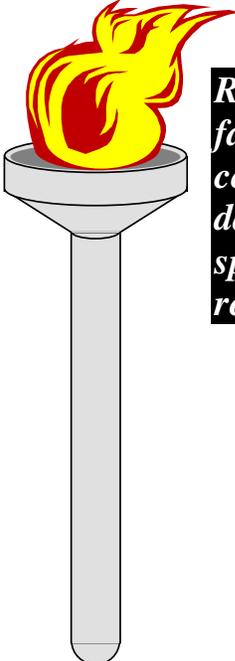


# TEAM CANADA RULES AND REGULATIONS

## GENERAL RULES



***REPRESENTING CANADA: All dancers, parents, teachers, friends and family must exhibit a sportsmanship manner while attending all competitions. No outburst, rudeness, will be tolerated between, dancer, dancers to parents, parents, and teachers. Any display of un-sportsmanship BEHAVIOR will result in immediate disqualification from representing Canada, now or in the future.***

- 1) Please remember that, whatever country we are attending, we are a guest. Dancers are expected and encouraged to associate with the other competitors from around the World and show their support with a simple smile, or wish them luck. Many dancers from 10 years ago are still corresponding with dancers they met and became friends with from many different countries.
- 2) CHAIN OF QUESTIONS: Because the World Championships is a in format different from our competitions there are usually many questions. If you have a question this is the format to follow  
Questions regarding Choreography – please ask choreographer  
Questions regarding Costumes – please ask choreographer  
Questions regarding missed rehearsals – please ask choreographer  
All other questions please ask Bonnie Dyer – Team Canada National Director  
[bonnie@cdo-online.org](mailto:bonnie@cdo-online.org)
- 3) No parents, dancers or teachers should at any time bother the organizer with questions as they usually have in most cases given the information out. As well, organizing a World Event is a huge project, and they will expect that only the IDO representative from each country will contact them with all questions. A Team Canada will be appointed when the National Director is not present to take care of any incidents that may arise.
- 4) While traveling to Europe we travel as a Team. All airline, hotel and transportation while in Europe is booked through “Team Canada” Price Includes:
  - 1) All choreography, rehearsal and extra practices.(excludes solo, duet, trio or small groups)
  - 2) Air travel to and from Germany.
  - 3) Hotel.
  - 4) Breakfast.
  - 5) Transportation to and from airport while in Europe
  - 6) Transportation to and from competition.
  - 7) All fees (License, starter, membership).
  - 8) Choreographers Expenses (National Team).
  - 9) Team Canada Jacket

**CAN I TRAVEL ON POINTS ?** – No, the team must travel together and the Group Travel Desk does not allow the use of points. Parents please do not ask me to include you in hotel or ground transportation if you are travelling on your own – it is impossible to do this – You are either part of team Canada or travelling on your own – no individual arrangements for parents. DANCERS must travel with team.

Extending Trip – One alternate date for return will be available AFTER THE COMPETITION. If this date is not suitable for your extended holiday then you must make your own return travel arrangements. Refunds will not be given for dancers not returning with the team as a one way ticket is the same price as a return ticket. Group Desk will not allow individual return dates.

What it does not include: lunch, dinner, costumes or spending money. Costumes are not included as each choreographer designs what is needed for their numbers. Costumes may range from \$125.00 - \$300.00

It does not cover any medical insurance. Many dancers are covered through their parents' employers. However, if you are not, this can be obtained through various insurance companies.

**ANY NSF CHEQUES WILL HAVE A \$30.00 NSF CHARGE  
LATE ENTRIES ARE NOT ACCEPTED  
Proper spelling of names (as they appear on your passport) must be in the  
CNDC Office by the required dates listed above. Please do not include middle  
names as the airline only uses first and last names on the tickets.  
Otherwise, additional charges may apply.**

**ALL POSTDATED CHEQUES MUST ACCOMPANY THE ENTRY FORMS,  
OTHERWISE AN ADDITIONAL CHARGE OF \$50.00 WILL APPLY.**

**In order to have a well organized Team Canada and to avoid disappointment from the IDO not accepting our registration, it is important that I have the co-operation of all dancers, teachers and parents that will be representing Canada!**

#### **GENERAL QUESTIONS ABOUT THE COMPETITION/ FYI**

There are 7-9 Judges from different countries. The country that is asked to send judges is determined by the countries standing from previous results and judges chosen from the IDO Executive in coordination with the competition organizer.

Dancers dance in rounds, for example if there are 50 in a category, all 50 will dance, then it is split down to 25, then to 12 then to the top 6 which then go to finals.

**Age Division is as of December 31 of the year of the World competition**

## **Who Can do a Solo, Duet or Small Group?**

**Age Division are** 11 & under (children) , 12-15,(Junior) 16 & Over (Adult)

Each Nation is allowed to bring only 3 representatives in each age group and discipline.

Soloist, duets and small groups are chosen at *the Canadian National Dance Championships* (regional competitions) CNDC host dance competitions coast to coast and it is the only fair way to qualify the top 3 dancers (**per age Division**) that may represent Canada at the World Championships.

To find out where the qualifying competitions are held please go to [www.cdo-online.org](http://www.cdo-online.org) And enter any of the regional competitions offered. For further information on locations or questions regarding how to enter, please contact CNDC Director Alison Sharp at [Alison@cdo-online.org](mailto:Alison@cdo-online.org)

If however, the dancers chosen are unable to attend, then we may choose Team Members on the National Team to fill any spots that are available if the choreographer, coaches and director agree.

National Team – Can have up to 24 dancers (dancers for this are chosen through an audition process)

DANCERS WILL BE NOTIFIED BY EMAIL. PLEASE MAKE SURE YOU PUT A CLEAR EMAIL ADDRESS OF THE PARENTS ON YOUR AUDITION FORM.

SOME CHOREOGRAPHERS SEND THE OFFICE THEIR RESULTS IMMEDIATELY AND OTHER CHOREOGRAPHERS WAIT UNTIL ALL AUDITIONS ARE COMPLETED.

YOU WILL BE NOTIFIED IF YOU

- 1) Made the team
- 2) You are an alternate
- 3) You did not make the team

\*\*\*An alternate is next in line to be asked to the team after all auditions are complete.

AWARDS – One Gold, one Silver and One Bronze is given, competition is done Olympic style with National Anthem and Flags. All dancers will receive a certificate as to their placement if they are not a medal winner.

**Q) Do I need a passport?**

**YES!**

PLEASE MAKE SURE YOU HAVE A VALID PASSPORT AND THAT YOU GIVE ME THE PROPER SPELLING OF YOUR NAME.

Important: Please write your name on your Data Health Form the Way it appears on your Passport. You will be held responsible for any additional cost for name changes on your ticket if you have misspelled your name.

Example: If your name is Kathy, but on your Birth certificate is reads Katerina, you must put down Katerina. Or, if your name is John Paul Smith, and everyone calls you Paul, you must put down John as your given name. *We have run into problems with this in the past, so please make sure you put your name down correctly.* **NOTE: Names must appear as they are written on your passport, or if you do not have a passport yet, how you intend to submit it**

**Q – My passport expires within 6 months of travel**

A – Even if your passport expires 6 months after your return date it is suggested that you renew it as some countries do have the right to reject your entrance into their country.

**Q) Do I have any arrangements to make?**

A) No. All travel, hotel and competition arrangements are made through the Canadian National Dance as they are Canada's representative for the I.D.O. You will have to make arrangement to get to your local International Airport, plus all travel arrangements to practices.

**Q) Who runs the World Championships?**

A) International Dance Organization (I.D.O.) The International Dance Organization (IDO), is a World Federation with a membership of over 90 Nations, representing more than 250,000 dancers, from six continents.

**Q: Am I allowed to get sponsors to pay for my attendance at the World Championships**

A) YES! Once you have been accepted to Team Canada you will receive a letter stating that you are representing Canada at the World Championships. You should also include a letter from yourself. In the past we have tried to get a National Sponsor but have not been successful. However, dancers have been very successful asking local businesses in their area. It is also up to you to send them a thank you upon returning and let them know how you did. Please note: these sponsors are sponsoring YOU so therefore it is up to you to give them a receipt for whatever donation they give you. If money is sent to me for the National Team, then it is divided between all dancers,

**Q: Can the Company's use this as a tax write-off?**

- A) In most cases no, Team Canada is not a charity. The WORLD CHAMPIONSHIPS is a non-profit organization. However, if they put it down as an advertising expense (you may have to wear a hat or T-shirt with your sponsors name on it) then they can write it off as an advertising expense. When sending out your letters ask if they would like to have you wear one of their hats or t-shirts, in most cases they will have one and will gladly donate this to you to wear (much like the athletes do in the Olympics)

**Q: How many sponsors may I get?**

A: You can get as many as you need to cover your expenses. However, YOU CANNOT get more sponsors or money then you need. (Example: sponsor money does not pay for: missed time at work, spending money, shopping money etc).

**A TOTAL list of your sponsors and the amounts they have given you must be sent to CNDC office no later then November 1<sup>st</sup>**

This must be on file so that if a company claims they have sponsored a dancer for "X" amount of money I have confirmation of this.

**Q) What currency do I need?**

A) IDO uses the Euro currency. However, for spending money most European countries also use the Euro, if different country or currency you will be informed

**Q) How much money do I need?**

A) Really depends on how much you plan to spend on food and shopping. Average around 20 – 30 Euros per day for food.

**Q) Is there anything else I need?**

A) Yes, you will need a European Plug converter, I will bring one to the meeting to show everyone what it is. These can be purchased at CAA, Wal-mart, etc

**Q) What is the drinking age in most European Countries?**

- A) The drinking age is 16yrs. **HOWEVER**, you will not be allowed any alcohol unless you are of legal drinking age for your province of residence. No competitor, even those of legal drinking age in Canada may drink until after the competition is over.
- B) When the competition is over, and if you are of legal drinking age, you will be limited to two drinks. Since you are representing Canada, we are to present a positive image of our dancers.

**Q) What are the rules and regulations for ALL COMPETITORS?**

- A) 1) As stated above, no drinking of alcohol.  
2) No leaving the premises without permission.

- 3) When not at practice you must always walk in groups of 2 or more, even when going to washrooms.
- 4) Be on time for all practices and for bus.
- 5) Room checks will be done.
- 6) **No room parties.** You must meet in lobby to visit with each other
- 7) **No other competitors allowed in your room at anytime** (will explain why at meeting)
- 8) Prior to competition, you must be in your rooms no later then 11:00 pm.
- 9) Upon arriving, your return ticket and passport will be put in the hotel safe (if safe is available) When I call you up for your room key please have it in envelope with your name on it. The night before departure I will call you up to pay for any additional room charges such as room servie, mini bar, At that time you will be handed back your passport.

If you would like to keep your passport yourself then you are 100 % responsible for your passport and making any arrangements for your return home if passport is lost.

**10) Good sportsmanship at all time towards all Team members as well as all other countries.**

11) No swearing or smoking in public. All dancers must act and behave as responsible young men and women during the time they are representing Canada, which is from the first chorography class, to our return home.

**12) Team wear must be worn while travelling, and while not in costume at the competition. NO BLUE JEANS! NO PJ'S ON THE PLANE**

**PROPER DRESS CODE: Team Canada Jacket and black pants**

**Q) What happens if I break the rules?**

A) **You will wish you had not!** The most severe case would result you being taken to the airport and being put you on the first plane home at your parents' expense.

**Q) What is the time difference?**

A) Germany, Poland, Czech Republic is 8 hours ahead of Alberta and 10 hrs ahead of BC, 7 hours ahead of Manitoba and 6 hours ahead of Ontario.

**Q) We usually have plenty of chaperones, so if you cannot attend rest assured that your child will be well looked after.**

**Please submit to me the name of a parent that you would like to chaperone your child if you are not attending.**

***What if, as a parent, I cannot reach my child by phone?***

A) Check our schedule. Are we at rehearsal? *A detailed schedule will be handed out before departure with a detailed daily schedule from the time the dancers get up to the time they go to bed.*

2) Is it our dinner time?

3) Did you double check the time difference?

4) Is it our one free day and are we out sightseeing?

5) Did the hotel put you through to the wrong room?

(sometimes their English is not very good and they do not understand whom you are looking for)

If all else fails, have the call directed to me as the hotel usually knows where to find me.

**Q) Do I need to pack many clothes? A) NO!** One suitcase only! And one carry on with shoes and costume. You will need black dress pants or black dance pants to wear with your team jacket. Pack several pairs of these black pants, plus a couple extra t-shirts (T-shirts must not have writing on them unless it is a Canada T-shirt) Practice clothes, and clothes to wear for our one day out sightseeing and shopping and something to wear to the Dance Club for the dancers the last night of the competition.

**Q) If I am not in the competition that day do I have to attend?**

A) This is up to your choreographer as they may want to call a rehearsal. However as a member of Team Canada we must all support our other members from other Provinces, our soloist, duets, small groups etc. No dancers will be allowed to leave the venue unchaperoned.

**Q) Is there an admission for spectators?**

**B)** Yes, once the details are out I will give you the cost This varies as to who the Organizer is and what they have set as their entrance fee. This will be payable most of the time in Euros.

**Q) Who is Team Canada?**

A) Team Canada is anyone from Canada who has qualified and is representing Canada at the World Championships. This includes the National Teams, all solos, duets, and Dance School routines that qualified. This includes the 11 & under, 12-15 & 16 & OVER and the 50 & over in Tap. No matter what province you are from you are all one team. Please make the effort to introduce yourselves to dancers from other Provinces and dancers who you do not know.

**Q) Who is responsible for me while I am at the World Championships?**

**A)** Myself and the choreographers / teachers will **supervise**, as well as chaperones, but you and your parents are responsible for your own behavior. **Parents, if you do not feel your dancer is responsible or fully dedicated to representing Canada, it is your decision to send them or not.**

**Q) I have heard that some dancers have been banned from attending any CNDC event or World Championship**

**A)** Yes this is true. Canada has a wonderful reputation on the World Level both for its wonderful dancers and great sportsmanship manner in which we demonstrate towards our own team members and dancers from all over the World. The International Dance Organization awarded Canada the only **“Team of the Year Award”** for fostering such good sportsmanship towards all dancers. In the past, I have had to ban some dancers because of the behavior of their parents and teachers. We do not always agree with judging or choreography or rules and regulations. **We all must remember that this is a World Championship, and the rest of the World does not always do things in the same format that we do here in Canada when running a competition.** If there is a problem, we will certainly try to work it out to everyone’s satisfaction. **However, any yelling, un-sportsmanship behavior, negative remarks, or approaching the competition staff etc., will result in immediate dismissal of the dancer (even if it is not the dancer, but their parents or teacher)**

*Please remember there are many people, including parents, choreographers etc, who do hours and hours of work for the dancers in Canada and around the World. Dancing is important... but it is not a matter of life and death. It is more important to enjoy dancing, work and grow as a Team! That is why there is zero tolerance for poor attitudes, negative remarks, unsportsmanship behavior.*

*We have always had a great time while in Europe and Canada has an excellent reputation at World Dance CHAMPIONSHIPS for good sportsmanship and friendly, happy people! The organizers and audience attending have always treated the Canadians very well!*

**Q) Who do we cheer for?**

**A) EVERYONE! But, it’s OK to get REALLY LOUD when Team Canada is announced!**

**Q) Do we sit together as a Team in the audience when watching?**

**A) Yes. If we have a section full of Canadians, waving our flags, cheering etc. it makes for great team spirit. Also, since this is**

**Team Canada, and we have dancers from other provinces, the last thing I want to see is those from different provinces sitting separately from each other.**

**Q) This sounds like a lot of rules and regulations, will I still have fun?**

A) This will be one of the most memorable experiences in your dancing career. You will have a wonderful time! You will push your dancing ability to the limit, meet new friends from all over the world and hopefully know the thrill of standing on the podium!

**ALL CHOREOGRAPHY REHEARSALS ARE MANDATORY!**

*If there is a choreography rehearsal that you cannot make, it is up to you to discuss it with the choreographer. (Exceptions are for Emergency only – such as illness, death in family etc. ....going away for the weekend does not make the Emergency Only list!)*

*If you are unable to make a Rehearsal for our National Team, please contact the choreographer.*

*If you have any questions please ask  
Bonnie (705-689-1844) or [bonnie@cdo-online.org](mailto:bonnie@cdo-online.org),*

**Make cheques payable to CNDCO or B.DYER**

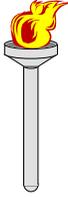
**Contact and mailing address:**



Bonnie Dyer (Director)  
BONNIE DYER  
BOX 4 CLEARWATER LAKE  
1056 HILLSDALE ROAD  
RR 1 WASHAGO, ONTARIO L0K 2B0

705-689-1844

## **GENERAL RULES OF WORLD CHAMPIONSHIPS**



**IMPORTANT:** IT IS THE TEACHERS', DANCERS', PARENTS' RESPONSIBILITY TO ENSURE THAT THE DANCERS ARE DANCING IN THE PROPER AGE CATEGORY ACCORDING TO IDO RULES. THE INTERNATIONAL DANCE ORGANIZATION, THE CANADIAN DANCE ORGANIZATION, CANADIAN NATIONAL DANCE CHAMPIONSHIPS, ORGANIZERS OR DIRECTORS WILL NOT BE RESPONSIBLE IF PROPER AGE REQUIREMENTS ARE NOT MET.

## DETERMINING AGE DIVISION

A competitor's age division is determined by his or her year of birth as it falls within the calendar year of the competition.

a. For duos or couples, the eldest partner's date of birth determines the age division. A partner no more than two years younger than the lower age limit may dance in an older division, but the age span cannot exceed three years.

**Example:** One dancer is 10 and one is 13, they may dance in the Junior Division but if the youngest dancer is only 9 they may not.

**Note 1:** While younger dancers may dance 'up' a division, the reverse is not possible and older dancers may not dance 'down' a division.

**Note 2:** A younger dancer 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 Small Groups or Formations.

-Not more than 50% of the dancers in the group or formation can be two (2) years or less younger than the actual age division. The age of all other dancers in the group or formation must fall within the specified age range.

### There are three age Divisions: Age is as of December 31, OF THEY YEAR YOU ARE COMPETING

Example: If your child turns 12 on or before December 31 (even though it is after the competition) they still must compete in the next age division – they would be considered 12 years of age for that calendar year.

### **AGE DIVISIONS** – Not all are offered at all World Championships

**\*Age is determined by year of birth**, not by actual age on the day of competition.

Seniors may compete in the Adults 2 age division.

**For Duos**, the eldest partner's date of birth determines the age division. A partner no more than two years younger than the lower age limit may dance in an older division, but the age span cannot exceed three years.

. In **Small Groups and Formations** a dancer no more than two years younger than the lower age limit may dance in an older division. This rule shall apply to all age divisions of Small Groups and Formations except Senior Division with the following restriction. Not more than 50% of the total number of dancers in Small Groups or Formations can be (2) years or less younger than the

actual age division. The age of all other dancers in a Small Group or Formation must fall with the specified age range.

Mini Kids - 7 and under

Children - 11 and under

Junior - 12 – 15

Adult 1 - 16 and over

Adult 2 - 31 – 49

Seniors – 50 & Over

Groups – 3-7 Dancers,

Formation – 8- 24 dancers

Production – 25 or more dancers/people on stage

### **SPECIAL RULES FOR THE CHILDREN AGE DIVISION**

*Dark themes, costumes, and music are not permitted in the Children Age Division*

### **TIME LIMITS**

#### **Solos, Duos, (Trio -Tap only)**

1 minute & 45 seconds (1:45) to a max. of 2 minutes & 15 seconds (2:15)

1 minute in Ballet solo is also acceptable Time limit is one (1) minute minimum for male and female solo **variations**,

**Small Groups** 2 minutes & 30 seconds (2:30) to a max of 3 minutes (3:00)

**Childrens Formation** will be **2:30 minimum** to a max of **3:00 minutes** in Performing Arts  
**Jr & Adult Formations** 2 minutes & 30 seconds (2:30) to a max of 4 minutes (4:00)

**STAGE SIZE:** For formations and productions – Minimum 12 X 14 meters and the center must be visibly marked.

### **RULES ON PROPS for Production**

**STAGE PROPS and SCENERY PRODUCTION:** There will be a total of 5 minutes to set up and 5 minutes to break down scenicsets, backdrop and stage props. All set ups and breakdowns must be made by stagehands provided by the Team... Liquids or other substances that can litter, damage or make the dance floor/stage unsafe, may not be used. Both fire and working weapons are not permitted.

#### **STAGE PROPS:solo, duet, trio and small grups**

Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Props must be used in the routine not just as stage scenery

**NOTE:** Cumbersome scenic props are **not permitted** in any dance, category, style or division at any IDO Event. Hand Props are anything carried with the hands and not part of the costume.

(Bells, flags, cane, umbrella, etc.)

Floor Props are the same, objects set on the floor. (Chairs, stairs, ladders, tables, etc.)

Scenic Backgrounds and Backdrops. (Scenic curtains or flats – scenery)

Liquids or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any category or discipline.

Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket –props, may be used but must be powered by battery.

### **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, 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 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 Performing Arts disciplines. Ballet, Jazz, Modern, Tap and Show Dance .Hip Hop has their own set of rules

### **Music supplied by competitors must: (3 copies for each routine, one song per copy)**

Be of first-class quality, with clean editing and cuts. One SONG PER CD. For each routine there should be a back-up, a rehearsal copy and also a competition copy. It is recommended that they also have music as a back-up on a stick in case the CD does not play.

## **GENERAL IDO COMPETITION RULES AND REGULATIONS FOR PERFORMING ARTS**

**IMPORTANT: NO LIFTS ARE PERMITTED IN ANY CHILDRENS CATEGORIES (a lift is anything when another body supports another body in any way (even a lean or leap frog)**

**Costume must be in good taste and cover the body chest and pubic area – costumes must not look nude on stage, costumes must not ride up the bottom above the bum and leg crease. Please use tape to keep the trunks of costume down and prevent them from riding up while dancer is performing**

**Music and movement must be appropriate for general audience viewing FOR ALL AGES GROUPS No dark themes for children: example, dying, suicide, etc**

**TIME LIMITS ARE STRICTLY ENFORCED**

**If in doubt regarding rules, props or costume or discarding clothes on stage please contact National Director**

**Dancers must not change costumes in any way between rounds unless correcting a violation**

### **FORMAT OF COMPETITION:**

Competition is done in rounds. Example: 50 contestants, everyone dances, then it is cut down to 25 dancers. They re-dance, then it is cut down to 12 dancers, then they re-dance and the final 6 are announced and re-dance for the World Title in the final show. This will be explained in more detail at each discipline meeting.

*Very exciting !!!!!!!!!!!!!*

## **SPECIAL RULES PER DISCIPLINE**

### **BALLET**

**Characteristics and Movement:** 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.

Classical ballet is best known for its unique features and techniques, such as pointe work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities. This discipline must be performed using the

Classical Ballet Technique and style and may be performed in soft ballet slippers or Pointe shoes.

Although choreography may be of a modern nature, it may not deviate from what is commonly known as Classical Ballet. Lyric, Modern and Modern Jazz pieces may not be performed in this discipline. **Pointe work is not allowed in the children's category.**

**Acrobatic Movements:** Not permitted in the Ballet discipline.

**Lifts:** Permitted (and encouraged) as outlined under General Provisions of Performing Arts. Any lifts used must remain in the Classical Ballet tradition, and may include drop-falls, supported turns and jumps resulting in catches. However, all dances are in a constant evolution and growth, so experimental and original choreography is encouraged.

### **JAZZ/LYRICAL**

**1)Characteristics and Movement:** Jazz Dance is a multi-faceted art form. The above-mentioned types of Jazz Dance are examples of what is permissible in this category.

2. The entire routine must consist of Jazz work. Jazz technique, turns, jumps isolations, stretch, as well as use of port de bras, legs and upper body. Timing and rhythm will be considered in marking. Suitable footwear must be worn.

3. **Acrobatic Movements:** In Jazz Dance limited acrobatics will be allowed as long as a body part is touching the floor, and does not dominate the routine.

4. **Lifts:** Permitted in Junior and Adult Divisions only.

**NOTE:** Lifts are NOT permitted in the Children's age divisions.

5. **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 dancer cannot leave the stage at the end of the routine leaving clothing behind. **If a dancer discards or drops a scarf on the state, they must pick it up and take it off when they leave.**

**Hand Props:** All hand props such as canes, umbrellas, hand bags, brief cases, 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 an umbrella, set it on the floor, dance your entire routine without utilizing 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 a dancer in one trip, but must be an integral part of the routine and utilized throughout the entire performance. Items used to decorate or embellish the stage are not permitted. The dancer must carry the floor prop off the state at the end of the routine.

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

6. **Lip-sync is not allowed in Jazz Dance/Lyrical**

## **MODERN AND CONTEMPORARY DANCE**

Modern dance is an artistic form with many styles that has undergone development over a relatively long period of time.

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 dancers 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.

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 informations 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.

**1. Characteristics and Movement:** the entire routine must consist of **modern dance techniques** and current trends, and should correspond with age categories and the movement skills of the dancers. Contemporary Ballet should not be confused with Modern 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 Modern dance performances.

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. 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 acceptable to viewing by all ages.

**2. Acrobatics and Lifts:** Acrobatic movements are allowed. Lifts are allowed in Junior and Adult age divisions and are prohibited in the Children age division.

**3. Props and Backgrounds:** Stage props are allowed to the extent that the stage setting for the choreography does not overshadow the dance itself. Backgrounds are prohibited.

**4. Clothing:** aesthetic, tasteful and age division appropriate.

## **DEFINITION OF SHOW DANCE**

Show Dance in the broadest sense is based either on any Jazz/Lyrical, Ballet and/or Modern and Contemporary dance technique. Other dance disciplines can also be incorporated but cannot dominate. Ballroom, Latin or Rock "n" Roll (in the IDSF & WDC way) are excluded and cannot be performed. Show Dance allows the use of lifts (except for Children), acrobatics, props, lip-sync and other theatrical effects. An IDO Show Dance number always has to have a guideline, story or visible concept to entertain the audience.

2. When movements and elements of other IDO dance disciplines such as Disco Dance, Hip-Hop, Electric Boogie, Break Dance and Tap, or when American & International Ballroom and Latin Dance is used in the performance, such movements / styles should not control / dominate the performance.

3. The dancer's personal interpretation should be clearly evident when using any of these disciplines or styles.

4. Acrobatic Movements: Permitted as outlined in General Provisions of Performing Arts. Acrobatic movements will be evaluated under show criteria and must never dominate and must be in harmony with the idea or theme. If modern gymnastic movements dominates a performance a significantly reduction of points in the technique dimension should be the consequence.
5. Lifts: Permitted except in Childrens Cateogry  
**NOTE:** Lifts are NOT permitted in the Children"s age division.
6. Stage Props: Permitted – see rules on set –up and take down of props
7. Musicality, variety of dance and patterns, originality, total performance and individual choreography will be evaluated. It is very important to present harmony of idea, music, dance, choreography, costume and props in the presentation, as the entire image will be used in evaluating the performance.
8. Formations will be judged as a whole. Solo, duo or ensemble parts may be performed, but must not dominate.
9. All Show Dance presentations shall be based on a concept, story, theme or idea. There must be a title of the Show. The concept, story, theme or idea must be fully understandable and will be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative and original. The piece must have Show Value, as explained in the Judging Procedure (Section Protocol and

## **TAP DANCE**

1. **Characteristics and Movement:** Although the primary emphasis should be on the harmonious blend of the dancer"s footwork (sound), many variables exist. All forms of tap will compete against each other, such as: Rhythm, Hoofing, Buck and Wing, Waltz Clog, Military, Precision Kick Line, Latin and Musical Theater.
2. Jingle taps, double taps or double clagues are not permitted.
3. The music must not contain prerecorded taps.
4. Personal amplification devices are not permitted.
5. No more than 30 seconds of *a cappella* or tacet (silence) may be used in any one routine. The absence of music must occur within the music and not at the beginning or end. "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.

**NOTE:** Music must be played at the beginning and end of the music and the A Capella must be no longer than 30 seconds. A Capella can also be defined as "Tacit."

6. The dancer"s taps and the music must be clearly audible to the audience and adjudicators.

**NOTE:** The Organizer must make sure the stage has adequate floor microphones and speakers to make this possible.

7. **Acrobatic Movements** that are an *integral part of the routine* are permitted as outlined under General Provisions of Performing Arts, but will not enhance the dancer"s score.
8. Regarding health and safety issues in Tap dance, it is not allowed to dance or perform toe work (dancing on pointe) in the Children"s age division for longer than **one beat of music**. The definition of this being dancing or standing on the tips of the toes in weight-bearing steps on one or both feet



**HIP HOP (STREET DANCE)**- NOT CONSIDERED A PERFORMING ART DISCIPLINE THEREFORE RULES ARE DIFFERENT THEN BALLET, JAZZ, MODERN, TAP AND SHOWDANCE

**HIP HOP**

The categories of Hip Hop are: Solo male, Solo female, Duo, Small Group (**all danced to organizers music**) **battle format**

Formation.(danced to own music)

**SOLO MALE, SOLO FEMALE AND DUO**

1. Duration of Performance: Organizer"s music 1 minute.
2. Tempo: 27 - 28 bars per minute (108 - 112 beats per minute) (downbeat, more groove).
3. Characteristics and Movement: Hip-Hop includes different new dance styles, such as Hype Dance, New-Jack- Swing, Jamming, etc., adding creative elements such as stops, jokes, flashes, swift movements, etc. Some Electric Boogie movements can be performed but should not dominate.

**Hip-Hop is mostly danced on the eighth notes with a typical bounce, or jumping action (New-Jack-Swing).**

4. 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.
5. Lifts: Not permitted as outlined under General Provisions of Street Dance Disciplines.
6. Stage Props: Not permitted (see more under General Provisions of Street Dance Disciplines)
7. Special Note for Duos: Both dancers should dance together, not only for themselves or one by one. Their performance should include synchronized steps such as Follow the Leader, shadow and mirror design, as well as patterns and dancing the same steps. A mixture of all possibilities is important.

Procedure of Competition: In each round the dancers perform three (3) times. Each group of competitors begins and ends with a one-minute performance dancing together in each round. Number of dancers on the floor in subsequent rounds during second minute of performance is specified in the Section 3.12.2 General Rules & Regulations for Competitions. Both opening and final minutes are to give the Judges an opportunity to compare dancers. To avoid any risk of injuries Judges shall walk around the competition floor in opening and final presentations.

**SMALL GROUPS**

1. Length of Exhibition: Organizer´s music 2 minutes.
2. Tempo: 27 - 28 bars per minute (108 - 112 beats per minute), downbeat, groove.
3. Dancers of each group dance together, two or three at a time. In final round they perform one by one.
4. 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 music, dance and costume, which should underline the special Hip-Hop character.
5. Lifts: Not permitted as outlined under General Provisions of Street Dance Disciplines.
6. Stage Props: Not permitted (see more under General Provisions of Street Dance Disciplines).
7. Groups will be judged as a whole. Solo parts may be performed but must not control / dominate.
8. All other rules are as outlined under Hip Hop: Solo Male / Female, Duo.

## **FORMATIONS**

1. Formations dance to their own music.
  2. Length of Exhibition: 2 minutes&30 seconds minimum to 3 minutes maximum.
  3. Tempo for Hip Hop Formation cannot be more than 30 bars per minute (120 beats), there is no limit down. However, it is allowed to be out of this tempo range for a maximum of 30 seconds.
  4. Music: Must be typically Hip Hop as it is currently known in the Hip Hop scene, including break beats.
  5. Formations will be judged as a whole. Solo parts may be performed but must not dominate.
  6. Lifts: Permitted only in junior and adult formation.
  7. Stage Props: Not permitted (see more under General Provisions of Street Dance Disciplines).
- All other rules are as outlined under Hip Hop: Solo Male / Female, Duo & Small Group.

## **HIP HOP BATTLES**

The categories of Hip Hop Battles are: Solo and Teams.  
Age Divisions see in General Provisions of Street Dance Disciplines.

### **SOLO**

1. Music: Organizer's music in different Hip Hop styles.

For more information of World Hip Hop Rules and Break Dance Rules, please email [bonnie@cdo-online.org](mailto:bonnie@cdo-online.org)