

# SOUTH AFRICA CAPE TOWN

#morethandance

12 - 14/ 6 /2026



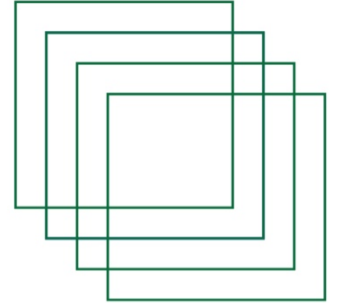
INT.  
DANCE  
OPEN 

WWW.INTERNATIONALDANCEOPEN.COM



## Location

Cape Town  
Sunningdale Sports Club  
Waterville Street  
Milnerton Rural  
Cape Town



## Registration

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

**Registration deadline is 23 May 2026 or when we reach full capacity.**

*Should you need assistance with entries please ask admin for the HOW TO guide which walks you through the procedure on entering your studio / dancers*

## Spectator Tickets

**R150** 1 DAY

**R300** 3 DAYS

*Tickets can be purchased at the entrance to the theatre at the box office  
Children under the age of 4 years DO NOT need to purchase a ticket*

# Participation Fee

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**R370**

SOLO

**R270**

DUO

**R270**

TRIO

**R220**

GROUP

**R220**

PROD/FORM

**R350**

REG.

## 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.

## \*Registration Fee

Please note the registration fee is a once off payment per dancer only applicable at 1 of the South Africa qualifier events.

# Age Category

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**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 of the year of the competition. 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 that we can help you with the registration.

# Dance Category

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

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

# Music Limit

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**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 uploaded on the registration website in mp3. format. In case of unforeseen technical issues, coaches should have a USB drive containing the music with them. Minor violations are tolerated.

# Dance Disciplines

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

Participants cannot choose the day of their performance! The organizer reserves the right to change the schedule.



# Awards

Medals and certificates for all of the contestants. Trophies for the first three places in all categories.

Special awards, scholarships and free fees for the best dancers.

# Photo & Video

It is strictly forbidden to take photos with professional equipment! Failure to abide by this rule can result in disqualification for the dance club.

Should there be a professional photographer clubs can order packages directly with the photographer.

# Check In

Check-in is at the entrance of the competition hall. The representative person of your club is responsible for the check-in.

Each team gets one Coach pass per 10 dancers!

# General

The unofficial timetable will be released 2-5 days following the registration deadline. You will be able to make changes by following the instructions we provide you. Contestants must be ready in the hall at least 1h before their performance. The hall opens 1h before the first performance in the morning.

Check-in starts 1h before the start of the competition.

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

Contact **[saglobaldanceassociation@gmail.com](mailto:saglobaldanceassociation@gmail.com)**