



DANCE COMPETITION RULEBOOK

This rulebook sets out the competition format and operating rules for the Dance Competition at the Maccabi Junior Games 2026. All dancers, parents/guardians, coaches and teachers are expected to familiarise themselves with these rules before the event.

1. COMPETITION FORMAT

- Solo and Duo/Trio categories.
- Duos and Trios compete together in one category.
- No group performances.

2. AGE CATEGORIES

- U12: Dancers who are turning 10, 11 or 12 during 2026.
- U14: Dancers who are turning 13 or 14 during 2026.
- U16: Dancers who are turning 15 or 16 during 2026.
- U18: Dancers who are turning 17 or 18 during 2026.

A dancer's age during the 2026 calendar year determines their age category, rather than their age on the date of the competition.

3. DANCE GENRES

- Ballet
- Contemporary
- Jazz
- Hip Hop
- Lyrical

GENRE GUIDANCE:

- **Lyrical:** The routine should interpret the lyrics and/or mood of the music. Tricks may be incorporated but should not dominate the routine.
- **Contemporary:** The routine should demonstrate contemporary dance technique, movement quality, dynamics and musical interpretation. Tricks may be incorporated but should not dominate the routine.



Jazz: The routine should demonstrate recognisable Jazz technique and may include elements such as jumps, isolations, dynamics and turns.

Ballet: Classical and other recognised Ballet styles may be performed. Appropriate Ballet footwear must be worn where required for the routine.

Hip Hop: The routine should demonstrate Hip Hop style, musicality, dynamics and groove. Music, lyrics and movement must be appropriate for a junior competition.

4. ENTRY ALLOCATION

- Each registered dancer receives 3 dance entries.
- The 3 entries may be any combination of genres and Solo or Duo/Trio performances.

5. ADDITIONAL ENTRIES

- Additional dance entries cost R450 per entry.

6. PARTICIPATION IN OTHER SPORTS

- A dancer who wishes to compete in another team sport may only use the 3 included dance entries.
- If a dancer purchases additional dance entries and therefore enters more than 3 dances, Dance becomes that participant's only sporting code and the dancer may not participate in another sport.

7. PERFORMANCE TIME LIMITS

- Solo: maximum 2 minutes.
- Duo/Trio: maximum 2 minutes 30 seconds.

Performances exceeding the permitted time may be stopped and/or penalised at the discretion of the competition officials.

8. MUSIC SUBMISSION

- All competition music must be submitted by 6 September 2026.
- The person/email address and submission method will be confirmed and communicated to all registered applicants.
- Music must be submitted in MP3 format. Screen recordings or other formats will not be accepted unless specifically approved by the organisers.



- Each file must be clearly labelled: Dancer Name – Age Category – Solo/Duo-Trio – Genre – Routine Name.
- Music must be appropriate for a junior event. Explicit, offensive or inappropriate language/content is not permitted.
- Dancers/coaches are strongly advised to have a backup copy of their music available on the competition day.

Late music submissions may not be accommodated. The organisers cannot guarantee participation where music has not been received correctly by the deadline.

9. COMPETITION SCHEDULE

- The official dance schedule will be issued before the competition.
- Once the final schedule has been published, changes will only be considered in exceptional circumstances and remain entirely at the organisers' discretion.
- Participants who are also entered in another permitted sporting code must still follow the official schedule and should immediately report any genuine scheduling conflict to the organisers.

10. CHECK-IN, MARSHALLING AND LATE ARRIVAL

- Dancers must arrive at the dance venue in sufficient time to check in, change, warm up and be ready for marshalling.
- Dancers must report to the designated marshalling area when called and remain available for their performance.
- Participants are responsible for knowing their scheduled performance time.
- A dancer who is not present and ready when called may be moved later in the section only if the schedule permits and at the sole discretion of the competition officials.
- If the dancer cannot be accommodated without disrupting the competition, the entry may be recorded as a forfeit.
- Where a delay is genuinely outside the dancer's control, the organisers may make a reasonable accommodation where operationally possible. This is not guaranteed.

11. FORFEITS AND WITHDRAWALS

- Failure to present for a scheduled performance, after reasonable calls have been made, may result in forfeiture of that entry.



- A dancer who withdraws should notify the organisers as soon as possible.
- A forfeited or withdrawn entry will not automatically be rescheduled.
- Entry fees, including fees for additional dances, are not refundable solely because a dancer withdraws, arrives late or forfeits an entry, unless otherwise determined by the organisers.

12. COSTUMES AND PRESENTATION

- All costumes must be age-appropriate, tasteful and suitable for a youth sporting event.
- Costumes must provide appropriate coverage. Excessively revealing or inappropriate costumes will not be permitted.
- Costumes must be secure and must not create a safety risk to the dancer or other participants.
- Footwear must be appropriate to the genre and performance.
- The organisers reserve the right to request that a costume be modified or changed if it is considered inappropriate or unsafe.
- A dancer may not be permitted to perform until an inappropriate or unsafe costume has been corrected.
- Any accessories forming part of the costume must be securely attached and must not damage or interfere with the performance surface.

13. PROPS

- Props must be safe, manageable and suitable for the performance space.
- Props must be brought on and removed promptly and must not cause unnecessary delays.
- Props that may damage, mark or create a hazard on the performance surface are not permitted.
- The organisers may refuse any prop considered unsafe or unsuitable.

14. SAFETY

- The safety of dancers and officials takes priority at all times.
- Dancers should only perform skills, tricks, lifts or movements that they are adequately trained and prepared to execute.



- Competition officials may stop a performance where they believe there is an immediate safety concern.
- Any injury or medical concern must be reported to an official as soon as possible.

15. CONDUCT AND SPORTSMANSHIP

- All dancers, parents/guardians, teachers, coaches and supporters are expected to behave respectfully toward judges, officials, volunteers and fellow competitors.
- Unsporting, abusive, intimidating or disruptive conduct will not be tolerated.
- Interference with another dancer's preparation or performance is prohibited.
- Serious or repeated misconduct may result in removal from the competition area and/or disqualification at the organisers' discretion.

16. JUDGING AND RESULTS

- Performances will be assessed by the appointed adjudicator(s) according to the requirements of the relevant genre and the overall quality of the performance.
- Judging may consider appropriate factors such as technique, musicality, timing, choreography, execution, performance quality and suitability to genre.
- The adjudicator(s)' decision on placings is final.
- Gold, Silver and Bronze medals will be awarded in accordance with the official Maccabi Junior Games competition structure and eligibility requirements.

Detailed scoring weightings and tie-breaking procedures have not yet been specified in the supplied Maccabi information and will be communicated if applicable.

17. Queries and Disputes

- Any competition-related query must be directed to the designated Dance Competition official and not directly to an adjudicator.
- Queries must be raised respectfully and as soon as reasonably possible.

18. DISQUALIFICATION

A dancer or entry may be disqualified for serious or repeated breaches of the rules, including:

- Competing in an incorrect or unauthorised category.



- Use of inappropriate music, costume or conduct after an instruction from officials to correct the issue.
- Unsafe conduct that places the dancer or others at risk.
- Deliberate interference with another competitor.
- Serious misconduct or failure to comply with a reasonable instruction from a competition official.

19. ORGANISERS' DISCRETION

The Maccabi Junior Games organisers reserve the right to make reasonable operational decisions where circumstances are not specifically covered by these rules, including changes required for safety, scheduling or the fair running of the competition. Any such decision will be made with the interests of the competition and its participants in mind.

20. IMPORTANT REMINDER

By entering the Dance Competition, participants and their parents/guardians acknowledge the competition rules and agree to comply with the instructions of the Maccabi Junior Games officials.

MUSIC SUBMISSION DEADLINE: 6 September 2026

SUBMISSION CONTACT/DETAILS: TO BE CONFIRMED and circulated to all registered applicants.

