

# SOUTH AFRICA

## CAPE TOWN

#morethandance

19 - 21 / 9 / 2025



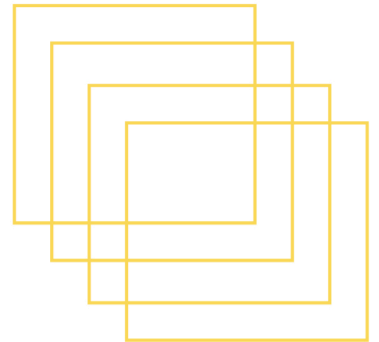
INT.  
DANCE  
OPEN

WWW.INTERNATIONALDANCEOPEN.COM



## Location

Sunningdale Sports Club  
Waterville, Milnerton  
Cape Town



## Registration

[internationaldanceopenregister.com](http://internationaldanceopenregister.com)

**Registration deadline is 5 September 2025 or  
when we reach full capacity.**

## Spectator Tickets

**10€**

**1 DAY**

*Tickets can be purchased  
at the entrance to the  
theatre (box office)*

## Participation Fee

**30€**

SOLO

**25€**

DUO

**25€**

TRIO

**18€**

GROUP

**18€**

PROD.

**18€**

FORM.

**\*per dancer, per choreography**

*Please ensure that you register your dance studio online with all the relevant information so that we can send through invoices.*



# Age Category

**Baby (3-5) | Mini Kids (5-8) | Kids (9-11)**

**Junior (12-14) | Youth (15-17)**

**Senior (18+) | Senior 2 (30+)**

*The year of birth is used to determine the age; Every age category starts on January 1st. In the duo and trio categories, the younger dancer will dance up in the older category. The average age is calculated for groups, but if you have big age differences in your groups you will need to email us so we can help you with the registration.*

# Dance Category

**Solo (1) | Duo (2) | Trio (3)**

**Group (4-10) | Formation (11-15) | Production (16+)**

# Music Limit

**Solo 2:30 min | Duo 3:00 min | Trio 3:00 min**

**Group 4:00 min | Formation 6:00 min**

**Production 8:00 min**

*Music is to be uploaded on the registration website in mp3 format. In case of unforeseen technical issues, coaches should have a USB drive containing all music with them should we need to call on it. Minor violations of the time limits will be tolerated.*

# Dance Discipline



**Majorette | Folk/Ethnic | Belly Dance | Latin Show  
Disco Dance | Open | Showdance | Lyrical  
Character/Musical Theatre | Modern | Jazz Dance  
Tap Dance | Ballet | Contemporary | Sing&Dance  
Breaking | Hip Hop Battle (solo/duo)  
Hip Hop Show | MTV Commercial | Kpop**

*Participants cannot choose the day of their performance(s)!  
The organiser reserves the right to change the schedule as and  
when needed but this will be communicated on the  
Competition WhatsApp Group as needed.*



# Gold Stars

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*Best choreographies of the competition will get to perform again in the Gold Stars program, where the winners will win the Money Prize. One dancer cannot perform in more than one choreography per category. (One dancer can perform once in Solo/Duo/Trio category and once in Groups/Formations/Production.).*

## **Mini Star (Baby | Mini kids | Kids)**

**1st place 50€**

**2nd place 30€**

**3rd place 20€**

## **Gold Star (Junior | Youth | Senior | Senior+)**

**1st place 200€**

**2nd place 100€**

**3rd place 50€**

# Awards

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*There will be medals and certificates for all of the contestants. Trophies for the first three places in all categories, as well as Special awards, scholarships and free fees for the best dancers.*

# Photo & Video

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*It is strictly forbidden to take photos with professional equipment! Failure to abide by this rule can result in disqualification for the dance club. The event will be covered by a professional photo team and you will be able to purchase photos (package) after the competition in a digital form.*

*Clubs that order more packages will get a discount. Please order your packages at the check-in for the discount to be applied.*



# General Information

*The unofficial timetable will be released at least a week before the competition. You will be able to make changes by following the instructions we will provide you as well as duration to make those changes.*

*Contestants must be ready in the hall at least 1 hour before their performance. The hall opens 1 hour before the first performance in the morning.*

*Check-in starts 1 hour before the start of the competition.*

*You can find the Rules & Regulations document on our official website: **[www.internationaldanceopen.com](http://www.internationaldanceopen.com)***

*Floor:*

*Ballet floor for all dance disciplines will be roughly 12x10m*

*For more information and or if you have any questions please contact: **[saglobaldanceassociation@gmail.com](mailto:saglobaldanceassociation@gmail.com)***

## Accommodation

*If you need help with finding accommodation or similar, please contact: **[saglobaldanceassociation@gmail.com](mailto:saglobaldanceassociation@gmail.com)***