used functionally.

- Lifts are allowed, acrobatic elements (gymnastic elements such as flips, turns with or without hands, salto, ...) are limited.
- Functional attributes may be used



## 6 General competition rules

### 6.1 Registrations

#### 6.1.1 Online registrations

Each participant fills out an online registration form individually.

So each solo fills in an individual form. Each duo has 1 form and each group has 1 form.

You do this separately for each style and each discipline you will be dancing at Dancenation. On our website ([www.dancenation.be](http://www.dancenation.be)) you can find all the different forms.

If your registration is successful, you will receive a form to upload your music a few weeks before the competition. In order to do this, you need a Google/YouTube account. If you don't succeed in creating this account, you can always email your music to [rani@danssportvlaanderen.be](mailto:rani@danssportvlaanderen.be) with the following reference: name + first name + dance style + discipline + age category.

The entry fee must be brought to the contest **in cash** and paid on arrival at the dancers' entrance.

#### 6.1.2 The registration fee

Per dancer 10€/style
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The coach/choreographer of a group may enter free of charge.

#### 6.1.3 Deadlines

Deadline registrations: 1st of May 2022

Deadline music: 15 May 2022

### 6.2 General rules

- If the dancer is not on the dance floor after two call-outs (by the stage manager), you will not be allowed to participate in that series.
- Floor commissioner, counting office and organisation can only be approached correctly and respectfully on the day of the competition or immediately after the competition.

Judges may only be approached correctly and respectfully on the day of the competition or immediately after the competition.

It is not allowed to address the officials before or after the day of the competition (offline and online) to ensure the objectivity of the competition.

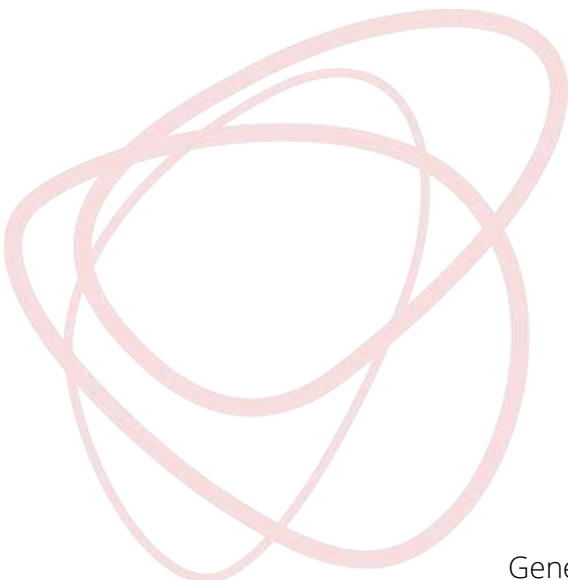
## 7 General competition agreements

### 7.1 General agreements

- Identity cards or other proof of identity can be requested at each competition or when registering.
- Medical certificates are not mandatory. However, we recommend that you fill in your details at [www.sportkeuring.be](http://www.sportkeuring.be) so that you can see if a sports medical examination is advisable for you. The sports medical examination is intended both for people who exercise just for fun or health (recreational athletes) and for those who participate in competitions (competitive athletes), with the exception of professional athletes.
- Back numbers must be collected in the gym by the dancers or the coach.
- Please attach the number to the front.
- Participants must be present at least 60 minutes before the start of their category.
- Shoes with a heel or soles that leave marks are not allowed. If the floor is damaged, the dancer/dance group/dance club can be held responsible.

### 7.2 Code of conduct

- Fair play and respect for trainer/teacher, teammate or dance partner, jury and opponents.
- Respect the opponents - without them there would be no competition.
- Lose with humility and win with modesty.
- Respect the decision of the jury.
- Enjoy the dance competition and applaud the good performances of your opponents.
- Have respect for the dressing rooms and infrastructure (leave dressing rooms, toilets, dance floor clean).
- There must be no communication with the jury before or during the competition.
- The counting office may only be addressed by the club's responsible officer during the competition.



## 8 Organisational rules

### 8.1 Timing

The final timing will be published on our website at least 1 week before the competition.

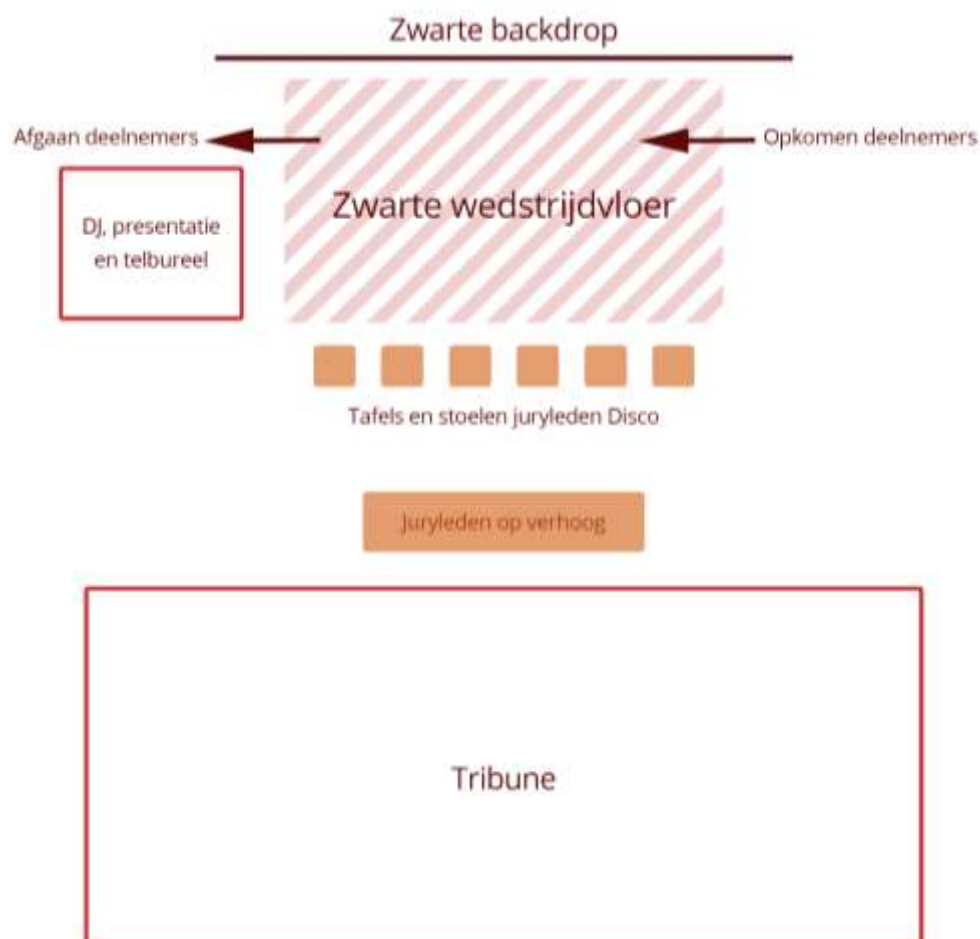
Provisional timing will be published about 2 weeks before the competition.

### 8.2 Dance floor

Minimum dimensions: 11m x 18m

If possible, one side of the dance floor will be used for the entrance and exit of participants. Which side is used depends on the layout of the hall.

The counting office will determine the direction of the dancing at the start of the contest.



### 8.3 Results

The results are determined according to the skating-system. You can request the explanation of this skating-system at the secretariat of Danssport Vlaanderen.

### 8.4 Tickets

Spectators pay € 15,-/day | Participants: see registration

Tickets cannot be purchased in advance. On location it is only possible to pay with cash.

The coach/choreographer of a group may enter free of charge. For solos and duos there are no free entrances.

### **8.5 Extra**

Each rule in these regulations can be revoked by Danssport Vlaanderen in order to ensure the smooth running of the competition and a fair result.

The chairman appointed by Danssport Vlaanderen is authorised to disqualify participants from the competition if the competition rules and/or the code of conduct are not respected.

The competition committee is authorised to judge complaints. The complaint must be reported within one week after the competition. The club concerned can be contacted to prove otherwise.

We assume that a club participates in the competitions with an own created choreography (choreo, music, clothing, ...). We want to fight against plagiarism.

## **9 Privacy Policy**

By registering on [www.dancenation.be](http://www.dancenation.be) , you agree to our privacy terms.

You give your conscious consent that the organisation of Dancenation may process the data you provide in order to inform you about our events and organisation. You declare that you are fully aware that you are giving your consent. By registering for the competition on the website [www.dancenation.be](http://www.dancenation.be), you declare your consent for your minor child or you declare yourself that photos may be taken and that these photos may be used by the organisation (social media, website, ...). You also give permission for the competition to be live streamed online.

You also declare that you have read and agree to the competition rules.



