



INVITATION 2026

- **Date of Event:** APRIL 17 - 19, 2026
- **Location:** Oradea - THE CULTURE HOUSE OF SYNDICATE

We are pleased to invite you to „ **PLAY** DANCE COMPETITION " a sports dance event whose main purpose is to bring everyone together to those who share the same passion - **DANCE**.

With an experience and tradition of over 15 years in the organization of dance competitions, we offer to dancers the chance to compete with both Dance Schools from Romania, as well as with those from abroad.

PARTICIPANT'S GUIDE

Both dancers who are part of a club, dance school, kindergarten or educational institution, as well as independent dancers, not affiliated with any form organised dance practice.

By organising the "PLAY INTERNATIONAL DANCE COMPETITION" it is desired to:

- capitalising on individual skills in a competitive system;
- increasing participants' confidence in the judging system, by ensuring a qualified jury.

Application deadline: MARCH 25th, 2026

The program will be sent by e-mail to the participants before the first day of the competition.

About the competition, its advantages and purpose:

- finality, winning a place means enjoying the moment and continuing it activities to gain a wide experience and create relationships and friendships;
- impartiality and objectivity (the referees assigned to judge the competition are the referees qualified internationals);
- judging system approved by regulation;
- optimal conditions for gender competitions (generous surface, lights, sound system, etc.).

We assure you that you will experience all the professionalism, seriousness and kindness that we have and also the one you deserve!
We welcome you!

PARTICIPATION REGULATIONS

At the time of registration, the participants assume all the clauses contained in the Regulation of the organization and operation of the Event, and the participation will be done on own responsibility;

The dancers, their parents and the coach are solely responsible for their health and the physical and mental integrity of the participants;

Coaches/dancers are responsible for the integrity and correctness of registration data provided to the organiser; The organiser reserves the right to request at any time the identity documents of the participants to confirm their identity and respectively the age;

The organiser will ensure access to the Event for a maximum of 2 choreographers/coaches Club/Dance School unions, by awarding bracelets;

A solo dancer cannot have more than one moment in a category - not this one it can have several different moments, thus ending up competing against itself; exception making the groups and formations where a dancer can participate in several moments, with the condition that at least 50% of the members of the group/formation are not in this situation, this exception will also apply to the DUO category;

Performance levels that apply to all sections except OPEN:

- **LEAGUE "PRO"** - for advanced (professional level - 5+ hours/week) dancers, in the categories: solo, duo, trio, group and formations;
- **LEAGUE "A"** - for advanced (experienced - with 3-5 hours of training/week) dancers, in the categories: solo, duo, trio, group and formations;
- **LEAGUE "B"** - for beginner dancers (with 1-3 hours of training/week), in the categories: solo, duo and TRIO.

***Note:** the coach/choreographer will determine the level of the registered dancers;

DISCIPLINE
A. SHOW DANCE
B. JAZZ
C. MODERN & CONTEMPORARY
D. BALLET CLASSIC OPEN / BALLET CLASSIC REPERTOIRE
E. ACROBATIC DANCE
F. OPEN
G. IMPROVISATION
H. CHEERLEADER WITH POM-POM AND STICK
I. LYRICAL DANCE
J. CHARACTER DANCE - DANCE DES CARACTÈRES
K. ETHNIC DANCE - TRADITIONAL

Age categories: **SOLO / DUO / TRIO**

CATEGORY	AGE
• Baby kids	• 4 - 6 years
• Mini kids	• 7 -9 years
• Children	• 10 - 12 years
• Juniori 1	• 13-14 years
• Juniori 2	• 15 - 16 years
• Adulți	• 16+ years

GROUP / FORMATIONS

CATEGORY	AGE
• Baby kids	• 4 - 6 years
• Mini kids	• 7 -9 years
• Children	• 10 - 12 years
• Juniori 1	• 13-14 years
• Juniori 2	• 15 - 16 years
• Adulți	• 16+ years

COMPETITION CATEGORIES (members)

CATEGORY	MEMBERS
• SOLO;	• 1 MEMBER
• DUO, TRIO;	• 2, 3 MEMBERS
• GROUP (4-10 members);	• 4 - 10 MEMBERS
• FORMATION (11 + members).	• 11 + MEMBERS

The manner of establishing and classifying dancers in age categories:

- **SOLO** - category corresponding to the age of the dancer;
- **DUO/TRIO** - category corresponding to the age of the oldest dancer;
- **GROUP/FORMATIONS** - the category corresponding to the general average age of the dancers.

RULES FOR DANCE DISCIPLINES IN PARTICULAR

A. SHOW DANCE

DEFINITION

Show dance does not have an own dance technique. Show dance is based in the broadest sense on Ballet, Jazz and/or Modern and Contemporary dance techniques. Even though it is not a must, it is possible to use any variety of these P.A. dance disciplines in the composition of the show.

Other dance disciplines/techniques (e.g. Disco Dance, Hip-Hop, Popping, Break Dance/Breaking, Tap Dance etc.) and even artistic sports like acrobatics and gymnastics can also be incorporated but should not control / cannot dominate the routine,

CHARACTERISTICS

A choreography always has to have a concept by having a guideline, a story or a visible concept to entertain, attract, touch and/or send a message to the audience. 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.

Lifts

Lifts are NOT permitted in the Children's age division.

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.

Groups and formations will be judged as a whole. Solo, duo or ensemble parts may be performed, but must not dominate.

DURATION OF PRODUCTION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2.15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

B. JAZZ DANCE

The categories of Jazz Dance are: Solo Duo, Group, Formation.

Age Divisions see in General Provisions of Performing Arts.

Jazz Dance Styles:

Primitive: This dance form stemmed from early African Folk Dances that were done by slaves brought to America from Africa, West Indies, Cuba, Panama and Haiti.

Early: Originated via the music of the late 1800's and early 1900's. Dances included the Two-Step or Cakewalk,

and later became the Grizzly Bear, Bunny Hug, Turkey Trot, and Texas Tommy. This evolved into the fast music and dances of the 1920's, the One-Step, Lindy Hop, Charleston and Black Bottom.

Theatre Jazz: These forms of Jazz became very popular via movies / theatre during the 1930s and 1940s. Many dance forms were incorporated in Musical Comedy Jazz. Ballet with "On Your Toes", and Modern Dance in "Oklahoma" and "Brigadoon". During the 1950s and 1960s, dance became an integral part of telling the story in Musical Theatre, as illustrated in musicals such as "Flower Drum Song", "Destry Rides Again", "West Side Story" and "Seven Brides for Seven Brothers". In 1978, the musical "Dancing" showed that the songs and books were secondary to the dancing; in fact, they are almost non-existent.

Contemporary: Primarily performed to music of the day, it began in the late 1950s to the music of Contemporary Jazz musicians like Dizzy Gillespie, Art Tatum and Dave Brubeck.

Today's Jazz Dance: This discipline may be danced using many different styles and tempos, using themes based on Afro-Cuban, Oriental, Spanish or other national themes. It may be performed as a character, such as Cowboy, Sailor, Clown, etc. It may also be abstract in nature. Lyrical Jazz, performed to such music as Bette Midler's "Wind Beneath My Wings", may be included in Jazz Dance Discipline.

NOTE: Contemporary Ballet should not be confused with Jazz 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 Jazz Dance performances.

Lyrical Jazz: Lyrical Jazz is a fusion dance style that blends Jazz and Ballet technique. It combines the classical lines and technical aspects of ballet with the freedom, fluidity, and musicality of jazz. It relies heavily on the dancer's connection with the music and challenges choreographers and dancers to use movement to interpret music and /or song lyrics and express emotion.

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.

Acrobatic Movements: In Jazz Dance limited acrobatics will be allowed as long as a body part is touching the floor or a dancer in duo/ group/formation has a partner support. (Junior and Adult Age Division) Acrobatics should not dominate the routine.

Lifts: Permitted as outlined under General Provisions in Adult and Junior divisions.

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

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 stage, 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., maybe 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 utilising 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 utilised throughout the entire performance. Items used to decorate or embellish the stage are not permitted. The dancer must carry the floor prop off the stage 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.

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2.15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

C. MODERN AND CONTEMPORARY DANCE

The categories of Modern and Contemporary Dance are: Solo, Duo, Group, Formation.

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.

This particular dance discipline concerns using modern dancing techniques that were created for the most part during the first half of the 20th century by renowned dance teachers and choreographers, /e.g. Martha Graham, José Limon, Alvin Ailey, Merce Cunningham, Lester Horton and a host of others on the American continent, and Kurt Jooss, Mary Wigman, Hanya Holm and many others in Europe /

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 information 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.

Characteristics

The entire routine must consist of modern dance techniques and current trends, and should correspond with age divisions 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 emphasised 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 be acceptable to viewing by all ages.

Acrobatics and Lifts

Acrobatic movements are allowed, but should only be used to enhance the routine. Gymnastic lines are not allowed (multiple gymnastic moves, travelling from corner to corner). Modern and Contemporary Dance should not look like an acrobatic dance routine.

Lifts are allowed in Junior and Adult age divisions and are prohibited in the Children age division.

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.

Clothing

Aesthetic, tasteful and age division appropriate.

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2:15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

D. CLASSICAL BALLET OPEN / CLASSICAL BALLET REPERTOIRE

The categories in Ballet are: Solo, Duo, Group, Formation.

Age Divisions see in General Provisions of Performing Arts.

Time limit is one (1) minute minimum for male and female solo variations, maximum 2:15 minutes.

All other time

limits see in General Provisions of Performing Arts.

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. The Vaganova method, named after Agrippina Vaganova and the Cecchetti method, named after Enrico Cecchetti are Russian and Italian respectively and derive from the original French method. 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.

Adult Division (female dancers) – must dance on en pointe

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.

Stage Props

Permitted but dancers cannot use cumbersome scenic material and must carry on and off the stage themselves in one trip.

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:00 - max. 2.15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

The ranking of competitors is established in descending order a points obtained/places awarded.

- The jury's decision CANNOT be appealed.

- Choreographic moments that were erroneously entered in a certain section, will be punctuated.

- For 1st place in case of a tie or when necessary, a RE-dance will be organised.

Punctuations

- Exceeding the regulatory time of moments/choreographies;

- Indecent or unsightly, inappropriate clothing;

- Props that suggest violence or vulgarity (of any kind) are not allowed kind);

- Figures, indecent gestures and songs (regardless of the language they are in) are not accepted performed) whose lyrics indicate/incite acts of physical or mental violence or have vulgar/explicit language.

E. ACROBATIC DANCE

Age Divisions, Time Limits and Costume Rules see in General Provisions of Performing Arts.

Characteristics and Movement:

Acrobatic dance shall include many techniques, such as tumbling, balancing, contortions, and aerial tricks without hands and controlled movement, as well as acrobatic elements, static elements, jumps, hand support elements, turns, rolls, walkovers and jumps, all of which should be connected with dance movement and dance combinations.

The emphasis is on strength, stretch, control and ease of movement, no matter what technique is being used. Dance and Acrobatics should be in the same proportion (approximately half and half). Aerial tricks are iconic elements in this kind of dance, they are allowed in all age divisions except MINI KIDS.

In MINI KIDS age division, all tricks are allowed if a body part is touching the floor.

Recommended groups of elements

1) Flexibility elements / balances (intended figure shall be executed to show strength and control);

2) Gymnastics rolls / acrobatic skills;

3) Jumps & Leaps;

4) Turns.

It is forbidden to choreograph an acrobatic dance routine based on Aerobic and sport Rock'n Roll elements.

For **safety reasons** it is forbidden in MINI Kids age division:

a) To perform supports/lifts higher than dancers' height as well as different throws from hands of other dancer except in the adult division.

b) To fall on the knees, stomach and back from the jumping position.

c) To perform the same acrobatic element more than three times in a row/consecutive (variations are allowed i.e. performance of different forms of the element. For example: cartwheel, one hand cartwheel, cartwheel with transition to the floor, elbow cartwheel etc.).

d) To perform headstand (head balance).

IMPORTANT NOTE :

Dancers are not allowed to perform tricks/elements that they have not been fully trained for or tricks/elements that are above their level/expertise. Physical development, core strength and age of each individual dancer should be taken into consideration by the trainer.

Lifts, pyramids, throws

Lifts are permitted in all age divisions except MINI Kids.

Pyramid is element of artistic, power and plastic acrobatics. It is a group position when dancers supporting each other form complex figures. While performing a pyramid, intended figure shall be fixed to show strength and control.

In **Children's** age division: different throws of one dancer by another are not allowed.

In **Children's** age division: performed lifts and pyramids should reflect the real age and physical ability of dancer/dancers.

Groups and Formations

The choreography utilises the full floor coverage with multiple formations/pictures, levels, partnering being presented. Transitions are smooth and continuous while dancers maintain a high caliber of dance technique throughout performance.

Clothing and decorative elements

For safety reasons it is forbidden to wear decorative elements including earrings, piercing in nose, tongue, navel, face skin. Eye-glasses, hearing devices as well as decorations made of transparent plastic, bracelets, necklaces and pins are also forbidden. All decorations shall be taken off. (Exception: stresses on the dress and temporary tattoos).

All accessories, for example hair accessories, shall be tight, and, if possible, soft and flat. Long hair shall be fastened and taken away from face.

Stage Props, Hand Props and floor props are NOT permitted.

Evaluation: Musicality, variety and difficulty of moves, acrobatic and dance elements performed technically correct, originality of composition as well as harmony of concept, music, choreography and acrobatic/dance elements will be highly evaluated.

Aspects and features that are **evaluated** for Acrobatic Dance include:

- flawless technique as both a dancer and acrobat
- fluidity, seamless transitions into and out of tricks, technical excellence in extension
- stretched knees, feet, elbows
- height of jumps
- floor work incorporated
- extension and flexibility
- visual pictures, theme, costuming, artistry concept, variety of tricks and dance, transitions, age appropriate, authenticity, original thought, creativity, uniqueness, appropriate difficulty level for dancer, appropriate choice of music.

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2.15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

F. OPEN

In this category, those productions/dancers who do not fit into none of the categories of the Competition, in terms of music, dance style, or for whatever reason cannot be included in the standard categories. In this category no distinction is made between level of experience. Acrobatic movements and the decorations.

The jury reserves the right to move to the OPEN category those productions that do not comply the requirements of the category in which they originally registered, whiteout any punctuation;

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2.15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

G. IMPROVISATION

Categories

- Solo

Age Divisions

- Children, Junior, Adult

Duration of each performance

- 00:45 minute (Each round, every dancer dances 45 seconds presentation for three times)

Music/Tempo

Music of each round and heat is chosen randomly, by the ORGANIZER (by the Dj), and will have the specific of Performing Arts styles. The music Selection will be different tempos and styles such as Lyrical Jazz, Modern Jazz, Funky Jazz, Pop, Contemporary, etc, in each presentation, in every round. Music must be age appropriate for all ages.

Characteristics and Movement

Interpretation should be reduced to the dancers own physicality without a fixed choreography/routine. It should mainly be based on the specific Performing arts techniques and variations of Ballet, Jazz, Modern & Contemporary.

Acrobatic movements are allowed, but they do not always improve the dancer's performance and can result in a lower evaluation if not performed technically correct!

Competition procedure

Dancers will compete according to the order of their start numbers which have to be presented clearly on the costume's front side. Dancers shouldn't copy their presentation from round to round but improvise to the music which they listen to in the moment of their presentation.

The competition consists of preliminary rounds, semi-final and the final, depending on the number of dancers.

Every dancer **will have three entries/heats**: first - all the dancers will dance together at the same time, at the second entry - all the dancers will retreat to the edge of the scene, and they will be called on stage three at a time, and the third - again, all the dancers at once on the stage.

Costumes/Props

Only simple black dancewear appropriate for dancers body shape is allowed in this discipline. Detailed movement should be visible. It is recommend that no skirts, frills, wide trousers/pants or baggy t-shirts are worn. Skin-colored tights **can** be added as a supplement. Costumes/dancewear must be age appropriate, fit properly, and must always be in good taste and clothing articles may **NOT** be thrown away during or at the end of the performance.

Dancers are not allowed to change their costume/dancewear during a performance or during a competition, unless it is a technical problem with it.

To dance barefoot, in socks or jazz/ballet shoes is obligatory. Shoes that could damage the dance floor cannot be worn and are prohibited.

Props are not allowed.

The decision and evaluation of an adjudicator is based on:

- dancers ability to convert music into movements on the spot without using fixed choreography/routine (IMPROVISATION);
- using technical skills according to music;
- an attracting/capturing presentation.

H. CHEERLEADER WITH POM-POM AND STICK

Cheerleader with Pom-pom

During the choreography, it is mandatory to use the pom-pom, which must be used continuously and should be held by the dancer. It can be put down, but a large percentage of the choreography must be dominated by pom-poms usage. Choreographies can be show-like and the use of scenery is also allowed.

Dancers can increase the dance content score if they use the device as varied as possible.

Each moment is performed on their own music.

If the device is in hand, the competitors must use it continuously. The judges watch the pom pom usage complexity during whole use.

Use of decorations/Stage props is NOT permitted!

Judges marks teams into the next round by using two sets of marks, one for Technical Characteristics, the other for Artistic Characteristics. All the teams should be marked in each criterion.

Lifts and Acrobatics elements are allowed. When building pyramids only 1 floor above the ground is allowed. Props Hand are obligatory with at least one Pom-Poms per dancer. Any change of the Pom-Poms between the team members must not exceed 10 seconds. When building a pyramid it is allowed to leave the Pom-Poms on the floor for 10 seconds.

How to perform Pom-pom Cheer Dance discipline:

Pom-Pom Cheer Dance is a choreographed performance.

The character of the performance could be in any style. It is possible to use gymnastic elements like skips, jumps or elements of folklore dances if the music underlines this type of dancing.

Gymnastic elements must be in harmony with the choreography and should never be obvious. It is very important to connect idea, music, choreography and costume.

Acrobatic elements are allowed, but must **NOT** dominate acrobatic character in choreography. In case of presentation of exaggerated acrobatic elements a judge's deduction applies.

A separate production can also be entered individually in the main production.

Presentation and image is very important.

The Pom-Poms must be used in harmony with correct handling. Variety and the grade of difficulty will be evaluated.

It is useful to have skilful dancers in the team but the team is judged as a whole and not on individuals.

Criterion for judging

The judges will reward clever choreography, a realistic theme and clever use of the PomPoms.

The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.

Cheerleader with stick

The use of at least one stick is mandatory in this category. Cheerleading techniques must be included in the choreography (throws, rotations at horizontal and vertical level) Baton-twirling technique (body twists) Choreographies can be show-like and a use of scenery is also allowed.

Increases the dance content score if the device is on multiple planes used (horizontal and vertical rotations, rotation around the body, throws), by the judges that are monitoring the complexity during device use.

During the choreography, it is mandatory to use the stick, which must be used continuously and should be held by the dancer. It can be put down, but a large percentage of the choreography must be dominated by stick usage. Choreographies can be show-like and the use of scenery is also allowed.

Dancers can increase the dance content score if they use the device as varied as possible.

Each moment is performed on their own music.

If the device is in hand, the competitors must use it continuously. The judges watch the stick usage complexity during whole use.

Use of decorations/Stage props is NOT permitted!

Judges marks teams into the next round by using two sets of marks, one for Technical Characteristics, the other for Artistic Characteristics. All the teams should be marked in each criterion.

Lifts and Acrobatics elements are allowed. When building pyramids only 1 floor above the ground is allowed. Props Hand are obligatory with at least one stick per dancer. Any change of the stick between the team members must not exceed 10 seconds. When building a pyramid it is allowed to leave the stick on the floor for 10 seconds.

How to perform stick Cheer Dance discipline:

Stick Cheer Dance is a choreographed performance.

The character of the performance could be in any style. It is possible to use gymnastic elements like skips, jumps or elements of folklore dances if the music underlines this type of dancing.

Gymnastic elements must be in harmony with the choreography and should never be obvious. It is very important to connect idea, music, choreography and costume.

Acrobatic elements are allowed, but must **NOT** dominate acrobatic character in choreography. In case of presentation of exaggerated acrobatic elements a judge's deduction applies.

A separate production can also be entered individually in the main production.

Presentation and image is very important.

The sticks must be used in harmony with correct handling. Variety and the grade of difficulty will be evaluated.

It is useful to have skilful dancers in the team but the team is judged as a whole and not on individuals.

Criterion for judging

The judges will reward clever choreography, a realistic theme and clever use of the stick.

The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.

I. LYRICAL DANCE

In the LYRICAL DANCE category, it is recommended to choose a song with a voice, in which the choreography can convey the emotional world and the message of the music and lyrics. Continuity of movement and the use of the musical arc are characteristic of this category. It is not mandatory to present a story, but the harmony between the choreography and the music is important.

The choreography must be built on the dynamics of the piece, have dramaturgy and contain pirouettes and jumps specific to the dance technique used. The dancer must interpret the chosen song, the message, the lyrics and its emotional charge. From a technical point of view, lyrical choreographies use several elements, most often based on modern-contemporary-jazz-ballet techniques.

In a lyrical choreography, the value of the score increases if the dancer presents a pirouette. The movements are smoother, finer than in contemporary dance, but at the same time dynamic, fluid, with a free, passionate and richly expressive style.

Acrobatics: allowed, but must not dominate the choreography;

Lifts: allowed according to the General Conditions;

Stage props: allowed according to the General Provisions;

Use of scenery: FORBIDDEN!

The Lyrical Dance discipline accepts choreographies based on mixed techniques from classical, contemporary and modern dance or jazz, the trend being to use vocal music with text; the literary message can be the inspiration for the choreographic ethos, but instrumental music can also be used.

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2.15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

J. CHARACTER DANCE - DANCE DES CARACTÈRES

1. Category Definition

The Dance des Caractères category represents a theatrical dance style in which artistic interpretation, emotional expressiveness and representation of a character or dramatic theme are essential. Dancers must convey a story, role or state through movement, mimicry, gestures and stage expressions.

2. Mandatory characteristics of the choreographic moment

The choreography must include:

1. Construction of a clear character (emotions, attitude, distinctive features);
2. Narrative elements – a recognisable story or emotional thread;

3. Complex stage expressiveness – mimicry, gestures, body language;
4. Thematic unity between movement, music, costume and props.

3. Choreographic and stylistic elements admitted

- Contemporary, modern dance, stylised ballet, jazz, theater-dance or combinations thereof;
- Pantomime or theatrical movements that support the character or theme;
- Light acrobatic elements are allowed only if they serve the artistic purpose;
- Choreography must be original and reflect the identity of the chosen character.

4. Music

- Music can be instrumental, vocal, narrative, cinematic or thematic;
- It is mandatory that the music is in line with the story and atmosphere of the moment.

5. Costumes and props

- The costume must support the character being performed (hero, fictional character, historical, emotion, concept, etc.);
- Elaborate costumes, theatrical makeup, masks or accessories are allowed;
- Props must be announced to the organisers and must not pose a risk to the dancers or the competition stage;
- The use of substances that may dirty or damage the stage (dust, liquids, confetti thrown on the ground, etc.) is prohibited.

6. Judging criteria

The jury will evaluate according to the following criteria:

1. Performance and stage expressiveness – emotional intensity, authenticity of experience, transposition into the role;
2. Character construction – clarity, consistency, complexity, originality;
3. Dance technique – precision of execution, body control, fluidity of movements;
4. Creativity and originality – the way in which the story is integrated into the choreography;
5. Visual harmony – costume, props, music and stage expression as a whole;
6. Artistic coherence – narrative quality and continuity of the moment.

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2.15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

K. ETHNIC DANCE - TRADITIONAL DANCE

1. Category definition

The Ethnic dance category includes choreographic moments inspired by the traditions, rhythms, costumes or gestures specific to a particular people or ethnographic regions, presented in an authentic or stylised form.

2. Admissible choreographic elements

- The choreography must be based on movements inspired by traditional dances (steps, figures, folkloric motifs);
- Stylised adaptations or modern fusions are allowed, as long as the ethnic element remains predominant;
- Acrobatics are allowed only if they do not affect the ethnic character of the moment.

3. Music

- Must be inspired by folklore or traditional motifs, in an authentic or remixed/reworked version.

4. Costumes and props

- Costumes must reflect the ethnic origin or cultural area represented;
- Stylised costumes are allowed, but without exceeding the limits of decency or theme;
- Props are allowed, but must be used in a manner relevant to the dance and must be announced to the organisers.

5. Judging Criteria

The jury will evaluate:

1. Authenticity and ethnic relevance;
2. Technique and choreographic execution;
3. Originality and creativity;
4. Stage presence and expressiveness;
5. Costumes and visual harmony;
6. Synchronisation and group cohesion (in the case of groups).

Character dance pieces from well-known romantic ballets, own creations that respect the manner of codification of academic character dance or ethnic-stylized choreographic pieces that transfigure in their own way the specific elements of national dances, through mixed techniques (ethnic-pop, ethnic-jazz, etc.) can be performed.

DURATION

CATEGORY	TIME LIMIT
• Solo/duo/trio	• min. 1:45 - max. 2:15 min.
• Group	• min. 2:30 - max. 3:00 min.
• Formations	• min. 2:30 - max. 4:30 min.

ENROLLMENT REGULATIONS

Registration is done online, until MARCH 25, 2026, on the PLATFORM communicated by the Organiser.

Entries can also be modified/updated implicitly, until the deadline is reached registration; registration fees can be paid by bank transfer to the account indicated by the organiser, only after communication of the amount of obligations owed; amounts paid is not refunded for withdrawn moments..

Registration will be done by a single representative of the dance school who will be considered team captain, he being the only one with whom he has the right to communicate the organisers.

The song will be in mp3 format and will be renamed with: style, form of organization, age category.

All competitors can make changes until March 25, 2026, which is the last day to register; until this date, changes/modifications can be made regarding the composition of the teams: withdrawal of dancers or addition of additional participants.

Payments will be made at check-in.

Check-in schedule:

Friday, April 17, 2026, we officially open the check-in area starting with the previously established time.

Saturday, April 18, 8:00 - 12:00 - for competitors arriving only on Saturday, they will be able to check-in on the day of the competition.

Registration fees will be paid at check-in.

Competition fees:

CATEGORY	FEE/TAXES
• Solo	• 30 EURO/DANCER
• Duo/Trio	• 20 EURO/DANCER
• Group	• 20 EURO/DANCER
• Formations	• 18 EURO/DANCER

NOTE: Starting with the fifth moment, the fee is 10 euros regardless of their number (LIMITLESS).

AWARD CEREMONY

To the extent possible, two award ceremonies will be held at the competition, the first during the day and the second at the end of the competition.

At the award ceremony, competitors must appear in stage costume. The main prizes, special prizes and special prizes offered by sponsors will be awarded only at the second award ceremony at the end of the day.

The coach or director of the dance school representing/accompanying the competitors is responsible for taking over the prizes. The organisers are not obliged or competent to mail prizes left on site. The organiser keeps the prizes unclaimed for an indefinite period and, upon request by the beneficiary, will hand them over to the person representing the dance school.

At the award ceremony, the first 6 places in the solo and duo categories and the first 3 places in the GROUP and FORMATIONS categories will be announced!

All competitors are required to wait for the end of the award ceremony; in the case of groups and bands, the presence of 3 members is sufficient.

GENERAL RULES

- It is forbidden to participate with objects that can dirty or damage the dance surface (e.g. confetti, metal heels, sharp objects, etc.) or which may represent a danger for the dancers or the people around them (sharp, sharp objects that can provoke fires, smoke, etc.)
- The organiser is not legally responsible for any injuries occurred during the competition.
- The organisers are not responsible for lost objects.
- Smoking and consumption of alcoholic beverages in the competition location is strictly prohibited. We ask the coordinators to inform the participants and their companions about this REGULATIONS.

Failure to comply with the conditions imposed in the Regulation will result in disqualification participants.

OFFENSES AND PENALTIES

1. Exceeding the time limits of music collages;
2. Failure to properly fit into the category corresponding to the age of the dancers;
3. The existence of obscene words in the musical collages;
4. Consumption of alcohol, narcotic/psychoactive substances or any other prohibited products by law lead to the elimination from the competition of the School/Club to which the person in question belongs;

FINAL PROVISIONS

- Entries sent through other ways of communication than the official ones communicated by to the Organiser are NOT taken into account.
- Entries after the deadline are NOT allowed. The only changes allowed are related to the name of the dancer.
- Enrollment and participation in the competition implies acceptance of the Competition Regulations.
- Enrollment and participation in the competition constitute the consent of the parent, guardian and/or others the instructor, the participant, such as the names of the event participants, all photos and/ or video recordings, to be made public and used free of charge by organisers in order to promote the event.

The ORGANIZER reserves the right to make changes in the competition program and in the Regulations, these being announced at least 48 hours before the start the competition.

Dancers have the obligation to be present in the room with min. 1h 30 min before the performance their moment.

COMPETITION PROCEDURE

1. Preparation of the program after submitting the registrations;
2. The contest program will be communicated before the event to all participants on the e-mail address and will be studied individually; in the case of identifying some inconsistencies, they will be reported to the organiser so they can be corrected;
3. After the communication of the final program, no further activities will be possible changes;
4. Participants have the obligation to follow the competition; they have the obligation to appear backstage at least 10 moments before his own moment;
5. Participants have the obligation to appear on stage within 10 seconds from the moment of the cry; after 3 successive shouts, the competitor's failure to appear on stage leads to his disqualification;
6. If there are more than 15 moments in a category, the organiser reserves the right to schedule a semi-final;
7. In the competition area, the access of companions is strictly prohibited, they will sit in the stands and in Specially arranged places.
8. The organiser encourages fair play and respect for the Regulation and others participants;
9. If there are less than 3 moments in a category, the organiser reserves the right to combine with another category;
10. During the contest it is forbidden to contact the members of the jury or outline them in any form;
11. Any change made to the program (cancellation of a moment in the program) will be made immediately to the knowledge of the organiser;
12. The jury reserves the right to move from category B to category A at any time that a moment does not qualify as a beginner benefit;

The contact details of the Organiser:

- **Tel.** +40743 - 56.40.58 / +40771 - 402.313
- **Email:** simonnoemi@yahoo.com

Dancers and their companions will reach the competition only in the Program communicated by the coordinating teacher, to avoid overcrowding.