



MOVE
DANCE CONTEST

MOVE DANCE CONTEST

COMPETITION RULES

2026

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These competition regulations are valid from 01.01.2026 until withdrawn.

The Move Dance Competition (hereinafter: MDC) is a competition system supporting the motivational background of dancers and athletes.

The main objective of the competition system :

- providing amateur athletes with the opportunity to compete nationally and internationally,
- stage appearance to increase confidence, overcome shyness,
- increasing the desire to train through the competition system,
- building self-confidence in your goals,
- rewarding their perseverance: with medals, diplomas, gifts

I. ENTRY

1. The preparatory teachers accept the MDC's basic, competition and data protection regulations at the same time as submitting the entry. They acknowledge that all competitors compete at their own risk.

2. Parents and team leaders are responsible for the health condition of the entrants to compete.

3. The association and the organizers shall not be liable for any injuries that occur during the presentation of the production or during the warm-up or practice preceding it.

4. Entries to MDC tournaments are required by filling out a form. The form is included on the website, which will also be sent to you in a separate e-mail.

Replacement entries received after the deadline will be subject to a late payment surcharge of 50% of the entry fee.

5. Further information (entry fees, entrance fees, etc.): www.movedancecontest.com

II. CATEGORIES

- Solo (1 person)**
- Duo/Couple (2 persons)**
- Trio (3 persons)**
- Small Formation (4-8 persons)**
- Formation (9-19 persons)**
- Megaformation (from 20 persons)**

III. AGE GROUPS

- o Children (ages 0-11)**
- o Youth (ages 8-14)**
- o Junior (ages 10-16)**
- o Adult (13-29 years old)**
- o Senior (over 30 years old)**
- o Mix (ages 0-99)**

Age calculation: The age of the contestants must be calculated as they reach the age of the current year by January 1. When classifying the age group, the age of the oldest competitor is always the guideline.



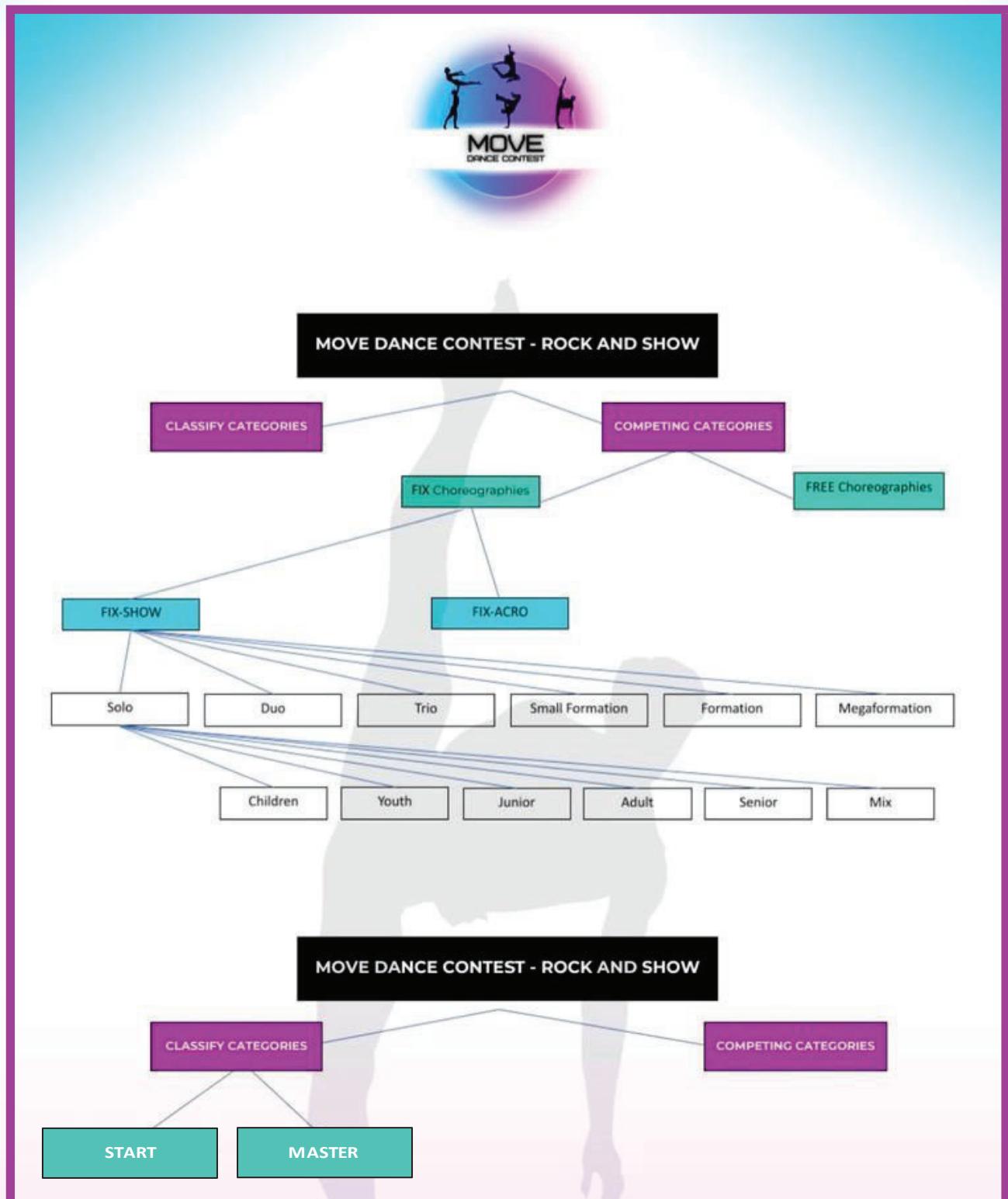
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IV. CLASSIFICATIONS/Knowledge levels National qualification and international competitions



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V. GENERAL RULES APPLICABLE TO PRODUCTIONS

At MDC competitions, production, behavior and performance clothes that do not violate good taste are expected. The clean-up of stage pollution and littering immediately after the presentation of the production is the responsibility of the respective contestants and their trainers.

VI. MUSIC

1. Each event's own music (if available) can be broadcast via email or USB flash drive. Files are identified by naming them with the final start number and choreography title. (For example: 001_mammamia_Duo_Mini_Start)
2. File names should start with the race numbers and the file should be in mp3 format.
3. Demanding and accurate music editing and impeccable quality of sound carriers are expected. For safety reasons, the music must also be available on a spare audio carrier with the trainer. (USB stick, CD)
4. The content and message of the lyrics should be appropriate for a sports competition. It must not contain profane words or erotic text.

VII. STAGE

- The dance floor is at least 10x10 m, its covering is sports floor. (Other requests can be agreed with the organizers individually)
- The director may use stage light and visual effects and a smoke machine for all productions at his discretion. If the competitor does not require this or has an individual request, please consult the technician personally at the venue of the competition.

The use of brought equipment (except instrument dances) is not permitted.

VIII. GENERAL RULES GOVERNING THE CONDUCT OF COMPETITION

Pre-registration (is mandatory): On the festival website: www.movedancecontest.com

On-site registration: Dropping off the actual number of performers at the registration table on the day of the event.

Entrance ticket: Escorts must purchase an entrance ticket on site. (Pre-sale is not possible.) The amount of the ticket is specified in the current competition announcement.

Changing rooms: The facilities of the sports halls do not allow separate changing rooms for each group, including the tournament organizer. For competitions, shared locker rooms are usually available. We cannot take responsibility for belongings left unattended. The group leader is responsible for the order of the changing rooms, furniture and furnishings, and is financially responsible for any damage caused to them.

We ask teams and competitors to leave the locker rooms after their own performance, after the announcement of the results, so that other groups can use it.

Race process:

1. Based on the entries, a competition program will be created.
2. The planned start list will be sent to participants by e-mail before the race.
3. The schedule of the competition program is indicative, half an hour before the scheduled performance time, the productions must be ready for competition.
4. The contestant is obliged to follow the course of the competition.



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IX. REMUNERATION

At MDC competitions, each competitor receives a certificate, in addition, podium performances are rewarded with 1 cup and each participant with a medal. At MDC competitions, in addition to the prize, the jury and directors may award special prizes to the most outstanding productions.

Professional awards:

Outstanding Technology (Prizes awarded in all competitions)

Outstanding Production (Prizes awarded in all competitions)

Outstanding Performance (Prizes awarded in all competitions)

Outstanding visuals (All tournament prizes)

X. ANNOUNCEMENT OF RESULTS

At the announcement of the results, the competitors must appear in performing clothes. The performing groups will receive the accolades on stage.

XI. SCORING

1. The scoring judges: Experts invited and recognized by the MDC (3 people).
2. The jury members may award a maximum of 30 points per production, the evaluation shall be 3 According to its main criterion (technical score, art score) 15-15 points.
3. The score achieved determines the final result.

XII. ASSESSMENT

The main aspects of the assessment are:

Technical score (0-15)	Art Score (0-15)	Deductions
<ul style="list-style-type: none">• difficulty level of elements 0-5• construction of elements 0-5• synchronicity 0-5	<ul style="list-style-type: none">• presentation style 0-5• dynamics 0-5• choreography 0-5	<ul style="list-style-type: none">• small fault (1-4 rhythm) -2• big fault (from 5 rhythm) -5

XIII. BRIEF DESCRIPTION OF MDC CATEGORIES

1.1 Rock and Show

It's based on acrobatic rock and roll, but without the basic step of acrobatic rock and roll performed sports dance, in which the performance and stage show come to the fore.

Competitors can choose between two types of events:

- Qualifying competitions (Classify) - in these categories, the dancers' knowledge level and are rated GOLD, SILVER and BRONZE according to their age group with qualification.
- Competitions (Fix, Free) - productions in these categories the scoring judges evaluate it with rankings.



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In the rock and show genre, we basically distinguish 2 styles, these are:

- **SHOW** – Basic acrobatic rock and roll steps and kicks are not allowed, a production must include acrobatic rock and roll style moves (e.g. jumps, knee lifts, rotations, simple jumps). It is SHOW style choreographies cannot include the following: basic step, kick, flexibility elements (except asparagus), complicated jumps (e.g. pike, pistol, etc.); acrobatic elements cannot be performed in pairs, groups, or independently.
- **ACRO** – Basic steps and kicks are allowed, but not mandatory. Acrobatic and the execution of flexibility elements is allowed, age-specific difficulty level taking into account (*SL levels: Mini, Children SL5, Youth SL4, Junior SL3, Adult, Senior SL2, Mix SL3). Kicks and basic steps are not scored separately by the judges, they are part of the dance production in the implementation of dance technical elements in the evaluation.

Specific categories are created from these four styles, i.e.:

- Classify Start, Classify Master
- Fix Show, Fix Acro
- Free Show, Free Acro

Within the categories, they are broken down by number of employees and age group competitions are held.



- Age groups:

- o Children (ages 0-11)
- o Youth (ages 8-14)
- o Junior (ages 10-16)
- o Adult (13-29 years old)
- o Senior (over 30 years old)
- o Mix (ages 0-99)

- Number of employees:

- o Solo (1 person)
- o Duo, Couple (2 people) – Couple is distinguished only in Free categories from the duo, here it's a boy-girl composition. In the Classify and Fix categories, the duo girl-girl, or boy-boy, or mixed composition. In free categories, the duo girl-girl or boy-boy composition.
- o Trio (3 people)
- o Small Formation (4-8 people)
- o Formation (9-19 people)
- o Mega Formation (from 20 people)

*Details of SL levels can be found here: www.wrrc.dance/rules/rock-n-roll-rules/



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SUPPLEMENTS

XIV. CONSOLIDATIONS

If there are not two participating units in the given category, it can be merged with the one above or below it, after consulting with coaches and course leaders. To ensure the correct ranking, the dance unit will receive their points in their original category, thus appearing on their own ranking list. In the case of a consolidation, a ranking order will be established, and there will be no possibility of announcing two first-place winners.

XV. UNITS ON STAGE

In the case of a qualification system:

- **In the SOLO/DUO categories, a maximum of six units**
- **In the TRIO/SMALL FORMATION categories, a maximum of three units**
- **In the FORMATION/MEGAFORMATION categories, a maximum of one unit can be on stage.**

In the case of a competitor system:

In "B" categories

- **In the SOLO/DUO/COUPLE/TRIO/SMALL FORMATION categories, a maximum of three units**
- **In the FORMATION-MEGAFORMATION, a maximum of one unit can be on stage.**

In the case of a competitor system:

In "A" categories

- **In the SOLO/DUO/TRIO categories, a maximum of three units**
- **In the COUPLE/SMALL FORMATION/FORMATION/MEGAFORMATION categories, a maximum of one unit can be on stage.**



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COMPETITION RULES

ROCK AND SHOW CLASSIFY CATEGORIES

CATEGORY	CHOREOGRAPHY	NUMBER OF DANCERS	LENGTH OF DANCE	TEMPO OF MUSIC	MUSIC	CLOTHING	AGE
START	Fix or Free	1-100 dancers	16x8	192 bpm	Central	Club or professional	3-99
MASTER	Fix or Free	1-100 dancers	16x8	192 bpm	Central	Club or professional	3-99

ROCK AND SHOW FIX CATEGORIES

CATEGORY	CHOREOGRAPHY	NUMBER OF DANCERS	LENGTH OF DANCE	TEMPO OF MUSIC	MUSIC	CLOTHING	AGE GROUPS
FIX - SHOW	Fix	S,D,T,SF,F,MF	16x8	192 bpm	Central	Club or professional	1. / 2. Age Group
FIX - ACRO	Fix	S,D,T,SF,F,MF	16x8	192 bpm	Central	Club or professional	1. / 2. Age Group

EXPLANATIONS:

S=Solo
D=Duo
T=Trio
SF=Small Formation
F=Formation
MF=Megaformation

AGE GROUPS:

1. Age Group: Children, Youth, MIX
2. Age Group: Junior, Adult, Senior, MIX



ROCK AND SHOW - FREE CATEGORIES

CATEGORY	CHOREOGRAPHY	LENGTH OF DANCERS	TEMPO OF MUSIC	MUSIC	INTRODUCTION	CLOTHING	CATEGORIES BY AGE
FREE SHOW A - S,D,T	Free	16x8	192 bpm	Central	no	Free	CH,Y,J,A,S,MX
FREE SHOW A - SF,C	Free	16-24x8	192 bpm	Central or own	allowed	Free	CH,Y,J,A,S,MX
FREE SHOW A - F,MF	Free	1:00-2:30	192 bpm	Central or own	0-30 sec	Free	CH,Y,J,A,S,MX
FREE SHOW B- S,D,T	Free	16x8	192 bpm	Central	no	Free	CH,Y,J,A,S,MX
FREE SHOW B - SF,C	Free	16-24x8	192 bpm	Central	no	Free	CH,Y,J,A,S,MX
FREE SHOW B - F,MF	Free	1:00-2:30	192 bpm	Central or own	0-30 sec	Free	CH,Y,J,A,S,MX
FREE ACRO A - S,D,T	Free	16x8	192 bpm	Central	no	Free	CH,Y,J,A,S,MX
FREE ACRO A - SF,C	Free	16-24x8	192 bpm	Central or own	allowed	Free	CH,Y,J,A,S,MX
FREE ACRO A - F,MF	Free	1:00-2:30	192 bpm	Central or own	0-30 sec	Free	CH,Y,J,A,S,MX
FREE ACRO B - S,D,T	Free	16x8	192 bpm	Central	no	Free	CH,Y,J,A,S,MX
FREE ACRO B - SF,C	Free	16-24x8	192 bpm	Central	no	Free	CH,Y,J,A,S,MX
FREE ACRO B - F,MF	Free	1:00-2:30	192 bpm	Central or own	0-30 sec	Free	CH,Y,J,A,S,MX

EXPLANATIONS:

S=Solo
 D=Duo
 T=Trio
 SF=Small Formation
 F=Formation
 MF=Megaformation
 C=Couple

CATEGORIES BY AGE:

CH=Children
 Y=Youth
 J=Junior
 A=Adult
 S=Senior
 MX=MIX



QUALIFICATION		
COMPETITORS	JUDGING	ROUNDS
in case of 1-6 competitor(s)	Simple Judging	Final
in case of 7-12 competitors	Simple Judging	Semifinal
in case of 13-24 competitors	Simple Judging	Quarterfinal
in case of 25-48 competitors	Simple Judging	First round
in case of 49-96 competitors	Simple Judging	Qualifier round

AGE GROUPS	
CATEGORY	AGE
Children	0-11
Youth	8-14
Junior	10-16
Adult	13-29
Senior	over 30
Mix 0-99	

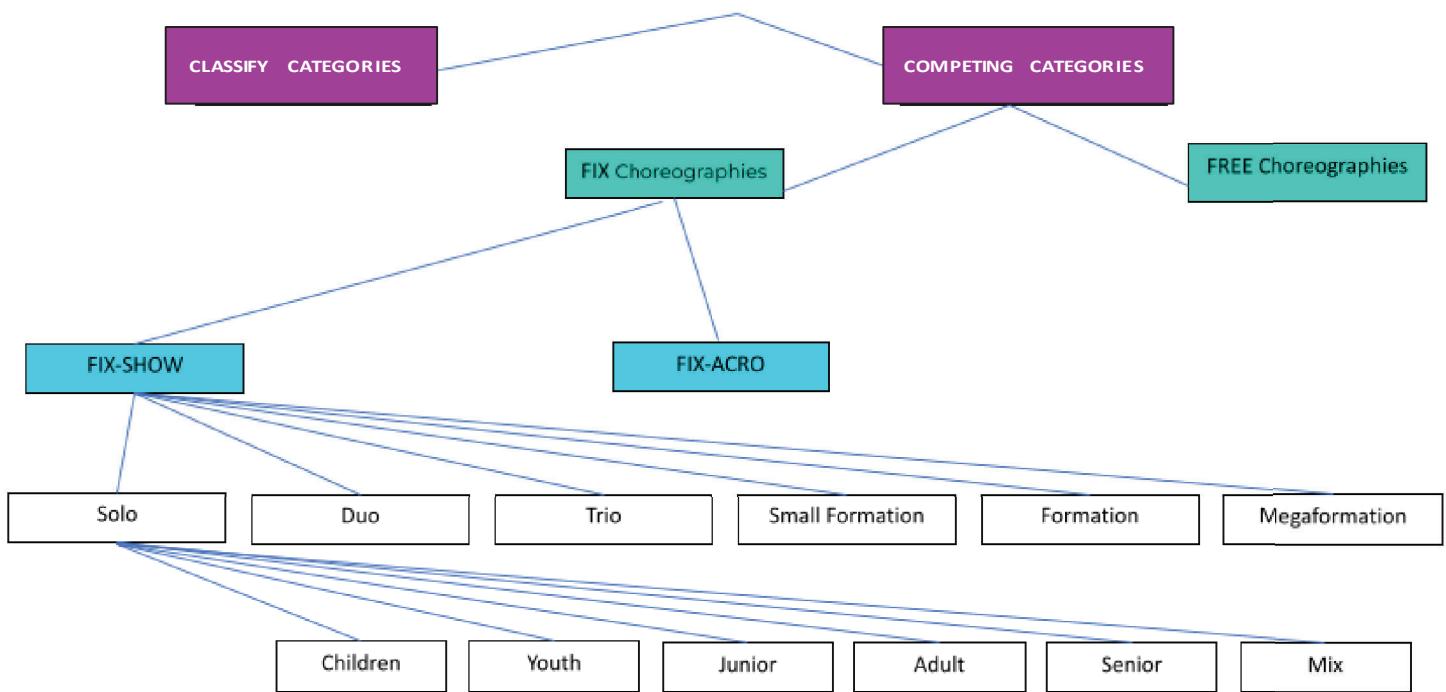
RULES ABOUT KICK-S	
SHOW	Kick is not permitted
ACRO	Kick is permitted but not obligatory

SAFETY LEVELS OF ACROBATICS	
AGE GROUP	SAFETY LEVEL
Children	SL5
Juveniles	SL4
Junior	SL3
Adult	SL2
MIX	SL3

NUMBER OF DANCERS	
CATEGORY	DANCERS
SOLO	1
DUO, COUPLE	2
TRIO	3
SMALL FORM.	4-8
FORMATION	9-19
MEGAFORM.	20 or more



MOVE DANCE CONTEST - ROCK AND SHOW



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