

## **Jazz Dance Rules and Regulations**

### **Age Solos and Groups**

- 1) Juniors A 7-10
- 2) Juniors B 11-14
- 3) Seniors 15-18

### **Categories**

- 1) Solo
- 2) Small Group
- 3) Big Group

### **Music**

Your music selection must have a jazz character, such as Classic Jazz, Broadway Jazz, Show Jazz, Modern Jazz etc. The music should not belong to other genres or lack a clear jazz style. The teacher is responsible for uploading the music of each dance. Inappropriate phrases or words should be muted or deleted from the songs.

### **Duration**

- 1) Solo up to 90 seconds (1 ½ minutes)
- 2) Small Group up to 150 seconds (2 ½ minutes)
- 3) Big Group up to 180 seconds (3 minutes)
- 4) The music should be uploaded to the registration system along with the registration of the participants

### **Outfit for girls and boys :**

- 1) Costume and hairstyle suitable for the choreography they will be performing
- 2) Barefoot, jazz shoes or character shoes are only allowed
- 3) The breast should be covered
- 4) Brief style, not skin colours, underwear should be used

### **Technical rules**

The choreography should include at least 15 movements of the jazz technique such as isolations, body alignment, tilts, leaps, turns, kicks, inverted lines, jumps etc.

Dance styles such as funky jazz, voguing, waacking, commercial jazz, hip hop, breakdance, Latin, acrobatic/gymnastics tricks are not allowed.