

DANCE DIVISION DNC

16th August – 23th August 2025
(No dancing on Sunday 17th August)

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

ENTRY FEES

Solo	R 155-00pp
Duet	R 80-00pp
Small Group 3-10	R 65-00pp
Large Group 11+	R 40-00pp

Special notes

*****All entrants will receive a professional recording of the day they performed at no extra cost!!***

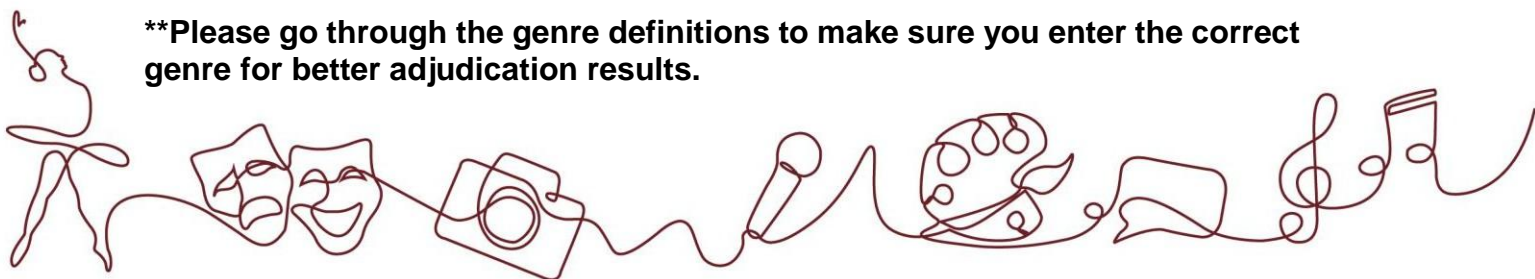
*****NO CHANGES WILL BE MADE TO THE PROGRAM AFTER 1st AUGUST 2025***

****All dancers entering 2 or more solos will be part of the competitive age groups.**

AGE GROUP CALCULATION – e.g. U13 = age 12 & 13 (the age they turn in 2025)

**** DanceSport Federation Mpumalanga Colour requirements 3 x Solos of 3 different genres achieving over 85% for at least 3 performances.**

****Please go through the genre definitions to make sure you enter the correct genre for better adjudication results.**



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 4 minutes for group performances**, any music longer than 3 minutes and 10 seconds and 4 minutes 10 seconds respectively will be rejected at the music desk.

AERIAL MOVEMENTS AND “TRICKS”

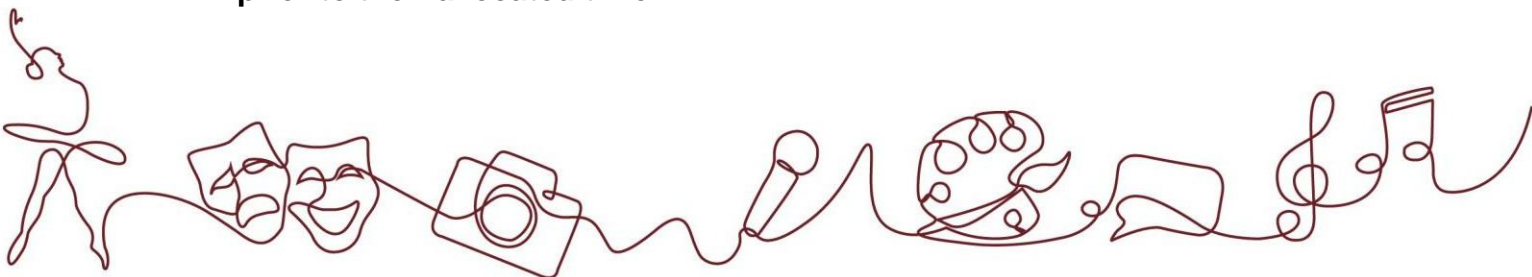
- Definition - An ***aerial*** (or air ***step***) is a ***dance move*** where one's feet leave the floor in a visual acrobatic movement. i.e gymnastic style movements, excludes leaps and jumps commonly found in dance syllabi.
- **Dancers with 3 or more aerial tricks, should enter their dance number under the acrobatic section.**

PROGRAM

- All participants must arrive **one hour prior to the performance.** ***Where possible the program will move ahead of time NOTE: program will be a time guideline, however, it will never run more than one hour in advance.***
- ***NO CHANGES CAN BE MADE TO THE PROGRAM AFTER 1st AUGUST 2025***

DRESSING ROOMS

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



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STAGE

- **Only teachers** (no parents) will be allowed backstage, unless the dancer is under the age of 10 years old.
- 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 permanent markings will be allowed. Moveable markers will be allowed for groups under the age of 10.

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 **31st December 2025**
- 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
DIFFERENTLY ABLED	5 minutes

COMPETITIVE SECTION

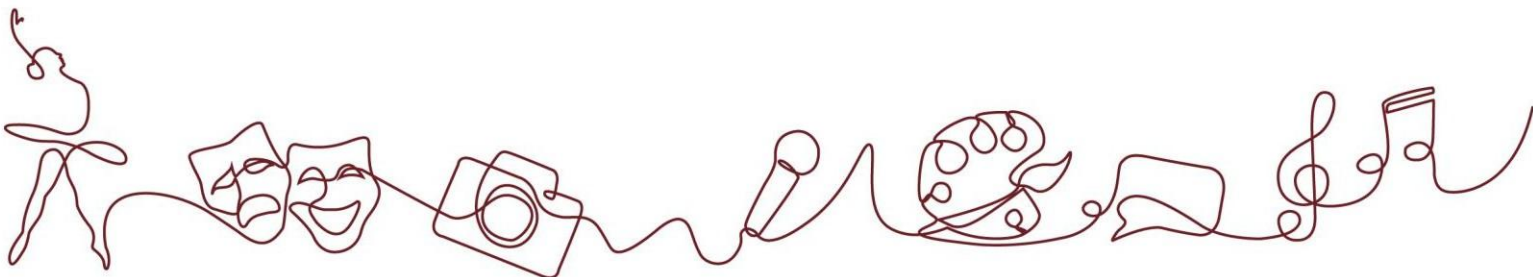
- The competitive section from previous years has been removed, all dancers will automatically be entered in the competitive section and given an average



with be awarded with a medal at the DanceSport Capping & Age Group Ceremony usually held in November

MUSIC INFORMATION

- USB flash drives are to be used; **CDs will no longer be accepted due to equipment updates, no music to played from a cellphone. Teachers are to mark their USB clearly with the studio name.**
- **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 a file for each day and in the the correct file add the participant’s name/group name and item number as it is on the program.
- Music should be handed into the sound desk in the auditorium before the start of the allocated program section.
- 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.
- Any performances with music that have racial slur, profanities, sexual connotations will be disqualified immediately.



ACROBATICS

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.

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

AMAPIANO

A South African subgenre of house music that combines jazz, deep house, and other genres

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

PRIMARY SCHOOL

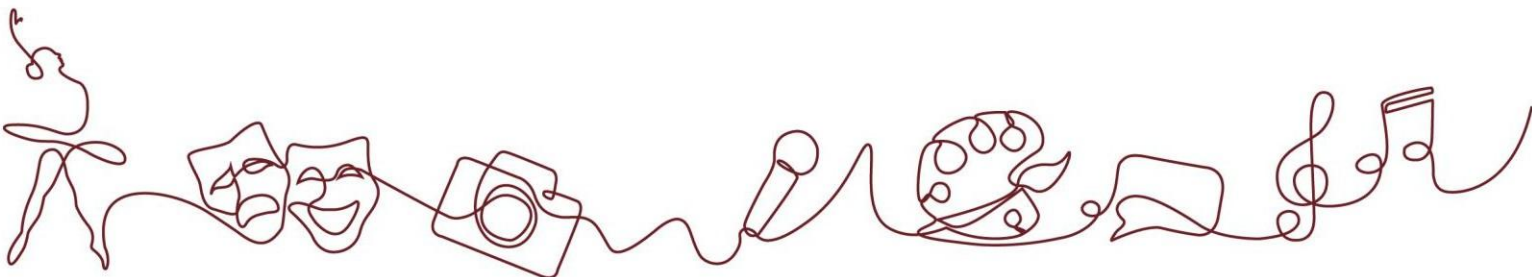
ITEM DNC 105	SOLO
ITEM DNC 106	DUET
ITEM DNC 107	GROUP 3-10
ITEM DNC 108	GROUP 11+

SECONDARY SCHOOL

ITEM DNC 109	SOLO
ITEM DNC 110	DUET
ITEM DNC 111	GROUP3-10
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+



BALLET

An artistic dance form performed to music, using precise and highly formalized set steps and gestures. It is characterized by light, graceful movements on demi point or the use of pointe shoes with reinforced toes. Ballet has a character component too, character shoes are used. Repertoire the be enter under this section.

CLASSICAL BALLET

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

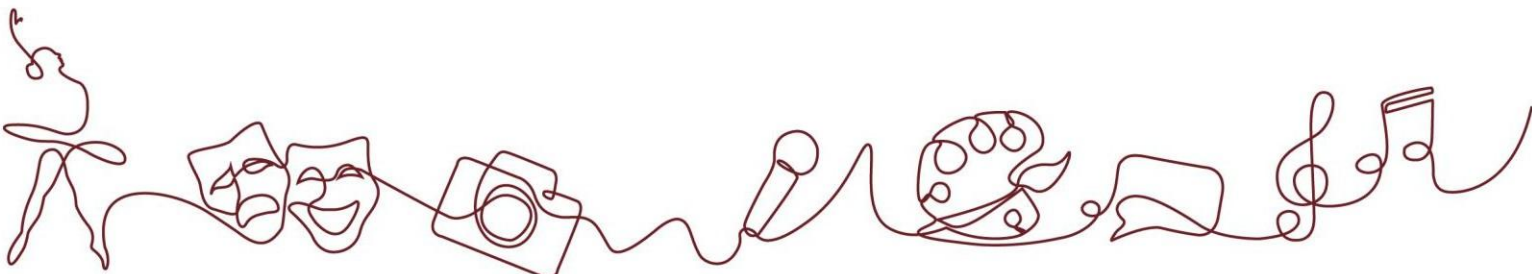
DEMI-CHARACTER

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

BALLROOM DANCING

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.

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



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.

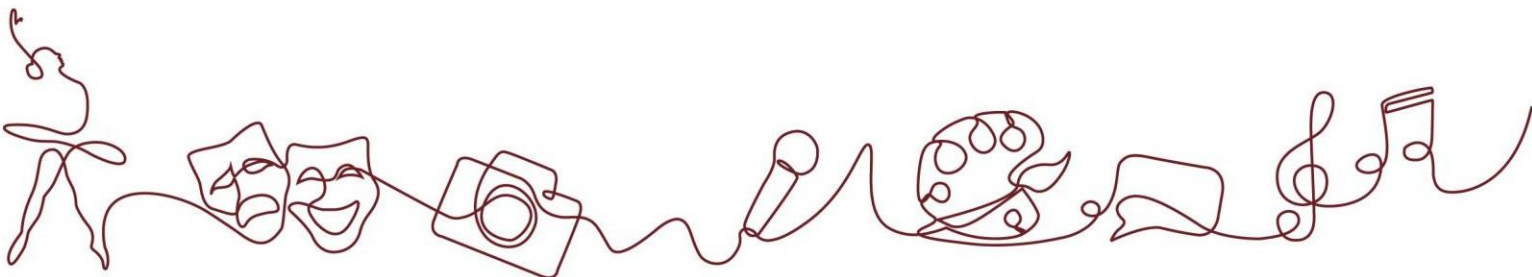
ITEM DNC 130	SOLO
ITEM DNC 131	DUET
ITEM DNC 132	GROUP 3 – 10
ITEM DNC 133	

CHARACTER DANCE

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. Ballet character should be entered under BALLETS CHARACTER

- **ALL DANCE GENERES** (*see style definition below*) Ballet character dances should be entered under **CHARACTER BALLETS**

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



CONTEMPORARY DANCE

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.) The music style has a heavier feel unlike lyrical music.

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

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

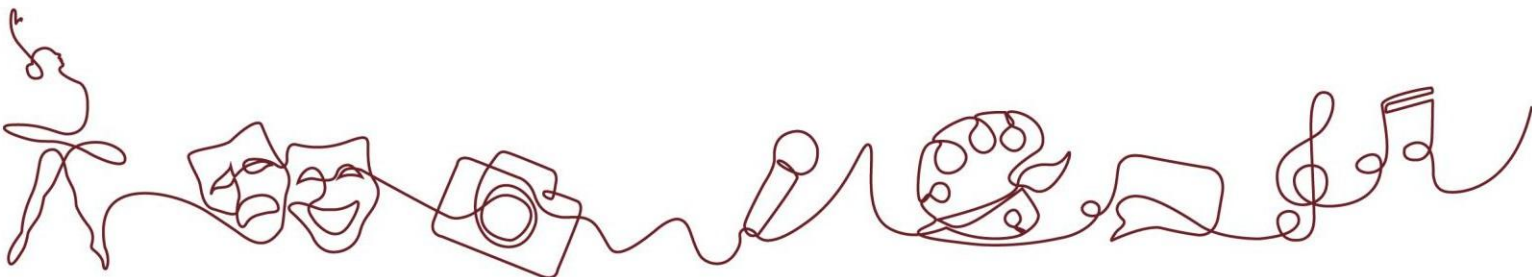
ITEM DNC 126	SOLO
ITEM DNC 127	DUET
ITEM DNC 128	GROUP 3 – 10
ITEM DNC 129	GROUP 11+

CULTURAL, NATIONAL AND TRADITIONAL

Cultural and traditional dances are dances that are unique to a specific culture and are often passed down through generations. They can have important cultural, religious, or communal significance.

- 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+



DIFFERENTY ABLED

Differently abled dance is a term that describes dance that involves people with disabilities. It can include physical or psychological disabilities, and the disability may or may not be the focus of the dance.

ITEM DNC 159	SOLO
ITEM DNC 160	DUET
ITEM DNC 161	GROUP 3 – 10
ITEM DNC 162	GROUP 11+

ENERGY/MOVE

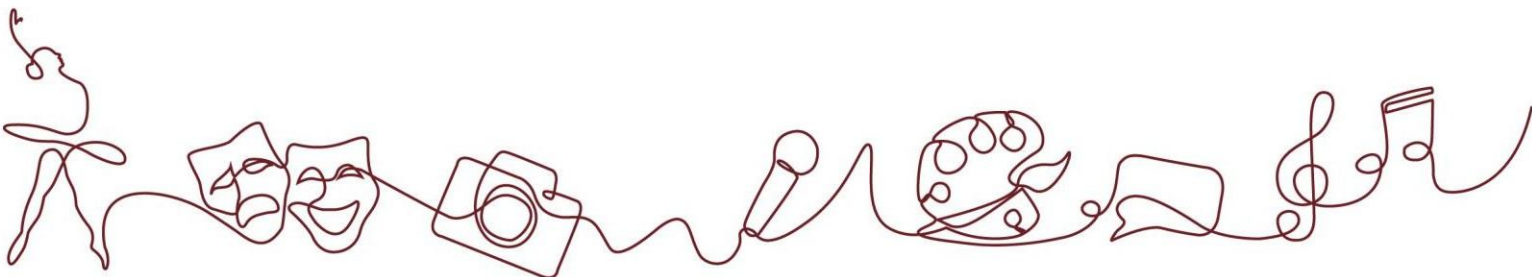
A high energy and rhythmic dance style accentuating the beat of the music in the body, including hard hitting lines and shuffle steps.

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

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 such as breaking, locking, popping, waacking, voguing, krump, popular foundation and house.

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



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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.

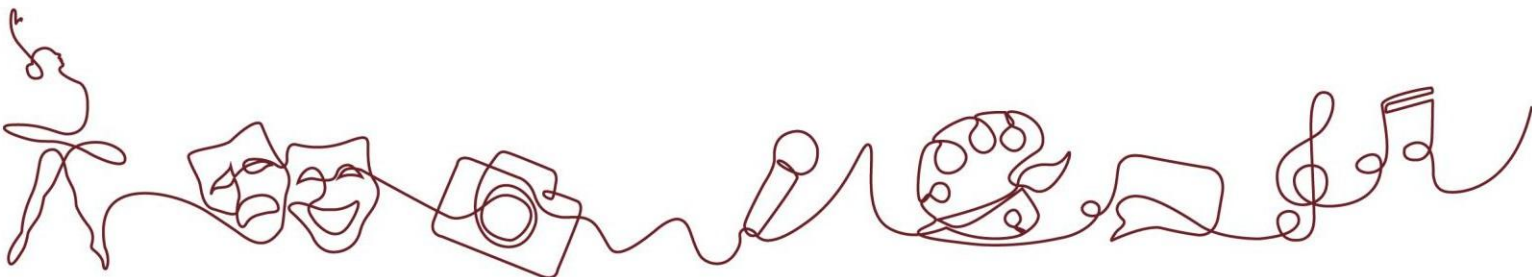
ITEM DNC 25	SOLO
ITEM DNC 26	DUET
ITEM DNC 27	GROUP 3 – 10
ITEM DNC 28	GROUP 11+

LATIN AMERICAN

The Latin styles have rhythmic earthy movements. Most styles accentuate the merengue action in the hips and changed in body and leg rhythms.

- Only one style per dance, **IF THE ITEM HAS MULTIPLE LATIN STYLES IT SHOULD BE ENTERED UNDER MEDLEY**

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



LYRICAL DANCE

Lyrical dance is a style of dance that combines ballet, jazz, modern, and acrobatic techniques to **express the emotions** of a song's lyrics. Lyrical music has a lighter feel to contemporary.

*****SEE RULING ABOVE REGARDING AERIAL TRICKS**

ITEM DNC 9	SOLO
ITEM DNC 10	DUET
ITEM DNC 11	GROUP 3 – 10
ITEM DNC 12	GROUP 11+

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.

- **Combine two or more dance genres.**
- 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+

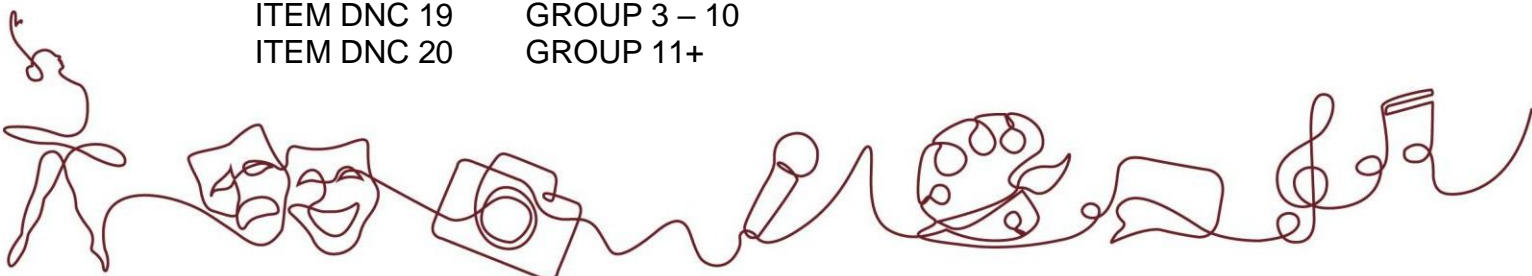
MODERN DANCING

Modern dance is a 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.**

*****SEE RULING ABOVE REGARDING AERIAL TRICKS**

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



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 acting, live singing or lip-syncing.

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

RHYTHMIC GYMNASTICS

Rhythmic gymnastics is a sport in which gymnasts perform individually or in groups on a floor with an apparatus: hoop, ball, clubs, ribbon and rope

- 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.

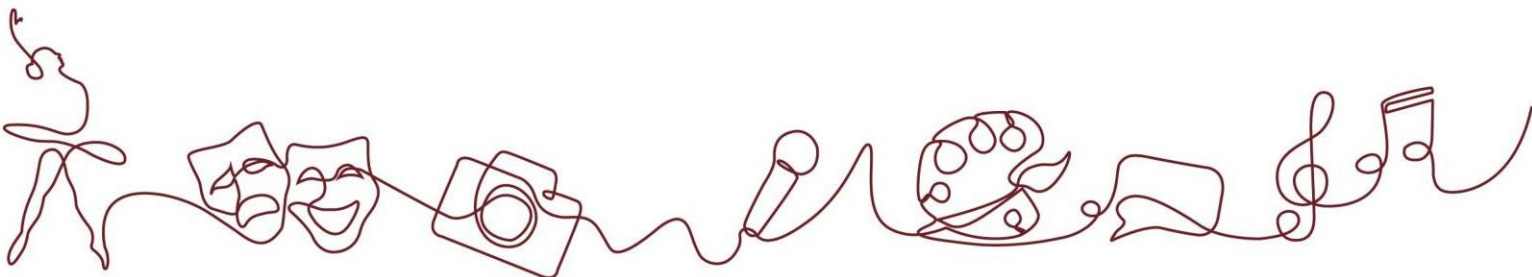
ITEM DNC 142	SOLO
ITEM DNC 143	DUET
ITEM DNC 144	GROUP 3 – 10
ITEM DNC 145	GROUP 11+

NFT – NO FORMAL TRAINING

- This section is for dancers who have **NEVER** had any formal dance coach / teacher or belonged to any dance studio. Dancers can perform any dance genre.
- **Time limits need to be adhered to as mentioned on page 1**

PRIMARY SCHOOL

ITEM DNC 150	SOLO
ITEM DNC 151	DUET
ITEM DNC 152	GROUP 3-10



SECONDARY SCHOOL

ITEM DNC 153	SOLO
ITEM DNC 154	DUET
ITEM DNC 155	GROUP3-10

OPEN SECTION

ITEM DNC 156	SOLO
ITEM DNC 157	DUET
ITEM DNC 158	GROUP 3 – 10

SOLO STUDIO DANCES

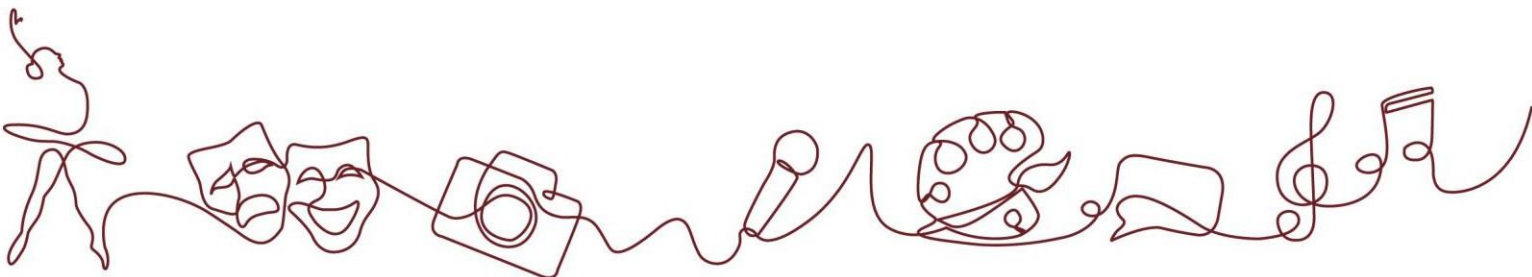
- No more than **10 dancers** may perform the same dance in each discipline.
- Choreography and choice of music is at the teacher's discretion.

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

SPANISH DANCE

Spanish dance is a traditional art form that tells stories about Spanish culture, history, and landscapes. They can be fast or slow, and can involve intricate footwork, elegant postures, and structured form. Compressed movements, intense feeling, angular arm shapes and body shaping are present.

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



STUDENT CHOREOGRAPHY

- Participants must choreograph their own dance without any assistance, any genre of their choice.
- Any genre of dance can be performed.

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

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.

**Tap performances will be danced on only one day of the Eisteddfod due to the set up of a wooden floor (8m x 6m)

ITEM DNC 33	SOLO
ITEM DNC 34	DUET
ITEM DNC 35	GROUP 3 – 10
ITEM DNC 36	GROUP 11+

