

UPDATED FOR 2023

MODERN/ CONTEMPORARY ONLY

IDO WORLD DANCE CHAMPIONSHIP

MODERN/CONTEMPORARY SPECIFIC CONDENSED VERSION


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3.2 NUMBER OF ENTRIES PER NATION (EPN)

Championships

The number of competitors to be invited will be proposed by the Organizer and ratified by the IDO Sport Director.

2023 ALLOWANCE

***3 ENTRIES
PER NATION FOR
SOLO/DUO**

****5 ENTRIES
PER NATION FOR
ALL GROUPS**

**1 each East/West for
Solo/Duo and
2 each East/West
all Groups**

***Extra placement
to be decided***

Discipline	Class	Category	Age group	EpN
Modern & Contemporary Dance	-	Solos female	Children	3
Modern & Contemporary Dance	-	Solos female	Junior 1	3
Modern & Contemporary Dance	-	Solos female	Junior 2	3
Modern & Contemporary Dance	-	Solos female	Adults	3
Modern & Contemporary Dance	-	Solos male	Children	3
Modern & Contemporary Dance	-	Solos male	Junior 1	3
Modern & Contemporary Dance	-	Solos male	Junior 2	3
Modern & Contemporary Dance	-	Solos male	Adults	3
Modern & Contemporary Dance	-	Duos	Children	3
Modern & Contemporary Dance	-	Duos	Junior 1	3
Modern & Contemporary Dance	-	Duos	Junior 2	3
Modern & Contemporary Dance	-	Duos	Adults	3
Modern & Contemporary Dance	-	Groups	Children	5
Modern & Contemporary Dance	-	Groups	Juniors	5
Modern & Contemporary Dance	-	Groups	Adults	5
Modern & Contemporary Dance	-	Groups	Adults 2	5
Modern & Contemporary Dance	-	Formations	Children	5
Modern & Contemporary Dance	-	Formations	Juniors	5
Modern & Contemporary Dance	-	Formations	Adults	5
Modern & Contemporary Dance	-	Formations	Adults 2	5

EpN = Entries per Nation

Wild Card

The Organizer may invite one additional “dancer group” from their own city, region or country in each discipline, category and age division.

Defending Champion

1. A soloist who wins a World Championship title is entitled to defend that championship title, in the same discipline, the following year. If their age range changes they may defend the title in the next higher age division.
2. A duo or couple who wins a World Championship title is entitled to defend that championship title, in the same discipline the following year. If one or more of the duo's age range changes, they may defend the title in the next higher age range.
3. In the case of trio, groups and formations, it is the team name that defends the title. The dancers in the trio, group and formation may change but they must all be within the rule regarding age. A trio, group or formation cannot advance to the next age level when defending a championship title.
4. Continental Championships will use the same rules as those above governing World Championships
5. In the case. a Championship is not run in a calendar year. the Defending Champion may defend his/her title in the next Championship in that discipline. In the event their age has advanced, they may then compete in the next age level up.

3.4 AGE DIVISIONS

The following age divisions will be used in all IDO Events in **SOLO, DUO, COUPLE**:

AGE DIVISION	AGE RANGE <i>(years of birth listed below are for competition year 2023)</i>
Mini Kids	7 and under <i>(born in 2016, 2017, 2018 ..)</i>
Children	12 and under <i>(born in 2011, 2012, 2013 ..)</i>
Junior 1	13 – 14 <i>(born in 2010, 2009)</i>
Junior 2	15 – 16 <i>(born in 2008, 2007)</i>
Adult 1	17 and over <i>(born in 2006, 2005, 2004...)</i>
Adult 2	31 and over <i>(born in 1992 and before)</i>
Senior	50 and over Belly Dance /Oriental, Couple Dance <i>(born in 1973, 1972, 1971,..)</i>

The rules of the 2-year span is applicable – not in adults 2.

Age divisions in **TRIO, GROUPS, TEAMS, CREWS and FORMATIONS**

AGE DIVISION	AGE RANGE <i>(years of birth listed below are for competition year 2023)</i>
Mini Kids	7 and under <i>(born in 2016, 2017, 2018 ...)</i>
Children	12 and under <i>(born in 2011, 2012, 2013 ...)</i>
Junior	13 – 16 <i>(born in 2007, 2008, 2009, 2010)</i>
Adult 1	17 and over <i>(born in 2006, 2005, 2004...)</i>
Adult 2	31 and over <i>(born in 1992 and before)</i>
Senior	50 and over Belly Dance /Oriental, Flamenco, Couple Dance <i>(born in 1973, 1972, 1971, ..)</i>

The rules of the 2-year span is applicable – not in adults 2.

On occasion an Organizer may run a competition for Mini Kids, Senior's and/or Adult 2.

It is not possible to compete in the same discipline and category in two different age divisions during one calendar year.

Example: A couple competing in Salsa Adult 2 competition cannot compete in Salsa Adult competition in one year, but can compete in Bachata Adult competition.

In Mini Kids division Championship title cannot be given. The highest title is Mini Kids Dance Star.

Adult 2, groups and formations, may be in any of IDO's disciplines at the discretion of the Organizer.

Adult 2 shall be at least 31 and over in the year of competition and where applicable in all disciplines, no exceptions.

The Official Continental and World Championship title will always be in the Adult 1 Division. For Children, Juniors and Adults 2, the title must be defined with the age division.

Example: Children World Tap Dance Championship 2014.

It is not possible to compete in one discipline and one category in two different age divisions at the same competition event.

Example: If a dancer competes in Disco Mini Kids solo he/she cannot compete in Disco Children Solo category, but can compete in Disco Children Formation.

DETERMINING ONE'S 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 **two** years.

Example: One dancer is **12** and one is **14**, they may dance in the **Junior 1** Division but if the younger dancer is only **11** they may not.

One dancer is **14** and one is **16** they may dance in the Junior 2 Division, but if the younger dancer is only **13** they may not.

(AGM 2019, Implementation 1.1.2020)

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 **12** dancing in the **Junior 1** 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 Trios, Crew, Groups, Teams, or Formations.

Once a dancer has chosen to move up an age level in a specific category, such as Tap Duo or Jazz Duo, he/she must remain in that age division until the end of year and not move back.

Dancers are permitted to dance in two specific age divisions only under the following conditions: A dancer cannot dance in both **Junior 2** Show Dance Duo and Adult Show Dance Duo, i.e. two different age divisions of the same discipline and category. However he/she may remain in the same age division of all other specific categories, until they reach their next age level.

Example: A child age **12** or **11** may dance in **Junior 1** Show Dance Duo and still participate in all Children categories Show Dance Solo, Disco Dance Duo, Hip Hop Group, Tap Formation but **NOT** CHILDREN Show Dance Duo.

- b. In **Trio, Groups, Teams, Crews 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 **Trio, Groups, Teams, Crews or Formations**, except the Adult 2 and Senior Division, with the following restriction: Not more than 50% of the dancers in the Trio, Group, Team, Crew or Formation can be two (2) years or less younger than the actual age division. The age of all other dancers in the Trio, Group, Team, Crew or Formation must fall within the specified age range.

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

Once a dancer has chosen to move up an age level in a specific category, he/she must remain in that age division until the end of year and not move back.

Dancers are permitted to dance in two specific age divisions only under the following conditions: A dancer cannot dance in both the Junior Show Dance Group and in the Adult Show Dance Group, a dancer may not dance in both Junior Hip Hop Formation and Adult Hip Hop Formations, i.e. two different age divisions of the same discipline and category. However he/she may remain in the same age division of all other specific categories, until they reach their next age level.

Example: A child age **12** or 11, may dance in JUNIOR Show Dance Small Group and still participate in all Children categories Show Dance Solo, Disco Dance Duo, Hip Hop Group, Tap Formation but NOT CHILDREN Show Dance Group.

The Organizer has the right to establish a Children's Divisions under age 7, as long as it runs in conjunction with a Children's Competition ages **12** and under. This will be called "Mini Kids"

3.5 REPLACEMENT OF A DANCER DURING A COMPETITION

During a competition, a replacement of dancer/dancers can be done in case of an injury or otherwise incapacitated (severe illness of the dancer, death or severe injury to a family member, stolen costume or shoes, transportation problems, etc.) upon approval of the IDO officials (Chairperson and Supervisor). Not more dancer than 1 in trio / groups / crews / team / - maximum 3 in formations / productions can be changed. In case of more dancers the dancers needs to fulfil all the enrolment conditions set by the organization (in this case IDO registration and the starting fee need to be paid to the Organizer). When the dancer that is injured is taken out of the competition, the substitute needs to dance all consequent rounds of the category until the end of the competition.

Dancer in SOLO, DUO and COUPLES cannot be replaced as their enrolments and titles are personal.

3.6 PUBLICATION OF COUNTRY NAME

The name of the country must be published on the IDO Web-site, competitions and all official IDO publications under the same criteria as used in the International Olympic Committee regulations (Olympic Games).

This rule is not valid for already accepted member and may be updated in case of official name changes.

3.7 DANCE DISCIPLINES

<p>A: Performing Arts Disciplines:</p> <p>Show Dance Jazz Dance Tap Dance Acrobatic Dance Ballet Modern and Contemporary Dance Bollywood</p>	<p>Character – Ethnic – Folk Belly Dance / Oriental Show Belly Dance / Oriental Show Folk Belly Dance / Oriental Folk Flamenco Flamenco Fusion Light Dance Show Performing Arts Improvisation (test)</p>
<p>B: Street Dance Disciplines:</p> <p>Breaking /Break Dance Hip Hop Hip Hop Solo and Crew Battle Disco Dance Popping</p>	<p>Disco Dance Free Style Street Dance Show Disco Show IDO Disco Slow (test)</p>
<p>C: Couple Dance Disciplines</p> <p>Argentine Tango Salsa Merengue Bachata Caribbean Dances Jitterbug Couple Dance Formations</p>	<p>Disco Hustle/Disco Swing/ Disco Fox Salsa Rueda de Casino Caribbean Show Jack & Jill West Coast Swing Synchro Dance Latin Show Latin Style</p>

3.8 CATEGORIES OF IDO EVENTS

SOLO	Male and/or Female <i>(if divided, this must be specified in the title of the Event)</i>
DUO	two males, two females or one male and one female
DUO female (in ADULT Disco Dance, Show Dance and Salsa)	female and female
DUO mixed (in ADULT Disco and Show Dance)	male and female or male and male
DUO male (in ADULT Salsa)	male and male
DUO male/female (in ADULT Salsa)	male and female
COUPLE	male and female
TRIO in Tap and Bollywood	any combination of three dancers
GROUP	3 – 7 dancers (Tap, Bollywood 4 – 7 dancers)
CREW in Breaking/Break Dance & Hip Hop Battles	3 – 7 dancers
FORMATION	8 – 24 dancers
TEAMS and FORMATION in Salsa Rueda de Casino	12 – 24 dancers (6 – 12 couples)
PRODUCTION	25 dancers and more

3.13 RULES GOVERNING COSTUMES, MAKE-UP, MOVEMENTS AND THEMES

1. GENERAL COSTUME RULES FOR ALL AGE DIVISIONS

Costumes must cover the intimate parts of the dancer's body during the whole performance.

Intimate parts: buttocks, bust and pubic areas (see picture 1)

The intimate parts of the body must be covered with non-transparent material of any color except tan or flesh color. When transparent material is used to cover these areas, it must be lined with non-transparent material.

a. LOWER BODY:

Buttock: The buttock is defined as the area from the crease between the leg and bottom up to the hip line across the body.

Hip line: panties top line (how low) Straight horizontal line, top of line between buttocks muscles (interlineal line) **must not** be visible.

Panty Line: panties bottom line (how high)

The panties' hip line should be high enough to completely cover the vertical crease between the buttocks.

The panties should cover the entire buttock in the back side (see pictures 2 and 3). In the front, the panty line should follow the line between the body and flexed leg. The distance from the hip line to the panty line should be at least 5 centimeters (2 inches) when measured from the side (see picture 1).

Abbreviated bikini bottoms, thongs, thong appliqués and any shorts imitating a thong look are prohibited in both males' and females' costumes. The dancers should make sure their costumes fit properly, as ill-fitting shorts or panties can wedge or otherwise expose the buttock in a way that is prohibited.

It is recommended that all male dancers wear a men's dance belt underneath their costume. A costume consisting only of a men's dance belt is prohibited.

b. UPPER BODY

Abbreviated bikini tops, tube tops and tank tops are prohibited in all age divisions (see pictures 3 and 4). Female dancers: Exposing the breasts beyond what is shown in picture 4 is prohibited.

Male dancers: Male dancers are allowed to perform bare-chested.

2. GENERAL RULES GOVERNING MAKE-UP, MOVEMENTS AND THEMES

- a. Make-up and costume have to be age and gender appropriate, and they must suit the discipline in which they are used. Make-up and costume may never be offensive to the public or other competitors. Music must also be appropriate for the age division of the dancer/s. Explicit sexual lyrics and guttural sounds are prohibited. All dancers must be aware of the lyrics in the music they use.
- b. Teachers and choreographers should pay close attention to age appropriateness when choosing themes for children and juniors, making a special effort to avoid sexually inviting moves, morbid themes, brutal fighting, killing, etc.
- c. If religious or political symbols are used as decoration and/or costume, they must suit the theme and choreography in which they are used. Such symbols must always be in good taste, and they may never be offensive to the public or other competitors. Personal jewelry should not be worn unless it is a part of the costume.
- d. All dancers and coaches should be aware that if the Chairperson of Adjudicators gives a warning for an infraction of the above rules (governing costumes, make-up, movements and themes), the infraction should be removed immediately. If the warned competitor(s) repeats the infraction in the next round, they will be penalized.

3. SPECIAL RULES FOR THE CHILDREN'S DIVISION

In addition to all the general costume, make-up, movement and theme rules, the following applies in the children's division:

Children should be encouraged to dress as children and not like teens and adults. Make-up should be used to bring out the features of the face or to portray a character. Hair should be neat, under control unless it is being used to portray a character, animal, rag doll, etc. Hair extensions, pieces or wigs should be of the kind commonly used by children. Hair extensions, falls, pony tails and wigs may be used as long as they do not distort the age of the child.

Costume materials that suggest sexual, deviate, sadomasochistic or other adult themes are prohibited in the children's division.

Costumes made entirely from see-through materials are prohibited, but the same material may be used for sleeves and to cover legs (for example: Aladdin-style pantaloons and sleeves).

Dancers in the children's division may never appear nude or in a costume implying nudity. Therefore, flesh, nude, tan, beige, or bone colored bodysuits, leotards, tops and pants may not be used in a way that implies nudity. Net, lace or any such material may never be used to cover the intimate parts of the body unless lined with a non-nude colored material. At all Performing Arts events MALE dancers in the CHILDREN'S division must have their torso covered with cloth material.

4. SPECIAL RULES FOR THE JUNIORS' DIVISION

In addition to all the general costume, make-up, movement and theme rules, the following applies in the juniors' division:

The special rules for the children's division (above) also apply in the juniors division. Juniors should always be dressed age-appropriately and their image should be that of a junior and not that of an adult.

5. SPECIAL RULES FOR THE ADULTS' DIVISION

All the general rules governing costumes, make-up, movements and themes apply in the adults' division.

Adult dancers should bear in mind that they are the ones setting the trend for the younger dancers, who look up to them and seek inspiration from them. This is why it is very important to be dressed in good taste.

6. ADDITIONAL COSTUME RULES FOR PERFORMING ARTS DISCIPLINES ONLY

Tan or flesh colored materials may be used to cover the intimate parts of the body in the junior and adult division, if it suits the theme of the performance and if it is not sexually suggestive in any way. However, a costume consisting only of flesh colored panties and a bra is not allowed.

7. GUIDELINE AND SPECIAL RULINGS FOR THE ADJUDICATORS:

A Adjudicator should always be very careful when commenting or deducting points for visual things that they personally do not like. It is not Adjudicators' duty to Adjudicator morality; Adjudicators' job is to Adjudicator talent. If the costume, theme, choreography and presentation are offensive to Adjudicators' personal taste, he/she may take that consideration into his/her mind when marking but a better method would be to bring what is offensive him/her to Chairperson and let him/her make ruling on how it should be handled.

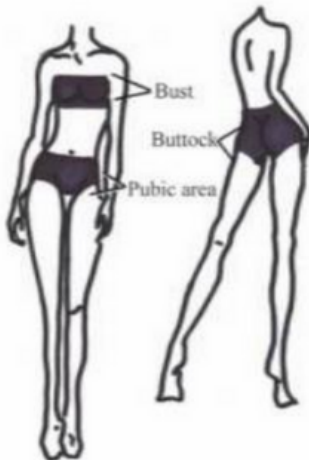
Rulings by the Chairperson: If a Chairperson finds inappropriate costuming, grooming, music, gestures or otherwise offensive behavior by the dancer they may give a warning to correct the situation and subsequently penalize or disqualify the dancer/s if the Supervisor and Organizer agree.

Total Image: The total image that a dancer creates should be within the limits of good taste and not be offensive to anyone in the audience.

NOTE: Inappropriate music, theme, choreography, costume or total image may result in point loss, and gross misuse or abuse in these areas may result in disqualification.

CODE of ETHICS for ADJUDICATORS – see in the Section “General Provisions for Adjudicators and Judging”, IDO OFFICIAL’S Book .

Picture 1



Picture 2



Picture 3



Picture 4



3.14 MUSIC AND STAGE REQUIREMENTS

3.14.1 MUSIC

Music supplied by competitors must:

1. Be of first-class quality, with clean editing and cuts.
2. Not be live music unless otherwise stated in the rules.
3. Be submitted through DIES as a part of an official enrollment. The deadline for submitting music is later than the deadline of the competitors' enrollments (10 days before start of the competition). Back up must be brought to the competition USB and/or CD depending on organizer
4. Back up given to the Organizer at registration must contain the name of the dancer group, title of the act and the country.
5. Contain only one piece of music per USB and/or CD depending on organizer
6. The competitors must inform the Organizer if they enter the stage with music or before the music begins, and also if the music stops and starts, has a tag or contains tacet (silence within the musical composition).

Additional information for Tap:

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.

Additional information for competitors using their own music:

The Organizer must make sure that all music complies with the time limit rules, and in case of not respecting time limit he will inform Supervisor. Any entry with music that does not comply with the rules shall be excluded from the competition, and the dancer(s) will not be allowed to compete. The decision to disallow a competitor's entry based on objectionable or offensive lyrics / music must be made by the Supervisor and Chairperson of Adjudicators in cooperation with the Organizer.

Information for using compulsory music:

Music provided by the Organizer must follow IDO rules for each specific dance disciplines.

3.14.3 FORMAT OF THE COMPETITION

4. A piece of choreography using the same costume and music may be performed only once at any competition.

Example: If performed as a formation, it may not be performed as a group, duo or solo.

3.14.4 DANCE OR STAGE FLOOR DIMENSIONS AND REQUIREMENTS

Measurement:

For solo, duo, couples, trios, teams, crews and groups – Minimum 8 X 8 meters

When there is more than one floor the measurements should be double what is listed above and properly marked to separate the specific areas.

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

NOTE: The size of the floor must be specified in the contract and checked by the Supervisor before the contract is signed. When the size differs from what is specified in the Rules Book, the Organizer must inform all participating countries of the difference so the dancers can adapt to the size.

Quality:

The floor (stage) should be of high quality, free from obstruction, and suitable for the dance disciplines that are to be performed.

3.14.5 REHEARSAL RULES AND TIME ALLOTMENTS

The following will apply to rehearsals for all competitions:

1. **IDO Compulsory Music** Disciplines:

There is a ten minute time limit and all dancers on the stage at the same time.

2. Performances with **competitor's own** music: Solo, Duo, Couple, Trio, Group/Team/Crew Routines:

There is a twenty minutes time limit. All dancers may dance on the stage at the same time without music. This will be referred to as "dry rehearsal".

Formations:

Each formation will rehearse without music 1 minute. CHILDREN formations will rehearse 3 minutes with music.

NOTE: The Organizer may provide longer periods of time for rehearsal warm-ups on an "equal time for all" basis. When time constraints prohibit on-stage rehearsals, the Organizer must provide an alternate rehearsal area for all dancers' use as outlined above under Quality, and with flooring surface and space the same size as the actual stage.

3.14.6 STAGE LIGHTING

In general, stage lighting must be full stage. Technical parameters for stage lighting may not be changed throughout the competition rounds, and lighting, once set at the beginning of the round, may not be changed for all disciplines where own music is used.

Technical parameters for stage lighting can be changed from round to round in all disciplines where organizers music is used. The lighting must be in the spirit of the dance discipline performed. Effects and lights that disturb the dancers and adjudicators during their performance and work are not allowed. *(AGM 2019, Implementation with immediate effect)*

If video and television filming are involved, all lighting will be at the film crew's discretion with the consent of the Organizer, Supervisor and Chairperson. All wires, lights, sound booms and other equipment must be arranged so that it creates no hindrance on stage and guarantees full safety to all dancers. The installation must be in accordance with the safety regulations of the venue, city and country where the Event is held.

STAGE PROPS:

Permitted in many Performing Arts disciplines. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s).

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).

Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline.

NOTE: This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. (AGM 2017, Implementation 1.9.2017)

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 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. The rule regarding dancers carrying the props in one trip, on and off, will remain the same.

DURATION OF PERFORMANCE:

CATEGORY	MINIMUM Time Duration	MAXIMUM Time Duration
Solos, Duos, Trio (Tap only)	1 minute & 45 seconds (1:45)	2 minutes & 15 seconds (2:15)
	1 minute in Ballet solo	
Groups	2 minutes & 30 seconds (2:30)	3 minutes (3:00)
Formations	2 minutes & 30 seconds (2:30)	4 minutes (4:00)
Production	5 minutes	8 minutes

Children's Formation will be 2:30 minimum and 3:00 maximum in Performing Arts, except Belly Dance and Flamenco Dance.

The time limit for all Productions is 8 minutes maximum, which will allow the opportunity to have a final with 3

LIFTS:

Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person.

Lifts are permitted in some, but not all dance disciplines. Please refer to specific rules for the discipline in question.

Lifts are NOT permitted in Children's divisions.

Exception:

Jumps in one hand-hold are not considered as a lift.

Forbidden elements for Mini kids and Children age divisions:

- Elements, stands on head are not allowed.
- Movements where most of weight is carried by another dancer are not allowed.
- Any kind of jumps from the props at the height of more than 1 meter are not allowed.

ACROBATIC MOVEMENTS:

Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures.

These movements are permitted in some, but not all disciplines. Please refer to specific rules for the discipline in question.

If permitted, acrobatic movements will not always enhance the dancer's score, and could even detract from the score if they are not performed in a technically correct manner.

In all disciplines where applicable, in Children and Mini Kids age divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine.

In Children and Mini age division, all acrobatics must be performed without any physical support of a dancer, dancers.
(AGM 2017, Implementation 1.1.2018, no change possible before 2021)

SPECIAL NOTE FOR ROUTINE RESTRICTIONS

No dance routine shall be performed in more than one discipline.

Example: The same routine cannot be performed in both a Jazz and Show Dance, nor can a Modern piece be performed in both a Modern and Ballet event.

SPECIAL RULE FOR COSTUMES

In Jazz/Lyrical, Modern and Contemporary Dance, Ballet, Tap Dance and Show Dance disciplines dancers will not be allowed to change their costume during a performance or competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round.

SPECIAL RULES FOR THE CHILDREN AGE DIVISION

Dark themes, costumes, and music are not permitted in the Children and Mini Kids Age Divisions

OTHER RULES

Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators. (AGM 2019, Implementation with immediate effect)

Jumping from the stage when somebody is waiting to catch the dancer is not allowed.
(ADM 2021, Implementation date 1.1.2022)

1.7 MODERN AND CONTEMPORARY DANCE

The categories of Modern and Contemporary Dance are: Solo Male, Solo Female, Duo, Group, Formation. Age Divisions see in General Provisions of Performing Arts.

In the Modern Dance Discipline Mini Kids are not allowed.

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.

1. **Characteristics and Movement:** 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 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 be acceptable to viewing by all ages.

2. The music choice can also be acapella (no music), but the beginning and ending of performance must be marked with clear audible sound (beep). (AGM 2018, Implementation 01.01.2019)
Every Modern&Contemporary performance can have a title, but it is not mandatory (AGM 2019, Implementation 1.9.2019, 1.1.2020)
3. **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. (*see in General Rules Performing Arts under Acrobatic Movements restriction for Children*)
Lifts are allowed in Junior and Adult age divisions and are prohibited in the Children age division.
4. **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.
5. **Clothing:** aesthetic, tasteful and age division appropriate.