

International Dance Festival

"SPRING FEST" 23. May 2020.

Portoroz, Slovenija

Telephone: +381 63 541 928; e-mail: impulss@mts.rs

Website: www.springfestns.com



All information related to the dance festival can be changed by organizer

SPRING FEST - RULES

* **DANCE SHOW:**

Contestants can perform dance styles and techniques such as Jazz, Ethnic, Folk, Character. They can perform in pure form or as a combination of two or more different styles. Acrobatic elements that are an integral part of the performance are allowed. Very important to present harmony of idea, music, dance, costumes and stage aids. Performance and the overall scene will be evaluated. Stage aids are allowed if a dancer can bring it by bringing it once on the podium. It is forbidden for others to help with scene aids, except for the mini category. All dance disciplines dancers can perform in their interpretation. Movements and elements from other disciplines such as Disco Dance, Hip-Hop, Electric Boogie, Break Dance and Step, can be included in the show, but they must not dominate the performance. Rock'n Roll is not included.

* **MODERN:**

In this discipline scenography is allowed, as well as the props. Dance can express emotions or have a story. In this category dance technique execution and interpretation are dominant. It is therefore encouraging original and experimental choreography. The lyrical songs, 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 choreography are allowed. Scene aids are permitted if a dancer can bring it on the podium only one time. It is forbidden for others to help with scene aids, except in the mini category.

* **JAZZ DANCE:**

Jazz techniques, different styles of jazz (eg. Broadway jazz, Latino jazz ..). Jazz is an energetic dance style, consisting of unique moves depending on the specific style and period. The styles and steps must reflect jazz dance technique (eg. Of jazz pirouettes, jumps etc.). The music must reflect the jazz tradition and can vary from theater style, latin jazz, artistic jazz, lyrical jazz, etc. Jazz is an exciting and ever evolving dance form full of rhythm and passion that encourages individual expression and development of personal style. Acrobatic elements are allowed, but they do not prevail, while gymnastic elements are allowed, but do not dominate. Scenography is permitted.

* **OPEN DANCE:**

In the "Open" category, you can dance choreography to report that there is no special dance discipline / street show, disco show, standard etc. In this category is included all the dances that do not have a clearly defined category at the festival (majorette and tiling, swing, standard dances. ..). here you can sign in your choreography. All the dances, which can not be classified in any discipline, or a combination of different dance techniques (artistic dances); acrobatics, props and scenography are allowed.

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* **CLASSICAL BALLET:**

Original choreographies (Swanlake, La Bayadere..) as well as your own, new choreographies are allowed; dancing in soft or point shoes; for age categories of Baby and Mini is forbidden to dance in point shoes.

* **MODERN DANCE WITH LIFTING:**

Characteristics and moves: This discipline has to be done with traditional and modern technique. Therefore, it is encouraging original and experimental choreography. Lyrical dance, modern dance, modern jazz can be used in this discipline.

Mandatory elements: The required elements in a small group, or within groups or formations are : regular support , the support accompanied by a fall, jumps that are accompanied by catching the other dancer, and turns/ pirouettes with a pause. All the figures that are executed without touching the stage and with the assistance of another dancer, are going to be considered as a support. Any kind of prop is allowed if the dancer is capable to put it on the stage by himself/herself. Other people shouldn't set the prop. This is strictly forbidden, except for the dancers in the mini category.

* **DISCO DANCE:**

Characteristics and moves: Disco dance without acrobatic figures. Modern Trends(Eg. Hip Hop) are allowed but must not dominate. Music is your choice. Allowed figures and movements: Permitted are slipping, jumps, hops, kicks, turns and pirouettes. Figures on the floor: permitted are wide straddle positions, rotations on the back and buttocks, but they should be kept to a minimum. Long jumps over the dance floor needs to have no more than four steps in a row. Acrobatic figures are not permitted. Scenography is not allowed. During the performance dancers must not use bulky scenic material.

* **BREAK DANCE:**

Typical movements : Crown, Headspin (turning of the head), Backspin (turning on back), turtles, helicopter, windmills, windmills Bailey, Freeze (Freeze), Lowrider, Sixstep, One Hand Up, Swipe (shot), Atomic, Munchmil, Flair, Holoback , Traxx, 99, a variety of footwork, etc. (Including different variations of these figures). It is important to show more than two figures and elements. The same figure that was performed twice will be counted only once. In case of repetition, the better the performance will be evaluated. The technical weight of dance elements, merging elements (acrobatic movements that cross one another), originality and overall performance will be evaluated.

* **ELECTRIC:**

Typical movements and techniques: sharp electric movements that are coming in waves, isolations, robot, pantomime elements, waves, twitches, animation, electroshock, walk, doll, heart, lock, etc. It is important to show more than two different techniques or movements. Dancer should try to create the illusion of electricity in their performance and the challenges that surprises the audience.

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* **HIP-HOP:**

Hip-hop includes a variety of dance styles, in particular Hype Dance, New-Jack-Swing, Jamming, etc. with attached creative elements such as stops, jokes, flashes, rapid movements, etc. Hip-hop is mainly danced on eight tacts with typical jumps or overjumps. Akrobatical movements, including those typical of Break Dance are allowed, but should not dominate. Some Electric Boogie movements are allowed, but should not dominate. The different hip-hop styles, such as. Oldschool and Newschool. Oldschool includes: popping, locking, jazzrock, hype .. Newschool includes: style, krumpin, dance hall .. Housedance (footwork, jacking and lofting) is considered also under this category. Also includes: vacking, voguing and experimental. Use choreography to be inspired by, but not copy, be creative! Hip-hop is a personal expression of emotions or situations and experiences. Abusive language and violent expressions are forbidden in music and performance. Acrobatic / Break movements are allowed but dancing has to dominate. It is important to maintain a particular style, terminology and elements of hip-hop culture. Music is your own choice.

* **ACROBATIC/ GYM:**

Includes both basic and medium acrobatic moves. In addition to using acrobatic movements and techniques, dominantly the inclusion of dance elements is necessary. All dance styles are allowed, but they must be creative in interpretation. Choreography will be judged as a dance and not as a gymnastic show.

* **Fanky (STREET JAZZ/URBAN/ FUNKY JAZZ/ MTV DANCE)**

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

* **BELLY DANCE**

Most of the basic movements and techniques that are used in belly dance are circular motions isolated to one part of the body. For example in the circle which is parallel to the floor are isolated hips or shoulders. It is common to emphasize the movements using rapid opening or closing, where a dancer, steps forward in the area of the shoulders or hips. Flexibility of feet is also usual, "rolling" of abdominal muscles, balancing various props like baskets, swords or candles and dancing with various forms of veils, as well as the use of cymbals.

* **Free show/Fit Kid**

In this discipline, scenography and props are not allowed during the dance, only at the beginning of the choreography. Dance is not meant to be a story, technical features and acrobatic elements are much more important. In the baby and mini age categories, the following items are not allowed: flip-flops, back and forth jumps, flic-flac and all acrobatic figures where both hands are not in contact with the floor. The following dance styles Rock, Boogie, Twist, Disco, House, Techno, Trance, Break, Electric, Hip-Hop, Funky, Caribbean, Tip-Tap and Classic are not allowed in this discipline.