

# DANCE DIVISION DNC

8<sup>th</sup> August – 13<sup>th</sup> August 2022

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**Please read the general rules, as well as the specific rules**

## ENTRY FEES

Solo	R 120-00pp
Duet	R 75-00pp
Small Group 3-10	R 60-00pp
Large Group 11+	R 35-00pp
Competitive Items	R 230-00

## **Specific Rules:**

### **DURATION OF DANCE**

- **ALL DANCE DISPLINES EXCEPT ACROBATICS** - The duration of each dance **maximum 2 minutes for solo and duet/couple performances and 3 minutes for group performances**, any music longer than 2 minutes and 10 seconds and 3 minutes 10 seconds respectively will be rejected at the music desk. This information is essential for compiling of the programme ***to avoid delays on the day.***
- **ACROBATICS** – The duration of each dance **maximum 3 minutes for solo and duet/couple performances and 3 minutes for group performances**, any music longer than 3 minutes and 10 seconds and 3 minutes 10 seconds respectively will be rejected at the music desk.

### **AERIAL MOVEMENTS AND “TRICKS”**

- Definition - An **aerial** (or **air step**) is a **dance move** where one's feet leave the floor in a visual acrobatic movement. i.e gymnastic style movements, excludes leaps and jumps commonly found in dance syllabi.

- Dances with 2 or more aerial tricks in should enter their dance number under the acrobatic section.

## REGISTRATION

- All participants must register in foyer of the Communio Church auditorium, **one hour prior to the performance.**

## DRESSING ROOMS

- All participants are required to dress in the area behind the stage of the auditorium at Communio Church.
- Participants should be supervised at all times and brought backstage by their **teachers**.
- Teachers are to ensure that participants are **ready to dance 30 minutes prior to their allocated time.**

## STAGE

- **Only teachers** (no parents) will be allowed backstage.
- Participants should be trained to enter and exit the stage in the acceptable manner.
- Half- and quarter-markings will be placed on stage. No other markings will be allowed.

## COPYRIGHT

- Music or dance that forms part of any Association syllabus will not be allowed. **Items will be disqualified immediately** should there be an infringement of copyright.

## AGE GROUPS

- **Ages** to be determined as on **31<sup>st</sup> December 2022**
- Please note that the **oldest participant** in the group will determine the age of the group.

## LEVEL

- Dancers need to indicate their level of dance upon registration on the day of performance:
  - Beginner** – First time Eisteddfod or stage performance
  - Intermediate** – Danced less than 5 stage performances previously
  - Advanced** – Seasoned stage performer

## MAXIMUM TIME ALLOWED:

SOLO	2 minutes
DUET	2 minutes
GROUP 3-10	3 minutes
GROUP 11+	3 minutes

## MUSIC INFORMATION

- USB flash drives are to be used; **CDs will no longer be accepted due to equipment updates.**
- **Music must be digitally edited beforehand**, the music tech will not start the music at a “certain time” or fade music under teacher’s instruction in the sound box. **Unedited music will be discarded and the dancer will forfeit their performance.**
- **Each** item’s music must be clearly marked with the participant’s name and item number.
- After registration, please hand in the music at the sound desk in the auditorium.
- Ensure that the music is collected after adjudication as it will not be the responsibility of the sound engineer to return or safeguard any flash drives, etc.

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## ACROBATICS

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ITEM DNC 80	SOLO
ITEM DNC 81	DUET
ITEM DNC 82	GROUP 3 – 10
ITEM DNC 83	GROUP 11+

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## AFROFUSION

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- **Must adhere to time limits mentioned on page 1**

### PRIMARY SCHOOL

ITEM DNC 105	SOLO
ITEM DNC 106	DUET
ITEM DNC 107	GROUP 3-10
ITEM DNC 108	GROUP 11+

### SECONDARY SCHOOL

ITEM DNC 109	SOLO
ITEM DNC 110	DUET
ITEM DNC 111	GROUP 3-10
ITEM DNC 112	GROUP 11+

## **OPEN SECTION**

ITEM DNC 113	SOLO
ITEM DNC 114	DUET
ITEM DNC 115	GROUP 3 – 10
ITEM DNC 116	GROUP 11+

## **OPEN- MINE TEAMS AND COMMUNAL TEAMS**

ITEM DNC 117	GROUP 11+
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# **BALLET**

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## **CLASSICAL BALLET**

ITEM DNC 1	SOLO
ITEM DNC 2	DUET
ITEM DNC 3	GROUP 3 – 10
ITEM DNC 4	GROUP 11+

## **DEMI-CHARACTER**

The **title and theme of the dance** routine must be indicated on the entry form.

ITEM DNC 5	SOLO
ITEM DNC 6	DUET
ITEM DNC 7	GROUP 3 – 10
ITEM DNC 8	GROUP 11+

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# **BALLROOM DANCING**

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ITEM DNC 41	FOXTROT COUPLE
ITEM DNC 42	QUICKSTEP COUPLE
ITEM DNC 43	TANGO COUPLE
ITEM DNC 44	WALTZ COUPLE
ITEM DNC 45	JITTERBUG COUPLE
ITEM DNC 47	ROCK AND ROLL COUPLE

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# **BHANGRA/BOLLYWOOD**

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ITEM DNC 130 SOLO  
ITEM DNC 131 DUET  
ITEM DNC 132 GROUP 3 – 10  
ITEM DNC 133

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## CHARACTER DANCE

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- **ALL STYLE OF DANCE** (*see style definition below*)
- The **title, theme and dance style of the dance routine** must be indicated.

ITEM DNC 21 SOLO  
ITEM DNC 22 DUET  
ITEM DNC 23 GROUP 3 – 10  
ITEM DNC 24 GROUP 11+

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## CONTEMPORARY DANCE

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**\*\*\*SEE STYLE DEFINITION BELOW REGARDING AERIALTRICKS**

ITEM DNC 126 SOLO  
ITEM DNC 127 DUET  
ITEM DNC 128 GROUP 3 – 10  
ITEM DNC 129 GROUP 11+

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## CULTURAL, NATIONAL AND TRADITIONAL

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- The **nationality** of the dance routine must be indicated on the entry form.
- Dancers must be fully clad in clothes that cover the whole body, please refer to GENERAL RULES.
- **Must adhere to time limits mentioned on page 1**

ITEM DNC 13 SOLO  
ITEM DNC 14 DUET  
ITEM DNC 15 GROUP 3 – 10  
ITEM DNC 16 GROUP 11+

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## ENERGY/MOVE

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ITEM DNC 134	SOLO
ITEM DNC 135	DUET
ITEM DNC 136	GROUP 3 – 10
ITEM DNC 137	GROUP 11+

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## HIP HOP

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ITEM DNC 72	SOLO
ITEM DNC 73	DUET
ITEM DNC 74	GROUP 3 – 10
ITEM DNC 75	GROUP 11+

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## JAZZ

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ITEM DNC 25	SOLO
ITEM DNC 26	DUET
ITEM DNC 27	GROUP 3 – 10
ITEM DNC 28	GROUP 11+

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## LATIN AMERICAN

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- Only one style per dance

ITEM DNC 48	CHA-CHA SOLO
ITEM DNC 49	CHA-CHA DUET/COUPLE
ITEM DNC 52	RUMBA SOLO
ITEM DNC 53	RUMBA DUET/COUPLE
ITEM DNC 60	SAMBA SOLO
ITEM DNC 61	SAMBA DUET
ITEM DNC 64	PASO DOBLE SOLO
ITEM DNC 65	PASO DOBLE DUET/COUPLE
ITEM DNC 68	SALSA SOLO
ITEM DNC 69	SALSA DUET/COUPLE

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## LYRICAL DANCE

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\*\*\*SEE STYLE DEFINITION BELOW REGARDING AERIAL TRICKS

ITEM DNC 9	SOLO
ITEM DNC 10	DUET

ITEM DNC 11      GROUP 3 – 10  
ITEM DNC 12      GROUP 11+

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## MEDLEY

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- **Combine two or more dance styles.**
- Please specify the styles on the entry form.

ITEM DNC 138      SOLO  
ITEM DNC 139      DUET  
ITEM DNC 140      GROUP 3 – 10  
ITEM DNC 141      GROUP 11+

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## MODERN DANCING

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**\*\*\*SEE STYLE DEFINITION BELOW REGARDING AERIAL TRICKS**

ITEM DNC 17      SOLO  
ITEM DNC 18      DUET  
ITEM DNC 19      GROUP 3 – 10  
ITEM DNC 20      GROUP 11+

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## MUSICAL THEATRE

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The **title of the dance routine** must be indicated on the entry form.

ITEM DNC 29      SOLO  
ITEM DNC 30      DUET  
ITEM DNC 31      GROUP 3 – 10  
ITEM DNC 32      GROUP 11+

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## RHYTHMIC GYMNASTICS

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- Please note: no sprung floor or gymnastics mats can/or will be available to be used, the gymnasts must use the floor as set up for the dance section.
- Props permitted

ITEM DNC 142      SOLO  
ITEM DNC 143      DUET  
ITEM DNC 144      GROUP 3 – 10  
ITEM DNC 145      GROUP 11+

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## SOLO STUDIO DANCES

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- No more than **10 dancers** may perform the same dance in each discipline.
- Choreography and choice of music is at the teacher's discretion.

ITEM DNC 146	ACROBATICS
ITEM DNC 88	BALLET
ITEM DNC 147	BALLROOM
ITEM DNC 148	CONTEMPORARY
ITEM DNC 91	HIP HOP
ITEM DNC 92	LATIN AMERICAN
ITEM DNC 149	LYRICAL
ITEM DNC 89	MODERN
ITEM DNC 90	TAP

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## SPANISH DANCE

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ITEM DNC 97	SOLO
ITEM DNC 98	DUET
ITEM DNC 99	GROUP 3 – 10
ITEM DNC 100	GROUP 11+

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## STUDENT CHOREOGRAPHY

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- Participants must choreograph their own dance without any assistance.
- The style must be specified on the entry form.

ITEM DNC 101	SOLO
ITEM DNC 102	DUET
ITEM DNC 103	GROUP 3 – 10
ITEM DNC 104	GROUP 11+

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## TAP

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ITEM DNC 33	SOLO
ITEM DNC 34	DUET
ITEM DNC 35	GROUP 3 – 10



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## **COMPETITIVE SECTION**

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- A programme consisting of **3** solo dances of 3 different dance styles must be presented
- Dances that have been performed in other sections / items may not be performed in this section.
- Styles may not be combined.

ITEM DNC 123	ACROBATICS
ITEM DNC 118	BALLET
ITEM DNC 150	CONTEMPORARY
ITEM DNC 151	ENERGY
ITEM DNC 122	HIP HOP
ITEM DNC 152	LYRICAL
ITEM DNC 121	LATIN AMERICAN
ITEM DNC 119	MODERN
ITEM DNC 124	SPANISH DANCE
ITEM DNC 125	BALLROOM
ITEM DNC 120	TAP

### **DEFINITIONS OF DANCE GENRES**

#### **ACROBATIC DANCE**

Acrobatic dance is a style of dance that combines classical dance techniques with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

#### **AFROFUSION**

The merging of traditional African dances and contemporary dance techniques. It is nowadays referred to as Afro-contemporary dance

#### **BALLET**

A classical and artistic dance form performed to music. It is characterised by light graceful movements and as well as elaborate and precise gestures and steps often including the use of pointe shoes with reinforced toes.

#### **BALLROOM**

Ballroom dance is formal social dancing in couples, dancers are judged by diverse criteria such as poise, the hold or frame, posture, musicality and expression, timing, body alignment and shape, floor craft, foot and leg action and presentation.

### **BHANGRA/BOLLYWOOD**

Derived from the traditional folk steps of India. Can be danced strictly traditional as in Bhangra or with commercial dance moves added to lean towards a Bollywood style.

### **CONTEMPORARY**

*Contemporary dance* refers to the latest developments in dance techniques. Styles may vary significantly, but what they seem to have in common is the use of contractions and release, rise and fall, floor work, movement unrestrained by restrictions in traditional vocabularies, fusion with various movement genres such as yoga, Tai Chi and cultural dances (such as African ritual dances. Themes can be expressive, narrative or abstract.

**\*\*\*Only 2 aerial “tricks” allowed. More than 2, the dancer will be disqualified**

### **CHARACTER**

A character dance portrays a character both through the choreography and the dancers’ portrayal. The choreography needs to add to the telling of the character’s story or the expression of the character’s feelings. The character should be **clearly** portrayed in costume, movements, and gestures. Character dances can comprise of different dance styles.

### **ENERGY/MOVE**

A high energy and rhythmic dance style accentuating the beat of the music in the body, including hard hitting lines and shuffle steps.

### **HIP HOP**

Hip-Hop dance refers to street dance styles primarily to Hip Hop music or that have evolved as part of Hip - Hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the USA.

### **JAZZ**

Danced with strong pulses and makes use of syncopated rhythms and includes asymmetric lines. The movements used are characteristically low “into the ground”, strong and dynamic with many angular shapes. It uses many isolations of body parts, such as head rolls and shoulder, rib and hip isolations which are used in coordination to create interesting sequences. No aerial tricks are within the true Jazz style.

### **LATIN AMERICAN**

Originating in Latin America popularly danced by African slaves in the area, the Latin styles have rhythmic earthy movements. Most styles accentuate the merengue action in the hips and changed in body and leg rhythms.

## **MODERN**

Modern dance is a highly expressive style of dance that challenges the structured dance technique of classical ballet. The focus of modern dance is expression, rather than following a rigid set of postures or technical positions that ballet dancers are trained in.

**\*\*\*Only 2 aerial “tricks” allowed. More than 2, the dancer will be disqualified.**

## **MEDLEY**

A mixture of two or more dance styles into one performance with edited music. The music edits should match the dance style performed in each section. The various style movements and step characters need to be clearly executed.

## **MUSICAL THEATRE**

The *Musical Theatre* category comprises of a performance done to a song taken from an actual musical theatre production’s repertoire, which is performed while portraying the character/s in the particular musical. It typically makes use of characterisation (acting), and either live singing or lip-syncing.

## **SPANISH DANCE**

A complex dance form including different styles and the use of instruments and vocal expressions by the dancer. It can be categorised in different groups the most common being Flamenco and is characterized by the use of rhythmic Spanish music often solo guitar with the dancer adding their own percussion with their feet and the use of castanets.

## **TAP**

Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of rhythmic percussion.

## **TRADITIONAL DANCE**

A traditional dance has arisen from people’s cultural traditions. It is generally more of a social activity rather than competitive, but it is normally choreographed. It can be either solo, partnered, and is mainly danced in formation. *National dances* and *traditional cultural dances* are to be strictly authentic and specific to a particular nation, culture and tradition.