



International Workers & Amateurs in Sports  
Confederation

Confédération Sportive Internationale  
Travailleuse & Amateur

# Technical Commission Acrodance

# CSIT

English Version

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## Experimental program 2021-22

The Acrodance combines the technique of body expression with the acrobatic elements. It has its own sporting character, its own unique choreography, which mixes the use of acrobatics in a choreographic context. A distinctive feature of this discipline are the smooth and graceful transitions between dance and acrobatic movements and being considered a type of DANCE , must have a significant percentage of technical choreographic movement , with respect to its acrobatic content, to be classified as such.

Important to remember that whatever the styles of dance are inspired by the steps of choreography , the technical elements inserted and whatever are the elements of acrobatics chosen it is imperative that they are merged between them seamlessly

In addition, as an acrobatic DANCE the following aspects are fundamental:

- musicality
- expressiveness
- coordination
- naturalness

### ° **COMPETITIONS**

Will be organized competitions, choreographic reviews or this discipline will be inserted in other competitions already existing.

Each competition will be preceded by a federal circular.

### ° **CATEGORIES**

**Agonistic Competition are reserved for 8 y.o. (8 years already completed) or older only**

#### **INDIVIDUAL - SOLO**

for each category, no distinction is made by sex but only by age as follows:

- primary (2013-2010)
- junior (2009-2006)
- teen (2005-2003)
- senior (2002-....)



## **DUO and GROUP** ( Group max 6 participants )

- primary (2013-2010)
- junior (2009-2006)
- teen (2005-2003)
- senior (2002-....)

\*If necessary to complete the squadron you can 'make of age' some component, the important that more than 50% of the team has the correct age to fall into the category. ( e.g. 5 components, 3 must have correct age, 2 more small age)

## ° **TEAM** ( big team ) (from 7 to....)

in international competition indicated as "ensemble"

- primary (2014-2011)
- junior (2010-2007)
- teen (2006-2004)
- senior (2003-....)
- ensemble without limitation of age

\*If necessary to complete the ensemble you can 'make of age' some component, the important that more than 50% of the team has the correct age to fall into the category. (e.g. 5 components, 3 must have correct age, 2 more small age)

## ° **COMPETITION ( ROUTINES) LEVELS OF DIFFICULTY:**

### **2 LEVELS FOR EACH CATEGORY :**

#### (1) **BEGINNER**

basic level , for beginners or dancers/and practicing amateur

#### (2) **ADVANCED**

advanced level, for dancers with more technical experience, more hours of preparation and study

The choice of the level is a task of the teacher, but the jury may decide to request the move to the lower or higher level if the choreography is considered technically inadequate to choreography level.



### **GENERAL GUIDELINES**

Choreographic construction that must meet specific needs without losing rhythm and origin' the bodily expression :

the importance of the technical and interpretative choreographic movement  
-head movement , arms , hands with alternating rhythm, showmanship

The choreography must have a shape, a well-defined style and a solid construction,

with a good base and good development.

An interesting start is needed which represents 30% choreographic movement, not forgetting the final part.

### **° TIME**

The choreography can have a minimum or maximum defined duration depending on the category of membership.

#### **-SOLO**

(BEGINNER) 1min-1,30

(ADVANCED) 1,45-2.15 minutes

#### **-DUO-GROUP**

(BEGINNER) 1 minute-1,30

(ADVANCED) 1,45-2.45min

#### **-TEAMS**

(BEGINNER) 2- 2.45 minutes

(ADVANCED) 3.00-4.00min

### **° STAGE ( PLACE ):**

8x8 OR 10x10 ACCORDING TO THE ORGANISATION  
FLOORING: MAY BE SIMPLE PARQUET LINOLEUM OR TATAMI ( In the circular of each race will be specified so as to allow participants to organize themselves)

### **° COSTUME WEAR and TEAR**

The scene costume must represent the chosen theme and the style of dance.

The important thing is that it is adapted to the age style.  
( intimate parts of the body should be covered)

It is not compulsory in the team competitions that the costumes are the same, but important that they have a logical connection.  
You can use shoes ( clean sole) or halves or whatever.



## ° SCENOGRAPHIC ELEMENTS

Simple scenography elements are allowed ( props) which can be placed directly by dancers/ athletes

## ° TECHNICAL PROGRAMME:

Both for the dance and for the acrobatic has been made the choice not to make a list of compulsory technical elements to insert or to avoid, but simply guidelines that can be used by teachers and technicians to build the choreography in a homogeneous and correct way and insert it in the right category

In the choreographies there can be elements borrowed from any style of dance as well as totally original steps provided they are suitable for the age of the participants.

To avoid then sensual styles for the categories baby, primary and junior, as well as music and themes too "dark"/ disturbing.

Music cannot contain swearing words.

Choreographies can be narrative or simply describe a state of mind. However there must be a theme that will be enhanced and expressed by the choice of costume, makeup, music, choreography.

## \*\* TECHNICAL ELEMENTS

( It is not compulsory that all components perform the same choreographic or acrobatic element)

it is compulsory to insert technical dance steps of the chosen style, the choreography cannot be just a set of movements, must demonstrate a real study of dance

The power elements from aerobic gymnastic are forbidden.

For the BEGINNER level of each category there must be the basic steps of each chosen dance style . ( balances, turns etc.)  
basic acrobatic elements ( passing from the vertical axis)

For the ADVANCED level more difficult technical elements must be performed according to the natural evolution of the basic elements characteristic of the style itself .

More advanced and diagonal acrobatic elements ( row) with 2 or more acrobatic elements



\*\*For example for jazz dance there could be a sixth round in the BEGINNER level, while in the ADVANCED level there should be at least a double / triple turn in sixth or a double pirouette in passé.

In the duo, groups and teams are allowed and liked the sockets/ lift / collaborations both acrobatic and related to the styles of dance chosen: in both cases it must be a natural evolution of the steps that precede them as well as the next steps must be a natural consequence of it . can be static or dynamic LIFTS.

There are no limitations or obligations on the presence or number of sockets. In Acrodance there is free use of lifts of any type EVEN HAVING TO RESPECT A CHOREOGRAPHIC BALANCE. CONTEMPORARY CONTACT CONNECTIONS ARE ALLOWED, STEP BY TWO, BUT ALSO ACROSPORT IF THE CHOREOGRAPHY REQUIRES IT. ( it's important that they are adapted to the technical level of the components , are not risky for their safety) . However, account must be taken of the harmony of choreography.

All choreographies will have to be built considering to be aimed at an audience on three sides , one front and two side.

**IS STRICTLY PROHIBITED :**

- WEAR JEWELRY AND/O PERCING
- HAVE YOUR FACE COVERED BY YOUR HAIR
- HAVING INTIMATE PARTS OF THE BODY TOO UNCOVERED

It is very important that the spirit of choreography respects the word Acrodance, acrobatics must be at the service of choreography, the acrobatic element must be well integrated and transformed into a choreographic movement. The level of the acrobatic and choreographic technical movement must create a proper balance.

It is not obligatory that all team members must perform the same exercise, it is important that the dance and acrobatic relationship is well balanced and gives a scenic effect and surprising surprise



## **°JURY - JUDGE**

The jury will be composed of professionals , qualified judges

#2/3 Artistic effect judge and choreographic

- They must consider the final choreographic result.
- how the audience was surprised, involved.
- what virtuositities have been proposed.
- if the story told has been well interpreted.
- how the performers were expressive and exciting.
- how the choreographic acrobatics was inserted (the performer must not be a gymnast on stage).
- what types of lifts have been used.

#2 acrobatic Judge ( they use Acrodance code- not gymnastic code)

#2/3 Technical dance judge

they must judge style movements and correct dance technique

They will have to consider all the following points:

- image ( makeup , wig , costume )
- music
- musicality
- coordination
- choreographic expression ( facial expression , bodily expression)
- naturalness of the movements
- physical endowments ( strength- flexibility )
- elements of acrobatics
- dance elements
- adequacy of musical choice and choreography with respect to age
- coherence between music and choreography content
- stage presence

the sum of the judges' scores will determine the best Acrodance choreographies

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*The choice not to present grids of acrobatic elements to choose from, nor to list choreographic composition rules related to obligations, number of formations or lifts, Restrictions have been made precisely to respect freedom of movement, leaving room for imagination and creativity.*

*Acrodance combines the precision, dynamism and rhythm of the dance with the virtuosity of acrobatics. It is particularly stimulating for the performers and absolutely spectacular for those who watch it. the choreographies have an athletic character but the transitions retain the grace and fluidity of the dance this must never be forgotten.. “ACRODANCE is the art of movement!”*