

KALAMATA DANCE CUP

KDC BALLET & CONTEMPORARY DANCE REGULATIONS 2026

Classical Ballet · Neoclassical Ballet · Contemporary Dance · Modern
Dance · Acro-Modern

Official KDC Discipline Regulations — Edition 2026

1. SCOPE OF THESE REGULATIONS

The **KDC Ballet & Contemporary Dance Regulations** govern the Ballet and Contemporary Dance disciplines presented as part of the Kalamata Dance Cup.

These regulations apply specifically to:

1. Classical Ballet — Variation
2. Neoclassical Ballet
3. Contemporary Dance
4. Modern Dance
5. Acro-Modern
6. Ballet Ensemble

They establish the applicable age categories, entry formats, repertoire requirements, technical definitions, music durations, stage-equipment requirements and competition procedures.

These regulations form part of the **KDC General Competition Regulations 2026**.

Where a matter is not specifically addressed in these regulations, the applicable provisions of the KDC General Competition Regulations shall apply.

2. AGE CATEGORIES

The KDC Ballet & Contemporary Dance competitions use the following age structure.

2.1 Children's Categories

A. PETITE

Born: 2018, 2017, 2016

B. MINI

Born: 2015, 2014, 2013

2.2 Youth Categories

C. JUNIOR

Born: 2012, 2011, 2010

D. SENIOR

Born: 2009, 2008, 2007

2.3 Adult Categories

E. AMATEUR

Born: 2006 and earlier

Dancers classified as Amateur are participants with:

- less than three years of dance training; or
- a training frequency of fewer than four dance-training sessions per week.

Z. PROFESSIONAL

A dancer may be classified as Professional where the dancer:

- teaches in a dance programme;
- earns income from dance;
- participates in a professional dance-study programme; or
- trains regularly at a frequency greater than four times per week.

The Organizer may request clarification of a dancer's training or professional status where necessary to ensure fair competition.

3. AGE DETERMINATION

For these competitions, age categorization is determined according to the **year of birth**.

The month and day of birth are not used to separate dancers within an age category.

Competitors born within the same calendar year are therefore treated as belonging to the same KDC age category.

The Organizing Committee may verify submitted age information and may transfer an entry to the appropriate category where the submitted information does not correspond to the applicable KDC category.

4. AVERAGE AGE — DUET AND ENSEMBLE

For **Pas de Deux / Duet** and **Group / Ensemble** competitions, the applicable age category is determined by the average age of all dancers participating in the choreography.

Calculation

The ages of all participating dancers are added together and divided by the total number of dancers.

Total ages ÷ number of dancers = average age

The choreography shall be entered in the corresponding age category.

The Organizing Committee may review the declared age category following registration and may transfer the choreography where the calculated average requires a different classification.

5. COMPETITION ENTRY FORMATS

Depending on the discipline, KDC may accept:

- Solo
- Pas de Deux / Duet
- Ensemble / Group

The exact entry formats available shall be stated in the official KDC competition schedule.

6. COMPETITION CATEGORIES

6.1 CLASSICAL BALLET — VARIATION

Competitors perform a recognized variation from the Classical Ballet repertoire.

The selected variation should follow the established original choreography as closely as reasonably possible.

Competitors should not substantially alter the original variation or present an alternative choreography under the title of an established repertoire variation.

The official KDC repertoire list is provided in **Annex C-A — Classical Ballet Repertoire & Variations List**.

Where a competitor wishes to perform a recognized variation not included on the published list, the variation must be declared on the official entry form and submitted to the Organizing Committee for approval.

6.2 CLASSICAL BALLET — ENSEMBLE

Ballet Ensemble is available to groups presenting Classical Ballet repertoire or choreography based substantially on Classical Ballet technique.

A minimum of **three dancers** is required.

The choreography must remain recognizably based on Ballet technique and vocabulary.

7. CLASSICAL BALLET REPERTOIRE REQUIREMENT

The official KDC repertoire list establishes the variations available according to age group.

The purpose of the age-based repertoire structure is to provide an appropriate progression of technical difficulty while protecting the integrity and suitability of Classical Ballet repertoire for younger dancers.

Petite & Mini

The repertoire is restricted to the variations specified in Annex C-A.

Junior, Senior & Adult

These categories have access to an expanded repertoire, including more demanding variations and selected Pas de Deux repertoire.

The complete approved repertoire is contained in:

ANNEX C-A — KDC CLASSICAL BALLET REPERTOIRE & VARIATIONS LIST 2026

8. NEOCLASSICAL BALLET

The Neoclassical Ballet category is intended for choreography that maintains a clear relationship with Classical Ballet technique while incorporating contemporary movement vocabulary, musical interpretation, lines, dynamics and choreographic concepts.

The work should demonstrate a recognizable Ballet technical foundation.

The category is distinct from Contemporary Dance and Modern Dance.

9. CONTEMPORARY DANCE

The Contemporary Dance category is intended for choreography based on recognized Contemporary Dance techniques and movement principles.

The choreographic vocabulary may include techniques and principles associated with:

- Release Technique
- Limón
- Graham
- Horton
- floorwork
- suspension and release
- gravity and weight transfer
- falls and recovery
- swings
- turns
- jumps
- changes of level
- flow of movement
- spatial transitions
- dynamic contrast.

The choreography should demonstrate a meaningful Contemporary Dance vocabulary rather than merely using contemporary music or a contemporary visual style.

10. CONTEMPORARY DANCE — TECHNICAL DISTINCTION

The Jury shall evaluate whether the choreography demonstrates genuine Contemporary Dance characteristics.

Choreographies that rely primarily on:

- acrobatics;
- rhythmic gymnastics;

- gymnastic exercises;
- predominantly acrobatic partner work;

should not be entered as Contemporary Dance where those elements constitute the principal movement vocabulary.

Where appropriate, such work should be entered in **Modern / Acro-Modern** or another applicable KDC category.

The purpose of this distinction is to maintain clear technical identity between the KDC competition categories.

11. MODERN DANCE

The Modern Dance category permits a broader combination of movement languages.

Choreography may combine techniques and influences including:

- Modern Dance
- Jazz
- Hip Hop
- Commercial
- Experimental movement
- other compatible contemporary movement forms.

The choreography should nevertheless maintain a coherent artistic and choreographic identity.

12. ACRO-MODERN

Acro-Modern is a separate category designed for choreography incorporating significant acrobatic or gymnastic movement within a dance-based performance.

It may include:

- artistic acrobatics between dancers;
- individual acrobatic exercises;

- rhythmic or gymnastic elements;
- partner-based acrobatic movement.

The choreography must remain fundamentally **dance-based**.

Acrobatic elements should complement the choreography rather than replace the dance component.

13. JUDGING AND TECHNICAL EVALUATION

Each category shall be evaluated according to the applicable KDC judging framework.

The Jury may consider, as appropriate to the discipline:

- technical execution;
- quality of movement;
- musicality;
- body alignment and control;
- coordination;
- dynamics;
- spatial use;
- choreographic structure;
- interpretation;
- artistic expression;
- performance quality;
- difficulty appropriate to the category;
- overall presentation.

The evaluation shall take into consideration the technical identity of the category in which the competitor has entered.

A choreography should not receive an advantage merely because it contains technically difficult elements that are inappropriate to its declared category.

14. AGE-APPROPRIATE REPERTOIRE

KDC encourages competitors, teachers and choreographers to select repertoire appropriate to the dancer's age, technical development and physical preparation.

The permitted Classical Ballet repertoire for younger categories is intentionally more restricted.

The Jury and Organizing Committee reserve the right to address repertoire or performance issues where safety or category compliance is materially affected.

15. MUSIC AND TIME LIMITS

15.1 Classical Ballet & Neoclassical Ballet

Petite / Mini

Solo: maximum 1:30

Duet: maximum 1:30

Ensemble: maximum 2:30

Junior / Senior / Adult

Solo: maximum 1:30

Duet: maximum 1:30

Ensemble: maximum 3:00

15.2 Contemporary Dance & Modern Dance

Petite / Mini

Solo: maximum 1:30

Duet: maximum 1:30

Ensemble: maximum 2:30

Junior / Senior / Adult

Solo: maximum 1:30

Duet: maximum 1:30

Ensemble: maximum 3:30

The maximum duration applies from the beginning of the submitted competition music to its conclusion.

16. MUSIC SUBMISSION

Where competitor-supplied music is required:

1. The music must be submitted through the official KDC registration platform according to the published deadline.
 2. Competitors must ensure that the submitted file corresponds to the choreography entered.
 3. Competitors must have a backup copy available on the day of the competition.
 4. The backup should be provided on a functioning USB drive.
 5. Competitors are responsible for ensuring that their music can be reproduced correctly.
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17. MUSIC FAILURE

In the event of a major technical problem affecting the music during a performance, the Jury or Competition Official may stop the performance.

Where the interruption is determined to have resulted from a technical or organizational failure rather than competitor error, the competitor may be permitted to repeat the performance once the technical problem has been resolved.

A repeat performance shall be conducted according to the instructions of the Competition Official.

18. PROPS AND STAGE EQUIPMENT

Props and stage equipment may be used where permitted by the relevant category.

However:

- no dangerous equipment may be used;
- no item may create an unreasonable safety risk;
- equipment must not damage the stage;
- equipment must not interfere with other competitors;
- equipment must be suitable for rapid and safe removal.

The competitor, school or responsible choreographer is responsible for bringing all approved equipment onto the stage and removing it immediately following the performance.

The stage must be left completely clear and safe for the following competitor.

19. PROP APPROVAL

Any substantial prop, apparatus or special stage equipment should be declared to the Organizer before the competition.

KDC may require photographs, dimensions or a description of the proposed equipment before granting approval.

The Organizer reserves the right to refuse equipment that presents a safety, technical or operational concern.

20. SAFETY

The safety of dancers, officials and spectators takes priority over the continuation of a performance.

A performance may be interrupted where:

- the stage becomes unsafe;

- a dancer is injured;
- equipment creates a hazard;
- technical failure creates a safety risk;
- emergency procedures are activated.

The Competition Director or designated official shall determine the appropriate procedure following an interruption.

21. CATEGORY INTEGRITY

Competitors and choreographers are responsible for entering their work in the category that most accurately reflects its principal technical and choreographic identity.

The KDC Jury may identify a significant mismatch between the declared category and the work presented.

Where a serious category mismatch occurs, the Organizing Committee may review the entry in accordance with the KDC General Competition Regulations.

22. PROFESSIONAL AND AMATEUR STATUS

The Professional / Amateur distinction is intended to provide appropriate competitive environments for dancers at different stages of training and professional development.

Competitors must register honestly according to their actual status.

Where a dancer's status is unclear, KDC may request additional information from the competitor, teacher or responsible organization.

23. OFFICIAL REPERTOIRE ANNEX

The Classical Ballet repertoire below forms an integral part of these regulations.

The list may be updated by KDC for future competition editions.

The applicable repertoire list is the list published for the relevant competition year.

ANNEX C-A

KDC CLASSICAL BALLET REPERTOIRE & VARIATIONS LIST 2026

A. PETITE & MINI

Ages 10 and under

Dancers in the Petite and Mini divisions are restricted to the following repertoire:

Coppélia

- 1st Act Variation

Don Quixote

- Cupid Variation

Giselle

- Peasant Variations

La Bayadère

- Three Shades Variations

La Fille Mal Gardée

- Pas de Deux Variations

Le Corsaire

- Odalisque Variations

Paquita

- All variations excluding Principal Variations

Raymonda

- All variations excluding Principal Variations

Swan Lake

- Pas de Trois Variations

The Sleeping Beauty

- Fairy Variations
- Blue Bird Pas de Deux Variations

The Flames of Paris

- Pas de Deux Variations
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B. JUNIOR, SENIOR & ADULT

Ages 11 and above

These divisions may perform the following expanded repertoire:

La Bayadère

- Pas de Deux
- Variations

Coppélia

- Pas de Deux
- Variations

Don Quixote

- Pas de Deux
- Variations

Giselle

- Giselle Variation
- Act I Peasant Pas de Deux and Variations
- Act II Pas de Deux Variations

Le Corsaire

- Pas d'Esclave and Variations
- Odalisque Variations

- Jardin Animé
- Act III Pas de Deux and Variations

The Sleeping Beauty

- Fairy Variations
- Blue Bird Pas de Deux and Variations
- Wedding Pas de Deux and Variations

Swan Lake

- Pas de Trois and Variations
- Odette's Variation
- Act II Black Swan Pas de Deux and Variations

24. REPERTOIRE NOT INCLUDED ON THE LIST

A competitor wishing to perform a recognized Classical Ballet variation not appearing in the official KDC repertoire list must declare the requested variation during registration.

Approval must be obtained before the competition.

KDC may:

- approve the requested variation;
- request an alternative variation;
- restrict the variation to an appropriate age category; or
- decline the request.

The absence of a variation from the list does not constitute automatic approval.

25. OFFICIAL STATUS OF THIS ANNEX

Annex C-A is an integral part of the **KDC Ballet & Contemporary Dance Regulations 2026**.

Teachers, schools, choreographers and competitors are responsible for checking the applicable repertoire before registration.

26. FINAL PROVISION

The purpose of the KDC Ballet & Contemporary Dance Regulations is to establish a clear, fair and technically coherent competitive environment for Classical Ballet, Neoclassical Ballet, Contemporary Dance and Modern Dance.

KDC recognizes the importance of preserving the technical identity of each discipline while providing dancers with a professional international competition environment.

All participants are expected to respect:

the discipline · the Jury · fellow dancers · the stage · the competition rules · the integrity of dance.

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Part of the official KDC Competition Rulebook 2026