



Move Dance Contest – STREET - COMPETITION REGULATIONS

Table of contents

I. REGISTRATION.....	3
II. Categories.....	4
III. Age groups	4
IV. CLASSIFICATIONS / Skill Levels	4
V. PROMOTION SYSTEM:.....	5
VI. GENERAL RULES FOR PERFORMANCES	5
VII. MUSIC	5
VIII. STAGE	5
IX. GENERAL RULES FOR THE COMPETITION PROCESS.....	6
X. AWARDS	6
XI. AWARD CEREMONY	7
XII. SCORING.....	7
XIII. EVALUATION	7
XIV. GENERAL RULES REGARDING ACROBATICS, PROPS, AND EQUIPMENT	7
XV. DETAILED DESCRIPTION OF MDC STREET CATEGORIES	8

Move Dance Contest – STREET - COMPETITION REGULATIONS

These competition regulations are valid from September 1, 2025, until further notice. The Move Dance Contest (hereinafter referred to as MDC) is a series of events that supports the motivational background of dancers and participants.

Main Objectives of the Event Series:

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

I. REGISTRATION

1. By submitting the registration, the instructors accept the MDC's basic, competition, and data protection regulations. They acknowledge that each competitor participates at their own risk.
2. Parents and team leaders are responsible for the health status of participants. 3. The organizers are not responsible for any injuries that occur during the performance or during warm-up and practice.
4. Registrations for the MDC competitions can be submitted by filling out a form. The form is available on the website and will also be sent out via email. Late registrations after the deadline will incur a penalty fee of 50% of the registration fee.
5. Entry fees and registration fees:
6. Additional information: 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

Age Calculation: Competitors' age is calculated as of January 1 of the current year. For team and formation categories, the average age of competitors is the guideline. For duos, the age of the older competitor is decisive.

IV. CLASSIFICATIONS / Skill Levels

Domestic qualification and international competitions

Qualifying (CLASSIFY) Categories:

- **Start Category:** Amateur performances, typically featuring fresh, debuting presentations from beginner dancers.
- **Master Category:** Amateur performances featuring beginner/intermediate/advanced level presentations.

Competitor Category:

- **Free:** Amateur/semi-professional/professional categories, featuring well-established quality performances. Various dance styles can be used: Street dance, Funky, New style, Krump, House, Vogue, Waacking, L.A. style, Popping, Locking, Afro, Ragga, Electric boogie, etc. The essence of dance is self-expression and conveying the pulse of the music. Props and decorations are allowed.
- **Fixed:** Competitors can use pre-shared choreographies (MIX, OLD SCHOOL, WAACKING, HOUSE) or create their own choreography by connecting and combining attached movements (MOVEMENTS) in the given style. Different styles of MOVEMENTS can only be used in the MIX category.

V. PROMOTION SYSTEM:

Coaches may enter their teams in any category at their discretion. However, if they achieve the required level in qualifying categories, it is recommended to promote the performance.

Domestic Competitions:

- **Start Qualifying Category:** 2 gold qualifications → Master Qualifying Category
- **Master Qualifying Category:** 1 gold qualification → Free Competitor Category → INTERNATIONAL Qualifying Category

Ranking: A ranking will be created based on points earned in qualifying competitions in the competitor categories. The top 50% of the ranking can automatically participate in international competitions.

VI. GENERAL RULES FOR PERFORMANCES

MDC competitions require performances and behavior appropriate for a sports event, as well as performance attire that does not offend good taste. After the performance, it is the responsibility of the respective competitors and instructors to clean up any mess or litter from the stage.

VII. MUSIC

1. Each performance must submit its music via email or on a USB drive. The files must be named using the final start number and the choreography title (e.g., 001_Golden Chicks_POP_START_TEAM).
2. File names should start with the start numbers and be in mp3 format. 3. High-quality and precise music cuts are required, and the sound quality must be impeccable. For safety, a backup of the music material should also be available with the coach (USB, CD).
4. The content and message of the lyrics must be appropriate for a sports competition. Offensive language and erotic content are not allowed. Violating this rule may result in point deductions or last-place ranking in the qualifying category.

VIII. STAGE

- The dance floor must be at least 10x10 m, with a sports floor covering. (Other requirements can be discussed individually with the organizers.)
- The organizers may use stage lighting, visual effects, and fog machines for all performances at their discretion. If competitors do not require this or have specific requests, please discuss them personally with the technician at the competition venue.

IX. GENERAL RULES FOR THE COMPETITION PROCESS

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

On-site Registration: The actual number of performers must be submitted at the registration desk on the event day.

Entry Ticket: Accompanying persons must purchase an entry ticket on-site. (Advance purchase is not possible.)

Changing Rooms: The facilities of the sports halls do not allow for separate changing rooms for each group, and the competition organizers cannot provide them either. Common changing rooms are usually available at competitions. We cannot take responsibility for unattended belongings. The group leader is responsible for the order in the changing rooms and financially liable for any damage caused to furniture and equipment. We ask teams and competitors to leave the changing rooms after their performance following the award ceremony so that other groups can use them.

Competition Process:

1. A competition program will be prepared based on the registrations.
2. The planned start list will be sent to participants via email before the competition.
3. The schedule of the competition program is informative; productions must be ready to compete 30 minutes before their planned performance time.
4. Competitors must follow the competition process.

X. AWARDS

All qualifying participants in MDC competitions will receive a certificate and a medal corresponding to their qualification. Each competitor category will receive a certificate, and the top-performing productions will receive a trophy, with every participant awarded a medal.

In addition to the awards, the judges and organizers may recognize the most outstanding productions with special awards.

Professional Awards in Amateur and FIX Categories:

- Outstanding Technique
- Outstanding Production
- Outstanding Performance Style
- Outstanding Visuals

XI. AWARD CEREMONY

At the award ceremony, competitors must appear in their performance attire. Performing groups may receive their awards on stage.

XII. SCORING

- 1. Judges:** The judges are recognized professionals invited by the MDC (3-7 members).
- Judges may award a maximum of 30 points for each performance.
- The total score determines the final result.

XIII. EVALUATION

Technical score (0-15)	Artistic score (0-15)	Deductions(0-30)
<ul style="list-style-type: none">difficulty level of elements 0-5execution of elements 0-5synchronicity 0-5	<ul style="list-style-type: none">presentation mode 0-5dynamics 0-5choreography 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)

XIV. GENERAL RULES REGARDING ACROBATICS, PROPS, AND EQUIPMENT

Acrobatics:

Coaches may use acrobatics in performances at their discretion. Participants may only perform them at their own risk and must not endanger their health or safety, or that of others.

Props and Equipment:

Coaches may use props and equipment in performances at their discretion, provided they do not endanger health and safety.

XV. DETAILED DESCRIPTION OF MDC STREET CATEGORIES

15.1 FIX - Waacking:

This category is for competitors committed to the Waacking dance style, which must be performed clearly and recognizably. Competitors can use pre-shared Waacking choreographies or create their own choreography by connecting and combining attached movements (MOVEMENTS).

15.2 FIX - House:

This category is for competitors committed to the House dance style, which must be performed clearly and recognizably. Competitors can use pre-shared House choreographies or create their own choreography by connecting and combining attached movements (MOVEMENTS).

15.3 FIX - Old School:

This category is for competitors committed to the Old School dance style, which must be performed clearly and recognizably. Competitors can use pre-shared Old School choreographies or create their own choreography by connecting and combining attached movements (MOVEMENTS).

15.4 FIX - MIX:

In this category, competitors can use pre-shared MIX choreographies or create their own choreography by connecting and combining attached movements (MOVEMENTS) in the given style. Different styles of MOVEMENTS can only be used in the MIX category. The following dance styles can be used in this category: Old School, Waacking, House.