



Move Dance Contest – MIX – Competition Regulations

Table of contents

I. REGISTRATION.....	2
II. Categories	3
III. Age groups	3
IV. CATEGORIES / Skill Levels	3
V. PROMOTION SYSTEM:.....	4
VI. GENERAL RULES FOR PRODUCTIONS	4
VII. MUSIC.....	4
VIII. STAGE.....	4
IX. GENERAL RULES FOR THE COMPETITION PROCEEDINGS.....	5
X. AWARDS.....	5
XI. AWARD CEREMONY.....	6
XII. SCORING	6
XIII. General Rules for Acrobatics, Sets, and Props	6
XIV. Detailed Description of MDC Categories	7
1. Artistic and Stage Visual Dances	7
2. Sport-Acrobatc Dance.....	7
3. Fashion Dances	8
4. Prop Dances	8
5. Other Dance Productions and Sports.....	9

Move Dance Contest – MIX – Competition Regulations

These competition rules are valid from September 1, 2025, until further notice.

The Move Dance Contest (hereinafter referred to as MDC) is a series of events designed to support the motivational background of dancers and participants.

The main goals of the event series are:

- Providing opportunities for domestic and international competitions,
- Stage appearances to boost confidence and overcome shyness,
- Increasing enthusiasm for training through the competition system,
- Building self-confidence through achieving goals,
- Rewarding perseverance: with medals, certificates, and gifts.

I. REGISTRATION

1. By submitting the registration, coaches accept the basic, competition, and data protection rules of the MDC. They acknowledge that all competitors participate at their own risk.
2. Parents and team leaders are responsible for ensuring that registered participants are in a suitable health condition for competition.
3. The organizers/promoters are not liable for any injuries sustained during the performance or during warm-up and practice prior to the performance.
4. Registration for MDC competitions is possible by filling out a form. The form can be accessed through the website, and it will also be sent by email. Late registrations received after the deadline will incur a late fee, amounting to 50% of the registration fee.
5. Admission and registration fees:
6. More information on: www.movedancecontest.com

Entrance fees	Entry fees
Adult: 200 AED / Person	Solo: 400 AED
Retired/Child: 100 AED / Person	Duo-Trio: 600 AED / Production
Under the age of 6: FREE	Teams: 150 AED / Person
Participants: FREE	Formations: 150 AED / Person

II. Categories	III. Age groups
Solo (1 person)	Children: 6-11 years
Duo (2 person)	Youth: 8-15 years
Teams (3-9 person)	Junior: 10-17 years
Formations (10+ person)	Adult: 13-30 years
	Senior: 30+ years
	MIX: not defined

Move Dance Contest – MIX - COMPETITION RULES

These competition rules are valid from September 1, 2024, until further notice.

The Move Dance Contest (hereinafter referred to as MDC) is a series of events designed to support the motivational background of dancers and participants.

Age Calculation:

The competitor's age to be considered is the age they have reached by January 1st of the relevant year. For team and formation classification, the average age of the competitors is the guideline. In the case of duos, the age of the older competitor is decisive.

IV. CATEGORIES / Skill Levels

Domestic qualification and international competitions Qualification categories:

- **Start category:** Amateur performances, typically showcasing fresh, debuting performances from beginner dancers.
- **Master category:** Amateur performances, typically showcasing beginner/intermediate/advanced level performances.
- **Competitive category:**
 - **Free:** Amateur /professional categories, typically showcasing well-established, high-quality performances.
- The amateur and professional categories can be combined if there are less than 3 competitors

V. PROMOTION SYSTEM:

The coach may enter their team in any category at their discretion. However, if the performance reaches the required level for promotion in the qualification categories, it is recommended to move the production to a higher category.

Domestic competitions:

- **Start qualification category** 2 gold qualifications **Master qualification category**
- **Master qualification category** 1 gold qualification **Free competitive category**
International qualification category

Ranking:

In the competitive categories, a ranking list is created based on points earned in qualification competitions.

The top 50% of the ranking list automatically qualifies for international competitions.

VI. GENERAL RULES FOR PRODUCTIONS

At MDC competitions, performances are expected to be appropriate for a sports competition, with behavior and costumes that do not offend good taste. Cleaning up any mess or litter on the stage immediately after the performance is the responsibility of the performers and the coach.

VII. MUSIC

1. Each performance's music (if any) can be submitted via email or brought on a USB drive. The files must be named to match the final entry number and the choreography title. (E.g.: 001_GoldenChicks_POP_START_TEAM)
2. File names must start with the entry number, and the file must be in mp3 format.
3. High-quality and accurate music editing is expected, as well as flawless sound media. For safety, coaches should also have backup sound media (USB drive, CD).
4. The content and message of the song lyrics must be appropriate for a sports competition. Lyrics must not contain vulgar or erotic language. Violating this rule will result in a point deduction in the qualification category or a last-place ranking in the competitive category.

VIII. STAGE

- The dance area is at least 10x10 meters, with a sports floor covering. (Other requirements can be arranged individually with the organizers.)
- The organizer may use stage lights, visual effects, and a smoke machine at their discretion for any performance. If the competitor does not wish to use these or has special requests, please consult the technician in person at the competition venue.
- The use of personal equipment (except for prop-based dances) is not allowed.

IX. GENERAL RULES FOR THE COMPETITION PROCEEDINGS

Pre-registration (mandatory): On the event's website at www.movedancecontest.com

On-site registration: Submission of the actual number of performers at the registration desk on the day of the event.

Admission: Accompanying persons must purchase admission tickets at the venue. (Advance purchase is not available.)

Changing rooms: Due to the limitations of sports halls, individual changing rooms for each group are not provided. Therefore, common changing rooms are usually available at the competitions. Responsibility for unattended belongings cannot be taken. Group leaders are responsible for the order in the changing rooms, the furniture, and any damages caused, for which they are financially liable. Teams and competitors are asked to vacate the changing rooms after their performance and award ceremony to allow other groups to use them.

Competition proceedings:

1. A competition program is created based on the registrations.
2. The planned start list will be emailed to participants before the competition.
3. The competition schedule is indicative; all performances must be ready to compete 30 minutes before the scheduled time.
4. Competitors must follow the flow of the competition.

X. AWARDS

At MDC competitions, all qualifying participants receive a certificate and a medal corresponding to their qualification. All participants in competitive categories will receive a certificate, and in addition, podium performances will be awarded with 1 trophy and all participants will receive medals. In addition to the awards, the jury and organizers may give special awards to the most outstanding performances. **Professional awards (given at each competition):**

- Outstanding technique
- Outstanding performance
- Outstanding presentation
- Outstanding visuals

XI. AWARD CEREMONY

Competitors must attend the award ceremony in their performance costumes. The performing groups will receive their recognition on stage.

XII. SCORING

1. **Judges:** Recognized professionals invited by MDC (3-7 members).
2. **Scoring:** Jury members can award up to 30 points per performance.
3. The total score determines the final result.

Technical score (0-15)	Artistic score (0-15)	Deductions(0-30)
<ul style="list-style-type: none">• difficulty level of elements 0-5• execution of elements 0-5• synchronicity 0-5	<ul style="list-style-type: none">• presentation mode 0-5• dynamics 0-5• choreography 0-5	<ul style="list-style-type: none">• small mistake: 2 points (1 – fall within the beat)• big mistake: 5 points (1 – fall beyond the beat)

XIII. General Rules for Acrobatics, Sets, and Props

Acrobatics:

- Coaches may apply acrobatic elements in performances at their discretion.
- Participants execute acrobatics at their own risk, ensuring they do not endanger their own or their partners' health and safety.

Set and Props:

- Coaches can use sets and props in performances as per their discretion.
 - Health and safety must not be compromised.
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XIV. Detailed Description of MDC Categories

1. Artistic and Stage Visual Dances

1.1 Modern Dance:

- Encompasses a diverse range of movement styles.
- Mandatory use of modern techniques (e.g., Graham, Limón, Horton, Metox, Cunningham).
- Focus on powerful upper body usage and rhythmic play.
- The choreography should align with the music's dynamics and include relevant spins and jumps.

1.2 Contemporary Dance:

- Evolved from classical, modern, and jazz dance, incorporating elements from various styles.
- Emphasizes controlled leg technique, powerful torso movement, contraction-release technique, and improvisation.
- Features sudden changes in direction, speed, and rhythm.
- Expressive, focusing on the connection between mind and body through fluid movements.

1.3 Ballet:

- Portrays dramatic narratives through dance and music.
- Utilizes stylized movements, expressing emotions and events, with significant use of pointe technique.
- Originated from court dances.

1.4 Jazz/Revues/Musicals/Stepping:

- Choreography should reflect the atmosphere of classic musicals or dance films.
- Includes revue-style performances and American jazz and tap-based choreographies.

2. Sport-Acrobatice Dance

2.1 Acrodance:

- Must include at least three acrobatic elements known from gymnastics.
- Elements should flow seamlessly within dance steps, maintaining a dance-like character.

2.2 Aerobic:

- Combines dance, aerobics, and gymnastics to create unique performances.
- Must feature dynamic and static strength, flexibility, and balance elements, including jumps and spins.

2.3 Sports Acrobatics:

- Focuses on lifts and pyramids, creating a visual spectacle on stage.

2.4 Gymnastic Dances:

- Involves harmonized, aesthetic movements combined with gymnastics and minor acrobatic elements.
- Requires mandatory flexibility and balance elements, with the difficulty suited to the participants' skill levels.

2.5 Cheerleading:

- A sport that combines elements of gymnastics, acrobatics, and dance, performed competitively.

3. Fashion Dances

3.1 Show Dance:

- Blends rhythm, movement, acting, and acrobatics in a performance aimed at entertainment.
- Does not have to tell a story but should express a unique atmosphere or feelings.

3.2 Disco:

- Characterized by energetic, lively movements rooted in jazz dance and classical ballet, avoiding hip-hop influences.
- Must use disco music.

3.3 Pop/K-Pop:

- Features trendy, popular dance styles with an emphasis on creativity and diverse dance elements.
- Dynamic and energetic choreography is essential.

3.5 Zumba:

- A Latin rhythm-based dance from Colombia, combining aerobic movements with popular dance steps.

4. Prop Dances

4.1 Majorette/Twirling:

- Requires the use of at least one baton, incorporating traditional twirling techniques.

4.2 Pom-Pom:

- Mandatory use of pom-poms during the performance, maintained in continuous motion.

4.3 Pole Dance:

- Involves gymnastic and dance exercises using a pole, requiring various flexibility and strength elements.

4.4 Belly Dance:

- Features rhythmic movements of the abdomen and hips, with a focus on footwork and the use of props.

5. Other Dance Productions and Sports

5.1 Folk Dance:

- Presents traditional dances from various cultures, requiring original folk music or authentic adaptations.

5.2 Vocal Productions:

- Live singing is mandatory, allowing any music and dance style, with at least one microphone used.

5.3 Kindergarten/School Productions:

- Individual or group performances organized for school events, supervised by a teacher if necessary.

5.4 Class Dances:

- Typically prepared for school events, featuring continuous dance without additional performance elements.

5.5 Combat Sports:

- Showcases martial arts like Capoeira, Aikido, Karate, and Judo.

5.6 Open Category:

- Allows for diverse stage dance productions that do not fit into specific categories, requiring at least two different styles to be represented.