

COMPETITION REGULATIONS & SYLLABUS

ART OF DANCE FESTIVAL

These Regulations define the rules governing the conduct of the sports dance festival, the types of dance formats, the division of competitors by type, age, dance style and category, as well as the restrictions on syllabus figures, costumes, make-up and hairstyles according to the competitors' technical level of development.

The Festival is open to all participants who wish to take part.

Competitors:

- Solo competitors;
- Couples;
- Pro-Am.

Dance styles:

1. Latin American (LAT) - Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive;
2. Standard (STT) - Slow Waltz, Tango, Viennese Waltz, Slow Foxtrot and Quickstep;
3. Other sports dance styles recognised by international dance organisations.

Dance formats:

- Single Dance competition;
- Competition in a combination of dances within one style only (LAT only or STT only);
- Competition in a combination of both dance styles (LAT + STT).

Dance categories according to technical level of development:

- First Steps;
- Basic 1;
- Basic 2 / Open Basic;
- Open.

Age groups:

- Up to 5 years - Mini Children 1;
- Up to 7 years - Mini Children 2;
- Up to 9 years - Children 1;
- Up to 11 years - Children 2;
- Up to 13 years - Junior I / Younger Juniors;
- Up to 15 years - Junior II / Older Juniors;
- Up to 18 years - Youth;
- Over 18 years - Amateur;
- Over 35 years - Senior.
- In accordance with the WDO rules, the Open categories may also be divided into the following age groups (LATIN & STANDARD):

U8, U10, U12, U14, U16, U19, U21, Amateur +19

Costumes and make-up:

- Dancers' costumes must fully comply with ethical standards and good taste and must be appropriate to the dance style being performed;
- Dancewear must ensure full coverage of the intimate parts of the body throughout the entire performance, regardless of the movements in the dance;
- Skin-coloured briefs, bras or other clothing elements that create a visual illusion of nudity in the intimate areas are not allowed;
- All categories up to 9 years of age (Mini Children 1, Mini Children 2 and Children 1) are not allowed to use make-up or shiny head decorations. For Children up to 11 years of age, make-up is allowed provided that it is fully appropriate and aesthetically presented.

Rules and restrictions:

- Girls and boys may participate in Solo competitions;
- Competitors participating in dance couples are also entitled to compete in Solo;

- Competitors participating in "First Steps" dance couples may also take part in Solo competitions, but only in the "First Steps" category;
- Competitors may dance the separate dance styles at different levels of advancement (example: LAT - "Basic 2", STT - "Basic 1"). This does not apply to "First Steps".

1. "First Steps"

- Competition for complete beginners who have been dancing for up to one year.
- Competitors are divided according to the age groups specified above.

Competitors participating in the "First Steps" category:

1. Perform the compulsory combined programme: Cha-Cha-Cha, Jive / Slow Waltz, Quickstep;
2. Are entitled to dance one age group higher.

Competitors participating in the "First Steps" category are not entitled to:

1. Participate in other dance categories and must adapt their choreography to the allowed dance figures specified in Table 1.
2. Use additional figures as decoration at the beginning of the choreography.

Depending on the number of participants, finals of up to 8 competitors are formed, with the actual ranking in each final being from 1st to 8th place.

Competitors whose choreographies contain non-allowed figures will be disqualified and will take the last place in the respective final.

Table 1 - Allowed figures for "First Steps"

CHA-CHA-CHA	JIVE	SLOW WALTZ	QUICKSTEP
1. Open Basic movement 2. Close basic movement 3. Time step 4. New York - to Right, to Left 5. Hand to Hand - to Right, to Left 6. Spot Turn - to Right, to Left 7. Underarm Turning 8. Shoulder to Shoulder	1. Basic in Place /tap step/ 2. Basic in Fallaway 3. Change of Places R to L / L to R 4. Stop and Go	1. Small Box - Right, Left /Small square - with right foot, with left foot/ 2. Big Box - Right, Left /Big square - with right foot, with left foot/ 3. Closed Foot Changes	1. Quarter Turn to L 2. Quarter Turn to R

2. "Basic 1" (Close Basic)

Competitors participating in the "Basic 1" (Close Basic) category:

1. Are entitled to perform LAT and STT separately as follows:
 - For Mini Children 1, Mini Children 2 and Children 1: LAT - Cha-Cha-Cha and Jive; STT - Slow Waltz and Quickstep;
 - For competitors older than the above-mentioned age groups: LAT - Cha-Cha-Cha, Rumba and Jive; STT - Slow Waltz, Tango and Quickstep.
2. Are entitled to dance one age group higher.

Competitors participating in the "Basic 1" (Close Basic) category are not entitled to:

1. Participate in other dance categories and must adapt their choreography to the allowed dance figures specified in Table 2 and Table 3;
2. Use additional figures as decoration at the beginning of the choreography;
3. Use parts of figures, transfer figures from one dance to another, or syncopate the rhythm.

Depending on the number of participants, finals of up to 8 competitors are formed, with the actual ranking in each final being from 1st to 8th place.

Competitors whose choreographies contain non-allowed figures will be disqualified and will take the last place in the respective final.

Table 2 - Allowed figures for Latin American dances

CHA-CHA-CHA	RUMBA	JIVE
Basic Movement Close Basic Time Step New York Spot Turn Underarm Turning Hand to Hand Three ChaChaChas Shoulder to Shoulder Aida Fan Open Hip Twist Open Hip Twist to Chasse Close Hip Twist Close Hip Twist to Chasse Hockey Stick Hockey Stick to Chasse Alemana Alemana from Open Opposing Position Forward Lock Backward Lock Ronde Chasse Guapacha Timing Cross Basic Split Cuban Break to Right Split Cuban Break to Left Cuban Breaks to Right Cuban Breaks to Left Methods of Changing Feet Simple Foot Change Chasse to Right Side Link Lock to Right Side Link Link to Open Opposing Position	Basic Movement Open Hip Twist Hockey Stick Close Basic New York Spot Turn Hand to Hand Underarm Turn Turning Side Walks and Cucarachas Fan Open Hip Twist Open Hip Twist Finished to Side Hockey Stick Hockey Stick Finished to Side Opening Out Shoulder to Shoulder Alternative Basic Movement Alemana Aida Fencing Curl Spiral Opening Out Sliding Doors	Basic in Place Basic in Fallaway Change of Places R to L Change of Places L to R Stop and Go Change of Place Behind the Back Promenade Walks - Slow American Spin Whip Walks - Slow Promenade Walks - Quick Hip Bump Fallaway Throwaway Link Windmill Simple Spin

Table 3 - Allowed figures for Standard dances

WALTZ	TANGO	QUICKSTEP
Closed Change on RF Closed Change on LF Natural Turn Reverse Turn Progressive Chasse Whisk Back Whisk Outside Change Basic Weave Chasse from PP Forward Lock Backward Lock Open Natural Turn Hesitation Change Natural Spin Turn	Tango Walk Tap - Alternative Entries to PP Progressive Link Closed Promenade Open Promenade Basic Reverse Turn Open Reverse Turn Rock on LF Rock on RF Natural Rock Turn Four Step Outside Swivel Five Step Mini Five Step	Natural Turn Reverse Turn Progressive Chasse Cross Chasse Quarter Turn Forward Lock Backward Lock Open Natural Turn Natural Spin Turn Hesitation Change Tipple Chasse Four Quick Run Running Cross Chasse Running Finish

3. "Basic 2" (Open Basic)**Competitors participating in the "Basic 2" (Open Basic) category:**

- Are entitled to perform LAT and STT separately as follows:
 - Children 1, Children 2 and Junior I: LAT - Cha-Cha-Cha, Rumba and Jive; STT - Slow Waltz, Tango and Quickstep;
 - Junior II: LAT - Samba, Cha-Cha-Cha, Rumba and Jive; STT - Slow Waltz, Tango, Viennese Waltz and Quickstep;
 - For competitors older than the above-mentioned age groups: LAT - Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive; STT - Slow Waltz, Tango, Viennese Waltz, Slow Foxtrot and Quickstep.
- Are entitled to dance one age group higher;
- All Basic figures and parts thereof (listed above) may be used, including transferring figures from one dance to another and syncopating the rhythm;
- Additional figures, actions and movements are allowed within an introduction of up to one eight-count at the beginning of the music;
- Depending on the number of participants, finals of up to 8 competitors are formed, with the actual ranking in each final being from 1st to 8th place;

6. Competitors may also dance in the Open categories;
7. Competitors whose choreographies contain non-allowed figures will be disqualified and will take the last place in the respective final.

4. "Open"

- The same rules as for "Basic 2" (Open Basic) apply, but there is no restriction on the figures used in the respective choreographies;
- Ranking is determined through preliminary rounds leading to a final;
- Only the finalists are awarded.

Classification and conditions according to the dance format used:

1. "Solo"

- Participation by boys, girls or mixed;
- Competitors are divided into the dance categories described above according to age and level of advancement. They are subject to the conditions described above.

2. "Dance Couple"

- Participation by a couple consisting of a boy and a girl;
- Competitors are divided into the dance categories described above according to age and level of advancement. They are subject to the conditions described above.

3. "Cup by Dance"

- According to the participants: Solo; Dance Couple.
 - According to age group: Up to 9 years; Up to 11 years; Up to 15 years; Up to 18 years; Over 18 years.
- The rules for Basic and Open categories, as well as the WDO regulations, must be observed.

4. "Pro-Am"

In the "Pro-Am" category, only the amateur participant is judged.

A "Professional" is considered to be the partnering dance teacher or a competitor who has participated in official sports dance competitions and has acquired dance class "C" or higher.

Pro-Am

Ages: A (19-29) B (30-39) C (over 40)

Level	Single Dance - Latin / Ballroom	Multi Dance
Bronze	☐ Ch ☐ S ☐ R ☐ Pd ☐ J ☐ W ☐ T ☐ Vw ☐ F ☐ Q	
Silver	☐ Ch ☐ S ☐ R ☐ Pd ☐ J ☐ W ☐ T ☐ Vw ☐ F ☐ Q	
Gold	☐ Ch ☐ S ☐ R ☐ Pd ☐ J ☐ W ☐ T ☐ Vw ☐ F ☐ Q	

Bronze / Silver / Gold - Latin

- ☐ Ch, R
- ☐ Ch, R, J
- ☐ Ch, R, J
- ☐ Ch, S, R, J
- ☐ Ch, S, R, Pd, J

Bronze / Silver / Gold - Ballroom

- ☐ W, T
- ☐ W, T, Q
- ☐ W, T, Vw, Q
- ☐ W, T, Vw, F, Q
- ☐ Ch, S, R, Pd, J