



# RULES & REGULATIONS

The following are rules and regulations that all studios must follow in order to compete. Failure to comply with these rules can result in point deductions or disqualification from the competition. As a reminder, this is a friendly competition. Please show respect for all competition staff, performers, directors, judges, and Walt Disney World® Resort Cast Members.

## Age Requirements

All performers must be at least seven (7) years old at the time of competition. Divisions are determined based on a performer's age as of July 9, 2025. Copies of birth certificates must be provided. The average age of the group performing onstage will determine the age group where they will compete. All fractions will be rounded down to the nearest whole number. For example, if the average age of a group is 15½, the group would fall into the 13-15 age group.

### Age Divisions

- Petite:** 7-9 years of age
- Junior:** 10-12 years of age
- Teen:** 13-15 years of age
- Senior:** 16-22 years of age

### Levels

- Intermediate:** dancers train for less than five (5) hours a week
- Advanced:** dancers train for five (5) or more hours a week

Levels will be assigned for EACH PERFORMER when registering. Solos will compete at the level in which the performer is registered. Duos/trios will compete at the highest level of the registered performers. For example, if one performer is registered as advanced and one performer is registered as intermediate, the duo/trio will compete in the advanced level. The level of group routines is determined by the average level of registered dancers. Placement of performers' levels is at the discretion of the director; however, the judging panel may move an entry level if deemed necessary.

## Entries and Registration

Registration opens on December 1, 2024 and entries are on a first come, first serve basis. Payment is due at time of registration. Registration is due by April 1, 2025 and all fees are non-refundable after this date. Music files are due by May 15, 2025.

**No changes can be made to registrations after May 15, 2025.**

Groups and productions will compete in the same division. We reserve the right to limit dancers to one (1) solo based on time, space, and the number of entries.

### Entries

Entry Type	Performers	Time Limit
<b>Solo</b>	1	3 minutes
<b>Duo/Trio</b>	2-3	3 minutes
<b>Group</b>	4+	3 minutes
<b>Production</b>	16+	6 minutes

### Entry Fees

*All fees are released to studio owners or competition directors only*

## Costumes, Props, & Music

Props are allowed, however, large props are HIGHLY DISCOURAGED due the Disney venues. Transportation will be provided for costumes and props TO the competition venue at a designated time at your resort. At the END of the competition, a designated time at your resort will be scheduled for costume and prop pick up. If you do not wish to utilize this costume transportation option, costumes and props will be your responsibility and may need to be carried through the main security gate at a park. **For finals, only small hand-held props are permitted at the venue**, Theater of the Stars. Please keep music, costumes, and choreography family friendly. All music will be reviewed by the World Dance Competition staff prior to competition date.

Character depiction of any kind is not permitted. This includes all animated and non-animated Disney characters, as well as non-Disney characters such as Mascots, Elvis, Santa, and Dorothy. While full character costumes may not be worn, "bounding" outfits inspired by characters is permitted (e.g. piecing together traditional clothing items that when worn together, serve as a recognizable tribute to a character). Lip syncing to any Disney character voices within songs is not permitted. Do not use dialogue from any movie or show as part of your recorded track, and lip sync to that dialogue. Trampolines or mats are not permitted at any time.

*Please see page 3 for approved and non-approved moves at the Walt Disney World® Resort.*

# Categories

<b>Jazz:</b>	routine consisting of jazz technique
<b>Ballet:</b>	routine consisting of ballet technique and the use of ballet shoes
<b>Lyrical:</b>	routine including jazz and ballet techniques where dancers' movements interpret the lyrics of the song
<b>Contemporary:</b>	routine combining contemporary, jazz, and lyrical technique
<b>Hip Hop:</b>	routine consisting of hip hop technique; street dance, free style, funk, break dancing, etc.
<b>Tap:</b>	routine containing tap technique and the use of tap shoes
<b>Musical Theater:</b>	routine interpreting the song from a Broadway or movie musical
<b>Cultural/Ethnic:</b>	routine using movement native to a particular culture or nationality
<b>Open/Variety:</b>	any style of dance that does not fit into the other listed categories or combination of listed category styles

## Finals

The top five intermediate 12 & under group/production entries, top five intermediate 13 & over group/production entries, top five advanced 12 & under group/production entries, the top five advanced 13 & over group/production entries, top three intermediate solos, top three advanced solos, top three intermediate duo/trios, and top 3 advanced duo/trios will be invited to the finals. Within each of these divisions, a studio may only qualify one dance. Judges may also invite "wild card" routines to the finals. Finals overall awards will be given in each division. If a fourth judge is added, the lowest score will be dropped. **Due to requirements of the finals venue, Theater of the Stars, tap shoes or any props/items that may puncture, scratch, or generally damage the stage surface are strictly prohibited and will not be allowed on the stage.** However if a tap entry is chosen for the finals, they can choose to perform in other shoes.

## Scoring

Judging will be based on the criteria listed below. Changes at the door, tardiness, running over time, tap-like sounds recorded in the song of any act entered in the tap category, littering of the stage, and coaching during performance will be subject to a 5 point deduction each.

### Scoring

Criteria	Point Total
Technique	40 points
Stage Presence	30 points
Choreography	20 points
Costumes & Music	10 points
<b>TOTAL</b>	<b>100 points</b>

## Awards

All awards will be given during the Gala Celebration and Awards Ceremony. All performers in the competition will be awarded the World Dance Competition Medallion for their participation.

**Adjudicated Awards:** Each entry will receive an award based on its individual score

**Overall Awards:** Top 3, Top 5 and Top 10 will be awarded based on the number of entries per level, age division, and entry type (solo, duo/trio, & group/production). Solos and duo/trios with identical dancers may only place with their highest scoring routine

**Highest Scoring Entries:** Awards for the highest scoring group/production of the intermediate level and advanced level, highest scoring solo of the intermediate level and advanced level, and highest scoring duo/trio of the intermediate level and advanced level

**World Class Studio Award:** Decided by totaling the top three highest scoring group routines from each studio

**Judges Awards:** Each judge will present a special award to an entry of their choice

**Finals Awards:** Overall awards will be given for the finals placements in each division

### Adjudicated Awards

Award	Advanced	Intermediate
<b>World Class Diamond</b>	285 - 300	285 - 300
<b>Platinum</b>	275 - 284.9	270 - 284.9
<b>High Gold</b>	265 - 274.9	255 - 269.9
<b>Gold</b>	255 - 264.9	240 - 254.9
<b>High Silver</b>	254.9 - below	239.9 - below

*\*Judges can adjust scale after adjudication if deemed necessary\**

### Cash Prizes

<b>World Class Studio Award</b>	\$2000
<b>Highest Scoring Group/Production</b>	\$1000
<b>Highest Scoring Solo</b>	\$500
<b>Highest Scoring Duo/Trio</b>	\$500
<b>Judges Award</b>	\$200

**Approved Dance Moves on a Stage at  
Walt Disney World® Resort**

During a lift, the performer must be continuously connected to the ground with a hand, foot, or via another person. *(No tossing, or aerial dismounting from a lift are permitted.)*



**Handstand**

Balancing upside down on one or two hands.



**Cartwheel**

Circular sideways handspring with arms and legs extended.



**Backbend**

Body is arched backwards and downwards until the hands touch the floor.



**Forward Roll or Somersault**

Turning head over feet on the ground.



**Round Off**

A cartwheel where the landing changes direction.



**Front Walkover**

Rotating the legs over the torso in a handstand position in a forward motion.



**Valdez**

Originating on the floor and rotating the legs over the torso in a handstand position in a backward motion.



**Back Walkover**

Rotating the legs over the torso in a handstand position in a backward motion.



**Limber**

A held handstand where the back is arched, and the legs are extended.



**Donkey Kick**

A held handstand that kicks one leg at a time in quick succession.



**Illusion**

A 360-degree spin that keeps the torso in line with the supporting leg, can be performed with both, one or no hands.



**Calypso or Turning Leap**

Turning leap with a back extension (also called cambré) that can end on the floor or in a standing position.

**NON-APPROVED Dance Moves on a Stage at  
Walt Disney World® Resort**

*(Any flips or lifts, where the performer is not continuously connected to the ground by at least one limb.)*



**Handspring / Back Handspring**

Jumping backwards through the air onto hands followed by springing onto feet.



**Aerial**

Circular sideways handspring with arms and legs extended, performed with hands not touching the ground.



**Tuck, Back Tuck, Backflip**

Knees are brought to chest while rotating in the air.