

## **Competitive Regulations for Solo & Duo Dance**

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Competitions for “solo, duo, synchronized dance” organized by SUT are open to dancers registered with other dance federations. These competitions are also open to those who do not have a dance partner or already dance as part of a pair.

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### **§ 1 Dance Categories**

Competitions are held in the format of single dances, meaning dancers participate in each dance of their choice individually.

The exception is the Czech Championships, which are held exclusively as multidance events, requiring participation in all dances of the style.

**Latin American Dances (LAT):** Samba, Cha-Cha-Cha, Rumba, Paso Doble, Jive

**Standard Dances (STT):** Waltz, Tango, Viennese Waltz, Slow Foxtrot, Quickstep

**Caribbean Dances:** Salsa, Bachata, Merengue

**National Dance:** Czech Polka

#### **Show Dance:**

- a. Can include dances from LAT, STT, Caribbean dances, or Polka.
- b. Dancers may freely combine dances.
- c. Intended for solo dancers.
- d. Music duration: 2:30–5:00 minutes (for teams and formations).
- e. Dances are performed to music chosen by the dancer.
- f. Acrobatics are permitted.
- g. Props are allowed in the Show Dance category.
- h. Show Dance rules are specified by the competition organizer.

**Caribbean Dances (Formations):** 2–3 dances, uniform costumes, no props or show elements.

**Synchronized Dances (Teams/Formations):** Dancers maintain a grid formation throughout the performance, with positional changes allowed only in the last 15 seconds.

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## § 2 Age Categories

The defining factor is the age reached by the dancer within the current calendar year.

Participation in older age categories is permitted.

For pair competitions, the age of the older participant determines the category.

For team competitions, the age distribution rules of FTM apply (see Section 5.1).

### Age Divisions:

- a. MINI-KIDS (up to 7 years)
  - b. CHILDREN 1 (8–9 years)
  - c. CHILDREN 2 (10–11 years)
  - d. JUNIORS 1 (12–13 years)
  - e. JUNIORS 2 (14–15 years)
  - f. YOUTH (16–20 years)
  - g. ADULTS (21 years and older)
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## § 3 Skill Levels and Transitions Between Classes (Applicable to Promotion Competitions)

**Hobby "E"** – This is a "trial category," where dancers do not collect promotion points, and no ranking list is maintained. Participants may remain in this category for a maximum of one year or until achieving 10 victories in this category, after which they automatically move to the higher **Hobby "D"** category. In pairs, only Synchro Dance is allowed; Duo Dance is prohibited.

**Hobby "D"** – Dancers qualify for this category through registration or by transitioning from Hobby "E." In promotion competitions within this category, participants collect points for individual dances. Upon achieving 1,000 points, they move to the **Sport "C"** category. In pairs, only Synchro Dance is allowed; Duo Dance is prohibited.

**Sport "C"** – This is the highest category available for Solo Dance. If the number of dancers in this category grows, new skill classes (SPORT "B," SPORT "A," SPORT "S") may be introduced. Both Synchro Dance and Duo Dance are permitted in this category.

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## § 4 Content of Choreographies for Individual Dances – Syllabus of Figures

In the **Hobby "E"** and **Hobby "D"** categories, at least 50% of choreography must consist of basic elements. The remaining 50% may include optional elements, but these must be stylistically appropriate and commonly accepted for the specific dance.

In the **Sport "C"** category, choreographies are open, allowing any dance figures that are stylistically appropriate and characteristic of the specific dance.

Acrobatic elements (e.g., flips, cartwheels) are prohibited in all categories and dances, except in the Show Dance category, where they are allowed.

Props are prohibited in all categories and dances, except in the Show Dance category, where they are allowed.

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## § 5 Distribution by Skill Levels

All participants begin in the **Hobby "E"** category or, after registration, in **Hobby "D."**

Promotion points are collected for each individual dance in various groups (LAT, STT, Caribbean dances). All points are added to the dancer's individual score. Participation in higher-category competitions is allowed, but points from these competitions are also added to the current score. For example, a dancer in Hobby "D" may compete in Sport "C," but the points earned will be credited to their Hobby "D" account.

Dancers may participate in competitions of higher categories but not lower categories, based on their score.

The acquired skill class in Solo and Duo Dance fully transfers to other disciplines: paired Caribbean rhythms, paired Standard Dances, and paired Latin American Dances.

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## § 6 Composition of Competitive Units

**Solo Dance** – A dancer performs individually.

**Synchro Dance** – A competition for pairs in individual dances. Synchronization of movements, consistent direction, and costumes with a unified impression are evaluated. Participants may not touch each other during the dance. A key feature of this discipline is that dancers maintain a consistent distance from each other throughout the performance, with position changes allowed only in the last 15 seconds.

**Duo Dance** – Participants complement each other choreographically, may touch, change directions, and vary the distance between them (maximum of 3 meters), but may not perform in a traditional dance hold.

**Small Team** – 3–8 participants.

**Large Team** – 9–30 participants.

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## § 7 Types of Competitions

**Cup Competitions** – Participants do not collect promotion points.

**Promotion Competitions** – Participants collect points to move to higher skill levels. These competitions form the basis for the Hobby Dance List and the SUT Ranking for the Czech Republic.

**Czech Championships (MČR)** – Points are doubled. The winner becomes the Czech Champion in their category for the respective year:

- a. **MČR Hobby** – Hobby "E" participants may compete without registration, provided they have participated in at least 3 competitions before the championship.
  - b. **MČR Sport** – Participants in Hobby "D" and Sport "C" classes may compete. This championship also serves as a qualification for European and World Championships, provided the participant has attended at least 3 competitions before the championship.
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Pokračuji s dalšími sekcemi.

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## § 8 Competition Procedure and Evaluation System

The **skating system** is used to calculate scores in competitions.

At each stage of the competition (preliminary rounds, semi-finals, and finals), dancers perform to music provided by the organizer, divided into groups based on the total number of participants.

### **Music Duration:**

- Solo and Duo: 1:00–1:30 minutes.

Competitions are organized by age categories and disciplines at the discretion of the organizer. If there are not enough participants in any category to proceed to the final round, the organizer has the right to merge certain age categories. However, winners are still announced separately for each age category.

### **Props and Decorations:**

For the Show Dance category, the setup and removal of decorations on the dance floor must take no more than 30 seconds and be done by the competing unit itself (except for Minikids, where adult assistance is allowed). The organizer determines the storage conditions for props.

### **Judging Panel Composition:**

- **Dance Courses:** Any composition of judges is allowed.
- **Hobby Competitions:** Judges must hold at least a 3rd-class CAL SUT license (over half of the panel must hold a 1st- or 2nd-class license).
- **Sport Competitions:** Judges must hold a 1st- or 2nd-class CAL SUT license.
- **MČR Sport:** Judges must hold a 1st-class CAL SUT license.

### **VIP Judge:**

A VIP judge may be included to enhance the reputation of the competition. Conditions for VIP judges:

- a. In a panel of 5 judges – 1 VIP is allowed.
- b. In a panel of 7 judges – 2 VIPs are allowed.

The judging panel must consist of at least 5 members + 1 reserve judge. Judges cannot evaluate close relatives or participate in competitions they are judging on the same day. Qualifications for judges are outlined in the SUT Qualification Regulations.

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## § 9 Scoring System

Points are awarded as follows:

- 1 point for each defeated participant.
- 1 point for advancing to the next round.
- Bonuses: 3 points for 3rd place, 4 points for 2nd place, 5 points for 1st place.

Points are calculated only if more than 3 participants compete.

At championships, all points earned are doubled.

Each participant maintains separate score accounts for Standard, Latin American, and Caribbean dances.

**Hobby Class Participants:**

Points from both Hobby and Sport competitions are added to their Hobby account.

**Sport Class Participants:**

Points are only collected from Sport competitions and added to their Sport account.

To advance from Hobby to Sport, 1,000 points are required.

Once a dancer achieves a new class, their point account is reset.

The skating system is used for scoring.

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**§ 10 Nomination Criteria for Representation, Rankings, and Hobby Dance List**

**National Representation:**

SUT nominates the Czech Champion and the winner of the SUT Ranking in their respective age and dance categories (Standard, Latin American, and Caribbean dances). They receive support according to the current national team development plan.

**SUT Ranking:**

- a. Includes only points from Sport competitions.
- b. Applies to age categories: Children, Jun 1, Jun 2, Youth, Adults.
- c. Valid only within the current calendar year.
- d. Maintained separately for Solo and Duo Dance (including Synchro Dance).
  - If a Duo Dance unit dissolves, all ranking points are annulled, and newly formed pairs start with zero points.
- e. Published on the official SUT website.

**Hobby Class List:**

- a. Includes only Hobby-class dancers.
  - b. Contains dancers' point accounts, including points from both Hobby and Sport competitions (if they participate).
  - c. Published on the official SUT website.
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**§ 11 Participants' Costumes**

Costumes must adhere to good taste and match the character of the dance (LAT, STT, Caribbean, Polka).

**Guidelines:**

- Costumes must cover intimate body parts.
- Costumes and makeup must suit the dancer's age and level. In the "Mini" and "Children" categories, artificial tanning and bright makeup (e.g., dark eye shadows, false eyelashes, nails) are prohibited.
- Dancers may not wear only underwear or leotards without a skirt (thongs are prohibited).

- In Hobby "E," costume decoration is prohibited across all age categories.
- In Hobby "D" and Sport "C" or higher, decoration is allowed.

**Permitted:**

- Skirts combined with tops.
- Boyshorts.

**Prohibited:**

- Thongs.
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Pokračuji s posledními sekcemi.

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### **§ 12 Character and Tempo of Competitive Dances**

The character and tempo of competitive dances are defined in the general competition regulations of SUT.

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### **§ 13 Transitional and Final Provisions**

These regulations were approved by the Special Commission and the Presidium of SUT Czech Republic on February 7, 2023.