

## DANS AFDELING DANCE SECTION

### ALGEMENE REËLS EN BEPALINGS

1. Deelnemers wat nie die reëls en bepalinge nakom nie mag gediskwalifiseer word.
2. Deelnemers mag nie meer as een keer aan dieselfde item deelneem nie.
3. Tydsbepalinge vir items soos aangedui in die sillabus mag nie oorskry word nie. Let asseblief daarop dat die opstelling en verwydering van u rekwisiete hierby ingesluit is. Beperk dus rekwisiete tot 'n minimum.
4. Items moet aangebied word soos daar in die sillabus bepaal word.
5. Sertifikate sal gedruk word met die inligting soos op die aanlyn inskrywing. Maak seker dat die spelling korrek is.
6. 'n Groep moet onder 'n **groepnaam** ingeskryf word.
7. **Dit word ten sterkste ontmoedig dat deelnemers en groepe voorgesê of met gebare gelei word. Hulle mag gepenaliseer word.**
8. By individuele items moet deelnemers 10 minute voor die tyd in die aantrekkamer aanmeld.
9. By groepitems moet deelnemers 30 minute voor optrede by die aantrekkamer aanmeld.
10. Klagtes moet binne 48 uur per **e-pos** aan die Bestuur gerig word.
11. Selfone se klank moet afgeskakel wees tydens optredes.

### GENERAL RULES & REGULATIONS

1. Failure to comply with the rules and regulations may result in disqualification.
2. Participants may not take part in the same item more than once.
3. Time limits, as indicated in the syllabus, may not be exceeded. Kindly note that the setting up and removal of props are included in this time provision. It is advisable to limit props to a minimum.
4. Items must be presented as prescribed in the syllabus.
5. Certificates will be printed according to the information provided on the online entry. Please ensure that spelling is correct.
6. A group must be entered under a **group name**.
7. **It is strongly discouraged for participants and groups to be led in words or gestures. They may be penalised.**
8. With individual items participants must report to the dressing room 10 minutes prior to performance.
9. With group items, participants must report to the dressing room 30 minutes prior to performance.
10. Complaints must be submitted via **e-mail** to the Committee within 48 hours.
11. Cell phones must be on silent during performances.

### **Costume rules:**

1. BE AGE AND BODY TYPE CONSIDIOUS.
2. Costume length: must adhere to principals of modesty and enable dancers to safely execute their movements.
3. Skirt length mid-thigh. Should the skirt be shorter, suitable leg covering must be worn (flesh-colored stockings)
4. When wearing a body suit, tights must be worn. No open flesh on legs.
5. Necklines must cover cleavage completely. Lace may be worn as an inset.
6. Costumes must consist of a full front. Cut away open styles are not acceptable.
7. Costumes must be in keeping to the theme of the dance.
8. Appropriate underwear must be worn.
9. Body suits must be of a fabric that is not see-through.
10. No skin-colored costumes.
11. Don't overdo the sparkle.
12. No crop tops allowed.
13. If booty shorts are worn, tights must be worn.
14. Shoes must be clean and a perfect fit.

SHOULD THE JUDGE BE OFFENDED, THE CANDIDATE MAY BE DISQUALIFIED, OR ASKED TO CHANGE INTO SUITABLE WEAR.

### **Hair and Make-up:**

1. Make-up application must be light and complimentary to the dancer's age.
2. Hair style must be neat, secured and complimentary to the costume and theme.

### **Props:**

1. Must be kept to the minimum.
2. Must be easily moved by the teacher / dancer.
3. No material like water or sand may be used.
4. The stage must be cleared immediately after performance.

## **JUDGING CRITERIA:**

1. Age appropriate
2. Difficulty of level
3. Mastering / clarity of technique
4. Performance quality
5. Choreography and use of dance space
6. Presentation (costumes, theme)
7. Overall performance

## **INSKRYWINGSFOOIE / ENTRY FEES**

Individuele items / Individual Items R 90.00

Duet R 85.00 pp Groepe R 55.00 pp

Duet R 85.00 pp Groups R 55.00 pp

Let wel: GEEN inskrywingsfooie is terugbetaalbaar nie.

Please note: NO entry fees are refundable.

<b>TOEKENNINGS - AWARDS</b>			
Prestige	A++	95 - 100%	Prestige
Diploma	A+	90 – 94%	Diploma
Platinum	A	85 – 89%	Platinum
Goud	A-	80 – 84%	Gold
Chroom	B+	75 – 79%	Chrome
Silwer	B	70 – 74%	Silver
Brons	C	Onder/Under 70%	Bronze

**Items kan slegs gewen word met Diploma (A+) of Prestige (A++)  
toekennings.**

**Items can only be won with Diploma (A+) or Prestige (A++) awards.**

## **Botsende datums en tye**

In uitsonderlike gevalle en alleenlik as dit die afdelingshoof en beoordelaars pas, sal deelnemers toegelaat word om optredes se datum en tyd te skuif. Hierdie is 'n voorreg en nie 'n reg nie.

Deelnemers sal slegs toegelaat word om vier (4) items te skuif. Die reëling moet vroegtydig gemaak word. Skuiwe kan slegs binne dieselfde afdeling geakkommodeer word.

**Items wat nie op die programdag en -tyd aangebied word nie, sal nie in aanmerking kom vir itemwenner nie.**

## **Conflicting timetables**

In exceptional cases, and only with prior consent from the section head and adjudicator, will participants be allowed to move performing times. This is a privilege and not a right.

Participants will only be allowed to move four (4) items. Arrangements must be made timeously. Moves can only be accommodated within the same section.

**Items not performed on the allocated day and time will not be considered for item winners.**

<b>DANS INDIVIDUELE ITEMS / DANCE INDIVIDUAL ITEMS</b>	
<b>ITEM NR</b>	<b>ITEM</b>
<b>DA01</b>	Moderne dans / Modern dance – Class dance
<b>DA02</b>	Moderne dans / Modern dance – Own choice
<b>DA03</b>	Hip-Hop – Class dance
<b>DA04</b>	Hip-Hop – Own choice
<b>DA05</b>	Akrobaties / Acrobatic – Class dance
<b>DA06</b>	Akrobaties / Acrobatic – Own choice
<b>DA07</b>	Disko / Disco – Class dance
<b>DA08</b>	Disko / Disco – Own choice
<b>DA09</b>	Tradisioneel/Wêreld / Traditional/World – Class dance
<b>DA10</b>	Tradisioneel/Wêreld / Traditional/World – Own choice
<b>DA11</b>	<i>Latin American – Class dance</i>
<b>DA12</b>	<i>Latin American – Own choice</i>
<b>DA13</b>	Klopdans / Tap – Class dance
<b>DA14</b>	Klopdans / Tap – Own choice
<b>DA15</b>	Liriese dans / Lyrical dance
<b>DA16</b>	Musikale karakter / Musical character
<b>DA17</b>	Kontemporêr / Contemporary
<b>DA18</b>	Showcase

<b>DANS DUET ITEMS / DANCE DUET ITEMS</b>	
<b>ITEM NR</b>	<b>ITEM</b>
<b>DAD01</b>	Moderne dans duet / Modern dance duet
<b>DAD02</b>	Hip-Hop duet / Hip-Hop duet
<b>DAD03</b>	Akrobaties duet / Acrobatic duet
<b>DAD04</b>	Disko duet / Disco duet
<b>DAD05</b>	Tradisioneel/Wêreld duet / Traditional/World duet
<b>DAD06</b>	<i>Latin American</i> duet / Latin American duet
<b>DAD07</b>	Klopdans duet / Tap duet
<b>DAD08</b>	Liriese dans duet / Lyrical dance duet
<b>DAD09</b>	Musikale karakter duet / Musical character duet
<b>DAD10</b>	Kontemporêr duet / Contemporary duet
<b>DAD11</b>	Showcase duet
<b>DAD13</b>	Oop item duet / Open Item duet

<b>DANS GROEP ITEMS / DANCE GROUP ITEMS</b>	
<b>ITEM NR</b>	<b>ITEM</b>
<b>DAG01</b>	Moderne dans groep / Modern dance group
<b>DAG02</b>	Hip-Hop groep
<b>DAG03</b>	Akrobaties groep / Acrobatic group
<b>DAG04</b>	Disko groep / Disco group
<b>DAG05</b>	Tradisioneel/Wêreld groep / Traditional/World group
<b>DAG06</b>	<i>Latin American</i> groep / Latin American group
<b>DAG07</b>	Klopdans groep / Tap group
<b>DAG08</b>	Liriese dans groep / Lyrical dance group
<b>DAG09</b>	Musikale karakter groep / Musical character group
<b>DAG10</b>	Kontemporêr / Contemporary
<b>DAG11</b>	Showcase
<b>DAG13</b>	Oop item / Open Item

<b>ITEM BESKRYWINGS / ITEM DESCRIPTIONS</b>	
<b>DA01</b> <b>DA02</b>	<p><b>MODERNE DANS / MODERN DANCE</b></p> <p>Modern dance is a vibrant and exciting dance form that uses different techniques like stretching, contractions, turns, isolations, jumps, leaps and progression floor work. The dancer uses combinations that are set to different music rhythms to express themselves through movement.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DA03</b> <b>DA04</b>	<p><b>HIP HOP</b></p> <p>Hip Hop is a young and vibrant form of street dancing that has developed with rap, pop and hip-hop music genres. This funky dance-art allows all ages to experiment with combining the latest fashion, music, moves and attitude. Some of the styles of Hip Hop we use are krumping, lock and pop and break-dance. Examples of Hip Hop can be seen in music videos and movies like 'Honey', 'Step-up' and 'Stomp the yard'.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DA05</b> <b>DA06</b>	<p><b>AKROBATIES / ACROBATICS</b></p> <p>Acrobatics, emphasis on balance, stretching, strengthening and flexibility and includes basic tumbling skills.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DA07</b> <b>DA08</b>	<p><b>DISKO / DISCO</b></p> <p>Disco is an energetic dance characterised by strong movements and fast impulses of the body. The technique is to dance high on the balls of the feet throughout the routine.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DA09</b> <b>DA10</b>	<p><b>TRADITIONEEL/WêRELD / TRADITIONAL/WORLD</b></p> <p>Ethnic dance is any dance form which can be identified as originating with an ethnic culture and expressing the movement aesthetics of that culture.</p> <p>Etniese dans is enige dans vorm wat duidelik ontwikkel is deur 'n bekende kulturele groep. Die bewegings beeld die kultuur se estetika uit.</p> <p>Tydsduur / Duration: 2 - 3 min</p>

<b>DA11</b> <b>DA12</b>	<p><b>LATIN AMERICAN</b></p> <p>Latin dance is a fast-paced dance that includes hip-movements. It includes dances like Cha-Cha, Rumba, Samba, Paso Doble and Jive.</p> <p>Latynse dans is 'n vinnige dans. Dit sluit danse in soos Cha-Cha, Rumba, Samba, Paso Doble en Jive.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DA13</b> <b>DA14</b>	<p><b>KLOPDANS / TAP</b></p> <p>Tap dancing is an exciting form of dance in which dancers wear special shoes equipped with metal taps. Tap dancers use their feet like drums to create rhythmic patterns and timely beats.</p> <p>Klopdans is 'n opwindende vorm van dans, waar dansers spesiale skoene met metaal aan die sole dra. Klopdansers gebruik hul voete soos dromme om ritmiese patrone te maak. Tydsduur / Duration: 2 - 3 min</p>
<b>DA15</b>	<p><b>LIRIESE DANS / LYRICAL DANCE</b></p> <p>A routine where dancers interpret the lyrics or mood (intent) of a song (with or without words). This form includes the use of legwork, balance and facial and body emotion.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DA16</b>	<p><b>MUSIKALE KARAKTER / MUSICAL CHARACTER</b></p> <p>A routine interpreting a song from a Broadway or movie musical, or a routine portraying a character from a play, movie, television show or a stereotype (i.e. doctor, policeman, etc.) through any style of dance.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DA17</b>	<p><b>CONTEMPORARY</b></p> <p>Contemporary dance focuses on the freedom of movement with no limitations. It is an experimental dance form that originates from a classical style. A combination of techniques ranging from ballet and modern are often used. It explores dancing of our time with futuristic elements that can include dynamic and strong movements, release, flexed feet, angular lines and unusual movements of the body. This can also be combined with a strong story line.</p> <p>Tydsduur / Duration: 2 - 3 min</p>

**DA18**

**SHOWCASE**

Show dance in the broadest sense is based either on any Jazz/Lyrical, Ballet and/or Modern and Contemporary dance technique. Other dance disciplines can also be incorporated but cannot dominate. The dancer's personal interpretation should be clearly evident when using any of these disciplines or styles. Show dance allows the use of acrobatics, props, lip-sync and other theatrical effects. All show dance presentations shall be based on a concept, story, theme or idea. There must be a title of the show. The concept, story, theme or idea must be fully understandable and will be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative and original. The piece must have show value and entertain the audience.

Tydsduur / Duration: 2 - 3 min

<b>ITEM BESKRYWINGS / ITEM DESCRIPTIONS</b>	
<b>DAD01 DAG01</b>	<p><b>MODERNE DANS DUET &amp; GROEP / MODERN DANCE DUET &amp; GROUP</b></p> <p>Modern dance is a vibrant and exciting dance form that uses different techniques like stretching, contractions, turns, isolations, jumps, leaps and progression floor work. The dancer uses combinations that are set to different music rhythms to express themselves through movement.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DAD02 DAG02</b>	<p><b>HIP-HOP DUET &amp; GROEP / DUET &amp; GROUP</b></p> <p>Hip-Hop is a young and vibrant form of street dancing that has developed with rap, pop and hip-hop music genres. This funky dance-art allows all ages to experiment with combining the latest fashion, music, moves and attitude. Some of the styles of Hip-Hop we use are krumping, lock and pop and break-dance. Examples of Hip-Hop can be seen in music videos and movies like 'Honey', 'Step-up' and 'Stomp the yard'.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DAD03 DAG03</b>	<p><b>AKROBATIES DUET &amp; GROEP / ACROBATICS DUET &amp; GROUP</b></p> <p>Acrobatics, emphasis on balance, stretching, strengthening, and flexibility and includes basic tumbling skills.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DAD04 DAG04</b>	<p><b>DISKO DUET &amp; GROEP / DISCO DUET &amp; GROUP</b></p> <p>Disco is an energetic dance characterised by strong movements and fast impulses of the body. The technique is to dance high on the balls of the feet throughout the routine.</p> <p>Tydsduur / Duration: 2 - 3 min</p>
<b>DAD05 DAG05</b>	<p><b>TRADITIONEEL/WÊRELD DUET &amp; GROEP / TRADITIONAL/WORLD DUET &amp; GROUP</b></p> <p>Ethnic dance is any dance form which can be identified as originating with an ethnic culture and expressing the movement aesthetics of that culture.</p> <p>Etniese dans is enige dans vorm wat duidelik ontwikkel is deur 'n bekende kulturele groep. Die bewegings beeld die kultuur se estetika uit.</p> <p>Tydsduur / Duration: 2 - 3 min</p>

<b>DAD06 DAG06</b>	<p><b>LATIN AMERICAN DUET &amp; GROEP / DUET &amp; GROUP</b>  Latin dance is a fast-paced dance. It includes dances like Cha-Cha, Rumba, Samba, Paso Doble and Jive.  Latynse dans is 'n vinnige dans. Dit sluit danse in soos Cha-Cha, Rumba, Samba, Paso Doble en Jive.  Tydsduur / Duration: 2 - 3 min</p>
<b>DAD07 DAG07</b>	<p><b>KLOPDANS DUET &amp; GROEP / TAP DUET &amp; GROUP</b>  Tap dancing is an exciting form of dance in which dancers wear special shoes equipped with metal taps. Tap dancers use their feet like drums to create rhythmic patterns and timely beats.  Klopdans is 'n opwindende vorm van dans, waar dansers spesiale skoene met metaal aan die sole dra. Klopdansers gebruik hul voete soos dromme om ritmiese patrone te maak.  Tydsduur / Duration: 2 - 3 min</p>
<b>DAD08 DAG08</b>	<p><b>LIRIESE DANS DUET &amp; GROEP / LYRICAL DANCE DUET &amp; GROUP</b>  A routine where dancers interpret the lyrics or mood (intent) of a song (with or without words). This form includes the use of legwork, balance, and facial and body emotion.  Tydsduur / Duration: 2 - 3 min</p>
<b>DAD09 DAG09</b>	<p><b>MUSIKALE KARAKTER DUET &amp; GROEP / MUSICAL CHARACTER DUET &amp; GROUP</b>  A routine interpreting a song from a Broadway or movie musical, or a routine portraying a character from a play, movie, television show or a stereotype (i.e. doctor, policeman, etc.) through any style of dance.  Tydsduur / Duration: 2 - 3 min</p>
<b>DAD10 DAG10</b>	<p><b>CONTEMPORARY DUET &amp; GROEP / DUET &amp; GROUP</b>  Contemporary dance focuses on the freedom of movement with no limitations. It is an experimental dance form that originates from a classical style. A combination of techniques ranging from ballet and modern are often used. It explores dancing of our time with futuristic elements that can include dynamic and strong movements, release, flexed feet, angular lines and unusual movements of the body. This can also be combined with a strong story line.  Tydsduur / Duration: 2 - 3 min</p>

<p><b>DAD11</b> <b>DAG11</b></p>	<p><b>SHOWCASE DUET &amp; GROEP / DUET &amp; GROUP</b>  Show dance in the broadest sense is based either on any Jazz/Lyrical, Ballet and/or Modern and Contemporary dance technique. Other dance disciplines can also be incorporated but cannot dominate. The dancers' personal interpretation should be clearly evident when using any of these disciplines or styles. Show Dance allows the use of acrobatics, props, lip-sync and other theatrical effects. All show dance presentations shall be based on a concept, story, theme or idea. There must be a title of the show. The concept, story, theme or idea must be fully understandable and will be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative and original. The piece must have show value and entertain the audience.  Tydsduur / Duration: 2 - 3 min</p>
<p><b>DAD13</b> <b>DAG13</b></p>	<p><b>OOP DUET &amp; GROEP / OPEN DUET &amp; GROUP</b>  Any type of dance that isn't classified in another item.  Enige dansvorm van keuse wat nie reeds in 'n ander item beskryf word nie.  Tydsduur / Duration: 2 - 3 min</p>

## **DANS SOLO TOEKENNING / DANCE SOLO AWARD**

### **Top toekennings - Graad 1 – 12**

**Hierdie toekennings word nie afsonderlik aan seuns en dogters toegeken nie.**

1. Deelname aan 'n minimum van 4 items.
2. Slegs 4 items word in aanmerking geneem. Dit wil sê slegs die 4 hoogste punte van elke deelnemer word in berekening gebring.
3. 'n Addisionele punt sal toegeken word vir elkeen van **hierdie** 4 items waar die deelnemer itemwenner was.
4. Slegs toekennings in die goue reeks word in aanmerking geneem.
5. Die deelnemer/s met die hoogste persentasie/s van genoemde 4 items, (punt 2 en 3 in aanmerking geneem), ontvang 'n toekenning.

### **Top Awards - Grade 1 – 12**

**No separate awards for boys and girls.**

1. Participation in a minimum of 4 items.
2. Only 4 items will be taken into consideration, which implies that only the 4 highest points achieved by each participant will be taken into consideration for calculative purposes.
3. An additional point will be added for each of **these** 4 items where the participant was item winner.
4. Only awards in the gold range will be taken into consideration.
5. The participant/s with the highest percentage/s calculated from the above criteria will receive an award.

## **BELANGRIK**

- Let asb op die kostuum reëls
- Geen kougom word toegelaat tydens deelname nie

## **IMPORTANT**

- Please pay attention to the costume rules
- No chewing gum is allowed while performing