**• Dance show**

Competitors can dance the following dance styles and techniques: Jazz, Ethnic, Folk, Character. They can be performed in their pure form or as a combination of two or more different styles. Acrobatic elements that are an integral part of the performance are allowed. It is very important to achieve the harmony of the idea, music, dance, costumes and stage props. The performance itself as well as the overall image will be evaluated. Stage props are allowed if the dancer brings them to the podium during one entrance. It is forbidden for other persons to bring stage props for dancers, except in the mini category. Dancers can perform all dance disciplines in their own interpretation. Movements and elements of other disciplines such as Disco Dance, Hip-Hop, Electric Boogie, Break Dance and Step can be included in the performance, but must not dominate the performance. Rock'n Roll is not included.

**• Modern**

In this discipline, scenography is allowed and the use of props is also allowed. A dance does not have to express emotions or have a story. In this dance category, performance technique and interpretation are dominant. Therefore, original and experimental choreographies are encouraged. Lyrical pieces, modern ballet, classical ballet, contemporary dance, modern jazz and jazz can be used in this discipline. Acrobatic elements that are an integral part of the performance are allowed. Stage props are allowed if the dancer brings them to the podium during one entrance. It is forbidden for other persons to bring stage props except in the mini category for dancers.

**• Jazz Dance**

Jazz technique, various styles of jazz (ex. Broadway jazz, Latin jazz...). Jazz is an energetic dance style, consisting of unique moves depending on the specific style and era of jazz. Styles and steps must reflect jazz dance technique (ex. jazz pirouettes, jumps, etc.) Music must reflect jazz tradition and can vary from theatrical style, Latin jazz, art jazz, lyrical jazz, etc. Jazz is an exciting and ever evolving dance form full of rhythm, passion and life that encourages individual expression and the development of personal style. Acrobatic elements are allowed, but not to dominate, while gymnastic elements are allowed, but not to dominate. Scenography is allowed.

**• Classical ballet**

Original choreographies (Swanlake, La Bayadere..) as well as own, new choreographies are allowed; it is played in soft or point shoes; age categories Baby and Mini are not allowed to play in pointe shoes.

**• Open**

In the "Open" dance category, you can register choreographies that do not have a specific dance discipline /street show, disco show, standard, etc./. This category includes all dances that do not have a clearly defined category at this festival (majorette and twilling, swing, standard dances...). Choreographies can be registered here. All dances, which cannot be classified in any discipline, or a combination of different dance techniques (artistic dances); acrobatics, props and scenery are allowed.

 **• Modern dance with lifting**

Characteristics and movements: This discipline must be performed with traditional and modern technique. Therefore, original and experimental choreographies are encouraged. Lyrical pieces, modern dance, modern jazz can be used in this discipline. MANDATORY ELEMENTS: In small groups, groups or formations, the mandatory elements are lifts, lifts with a fall, jumps ending with a catch and turns with a hold. Lifting is considered to be all figures performed with the help of another dancer or person, when the dancer does not touch the dance floor with any foot. Stage props are allowed if the dancer brings them to the podium during one entrance. It is forbidden for other persons to bring stage props except in the mini category for dancers.

 **• Disco dance**

Characteristics and movements: Disco dance without acrobatic figures. Modern trends (ex. Hip Hop) are allowed but must not dominate. The music is its own. Allowed figures and movements: slides, jumps, jumps, kicks, turns and pirouettes are allowed. Figures on the floor: wide stances, rotations on the back and buttocks are allowed, but should be kept to a minimum. Long jumps over the podium must not have more than four steps in a row. Acrobatic figures are not allowed. Scenography is not allowed. During the performance, dancers must not use bulky stage material.

**• Hip hop**

Hip-hop includes various dance styles, especially Hype Dance, New-Jack-Swing, Jamming, etc. with added creative elements such as: stops, jokes, flashes, fast movements, etc. Hip-hop is generally played in eight beats with typical jumps or skips. Acrobatic movements, including those typical of Break Dance are allowed, but should not predominate. Some Electric Boogie moves are allowed, but should not dominate. Different hip-hop styles, such as e.g. Oldschool and Newschool. Oldschool includes: popping, locking, jazzrock, hype. Newschool includes: newstyle, krumpin, dance hall. Housedance (footwork, jacking and lofting) is considered under this category. Also includes: wacking, voguing and experimental. Use the choreography to be inspired, but don't copy, be creative! Hip-hop is personal expression of emotions or situations and experiences. Offensive language and violent expressions are prohibited in music and performance. Acrobatic / Break movements are allowed, but the dance must dominate. It is important to maintain the distinct style, terminology and cultural elements of hip-hop. The music is your own (except in the solo category).

**• Break Dance**

Typical Moves: Crown, Headspin, Backspin, Turtle, Helicopter, Windmill, Bailey Windmill, Freeze, Uprock, Sixstep, One Hand Up, Swipe, Atomic, Munchmil, Flair, Holoback, Traxx, 99, various footwork, etc. (including various variations of these figures). It is important to show more than two figures and elements. The same figure performed twice will count only once. In case of repetition, a better performance will be evaluated. The technical difficulty of the performed elements, the combination of elements (acrobatic movements that pass into one another), originality and the overall performance will be evaluated.

**• Electric**

Typical movements and techniques: sharp electrical movements that come in waves, isolations, robot, pantomime elements, waves, jerks, animation, electroshock, walking, puppet, knocking, locking, etc. It is important to show more than two different techniques or movements. The performer should try to create the illusion of electricity in his performance and to bring something new to the audience.

**• Acrobatic/Gym**

Includes basic and intermediate acrobatic movements. In addition to using acrobatic movements and techniques, the dominant inclusion of dance elements is necessary. All dance styles are allowed, but must be creative in interpretation. Choreography will be scored as a dance, not as a gymnastic dance.

**• Funky (STREET JAZZ/URBAN/FUNKY JAZZ/MTV DANCE)**

Fusion of different dance styles inspired by MTV tradition and popular singing groups. It is a commercial style of jazz, fusion of jazz, funk, hip-hop or other styles, which you can see performed live and in video clips. The emphasis is on presentation, style of expression and performance.

**• Belly Dance**

Most of the basic movements and techniques used in belly dancing are circular movements that isolate one part of the body. For example, in a circle that is parallel to the floor, either the hips or the shoulders are isolated. It is common to emphasize movement using sudden openings or closings, where the dancer either trembles or steps forward in the shoulder or hip area. Flexibility of the feet, "rolling" of the abdominal muscles, balancing with various props such as baskets, swords or candles and dancing with various forms of veils, as well as the use of cymbals, are also common.

**• Free show/Fit Kid**

In this discipline, scenography and props are not allowed during the dance, only at the beginning of the choreography. Dance should not represent a story, technical qualities and acrobatic elements are much more important. In the baby and mini age category, the following elements are not allowed: somersaults, forward and backward jumps, flic-flac and all acrobatic figures where both hands are not in contact with the floor. The following dance styles are not allowed in this discipline: Rock, Boogie, Twist, Disco, House, Techno, Trance, Break, Electric, Hip-Hop, Funky, Caribbean, Tip-Tap and Classic.