

## DANCE DISCIPLINES:

OPEN THE WORLD*			
<b>DISCO DANCE</b>	SOLO	- OPEN - beginner 0:30-0:40 min - intermediate 0:40-0:50 min - advance 1:00 min	Mini Kids – till 7 y.o. (2016 & younger) Children – till 12 y.o. (2011 & younger) Junior 1 - 13-14 y.o. (2009-2010) Junior 2 - 15-16 y.o. (2007-2008) Adults 1A - 17-19 y.o. (2004-2006) Adults 1B - 20+ y.o. (2003 & older)
	DUO		
<b>DISCO SLOW</b>	SOLO	- beginner 0:30-0:40 min - intermediate 0:40-0:50 min - advance 1:00 min	Mini Kids – till 7 y.o. (2016 & younger) Children – till 12 y.o. (2011 & younger) Junior 1 - 13-14 y.o. (2009-2010) Junior 2 - 15-16 y.o. (2007-2008) Adults 1 - 17+ y.o. (2006 & older)
	DUO	ONE LEVEL 1:00 min	
	TRIO	ONE LEVEL 1:30 min	Children – till 12 y.o. (2011 & younger) Junior - 13-16 y.o. (2007-2010) Adults - 17+ y.o. (2006 & older)

*\*categories for dancers from all countries*

DISCO DANCE FREESTYLE OPEN TO THE WORLD*		
<b>SOLO FEMALE**</b>	0:30 - 1:00 – 1:00 organizer music	Junior 1 - 13-14 y.o. (2009-2010)
<b>SOLO MALE**</b>		Junior 2 - 15-16 y.o. (2007-2008) Adults 1 - 17+ y.o. (2006 & older)

DISCO DANCE		
<b>GROUPS</b> (3-7 PERSON) - RISING STARS - ELITE	1:30 organizer music	Mini Kids – till 7 y.o. (2016 & younger) Children – till 12 y.o. (2011 & younger) Junior - 13-16 y.o. (2007-2010) Adults 1 - 17+ y.o. (2006 & older) Adults 2 - 31+ y.o. (1992 & older)
<b>FORMATIONS</b> (8-24 PERSON) - RISING STARS - ELITE	2:30-3:00 own music	

*\*categories for dancers from all countries*

*\*\* Solo Female & Solo Male can be combined*

***ALL GROUPS AND FORMATIONS ARE OPEN TO THE WORLD***

HIP-HOP		
<b>GROUPS</b> (3-7 PERSON) - RISING STARS - ELITE	1:30 organizer music	Mini Kids – till 7 y.o. (2016 & younger) Children – till 12 y.o. (2011 & younger) Junior - 13-16 y.o. (2007-2010) Adults 1 - 17+ y.o. (2006 & older) Adults 2 - 31+ y.o. (1992 & older)
<b>FORMATIONS</b> (8-24 PERSON) - RISING STARS - ELITE	2:30-3:00 own music	

HIP-HOP BATTLE OPEN		
<b>SOLO FEMALE*</b>	According to IDO Regulations	Children – till 12 y.o. (2011 & younger)
<b>SOLO MALE*</b>		Junior 1 - 13-14 y.o. (2009-2010)
<b>CREW (3-7 PERSON)</b>	According to IDO Regulations	Junior 2 - 15-16 y.o. (2007-2008)
		Adults 1 - 17+ y.o. (2006 & older)
		Children – till 12 y.o. (2011 & younger)
		Junior - 13-16 y.o. (2007-2010)
		Adults 1 - 17+ y.o. (2006 & older)

*\* Solo Female & Solo Male can be combined*

JAZZ DANCE		
<b>GROUPS (3-7 PERSON) - RISING STARS - ELITE</b>	2:30 – 3:00 own music	Mini Kids – till 7 y.o. (2016 & younger)
<b>FORMATIONS (8-24 PERSON) - RISING STARS - ELITE</b>	2:30 – 3:00 own music (Mini Kids, Children) 2:30 - 4:00 own music (Junior, Adult 1, Adult 2)	Children – till 12 y.o. (2011 & younger)
		Junior - 13-16 y.o. (2007-2010)
		Adults 1 - 17+ y.o. (2006 & older)
		Adults 2 - 31+ y.o. (1992 & older)

*\* rising stars & elite can be combined*

MODERN & CONTEMPORARY		
<b>GROUPS (3-7 PERSON) - RISING STARS - ELITE</b>	2:30 – 3:00 own music	Mini Kids – till 7 y.o. (2016 & younger)
<b>FORMATIONS (8-24 PERSON) - RISING STARS - ELITE</b>	2:30 – 3:00 own music (Mini Kids, Children) 2:30 - 4:00 own music (Junior, Adult 1, Adult 2)	Children – till 12 y.o. (2011 & younger)
		Junior - 13-16 y.o. (2007-2010)
		Adults 1 - 17+ y.o. (2006 & older)
		Adults 2 - 31+ y.o. (1992 & older)

*\* rising stars & elite can be combined*

DISCO DANCE XMAS EDITION** OPEN TO THE WORLD		
<b>SOLO</b>	0:30 min – 1:00 min - 1:00 min organizer music <b>** Due to Santa's Day, the Xmas edition will have red outfits (red and white outfits allowed), and the music will be based on the world's Christmas songs</b>	Mini Kids – till 7 y.o. (2016 & younger)
		Children – till 12 y.o. (2011 & younger)
		Junior 1 - 13-14 y.o. (2009-2010)
		Junior 2 - 15-16 y.o. (2007-2008)
		Adults 1 - 17+ y.o. (2006 & older)

PERFORMING ART IMPROVISATION XMAS EDITION** OPEN TO THE WORLD		
<b>SOLO</b>	1:00 organizer music <b>* In this category allowed presentations based on the classical, jazz or modern dance technique. The basis for the evaluation of the show is the interpretation of music, the technical level of the presentation and the artistic expression. Prohibited acrobatic figures, the costume is not the basis for the assessment (we do not sew costumes and do not use dance costumes). All elimination rounds for the organizer's music, group presentations.</b> <b>** Due to Santa's Day, the Xmas edition will have red outfits (red and white outfits allowed), and the music will be based on the world's Christmas songs</b>	Children – till 12 y.o. (2011 & younger)
		Junior - 13-16 y.o. (2007-2010)
		Adults 1 - 17+ y.o. (2006 & older)

GROUPS & FORMATION OPEN XMAS EDITION*		
<b>GROUPS (3-7 PERSON)</b>	2:30 – 3:00 own music	Mini Kids – till 7 y.o. (2016 & younger)
<b>FORMATIONS (8 - 30 PERSON)</b>	2:30 - 4:00 own music	Children – till 12 y.o. (2011 & younger)
		Junior - 13-16 y.o. (2007-2010)
		Adults 1 - 17+ y.o. (2006 & older)
		Adults 2 - 31+ y.o. (1992 & older)

*\* Groups and Formation will be evaluated together.*

*Due to Santa's Day, the Xmas edition, the music will be based on the world's Christmas songs and costumes with Christmas elements*

DISCO DANCE / HIP HOP / PAI – PFT LEAGUE (only for Polish Dancers)			
CATEGORY	AGE	LEAGUE	PRESENTATION TIME (organizer music)
SOLO	6-	E, D, C, B, A, S	<u>Presentation 1:</u> <ul style="list-style-type: none"> <li>• ~ 10 sec</li> </ul> <u>Presentation 2:</u> <ul style="list-style-type: none"> <li>• E/D/C: 35-45 sec</li> <li>• B: 45-55 sec</li> <li>• A/S: 60 sec</li> </ul> <u>Presentation 3:</u> <ul style="list-style-type: none"> <li>• ~ 35-55 sec</li> </ul>
	7-8		
	9-10		
	11-12		
	13-14		
	15-16		
	17+		
	17-19*		
	20+*		
*Disco Dance			
DISCO DANCE / HIP HOP – PFT LEAGUE (only for Polish Dancers)			
CATEGORY	AGE	LEAGUE	PRESENTATION TIME (organizer music)
DUOS	7-	E+D, C+B, A+S	<u>Presentation 1:</u> <ul style="list-style-type: none"> <li>• ~ 10 sec</li> </ul> <u>Presentation 2:</u> <ul style="list-style-type: none"> <li>• E/D: 45-50 sec</li> <li>• C/B: 50-55 sec</li> <li>• A/S: 55-60 sec</li> </ul> <u>Presentation 3:</u> <ul style="list-style-type: none"> <li>• ~ 35-55 sec</li> </ul>
	12-		
	13-14		
	15-16		
	17+		

\* Dance Art is a category based on jazz dance, modern and a show dance to own music. **Two rounds will be played: qualifications & final.**

The category will be played if at least 3 entities were submitted in a given category. Otherwise, the category can be combined with a similar category.

DANCE ART * OPEN TO THE WORLD		
* Dance Art is a category based on jazz dance, modern and a show dance to own music. <b>Two rounds will be played: qualifications &amp; final.</b> The category will be played if at least 3 entities were submitted in a given category. Otherwise, the category can be combined with a similar category.		
SOLO OPEN	1:00 own music	Mini Kids – till 7 y.o. (2016 & younger) Children – till 12 y.o. (2011 & younger) Junior 1 - 13-14 y.o. (2009-2010)
DUOS OPEN	1:00 own music	Junior 2 - 15-16 y.o. (2007-2008) Adults 1 - 17+ y.o. (2006 & older) Adults 2 - 31+ y.o. (1992 & older)

OTHER DANCE PROPOSITION		
GROUPS (3-7 PERSON)	2:30 – 3:00 own music	Mini Kids – till 7 y.o. (2016 & younger) Children – till 12 y.o. (2011 & younger) Junior - 13-16 y.o. (2007-2010)
FORMATIONS (8-24 PERSON)	2:30 – 3:00 own music (Mini Kids, Children) 2:30 - 4:00 own music (Junior, Adult 1, Adult 2)	Adults 1 - 17+ y.o. (2006 & older) Adults 2 - 31+ y.o. (1992 & older)

## **IDO PFT 2024 POLISH CHAMPIONSHIP QUALIFICATIONS\***

<b>HIP HOP Solo Open</b>	1:00 organizer music	<b>Dzieci</b> - 2012 i młodszy <b>Junior 1</b> - 2010-2011 <b>Junior 2</b> - 2008-2009 <b>Adults</b> – 2007 i starsi
<b>DISCO DANCE Solo Open</b>	0:30 min – 1:00 min - 1:00 min organizer music	<b>Dzieci</b> - 2012 i młodszy <b>Junior 1</b> - 2010-2011 <b>Junior 2</b> - 2008-2009 <b>Adults 1A</b> – 2005-2007 <b>Adults 1B</b> – 2004 i starsi
<b>PA IMPRO Solo Open</b>	1:00 min organizer music	<b>Dzieci</b> - 2012 i młodszy <b>Junior</b> - 2008-2011 <b>Adults</b> – 2007 i starsi

**\* Only competitors with a current PFT license for 2023 can take part in this category.**

**Regulations of the IDO PFT 2024 Polish Championships:** [www.pft.org.pl](http://www.pft.org.pl)