



OFFICIAL RULES AND REGULATIONS

THIS CONTAINS THE PARTICIPANT ELIGIBILITY/ENTRY REQUIREMENTS, STANDARDS AND PROCEDURES AND THE RULES AND REGULATIONS FOR COMPETING AT THIS EVENT

**FLOW DANCE COMPETITION - SATURDAY 5TH OF SEPT 2026
KINGS COLLEGE - 41 GOLF AVENUE OTAHUHU.**

This is Flow Dance Competition second year running this event by DDF Dance Studio which was established in 2008, the reason behind the event is to accommodate our far north dancers and studios to a more LOCAL community event which we hope to facilitate in the future as we are now based in Auckland so we hope this competition still accommodates for families to make it affordable and the opportunity to compete without it being financially hard to travel to far. We hope to connect and build relationships with dancers from the far north and wider areas of New Zealand. We wish to keep Hip hop alive in our smaller communities by facilitating a event to uphold the needs for our smaller community and small towns and newer dancers. While also leaving the door open for everyone and creating a welcoming environment.

2026 Hosts - DDF Dance Studio and volunteers of our students and parents - DDF was established in 2008. Creating opportunities and pathways, dreaming big and developing future leaders, becoming a better version of you.



EVENT CONTACT INFORMATION
DIRECTOR / EVENT MANAGER : ALANNAH CURTIS
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FACEBOOK : FACEBOOK.COM/DDFDANCE

COMPETITION DETAILS

1. Entering

All entries must complete and submit their entry forms using the official registration forms available online at IG - flowdancecompetition click link in the bio Online registration can be made at IG - flowdancecompetition - Flow Dance Comp Rego Downloaded forms must be submitted via IG handle - flowdancecompetition link is in the bio and please handed in person on the day of competition.

2. Forms and Release forms

Entrants must complete and sign all forms. The forms must be returned prior to the registration deadline with the appropriate registration fee or registration may be denied.



The registration deadline is date 20th August 2026. Spaces will fill quickly and may become unavailable before this date. A late fee of \$50 will apply for each small crew, crew, mega crew or \$20 per dancer in each entry for solos, duos and trios registering after deadline.

3. Age Requirements

Each Participant may only complete within their age division or in a higher age division. Dancing in a higher age division is only allowed if someone within the entry falls within the age division. No one is permitted to entry a younger age division unless they were that age within the completion year. Only 2 under age dancers are allowed to be added to a division. Example 1: John ages 12 is competing in a Varsity crew (13-18 years). He is permitted to compete in the Varsity division with his crew as his team has dancers ages between the age 13-18 years. However John's Varsity crew cannot entry the Open division because they do not have dancers aged 18+

4. I.D

Submission of identification is required for each dancer and also must be available if ages are contested. This may happen if a dancer appears to be older than the age division they competing in. The forms of I.D. accepted are birth certificates, photos I.D or a passport.

5. Participation

Dancers are not permitted to compete more than once in the same category and division. Example: Lucy cannot compete twice in two junior Duos but could compete in the junior Duo and the Varsity Duo division if their entires met age requirements for these divisions.

6. Responsibility

All performers are responsible for their own equipment and possessions. No responsibility will be taken by the organisers for any lost or damaged equipment or personal possessions.

CREW MANAGER MUST NOT LEAVE DANCER UNATTENDED - INCLUDING AT THE CONCLUSION OF THE EVENT. PLEASE ENSURE ALL STUDENTS ARE SAFELY COLLECTED BY PARENTS/CAREGIVERS

Competition Structure

Everything below is estimated outline and could change at anytime.

Stage rehearsals (Early morning) 9am - 11am (could change)

Workshops 11:30am/12pm - 2pm

Crew Briefing 2pm

Pre lims 3:30pm

Prize Giving

Judges to be confirmed and workshops to be confirmed as soon as possible



DIVISIONS:

SOLOS:

kids 10 & under
Juniors 10-13 years
Varsity 13-18 years
Open 18 & over

CELL/DUOS/TRIOS

Kids 10 & under
Junior 10-13 Years
Varsity 13-18 Years
Open 18 & over

CREWS (5 to 9 dancers)

Novice Junior 13 & under
Junior 13 & Under
Novice Varsity 13-18 years
Varsity 13-18 years
Open 18 & over

MEGA CREWS (10 + dancers)

Varsity Mega underr 18 years
Open Mega 18 & over



COMPETITOR REGISTRATION FEES:

The standard registration fee of \$50 per dancer
Additional Entry fee of \$20 if competing in more than one category

NOVICE CREW RULES:

Are for those who are new to competition and is there very first time competing and still fresh.

WORKSHOPS / MERCH COSTS :

WORKSHOPS - Workshops \$10 per workshop or \$15 for both.
(If you are not competing \$20 per workshop or \$30 for both)

REGISTRATION DEADLINES:

Registration opens: 11th June 2026

Registration closes: 20th August 2026

Please visit: IG - flowdancecompetiton



MUSIC

Solos 1:00 minutes

Cell/Duos/Trios 1:30 minutes

Large Crews 2 - 2.30 minutes

Mega Crews 3 - 3.30 minutes

Timing begins with the first audible sound (includes cueing beep) and ends with the last audible sound.

If you do not meet these requirements your entry will receive a deduction. All music has 5 second grace period (up to 5 seconds under or over the time limit)

Music Format

All music must be in mp3. NO OTHER FORMAT IS ACCEPTED please do not submit m4a files.

Music on Competition Day

It is a Crews responsibility to keep a back-up copy available on USB at all times for use.

Submitting Music

Music must be submitted by email to flowdancecompetition@yahoo.com

Music is due by 30th August

The entry name, division and category must be file name of the track. The competition music must not contain inappropriate, lewd or offensive language and must meet the time length required

Changes to Music

Changes to music will not be permitted once music has been submitted unless organise requests a change to be made

Checking of Music

All music must be checked to make sure it meets judging criteria. Once an Entires music is checked, entries will be advised as to whether or not their music meets the judging criteria

If the music dose not meet the judging criteria, entries will be given 2 days from being notified to correct their music or the following deductions will

Apply:

Music un der minimum or over maximum length by more then 5 sounds - 0.1

Contains inappropriate language/per occurrence - 0.1

If resubmitted music does not meet the judging criteria deduction will apply as follow:

Music under minimum or over maximum length by more than 5 seconds - 0.1

Contains inappropriate language per occurrence - 0.1

Another chance to correct music will not be given.



Medical Attention

1. It is the responsibility of the Crew leader/Manager to report a Crew member's injury or illness to the event organiser(s).
2. If at any time prior to or during competition a Crew member is ill, injured, or his/her physical or emotional condition is at risk by participating, he/she may be declared ineligible to compete, or disqualified from competing further. The competition organiser(s) reserves the right to withdraw any competitor who appears to have serious disability or injury or needs medical attention.

Technical Equipment/sound and lighting

The audio/visual equipment will provide professional standard sound and possible lighting for the competitors and spectators.

Incidences of Extraordinary Circumstances

An extraordinary circumstance is an occurrence beyond the control of competitors that affects their ability to perform at the beginning or at any time in a routine. An extraordinary circumstance is not limited to the examples listed below and may be declared at the discretion of the Judicial Director.

1. Incorrect music is played or cued.
2. Music Problems due to equipment malfunction
3. Disturbances caused by general equipment failure eg lightning, stage, venue or sound
4. The realisation of or introduction of any foreign object or disturbance into the performance area, just before or during a performance, by an individual or means other than the Competitors.



PROPS

Props are permitted as long as they do not affect the performance surface. This includes but is not limited to confetti, glitter and liquids. The set up time and pack down for any props must be under 10 seconds. The definition of a prop is anything that is not part of your clothing. Props and clothing can be moved and placed on the performance area throughout the performance but must not be deemed dangerous by the judges or a deduction of -0.1 will apply per occurrence. To be deemed dangerous, a prop's location, placement, and use has to have the potential to cause serious injury or harm to a dancer, regardless of whether or not movement should be well considered before being added to the routine.

TRICKS AND STUNTS

Tricks and stunts are allowed but many incur a deduction should they be deemed unsafe by the judges. To be deemed unsafe, a trick or a stunt will be measured by whether or not they have the possibility to cause serious injury or harm to a dancer. These types of movements should be well considered before being added to a routine.

DANCERS EXITING THE STAGE

Dancers in all divisions must remain on stage for the entire of their performance.

Deduction will apply as follows:

Dancers exiting the stage during a performance -0.1 per occurrence

PLEASE NOTE THAT THIS ALSO APPLIES TO THE MEGA CREW DIVISION



JUDGING PANNEL

Our full judging panel will be confirmed a minimum of two weeks before the competition and will consist of 2- 3 judges, one of whom will be the delegated head judge. The judges decision is final. No discussion or correspondence concerning such decisions will be allowed.

WHAT THE JUDGES WILL BE LOOKING FOR JUDGES CRITERIA

Creativity / Choreography

How creative are your ideas / choreography, levels, stage use, transitions to and from the ground, formations/ideas

20/20

Synchronisation / Execution

Being in sync with each other

Executing / Completing movements in full

20/20

Stage Presence / Projection

Having the presence of a street dancer, confidence, intensity and projecting it out into the audience

20/20

Musicality

How well the dance relates / is used with the music. Using different beats and sounds (not just the simple beats)

20/20

Entertainment / Crowd

Impacting the audience (not about crowd applause but entertainment factor)

10/10

AppearanceApparel / does the entry represent street dance / their dance piece

10/10



DEDUCTION

Fall trip or stumble/per occurrence - major -0.1
Fall trip or stumble/per occurrence - minor -0.05

MUSIC

Music under minimum or over maximum length
by more than 5 seconds -0.1
Contains inappropriate language/per occurrence
-0.1
Late submission of music -0.1

PROHIBITED MOVES

Sexual and lewd gestures or movement/per
occurrence -0.05

TRICKS / STUNTS

Unsafe use -0.1 per occurrence

ATTIRE / PROPS

Clothing/attire inappropriate -0.05
Use of body oils or other substances that affects
the performance area -0.05
Unsafe placement or use per occurrence -0.1

STAGE REHEARSALS

Only entries form crews, mega crews will be given the opportunity to practice (block) their routine to their music on the competition performance area (stage) at least once prior to the start of their Preliminary round. If we have time we will allow solos and cell division to get a run through. Each entry is responsible for coming to their stage rehearsal on time or it may be forfeited.

Stage rehearsal will be day tbc between
times tbc on the competition days.

To be announced

Solo, Duos and Trios entries may be allocated a stage rehearsal if time permits.

Solo, Duos and Trios entries will be given time after the crew briefing before their Preliminary round on day tbc

Morning to walk over the stage before the auditorium doors open to the general public.
Crew briefings will take place in the auditorium on the stage.