



# Rules

## *Dance Stars*

**2025-2026**



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## SCHEDULE

Category	REGULAR SOLO	REGULAR DUO/TRIO	TEAM	SHOWCASE SOLO	SHOWCASE DUO/TRIO	FREESTYLE
<b>U10 (t/m 9 jaar)</b>	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	
<b>U13 (t/m 12 jaar)</b>	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	
<b>U15 (t/m 14 jaar)</b>	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	
<b>U18 (t/m 17 jaar)</b>	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	
<b>O18 (18 jaar en +)</b>	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	BEGINNER NOVICE INTERMEDIATE ADVANCED	
<b>PARENT TEAM (25+)</b>			OPEN			
<b>U10 U13 U15 U18 O18</b>	OPEN	OPEN	OPEN	OPEN	OPEN	ALL LEVELS



## CLASSIFICATION BY STYLE

- ✓ Modern/Contemporary (Incl. Lyrical)
- ✓ Jazz/Show (Jazz, Showdance, Musical, Cheer, Tap, Belly Dance, Disco)
- ✓ Ballet (Classical, Neo-classical & Folklore)
- ✓ Open (Fusion, Teams Only)

\* Dance Stars reserves the right to merge categories both by age and dance style.

\*\* For an explanation of the styles, see appendix 1 on page 26.

Is your dance style not listed? Contact us and we will look at the possibilities! The competition management reserves the right to decide whether a choreography will be admitted to the competition. If in doubt, always send a video no later than one month before the first competition for verification.

## LEVELS

- Beginner:** This category is for the true beginner.  
**Novice:** This category is for the better beginner.  
**Intermediate:** This category is for the skilled dancer.  
**Advanced:** This category is for the advanced dancer.

During the season, it is checked whether the level is appropriate for a dancer. If there is too big a difference in level within a category, which is clearly reflected in the scores, the organisation may decide to place a solo, duo/trio or team in another level.

At the end of the season, the results will be used to decide whether to promote.

New dances should always send in a video at least one month prior to their first participation for a first level assessment. At the first competition, the head judge will check whether this level is indeed appropriate. If this video is not sent in on time, the dance concerned will have to compete in the highest level at the first competition.

## MERGES

With few or many entries, divisions may be merged or broken up by style, level or age.

## AGE RULE

The age used to calculate for Solo, Duo and Team is August 31 2026.

### Voorbeeld:

If you turn 13 on August 31, 2026, then your age to count with during all competitions in the 2025/2026 season ( so you dance solo U15). However, if you do not turn 13 until September 1, 2026, then you may dance solo U13.

Dance Stars reserves the right to verify participant enrollment by age and category through ID verification. So it is important to always carry a valid ID, or a copy of it, with you.

## TEAM

All team compositions in terms of age are possible. The age group in which the team will dance is determined according to the following rules.

1. Age determination according to the age rule.
2. The oldest dancers determine the age category. This with the 25% rule.

### Example 1

Suppose you have a team of 10 dancers: 12y,13y,15y,17y,18y,19y,20y,13y,14y,11y. To determine which category they should dance in, you look at the oldest dancers (18y,19y,20y) -> more than 25% of the dancers are older than 18y so this team dances in O18.

### Example 2

Suppose you have a team of 10 dancers: 14y,15y,16y,18y,19y,14y,15y,16y,17y,15y. To determine in which category they should dance, you look at the oldest dancers (18y,19y) -> less than 25% of the dancers are older than 18y so this team should dance in U18

**YOU MUST HAVE A MINIMUM OF 4 DANCERS TO FORM A TEAM.**

**FOR TEAMS, EACH DANCER MAY ONLY DANCE ON 1 TEAM PER DANCE STYLE.**

## TEAM ASSEMBLIES

Make sure the team compositions passed on are correct every match! Please report any changes or absentees in time, this can still be done up to one hour prior to the start of the category at registration. Failure to match a team composition and or passed birth dates may result in disqualification.

## DUO/TRIO

The oldest dancer determines the age category. For duo/trio, you may only dance in 1 regular duo/trio and showcase duo/trio per dance style.

## SOLO

According to the age rule. For solo, a dance teacher may not enter in Beginners level. For solos, you may only dance in 1 regular solo and 1 showcase solo per dance style.

## MAXIMUM OF 2 SHOWCASES

**PLEASE NOTE:** A dancer may dance a maximum of 2 showcases.

This means:

- Either: 1 solo showcase and 1 duo showcase. This may be in the same style but does not have to be.
- Or: 2 solo showcase. This may NOT be in the same style.
- Or: 3 duo showcase. This may NOT be in the same style.

## 2

## COMPETITION

### REGULAR SOLO

A regular solo involves dancing (in heats) with several dancers on the floor at the same time to an imposed music track (choreography is up to you).

In regular solo, you have a maximum of 3 metres in width and 2 metres in depth available for dancing. Each soloist is given a designated spot on stage by means of a sticker. A solo must therefore also keep dancing in the designated spot, and may not obstruct another solo. Obstructing other dancers may result in penalty points. (See annex page 28)

## **PRELIM (IF REQUIRED)**

- When there are more than 12 applications, a preliminary round(s) can be planned.
- It is not allowed to use diagonals in your choreography. You may not hinder the other dancer. Make sure that your choreography is adapted to the space.
- Duration imposed music piece: approximately 1.10 min.

## **FINALE**

These solos dance with up to 5 dancers at a time in the finale, to the imposed music number. (See annex page 28)

## **SHOWCASE SOLO**

- A Showcase solo will have the dance floor completely at their disposal and will dance the rehearsed choreography to their own chosen music.
- Duration of Beginner, Novice, Intermediate, Advanced: max. 2 min.
- You may dance both showcase solo and regular solo

## **FREESTYLE**

For the age categories U10, U13, U15, U18 and 018 we organize a freestyle round regardless of the dance style. All dancers from 1 specific age group dance a freestyle round if they register beforehand... We choose the music. You do not know the music beforehand. A dance school may register a maximum of 4 dancers from 1 age group for freestyle per competition.

## **FREESTYLE PRELIM**

When there are more than 4 applications, preliminaries will be scheduled. During the preliminary round(s), several dancers will dance on the floor at the same time in heats of 1 minute to music chosen by us. (See annex page 31)

## **FREESTYLE FINALE**

These solos dance with up to 4 dancers at a time in the finale. This involves a freestyle battle by the 4 dancers. The music is chosen by us. Duration: max 1 min.





## REGULAR DUO/TRIO

In a regular duo/trio, several dancers dance (in heats) on the floor at the same time to an imposed music track (choreography is up to you). In a regular duo, a maximum of 4 metres in width and 2 metres in depth is available for dancing. Each duo is given a designated spot on stage by means of a sticker. A duo must therefore dance in their designated spot and may not obstruct another duo. Hindering other dancers may result in penalty points.

## PRELIM (IF REQUIRED)

The oldest dancer determines the age category. For duo/trio, you may only dance in 1 regular duo/trio and showcase duo/trio per dance style.

- When there are more than 12 applications, a preliminary round(s) can be planned. There will be danced in heats with several dancers on the floor at the same time to an imposed music number (you may determine the choreography yourself).
- It is not allowed to use diagonals in your choreography. You may not hinder the other dancer. Make sure that your choreography is adapted to the space.
- Duration imposed music piece: approximately 1.10 min.

## FINALE

These duos and trios dance with up to 5 duo/trio at a time in the finale, to the imposed music number.

## SHOWCASE DUO/TRIO

- A duo/trio will have the dance floor completely at their disposal and will dance the rehearsed choreography to their own chosen music.
- Duration of Beginner, Novice, Intermediate, Advanced: max. 2 minutes.
- You may dance both showcase duo/trio and regular duo/trio.

## TEAMS

- A TEAM is given the dance floor completely at their disposal and dances the rehearsed choreography to the music they have chosen.
- The timing starts/stops with the music or the performance.
- Time length of Beginner, Novice, Intermediate, Advanced: max. 3.00 minutes.
- For teams, each dancer may only dance in 1 team within 1 dance style.
- During the same season you may change the team composition, but the team may not change more than 50%.
- At the beginning of the season you register your team for a certain age category. If your team composition changes in such a way that the category would change, please contact the tournament management.
- Make sure the team compositions passed on are correct every match! Please report any changes or absentees in time, this can still be done up to one hour prior to the start of the category at registration. Failure to match a team composition and or passed birthdates may result in disqualification.

## 3

## REGISTRATION

The deadline for registration is always mentioned on the site, but as a rule of thumb, it may be held to be Wednesday, about 11 days before the competition. Provided the competition is full, then it will close earlier.

You can register via e-mail ([info@dancestarscompetitions.com](mailto:info@dancestarscompetitions.com)) by filling in and mailing the registration form (downloadable from our website).

Only entries with the Dance Stars excel form will be processed! Registrations received earlier than the registration date & time will not be processed!

New participants must send a recent video of their choreography by e-mail at the latest one month before the competition, so that the competition management can determine the appropriate level. If this is not done, they must compete in the highest level the first competition.

## PAYMENTS

Everyone who participates pays a fixed fee. You can buy this ticket via our e-ticket website/at the box office.

For this the dancer gets:

- Freestyle Round
- Solo Regular
- Duo/Trio Regular
- Participation Team(s)

You can buy this ticket via our e-ticket website ([www.dance24.nl](http://www.dance24.nl))

You choose when to buy this both teacher/parent and dancer can buy a ticket this way Registration has to be done by the coach/dance school (not by the parents) through our website otherwise the dancer in question is not registered for the competition.

## PAYMENT SHOWCASE SOLO/DUO/TRIO

If a dancer would like to participate in another part of the competition, they pay per extra competitor number:

- 6 euro per showcase solo registration
- 12 euro per showcase duo/trio registration (not per person but per duo/trio)

The dance school pays the above in advance through our system, directly at registration via bank contact or Ideal. If this is not possible, the dance school will receive an invoice. (1 dance school = 1 invoice) Please note! Only after payment of the invoice is the registration completed. After receiving a confirmation and invoice by e-mail, the full amount must be paid, regardless of any cancellations.

In the event of cancellation by the dancer/school in question after the registration has been completed, no money will be refunded.



## SUBMIT MUSIC

- The music must be submitted to us in MP3 format no later than 11 days prior to the competition.
- The MP3 file must contain the name of solo, duo dancers or team name and in which category and contest you are competing: Name\_Category\_Competition
- Example compagniejazz\_U10beg\_Berlicum
- The dancer(s)/team is responsible for good quality music.
- If the music is not delivered according to the above criteria, it will be considered undelivered.

## LENGTH OF MUSIC

- Showcase solo and Showcase duo/trio Beginner, Novice, Intermediate, Advanced: max 2 minutes. Note! This is incl intro/outro and fade!
- Team Beginner, Novice, Intermediate, Advanced: max 3.00 minutes.

Please submit the music via our own WeTransfer  
(<https://dancepromotions.wetransfer.com>)

If **11 days** before the competition we still have not received your music, this will result in penalty points on your performance!

**Always bring a back-up to the competition on a USB stick. Make sure your music is in an mp3 file on it.**



## 4

## REGISTRATION AT COMPETITION

Please sign in at least 1 hour before your own category starts at the registration desk, unless otherwise indicated. After reporting at the registration desk and collecting the competitor number, everyone can change and then take a seat in the auditorium or stay backstage. No later than 15 minutes before the performance, one is expected backstage.

A teacher, coach may, of course, accompany you then. After the performance, you may return to the auditorium. (Provided the hall is not full, spectators have priority over dancers).

In the last week, the heatsheet is usually posted online! Here you will find your own competitor number. Remember this number well so that you know it for registration. Don't know your number? Check the printed lists on the competition day itself!

Make sure that the team composition is correct every match! If there are any changes or absentees, let us know in good time; this can be done up to one hour prior to the start of the category at registration. Failure to match a team composition and or passed birthdates may result in disqualification.

## 5

## STAGE

The stage is 10x10 meters. (unless otherwise specified)

## 6

## CLOTHING AND PROPS

A team is free to choose its own clothing, provided it is appropriate to the chosen dance style and age. It is allowed to use props in the choreography, but these must be put away by the team itself after the dance. If this causes the competition flow to be very much hindered, this may result in penalty points. Use of liquids, gel, confetti, powder or fire is not allowed. Their use will result in penalty points or disqualification.

The **doctor** has a duty to clearly and precisely give his objective opinion to the athlete on the fitness for sports participation of the athlete concerned, so that there can be no doubt about the doctor's statement. In doing so, the doctor respects the individual responsibility of the athlete entrusted to his care. An exception to this recommendation applies if there are health risks for third parties or an acute emergency situation (see rule below).

**If the doctor is not physically present**, a telephone consultation should be held when there are doubts about an athlete's fitness to participate in sport. This consultation should take place between the doctor, the participant, the coach and the competition management to give a definite opinion on the fitness to participate in the sport.

The **doctor** engaged in medical supervision and supervision of sports practice (e.g. as tournament doctor) has the duty under certain circumstances to decide whether an athlete can (continue to) participate in a competition. This applies if the athlete concerned is not capable of an adequate assessment of his/her own state of health and the environment at that time and/or if the athlete's state of health poses a risk to third parties.

#### **Explanation:**

In case of health problems, it is customary for the **doctor** to advise the athlete and his trainer/coach regarding the suitability to continue or resume competition. In principle, it is the responsibility of the athlete whether or not to follow the advice given. However, special situations may arise in which the athlete's state of health no longer allows a proper assessment of an advice, or the athlete's state of health becomes a risk for third parties in the sporting situation. In these cases, the doctor should have the decision-making power to have the athlete cease his sporting activity.

#### **Other:**

Making judgements regarding the health condition of an athlete and/or commenting on the treatment by others may be unnecessarily harmful to those involved and may also be detrimental to social trust in (sports) healthcare.



## 8

### ETHICS AND SAFETY

Dance Stars will not accept bad sportsmanship. Any contestant guilty of poor sportsmanship may be disqualified.

## 9

### JUDGING

At our regional/qualifying competitions we have a minimum of 3 judges. We have 1 head judge. Our head judge is a juror, who makes sure that everything runs smoothly.

### SOLO, DUO/TRIO & TEAMS

The judges will judge the dancers on:

- |                |     |
|----------------|-----|
| • Choreography | 10p |
| • Technique    | 10p |
| • Presentation | 10p |

Our judges award points per section:

<p><b>1. TECHNIQUE</b></p> <ul style="list-style-type: none"> <li>- Execution</li> <li>- Quality</li> </ul> <p>Here we assess the dance techniques you have chosen in your performance. You will be judged on the quality of your performance, portrayal and execution of the style techniques. Age group and division are also taken into account.</p>	<p><b>10</b></p>
<p><b>2. PRESENTATION</b></p> <ul style="list-style-type: none"> <li>- Confidence</li> <li>- Focus</li> <li>- Energy</li> <li>- Projection</li> </ul> <p>This is where we judge the level of your performance when you hit the floor. The confidence and focus during the performance. The projection of movements to the audience and whether the energy is palpable offstage. Even the commitment to characters if there is more of a narrative element to the performance. In short, the way a dancer brings his performance to life when he enters the stage.</p>	<p><b>10</b></p>
<p><b>3. CHOREOGRAPHY</b></p> <ul style="list-style-type: none"> <li>- Choreographic identity</li> <li>- Musicality</li> <li>- Transitions</li> <li>- Formations</li> <li>- Use of the stage</li> <li>- Positioning</li> <li>- Synchronicity of the dance team</li> <li>- Music choice</li> <li>- Dynamics and movement quality</li> <li>- Use of levels</li> <li>- Originality</li> <li>- Concepts/themes</li> </ul> <p>With this criterion, we want to emphasise not only the quality of the performances, but also your creativity. Whether that is with themes and concepts for your performances or originality in your movements or even in your song choice. Another aspect of choreography we look at is musicality. Bringing the music to life in interesting ways will enrich your performance through your use of musical accents, rhythm and tempo. We also pay attention to the use of stage space while performing. The accuracy and alignment of your formations. The smoothness and flow of the dancers' transitions on and around the stage. The positioning of individual dancers to make the formations look as they should. Even the use of the entire stage. A mix of these things can really enhance a performance. Finally, the choreography you decide to perform, which does not necessarily include technique, can earn points based on the crew skills shown - synchronicity of the dancers in timing and shapes, use of different heights and levels, the quality of movement shown and the use of different dynamics in your performance. We also encourage you to explore your choreographic identity - what movements, skills, ideas give your crew its own identity? We want you to stand out by being yourself, not by trying to be like everyone else.</p>	<p><b>10</b></p>

Then the computer will calculate the score using the skater system.



## LANGUAGE

Penalty points maximum: -1 placement

Vulgar or inappropriate language in all languages may result in penalty points. This penalty point will mostly occur in the open category. (Examples: fuck, bitch, coño, nigger, shit,...). So always check the lyrics when making your mix. If you are in doubt about a certain word you can always contact us.

## CLOTHES

Penalty points maximum: -1 placement

Inappropriate clothing for the age group.

## MOVEMENT

Penalty points maximum: -1 placement

Inappropriate Movements.

## TIME

Perform too long. The greater the excess, the more penalty points you will receive.

- 1 placement 0-10 sec
- 2 placement 10-30 sec
- 3 placements than 30 sec

## USE OF PROPS/ATTRIBUTES

Penalty points maximum: -1 placement

Penalty points will be given if gels, confetti, powder or fire are used.

If this causes a serious obstruction of the competition, it can result in more penalty points.

## SUBMIT MUSIC

Penalty points maximum: -1 Placement

Penalty points will be given if one has not submitted the music according to our criteria later than 11 days prior to the competition. (see page 11)

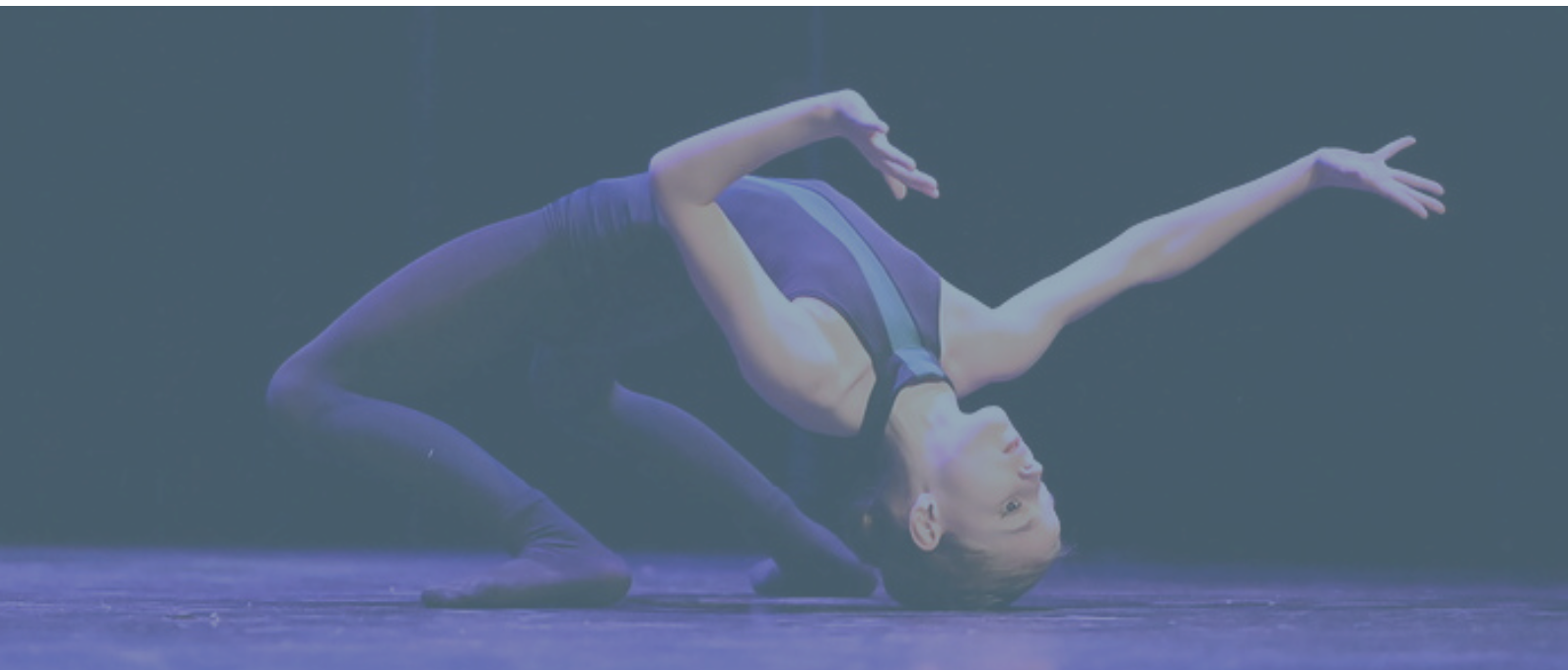
## DANCE STYLE

If the dance style does not comply with our regulations, it may result in penalty points or disqualification.

## DOUBLE DANCERS

Maximum penalty points: Disqualification

For teams, each dancer may only dance in 1 team per dance style. If this rule is violated, the 2nd danced team will be disqualified.



## 11

## AWARDS

The competition ends with an awards ceremony where all the winning dancers, teams are spotlighted. The numbers 1 to 3 of all categories receive an award. For teams, an award is presented to the team as well as to all team members of that team. All results are posted on a board at the registration desk at the end of the competition and will be published on the website after the competition. At the registration desk, the coach or team captain will receive the judges' comments after the competition.

## 12

## RANKING

For the ranking, the qualifying competitions are taken and is calculated in the following way:

**STEP 1:** The number of participants gives the number of points of the score.  
So 25 participants gives a 1st place: 25 points  
Last place: 1 point

**STEP 2:** Extra points:  
1st place: +8 points  
2nd place: +6 points  
3rd place: +4 points  
4th place: +2 points

**STEP 3:** The best 2 competitions are included in the ranking. After each competition, the ranking will be adjusted with the current results of the dancers, which can be found on our website.

## 13

At the end of each season, the competition management will determine which teams will be promoted. This is to keep a fair and balanced competition circuit.

- Winning a BK, NK, DK or EK (with a minimum of 5 participants) automatically promotes to the next class.
- In addition, approximately 30% of a category will be promoted to a higher category based on the total results achieved that season.
- A team that changes more than 50% in composition may request a new level determination via video. This must be done no later than one month prior to the 1st competition.
- If a dance scores exceptionally high in the category concerned, the competition management may decide to promote this dance immediately.
- If a dance scores exceptionally low in the category concerned, the competition management may decide to demote it immediately.

When one dances one's first competition at Dance Stars, a video is shown to determine in which class one dances. Should it turn out after the first competition that this level is not quite right, the head jury and competition management will decide in which class the dancer should dance in future. Without submitting a video, a dancer must compete in the highest class the first time. This video must be submitted no later than one month before the first competition. It is not allowed to change classes yourself, without consulting the competition management.

For example: Once one dances a higher level than beginner, one cannot return to beginner without consultation. Not even if one moves up an age category.

## 14

## QUALIFICATION

### NATIONAL CHAMPIONSHIPS

Each team/solo/duo and trio from each category places on the ranking by competing in at least 1 Dance Stars qualifying competition. The best dancers qualify for the national championships and are published in an online ranking after the final qualifying competition.

### EUROPEAN CHAMPIONSHIPS

Each team/solo/duo from each category qualifies for the Dance Stars EC by:

- Team: If you placed 1st or 2nd at a qualifying competition.
- Solo/Duo: If you placed 1st at a qualifying competition.
- For showcase the best 3 solos & duo/trio of the NK, BK & DK.
- For regular the best 5 solos & duo/trio of the NK, BK & DK.
- For Teams: The best 5 teams from the NK & BK & DK.
- By Country: The 5 highest ranked teams from each class in the season ranking; (with a minimum of 2 qualifying competitions participated)
- Per Country: The 3 highest ranked solos and duo/trio showcases from each class in the season ranking; (with a minimum of 2 qualifying competitions participated) \*\*
- Per Country: The 7 highest ranked regulars from each class in the season ranking; (with a minimum of 2 qualifying competitions participated)
- All Freestylers who reached the final in a qualifying competition and/or the championships.
- Wildcard

**\*\* For large categories, Dance Stars reserves the right to qualify more dancers for the European Championship than indicated above.**





## WILDCARD(S)

The organization has the right to hand out wildcards per category to teams/solos/duos/trios who they think have the right to compete at the Dance Stars European Championship despite no direct placement.

## 15

### DEVIATING RULES FOR EUROPEANS

There may be small differences between the rules of Dance Stars in the Netherlands and Belgium and the European Championship.

For all categories, the rule will be that categories are merged if there are fewer than 7 participants in a certain level.

The deadline for registrations is

Netherlands/Belgium: 23 April 2026 voor 23.59u.

Germany: 4 Mei 2026 voor 23.59u.

Other Countries: 17 April 2026 voor 23.59u.

Registration through our website: <https://dancestars.world> or email [info@dancestarscompetitions.com](mailto:info@dancestarscompetitions.com)

## FOR COUNTRIES WITH A QUALIFIER

For qualification to enter the European Championships, please check the qualifier rules of your own country. After the European Championships, everyone who placed first will be promoted to a higher level. Of the remaining places in the categories, a certain percentage will be promoted to a higher level.

## FOR OTHER COUNTRIES

If you don't have a qualifying competition or National Championship in your country, you can apply for the European Championship of Dance Stars through a virtual qualifier.

### Requirements Video Entry

- Your solo, duo/trio or team on the video entry is with the same participants you registered them with for the European Championships.
- The video is filmed horizontal.
- Your video entry contains a recent full choreography in the style with which you participate in the European Championships.
- It should not be a training video or a video made at another competition.
- The maximum time of the video is the same as at the regular competitions:
  - Solo and duo/trio 2 minutes
  - Team 3 minutes
- Always film horizontal.
- Make sure all the dancers are visible when you are filming
- Make sure the music is loud and clear and the video is of good quality. It is allowed to edit the music in the video yourself. Only editing original music under the performance is allowed.
- The video is filmed in one shot. It is not allowed to edit the video yourself.
- Put your camera on a stand to create a steady video.
- Make sure you film with a calm background.
- Always film from the front.

Please deliver the video via our own WeTransfer

<https://dancepromotions.wetransfer.com> no later than April 10 2026.

In case you missed the virtual qualifier, it is possible to send a video entry via [info@dancestarscompetitions.com](mailto:info@dancestarscompetitions.com). Also here, you must meet the conditions mentioned above for the video entry.

## HET WEDSTRIJDPROCES

### TEAMS: PRE-RUN / GENERAL LOOK / FINALE

With 7 or fewer entries, there will be a General Look and everyone will dance the Final. With more than 7 entries, preliminary rounds are scheduled. In First Round, the judges choose 4 dances that go straight to the Final, the remaining dances a Second Round. Of these, 3 more dances go through to the Final. In a Final, there are always 7 (or fewer) dances.

### SOLO/DUO SHOWCASE: PREFERENCE / GENERAL LOOK / FINALE

In case of more than 10 Entries, Preliminary Rounds are scheduled. In First Round, the jury chooses 4 dances that go directly to the final, the remaining dances a Second Round. Of these, 3 more dances go through to the Final. In a Finale, 7 dances then dance. With fewer than 10 entries, there is a direct final and there is also no general look. Note! Only 7 dances will receive awards during the awards.

### REGULAR SOLO/DUO:

With fewer than 7 entries, there is only a direct final.

With 7 to 12 participants, there will be a prelim, of which 7 will advance to the Final.

With 13 participants or more, preliminary rounds are scheduled. In First Round, the jury chooses 4 dances that go directly to the final, the remaining dances a Second Round. Of these, 3 more dances go through to the Final. In a Finale then 7 dances dance.

### MISSED PRELIMINARY ROUND OR GENERAL LOOK?

If circumstances prevent you from being present with your solo, duo/trio or team during the preliminary round or general look. If you miss the preliminary round, you will dance the second round. If you miss a general look, you will dance the final immediately.

If the regular category has only a small number of participants, the organisation reserves the right not to let this category dance a general look. The organisation has the right to make changes to the competition process

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## FINALLY

There may be minor differences between the rules of Dance Stars in the Netherlands and Belgium and the European Championships. So please read the international rules before participating in the European Championships. Deviations from these rules will be announced individually to those involved or distributed as competition information (think of a different stage).



## ATTACHMENT 1: DANSSTYLES

### Attachment 1:

Explanation of the various dance styles by category.

### C1: BALLET

Classical ballet is the most formal of the ballet styles; it adheres to traditional ballet technique. There are variations related to the area of origin, such as Russian ballet, French ballet, British ballet and Italian ballet. Classical ballet is best known for its unique features and techniques, such as pointe work, leg turns and high extensions, its graceful, fluid, precise movements and its ethereal qualities. This discipline must be performed according to classical ballet technique and style and can be performed on soft ballet shoes or pointe shoes.

Although the choreography may be modern in nature, it should not deviate from what is commonly known as Classical Ballet. Lyrical, modern and modern jazz pieces may not be performed in this discipline. However, all dances are in constant evolution and growth, so experimental and original choreography is encouraged. Props are allowed.

#### FOLKLORE:

Folk dance or folklore groups perform traditional dances from their region or country and aim to show that cultural heritage in its purest form during performances in traditional costumes.

### C2: MODERN/CONTEMPORARY

#### MODERN:

Moderne dans is een artistieke vorm met vele stijlen die zich over een relatief lange periode heeft ontwikkeld. Moderne dans is een meer ontspannen, vrije dansstijl waarin choreografen emoties en stemmingen gebruiken om hun eigen passen te ontwerpen, in tegenstelling tot de gestructureerde passencode van ballet. Er wordt bewust gebruik gemaakt van de zwaartekracht, terwijl ballet licht en luchtig wil zijn. Acrobatische bewegingen zijn toegestaan, maar mogen niet overheersen.

#### LYRICAL:

Routine should show balance, extension, isolation and control using the lyrics or mood of the music. Lyrical is a literal representation of the music with a combination of ballet and jazz with a bit of modern added. Music with vocals and lyrics is preferred but not a rule. Acrobatic movements are allowed but should only be used to enhance the routine.



## **CONTEMPORARY:**

Contemporary Dance should include and convey a collection of methods and techniques that are founded within the techniques of ballet, modern dance or postmodern dance. Contemporary dance brings new information about the body and how the body works, offers new quality of movement, new forms of the body in space, brings a new composition process and space for experimentation. It can be performed barefoot, on pointe or on socks on stage. Acrobatic movements are allowed, but should not dominate. The images, ideas and emotions of the dance can be set to different sounds, from music to spoken word or even silence if it suits the theme of the dance. The choreography should convey a story based on the lyrics or a song, or possibly have a storyline that conveys an emotion and specific expression.

## **C3: JAZZ/SHOW**

### **SHOWDANCE:**

A Show Dance should always have a guiding principle, story or visible concept to entertain the audience. Show dance in its broadest sense is based on Jazz, Ballet and/or Modern dance techniques. Other dance disciplines can also be incorporated, but should not dominate.

### **JAZZDANCE:**

Jazz dance is an umbrella term that can refer to several related dance styles. The whole routine should consist of Jazz work. Jazz technique, turns, jumps, isolations, stretches, as well as the use of port de bras, legs and upper body. All Jazz dance pieces should show a clear understanding and creative expression that is informed and inspired by the various genres and styles under the Jazz dance umbrella. Other dance forms and styles should not dominate the Jazz dance elements and techniques specifically required for Jazz.

### **TAP:**

Tap Dance is a dance style where musicality plays a big role. In Tap Dance, you wear special shoes where irons are attached under the heel and nose of the shoe. Tapping your feet in the right way creates music and dance at the same time.

### **DISCO:**

Disco dance consists of runs, turns, leg throws and jumps, as well as many other steps and movements with many different arm and hand movements. The music can be fast with a hard beat or slow, so dancers of all ages can improve their style by using the freedom of expression.



## **CHEER:**

Cheerdance is a dance style derived from Cheerleading. In Cheerdance, only the dancing part is performed without the stunting you always see in Cheerleading. You therefore dance with poms in your hands. Apart from dance, it also involves various jazz elements, such as jumps, pirouettes, kicks and leaps. It is a dance style where all dance moves are performed very vigorously to uptempo numbers and where it is very important to be able to dance in sync. In cheerdance, people dance to a variety of hip and trendy pop music. The dance itself has to be especially tight, with tight arm movements and also a lot of formation changes, pom effects and ripples.

## **BELLY DANCE:**

Belly dance is characterised by swaying hips, undulating torsos and articulated isolations used in a range of dynamic and emotional expressions. Characteristic movements in the dance include curved patterns, undulations, thrusts, lifts, locks and falls, and shaking or vibrating body movements. The emphasis is on isolated movements of individual body parts, with little attention paid to footsteps. Arms and hands move fluidly, like snakes or ribbons in the air. Unusual strength and control is shown in the abdominal area.

Accents with "pop and lock", in which a dancer either shimmies or makes a striking movement in her shoulders or hips, are common, as are feats of flexibility, rolling the abdominal muscles, balancing various props such as baskets, swords or sticks, and dancing with chiffon or silk veils.

## **C4: OPEN**

### **JAZZ/FUSION:**

A fusion of different dance styles such as commercial jazz, show dance with up to 30% hip-hop and/or Streetdance. Jazz/Fusion is a very lively and energetic dance, focusing on presentation, style, expression and performance. Clothing and choice of music should be tailored to Jazz/Showdance.

### **OPEN:**

- All dance styles, which do not fit within the guidelines of our other categories.
- If a dance contains more than 50% of 1 style, it must participate in that category.
- Urban/Hiphop/Streetdance is not allowed. There may be a maximum of 30% Urban in a dance. Violation of this will result in disqualification.



## BIJLAGE 2: NEW THIS YEAR

### ✓ CLASSIFICATION OF DANCE STYLES

- ✓ Modern/Contemporary (Incl Lyrical)
- ✓ Jazz/Show (Jazz, Showdance, Musical, Cheer, Tap, Bellydance, Disco)
- ✓ Ballet (Classical, Neo-classical & Folklore)
- ✓ Open (Fusion, Teams Only)

### ✓ DEADLINE AND PENALTY POINTS SUBMISSION MUSIC

If we still have not received your music 11 days prior to the competition, this will result in penalty points on your performance! Please note! If the music is not delivered according to our criteria, it will be considered as not delivered.

### ✓ FREESTYLE

A dance school may register a maximum of 4 dancers from 1 age group for freestyle per competition.

### ✓ REGISTRATION

You can sign up by mail ([info@dancestarscompetitions.com](mailto:info@dancestarscompetitions.com)) for this you need to fill in and mail the registration form (downloadable from our website).

Only registrations with a form will be processed! Applications received earlier than the registration date and/or time will not be processed!

✓ QUALIFICATION EK (Page 19)

✓ CONTEST PROCESS EK (Page 22)

✓ TEAM FORMATION & ID CHECK



## POINTS OF INTEREST :

### SUPPLY MUSIC .MP3

The MP3 file must contain the name of solo, duo dancers or team name and in which category and competition they are participating: Name\_Category\_competition

Example **compagniejazz\_U10beg\_Berlicum** .

If the music is not delivered according to the above criteria, the music will be considered as not delivered. If we still have not received the music 11 days prior to the competition your music will result in penalty points on your performance!

### DOUBLE DANCERS:

Penalty points maximum: Disqualification. For teams, each dancer, but only in 1 team per dance style is allowed to dance. If this rule is violated, the 2nd danced team will be disqualified.

## TEAM ASSEMBLE

Make sure the team compositions passed on are correct every match! Please report any changes or absentees in time, this can still be done up to one hour prior to the start of the category at registration. Failure to match a team composition and or passed birthdates may result in disqualification.

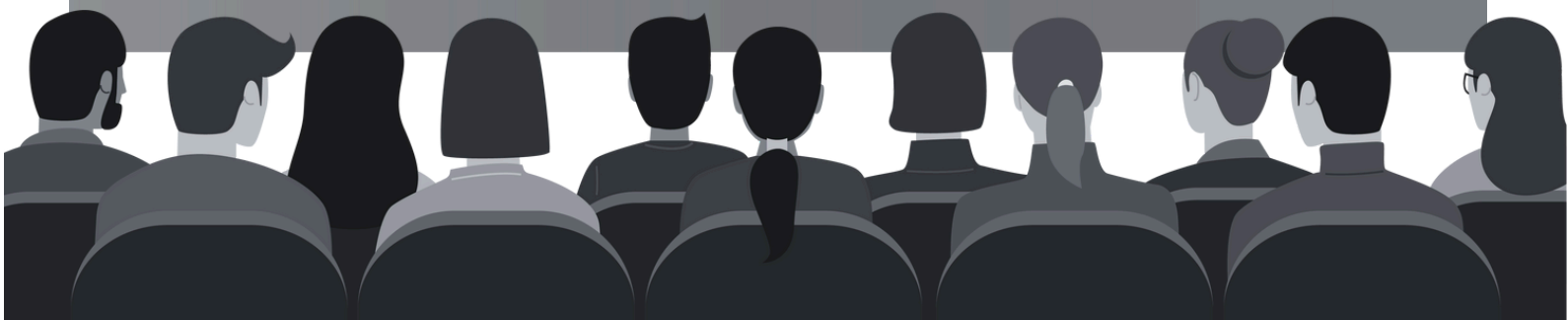
The organisation reserves the right to check participants' registration for age and category by ID verification. So always have your ID or a copy of your ID with you at all times!



## BIJLAGE 3: REGULAR SOLO /DUO & FREESTYLE

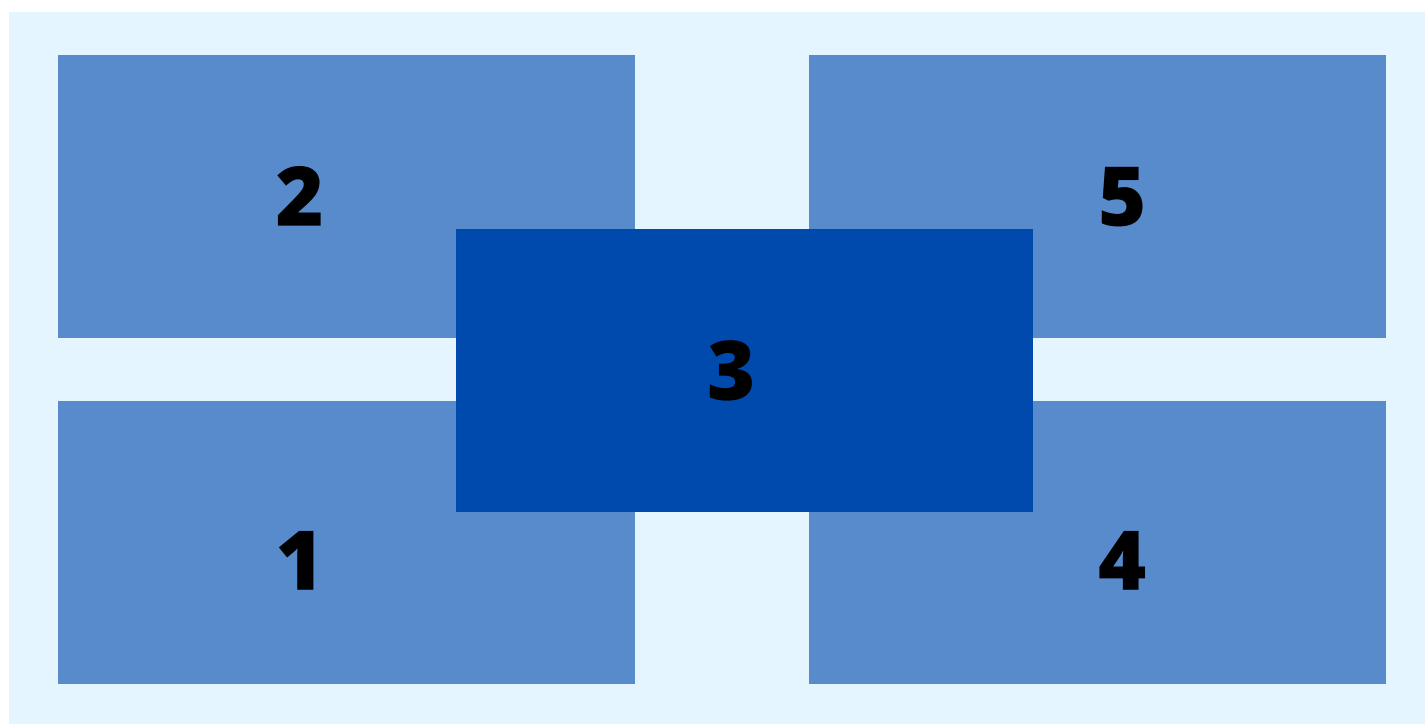
### Solo Regular

- Maximum of 5 dancers per heat
- **Never** with 3 dancers in a line.  
2 is always the maximum.



### Solo Regular

When there are 5 dancers in a heat:



# Solo Regular

When there are 4 dancers in a heat:

**2**

**4**

**1**

**3**

# Solo Regular

When there are 3 dancers in a heat:

**2**

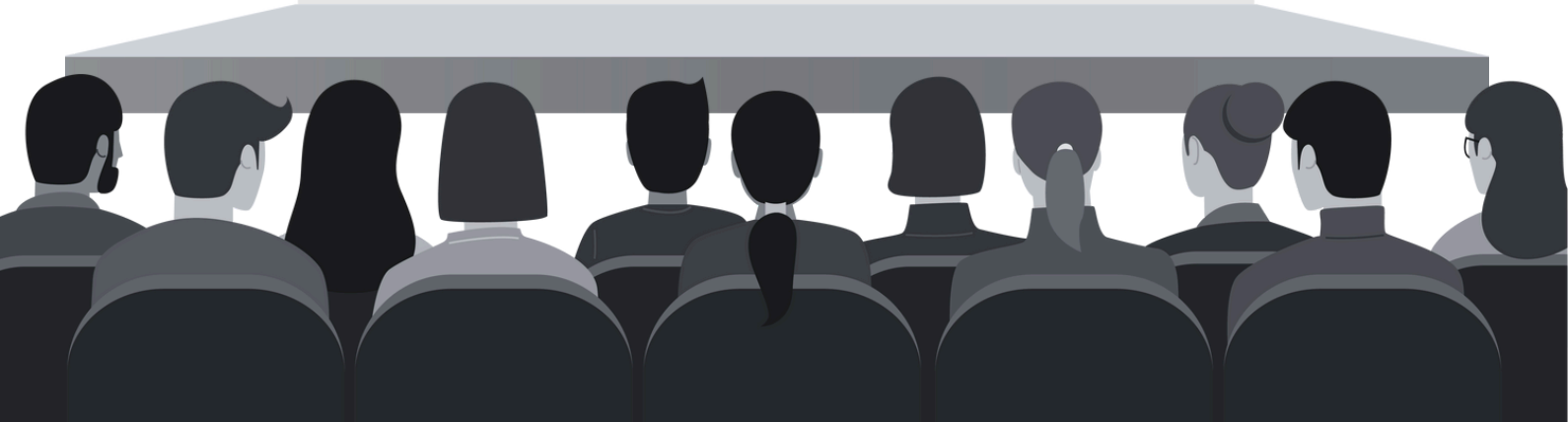
**1**

**3**



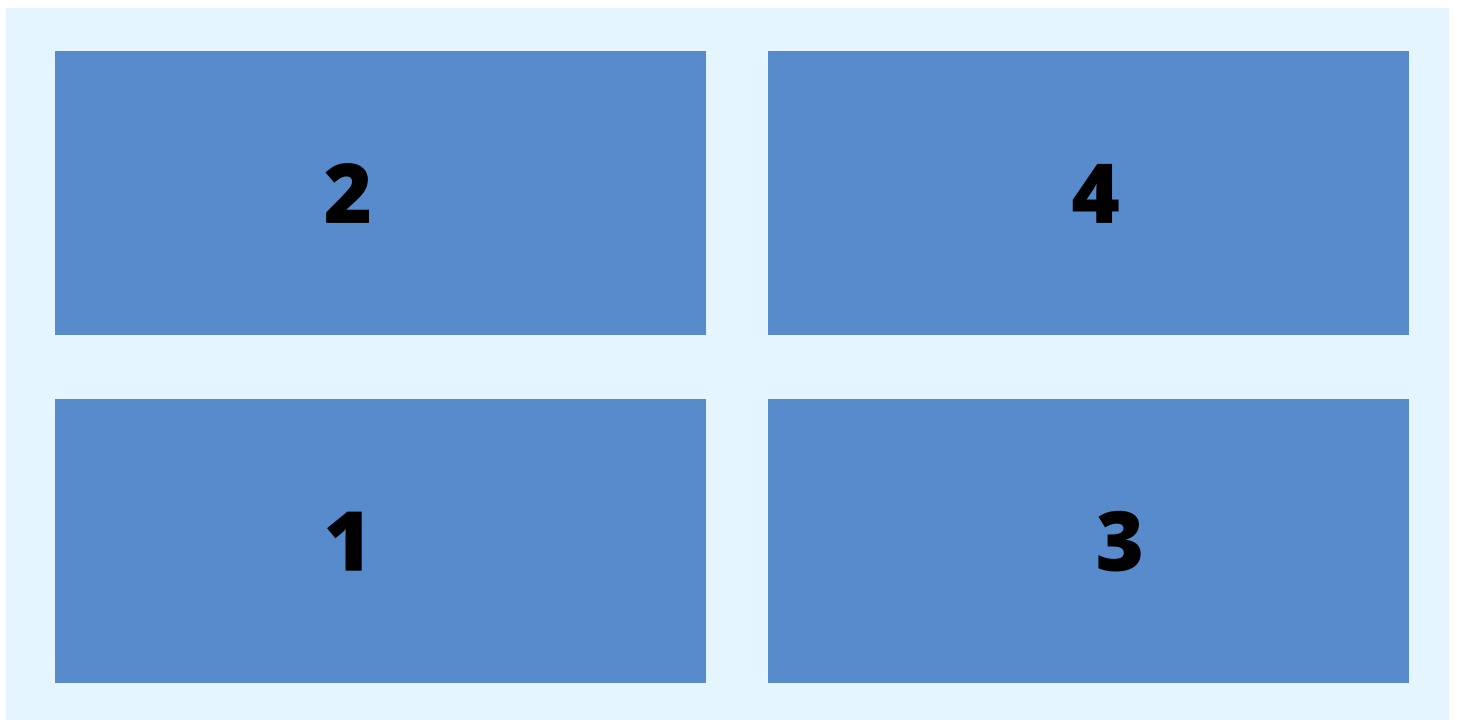
# Duo Regular

- Maximum of 4 duo's per heat
- Never with 3 duo's in a line.
- 2 is always the maximum.



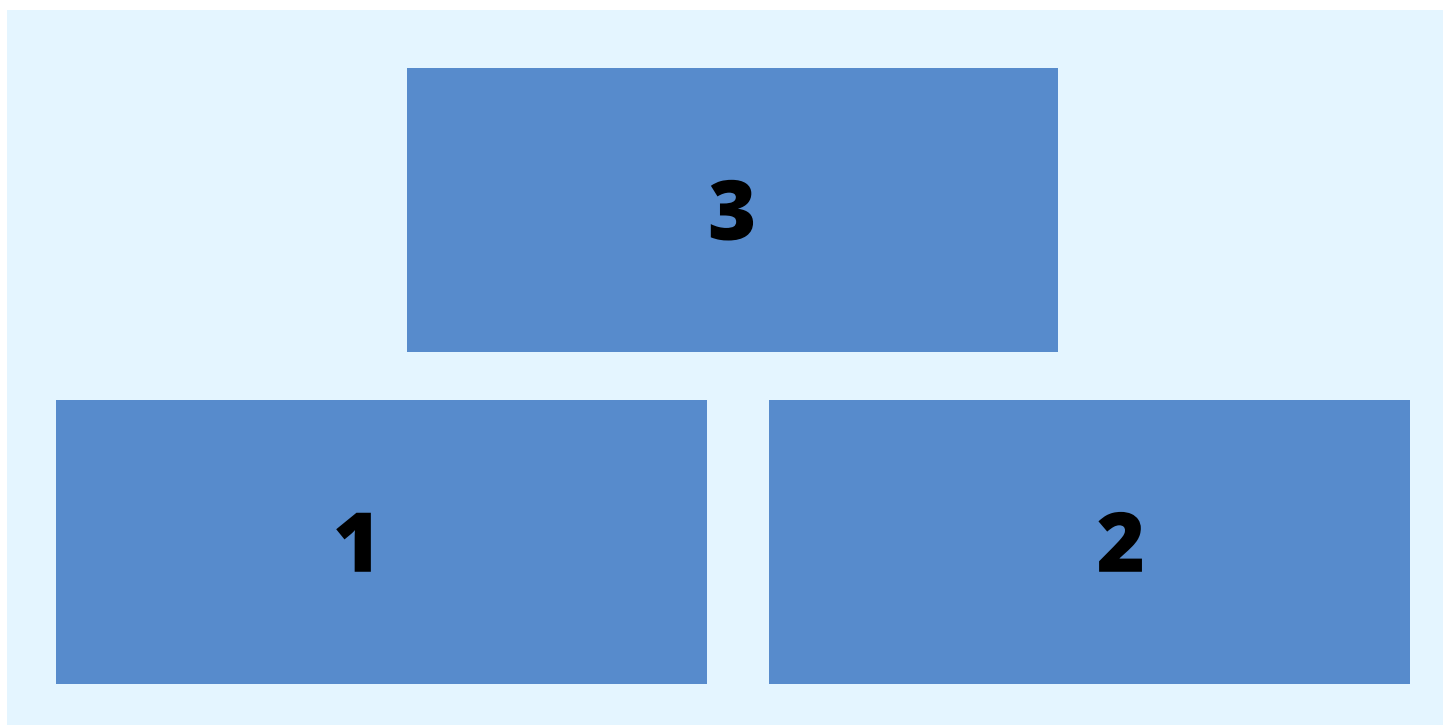
# Duo Regular

When there are 4 duo's in a heat:



# Duo Regular

When there are 3 duo's in a heat:



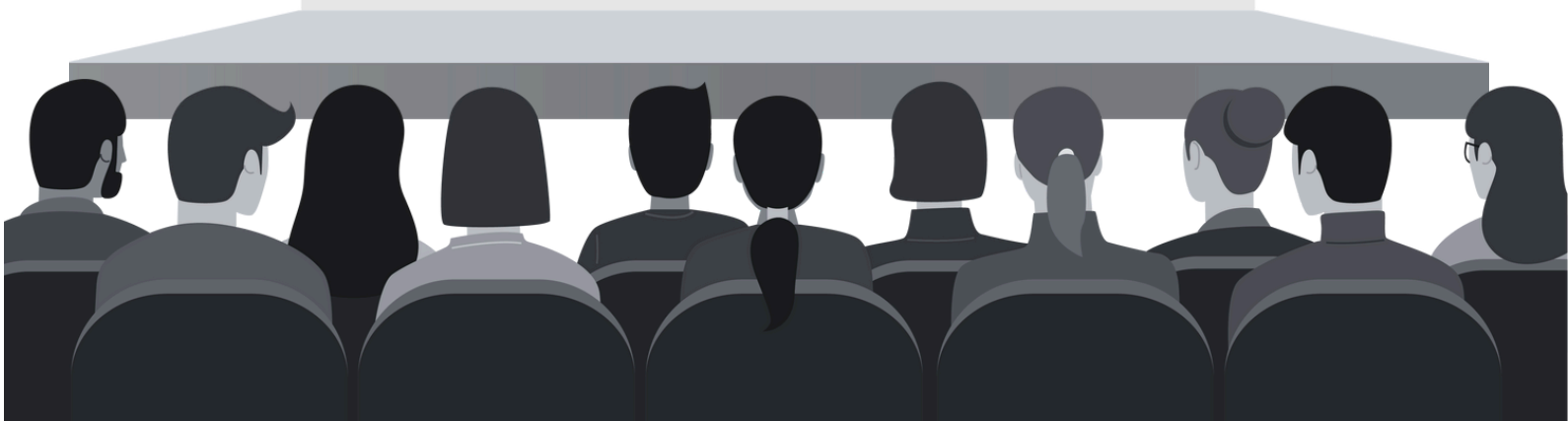
# Duo Regular

When there are 2 duo's in a heat:



# Solo Freestyle

- Maximum of 8 dancers per heat
- Dancing in 1 line in turns (30 sec each)
- At the end together for 30 sec



# Solo Freestyle

Maximum of dancers in a heat:

