



Rok Art

ASOCIATIA CULTURAL SPORTIVA

GENERAL RULES

www.rokart.org

Ø Age groups

- Ø Mini Kids I 5 years and under
- Ø Mini Kids II 6-7 years
- Ø Juveniles I 8-9 years
- Ø Juveniles II 10-11 years
- Ø Junior I 12-13 years
- Ø Junior II 14-15 years
- Ø Youth I 16-17 years
- Ø Youth II 18-20 years
- Ø Adults 21-34 years

Categories

- Solo Female Solo Male
- Duos F/M, F/F, M/M.
- Couples F/M, F/F, M/M.
- Trios 3 dancers of any gender
- Small teams 4-8 dancers
- Large teams 9-16 dancers
- Showcases 17-30 dancers
- Super Showcases 31 and more

Ø Time limits Show dance

- Ø Solos, Duos, Trios 1,30 – 2 min
- Ø Small & Large teams 2.30 – 3 min
- Ø Showcases 3.30 – 4 min
- Ø Super Showcases 3.30 – 5 min

Classical Ballet

Competitions Characteristics and Movement This discipline must be performed using the Classical Ballet Technique and style and may be performed in soft ballet shoes or Pointe shoes.

Although choreography may be of a modern nature, it may not deviate from what is commonly known as Classical Ballet Contemporary and/or Modern Jazz moves and styles may not be performed in this discipline.

Ballet Dance Competition format

- a. Music is of the dancers own choice
- b. All teams dance one by one to their own music

How to perform Classic Ballet Competitions

- a. Classic Ballet is a choreographed performance.
- b. It is not allowed to change clothes or remove items from the costume during performance.
- c. Acrobatics are not allowed.
- d. Lifts are allowed but must remain in the Classical Ballet tradition. Mini Kids, Juveniles I & II are not allowed to perform lifts, of any kind, in any WADF discipline.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds.
- f. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward well-rehearsed performances with good classical dance technique.
- b. During the qualifying rounds and in final rounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

- A- Advance(following the evaluation of teachers when they make enrollments, "A" league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
- B- Beginners(following the evaluation of teachers when they make enrollments , "B" league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 hours of training.week)
*****!!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY**
*****!!!*** THE ORGANIZAR CAN PUT TOGEDER THE "A" AND "B" LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS ! ! ! !**

Contemporary Ballet

Contemporary Ballet Competition format

- a. Music is of the dancers' own choice.
- b. All teams dance one by one on their own to their own music.

How to perform Contemporary Ballet

- a. Contemporary Ballet is a choreographed performance.
- b. It is allowed to change clothes or remove items from the costume.
- c. Acrobatics and lifts are allowed they will only enhance the dancers' score if the acrobatic movements are well integrated into the performance with style and finesse. Mini Kids, Juveniles I & II are not allowed to perform lifts, of any kind, in any WADF discipline.
- d. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can easily pass through a normal size door frame.

Criterion for Judging :

- a. The judges will reward clever choreography, a realistic theme or a small story.
- b. Innovative and use of modern figures and movements within the style of dancing that is being performed will be highly rewarded.

c. The judges will reward well-rehearsed performances with good classical dance technique.

d. During the qualifying rounds and in final rounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

- A- Advance(following the evaluation of teachers when they make enrollments, "A" league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
- B- Beginners(following the evaluation of teachers when they make enrollments , "B" league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 hours of training.week)
*****!!!** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY**
*****!!!** THE ORGANIZER CAN PUT TOGETHER THE "A" AND "B" LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS ! ! ! !**

ARTISTIC DANCE SHOW

Competition Styles The performance must be a sequence of Gymnastic Acrobatic Tricks blended/linked together with any style of dancing or type of music with no restriction in tempi.

It could be Classical / Modern / Contemporary / Jazz or Street Dance figures.

Artistic Acrobatic Dance Show competition format Each team performs on their own music.

Judges will mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion. Lifts and Acrobatics Lifts, acrobatics and building pyramids are allowed and encouraged.

Any acrobatic trick or pyramid that is performed with good balance and full control will be rewarded. Props Hand Props and Stage Props are allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

How to perform the Artistic Acrobatic Dance Show disciplines

a. Artistic Acrobatic Dance Show is a choreographed performance.

b. The character of the performance could be in any style. It is important to use gymnastic acrobatic elements like flexibility, skips, jumps, splits, bridges, leaps, summersaults or other gymnastic elements.

Gymnastic elements must be in harmony with the choreography. It is very important to connect idea, music, choreography and costume. Presentation and image is also important. An important part of the performance, especially for Small and Large teams is building pyramids. Variety and the grade of difficulty will be evaluated. It is important with skilful dancers in the team but the team is judge as a team and not by individuals.

Criterion for Judging

a. The judges will reward clever choreography, technical skill and acrobatic elements. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.

b. During the qualifying rounds and in finalrounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

- A- Advance(following the evaluation of teachers when they make enrollments, "A" league it is that where the dancers with a hight quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
 - B- Begininers(following the evaluation of teachers when they make enrollments , "B" league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 gours of training.week)
- ***!!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY ***!!!*** THE ORGANIZAR CAN PUT TOGEDER THE "A" AND "B" LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS ! ! ! !**

JAZZ

Characteristics and Movement All kinds of Jazz Dance is allowed. Contemporary dances like Break, Street and similar may be used as long as it is not dominant in the performance.

Jazz Dance Competition format

- a. Music is the dancer's own choice.
- b. All teams dance one by one to their own music.

How to perform Jazz Dancing

- a. Jazz Dance is a choreographed performance.
- b. It is not allowed to change clothes or remove items from the costume
- c. Acrobatics are not allowed in the air, but are allowed when danced on the floor.
- d. Lifts are allowed but will only enhance the dancers score if the movements are well integrated in the performance with style and finesse. Mini Kids, Juveniles I & II are not allowed to perform lifts, of any kind, in any WADF discipline.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds.
- f. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography, a realistic theme or a small story.

b. Innovative and use of modern figures and movements within the style of dancing that is performed will be highly rewarded.

c. During the qualifying rounds and in final rounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

- A- Advance(following the evaluation of teachers when they make enrollments, "A" league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
- B- Beginners(following the evaluation of teachers when they make enrollments , "B" league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 hours of training. week)

*****!!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY ***!!!*** THE ORGANIZAR CAN PUT TOGEDER THE "A" AND "B" LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS ! ! ! !**

ACROBATIC DANCE SHOW

Competition Styles The performance must be a sequence of Gymnastic Acrobatic Tricks blended/linked together with any style of dancing or type of music with no restriction in tempi.

It could be Classical / Modern / Contemporary / Jazz or Street Dance figures.

Artistic Acrobatic Dance Show competition format Each team performs on their own music.

Judges will mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion. Lifts and Acrobatics Lifts, acrobatics and building pyramids are allowed and encouraged.

Any acrobatic trick or pyramid that is performed with good balance and full control will be rewarded. Props Hand Props and Stage Props are allowed if they can be brought on to the stage, or dance floor, in less than 20 seconds It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

How to perform the Artistic Acrobatic Dance Show disciplines

a. Artistic Acrobatic Dance Show is a choreographed performance.

b. The character of the performance could be in any style. It is important to use gymnastic acrobatic elements like flexibility, skips,

jumps, splits, bridges, leaps, summersaults or other gymnastic elements.

Gymnastic elements must be in harmony with the choreography. It is very important to connect idea, music, choreography and costume.

Presentation and image is also important. An important part of the performance, especially for Small and Large teams is building pyramids. Variety and the grade of difficulty will be evaluated. It is important with skilful dancers in the team but the team is judge as a team and not by individuals.

Criterion for Judging

a. The judges will reward clever choreography, technical skill and acrobatic elements. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.

c. During the qualifying rounds and in finalrounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

A- Advance(following the evaluation of teachers when they make enrollments, "A" league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)

B- Beginners(following the evaluation of teachers when they make enrollments , "B" league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 gours of training.week)

*****!!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY**

*****!!!*** THE ORGANIZAR CAN PUT TOGEDER THE "A" AND "B" LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS !!!!!**

All WADF Dance Styles

All styles of dance can be performed. It could be dances taken from the Stage dance or the Street dance or any of the 6 departments. It is not allowed to participate in a competition in any of the above special styles using the same or similar choreography and/or music and/or clothing (or similar costumes) and also participate in the “All WADF dance styles”.

How to perform the Choreographed Dance Show

- a. Dance Show is a choreographed performance.
- b. The character of the performance must be in line with the style of dancing that is being performed.
- c. It is allowed to change clothes or remove parts of the costume.
- d. Acrobatics and Lifts are allowed.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography, a realistic theme or a small story.
 - b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- Criterion for Judging
- c. During the qualifying rounds and in finalrounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

- A- Advance(following the evaluation of teachers when they make enrollments, “A” league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
- B- Beginniners(following the evaluation of teachers when they make enrollments , “B” league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 gours of training.week)
*****!!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY ***!!!*** THE ORGANIZAR CAN PUT TOGEDER THE “A” AND “B” LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS ! ! ! !**

Urban Street Dance Show

Any free Street Dance style like Hip Hop, Break Dance, Electric, Robot, New style, New School, Crumping, Clowning, Locking, Popping, Boogaloo and Whacking must dominate the performance.

Urban Pop, House, Techno and Disco Dance Floor and Dance Hall are dances that could be a part of the Urban Street Dance Fusion Show.

How to perform Urban Street Dance Fusion Show

- a. Urban Street Dance Fusion Show is a choreographed performance.
- b. The character of the performance must be in line with the style of Urban Street Dance.
- c. It is allowed to change clothes or remove parts of the costume.
- d. Acrobatics and Lifts are allowed.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily brought in through a normal size door.

Criterion for Judging

- a. The judges will reward clever choreography, a realistic theme or a small story.
- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds and in final rounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

- A- Advance(following the evaluation of teachers when they make enrollments, “A” league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
- B- Beginners(following the evaluation of teachers when they make enrollments , “B” league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 hours of training. week)
*****!!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY**
*****!!!*** THE ORGANIZAR CAN PUT TOGEDER THE “A” AND “B” LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS !!!!!**

Leagues :

HIP HOP

In the Hip Hop many different styles of Hip Hop is allowed and depending on the Music different styles can be danced . The different style of dancing gives good opportunity for free interpretation and personal style. Break dance Acrobatics may be performed but should not dominate. The interplay between the battling opponents is important. The dancers must show respect towards each other.

Categories: Solos only Music: The music is chosen by the organiser and the DJ will play the different kinds of music after a list randomly. Different style of music will be played

Costumes: The costume will be Hip Hop style. Shoes must be worn during the performance. No props are allowed.

Format - Qualifying Rounds

- a. Organiser's music that will change in each part of the qualification heats.
- b. The dancers will be divided into heats with up to 8 dancers in each heat.

Criterion for Judging

- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds and in final rounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

- A- Advance(following the evaluation of teachers when they make enrollments, "A" league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
 - B- Beginners(following the evaluation of teachers when they make enrollments , "B" league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 hours of training. week)
- ***!!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY ***!!!*** THE ORGANIZER CAN PUT TOGETHER THE "A" AND "B" LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS ! ! ! !**

URBAN POP FUSION **SHOW**

The Pop dance style should dominate the performance while Street dance style dances could also be a part of the performance.

Categories For all categories see general rules
Time limits See general rules

Pop Dance Fusion Show Competition format
Each team performs alone to their own music.
The music will start as soon as the team have taken its position on the floor. No choreographic performance before or after the limited time of music is allowed.

How to perform Pop Dance Fusion Show

- a. Pop Dance Show is a choreographed performance.
- b. The character of the performance must be in line with the style of Pop Dance.
- c. It is allowed to change clothes or remove parts of the costume during the performance.
- d. Acrobatics and Lifts are allowed.
- e. Props are allowed if they can be brought on to the stage within 20 seconds.

Stagehands are allowed. It must be possible to fold all scenic props and backgrounds so that they can be easily brought in through a normal size door.

Criterion for Judging

- a. The judges will reward clever choreography, strong and fast speedy movements. Good synchronisation between the team members. It is important with good individual dancer's, but

the team is judged on the impression of the whole team.

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

c. During the qualifying rounds and in finalrounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Ethno Dance Show

Characteristics and Movement Ethno style includes all performing arts of nations – Irish, Hungarian, Russian, Polish, Spanish, Flamenco, Indian, Eastern folklore, Greek, Bulgarian folklore and etc.

Costumes, music and choreography should correspond to the character of the nation.

It is not allowed to dance Belly dance in Ethno style.

c. During the qualifying rounds and in final rounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Ethno Dance Show competition format

- a. Music is of the dancers' own choice.
- b. All teams dance one by one to their own music.

How to perform Ethno Dance Show

- a. Ethno Dance Show is a choreographed performance.
- b. It is allowed to change clothes or remove items from the costume.
- c. Acrobatics are allowed. Lifts are allowed but will only enhance the dancers score if the acrobatic movements and/or the lifts are well integrated in the performance with style and finesse.
- d. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography that is corresponding to the character of the Nation from where the dance is coming from.
- b. Innovative and modern use of figures and movements within the style of dancing that is performed will be highly rewarded.

Choreographed Dance **Show**

Music: Is of the dancers' own choice. '

Artistic Latin American: The main part of the performance must include one or several of the following dances. Cha-Cha-Cha; Samba; Rumba; Paso Doble; Jive and also minor parts of other dances that belong to the Latin American family.

Artistic Ballroom (Standard): The main part of the performance must include one or several of the following dances. Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep and also minor parts of other dances that belong to the Ballroom family.

Caribbean: The main part of the performance must include one or several of the following dances. Salsa, Bachata, Merengue. Swing Dances: The main part of the performance must include one or several of the following dances. Free Swing Dance, Jitterbug, Boogie Woogie, Lindy Hop, West Coast Swing, Bugg.

Traditional Dances: The main part of the performance must include one or several couple dances such as Quick Waltz, Polka, Schottische, Mazurka, Rhythm Foxtrot, Argentine Tango, Milonga, Tango Waltz, Disco-Fox, Hustle, Mambo, Lambada/Zouk, Brazilian Samba, Cumbia, New Vogue, Modern Sequence, Italian Liscio and other possible couple dances. Banghra Dance, Bollywood, Oriental Belly Dance, Flamenco, Hungarian Czardas and many

more National Folklore or traditional group dances.

Classic Film & Musical: The main part of the performance must include dances in a style taken from Hollywood films and Broadway Musicals choreographed in the 40's, 50's and 60's. It is possible to choreograph new dances performed in the "old" style.

Criterion for Judging

- a. The judges will reward clever choreography that is corresponding to the character of the Nation from where the dance is coming from.
- b. Innovative and modern use of figures and movements within the style of dancing that is performed will be highly rewarded.
- c. During the qualifying rounds and in final rounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Pom-Pom Cheer **Dance**

Competitions Competition Styles Any style of dancing or type of music is allowed with no restriction in tempos.

Pom Cheer Dance competition format

- a. Each team performs alone to their own music.
- b. Judges mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion. Lifts and Acrobatics Lifts and acrobatics are allowed. When building pyramids only 1 floor above the ground is allowed.

Props Hand props are obligatory with two 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. Stage props are not allowed.

How to perform Pom Cheer Dance disciplines

- a. Pom-Pom Cheer Dance is a choreographed performance.
- b. 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.
- c. 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.
- d. Presentation and image is also important.

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

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

Criterion for judging

- a. The judges will reward clever choreography, a realistic theme and clever use of the PomPoms.
- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds and in finalrounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Artistic Cheerleading Competitions

Competition styles Any style of dance or type of music is allowed with no restriction in tempos.

Artistic Cheerleading competition format

a. Each team performs alone to their own music.

b. Judges mark teams into the next round by using two sets of marks, one for Technical Merit, the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion. Lifts and Acrobatics Lifts and acrobatics are allowed but only with support from other team members or when the acrobatic movement is performed on the floor. When building pyramids only 1 floor above the ground is allowed. It is not allowed to throw dancers between team members. Props Hand props like flags, banners, twirling sticks, signs, pom-poms, megaphones and pieces of cloth are allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.

All props must be handles in a safe way not to harm anybody.

Stage props are not allowed.

How to perform Artistic Cheerleading competitions

a. Artistic Cheer Leading is a choreographed performance.

b. 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.

c. Gymnastic elements must be in harmony with the music and the choreography should be Artistic rather than Gymnastic.

d. It is very important to blend the music, choreography, costume, and the use of props into an Artistic Performance.

e. Presentation and image is also important.

f. It is important that any Acrobatic stunts, tossing and tumbling is blended into the musical phrase with balance and control.

g. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastic slippers (or similar) are allowed. Shoes must have a solid sole. h. Jewellery of any kind, including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces and pins on uniforms are not allowed. i. Jewellery must be removed and may not be taped over.

Criterion for judging

a. The judges will reward clever choreography that is performed in harmony with the music. All acrobatics must be danced with control and blended into the phrasing of the music.

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

c. During the qualifying rounds and in finalrounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Lyrical dance

is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires expression of strong emotions the choreographer feels from the lyrics of the song. This style concentrates on an individual approach and expressiveness of such emotions as love, joy, hurt, or anger. It does not concentrate on the dancer's precision of movement. To understand what Lyrical dance is, we need to understand some of the lyrical background and why dancers choose to use Lyrical dance.

The Lyrical style has a relatively recent history and brings together ballet with rock/folk/pop/alternative music and a variety of jazz and modern dance styles. Music for this style may consist of many genres including pop, rock, and hip-hop.

In Lyrical dance the upper body movements resemble traditional African dance forms. The term Lyrical Dance comes from the word "lyrical," which means to have a poetic, expressive quality; expressing spontaneous feelings and deep personal emotions. Music used for Lyrical dance is usually emotionally charged and expressive and give dancers a chance to express a range of strong emotions through their dancing. Lyrical is often choreographed to a song about freedom or overcoming obstacles. Their movements attempt to show the meaning of the music. It is very passionate and can tell a story through movement. This style is becoming so popular because the audience can easily relate to the emotion of the dancer and the choreography.

Lyrical dance tends to cover a large amount of space on the stage or dance room floor. The dancers travel with high and soaring leaps and graceful turns and walks. It is challenging for choreographers and dancers to interpret the music. Movements in lyrical are fluid, continuous, and graceful, with the dancer flowing seamlessly from one move to another with little or no stopping, holding finishing steps

as long as possible. These emotional dance moves help the dancer connect on an emotional level with the audience.

The origins of Lyrical dance are difficult to pinpoint. It seems to have come out of the entertainment world, where dancers began to mix jazz with ballet. Although Lyrical dance takes from ballet and jazz styles, it is not as physically demanding as these styles. There is less concentration on precision and more on individual style. This enables more people to explore this modern style – people with different body types, different experiences, and different ages. When learning a lyrical dance, it is important and helpful to have a solid background in at least ballet, if not also jazz or other styles of modern dance.

Criterion for Judging

c. During the qualifying rounds and in finalrounds the judges will use the 3-dimensional system by awarding points from 1 to 10 for Tehnic , Choreography , Interpretation

Leagues :

- A- Advance(following the evaluation of teachers when they make enrollments, "A" league it is that where the dancers with a high quality technique and complex movements can enroll; also those dancers who have minimum 4 hours of training/week)
- B- Beginners(following the evaluation of teachers when they make enrollments , "B" league is that where the dancers with not so big experiences in competitions and in dance technique can enroll, also those who have maximum 3 hours of training.week)

*****!!*** THE JUDGES WILL GIVE LOW SCORE FOR THOSE DANCERS WHO ARE IN WRONG CATEGORY ***!!*** THE ORGANIZAR CAN PUT TOGEDER THE "A" AND "B" LEAGUE IF IN ONE OF LEAGUES IT IS NOT MINIMUM 3 PARTICIPANTS ! ! ! !**