

WADF GREECE – VOLOS DANCE OPEN 2025

SATURDAY 6 & SUNDAY 7 DECEMBER, VALIS RESORT & SPA

START OF REGISTRATIONS: 1 SEPTEMBER – END OF

REGISTRATIONS: 9 NOVEMBER

CATEGORIES – ENTRIES – COMPETITION RULES

The competition participates in the **GREEK SOLO RANKING**

WADF (World Artistic Dance Federation)

GENERAL RULES

AGE CATEGORIES

- **Mini Kids** (up to 7 years old)
- **Juvenile 1** (7–9 years old)
- **Juvenile 2** (10–11 years old)
- **Junior 1** (12–13 years old)
- **Junior 2** (14–15 years old)
- **Juvenile** (8–11 years old)
- **Junior I** (12–15 years old)
- **Youth** (16–18 years old)
- **Adult** (19–34 years old)
- **Masters** (35–44 years old)
- **Grand Masters** (45+)

Two consecutive categories may be merged where necessary. The most common mergers are Youth–Adult & Masters–Grand Masters.

CATEGORIES

- **Teacher–Student (Pro–Am)**
- **Solo (F/M)**
- **Couples** (holding each other) (F/F, F/M, M/M)
- **Duos** (separately) (F/F, F/M, M/M)
- **Trios** (any gender)
- **Small Teams** (4–8 dancers)
- **Large Teams** (9–16 dancers)
- **Showcases** (17–30 dancers)
- **Super Showcases** (31+ dancers)

If the required number of entries is not met, team categories will be merged.

Time Limits – Show Dance

- **Solos, Duos, Trios:** 1:30 – 2:00 minutes
- **Small & Large Teams:** 2:30 – 3:00 minutes
- **Showcases:** 3:30 – 4:00 minutes
- **Super Showcases:** 3:30 – 5:00 minutes

These time limits apply to all categories where music is provided by the competitor(s).

DANCE DEPARTMENTS

TEACHER–STUDENT (PRO-AM) & SOLO AM

- Syllabus (CLOSE)
- One Dance (OPEN)
- Three Dance (OPEN)
- Couple Formations (OPEN)

GENERAL DEPARTMENTS

- Ballroom Artistic DP
 - Stage DP
 - Street & Pop DP
 - Art & Culture DP
 - Artistic Aerobic Energy Dance Show
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SOLO ONE DANCE SYLLABUS (F – M)

Music provided by the event.

Presentation duration: **1:00 – 1:30 minutes.**

No drops or poses allowed.

Steps must be **Associate or Full Bronze** (Arthur Mary & Walter Laird syllabus).

Dances:

Rumba, Cha Cha Cha, Samba, Jive, Paso Doble, Tango, Waltz, Foxtrot.

A) TEACHER–STUDENT (PRO-AM)

Couple Category (F/M, F/F)

A Pro–Am couple consists of a teacher (any gender), who is **NOT judged**, and a student (any gender, wearing the number), who is **the only person judged**.

The age category is determined **solely by the student**.

Music is chosen by the organizers.

ONE DANCE SYLLABUS AM/AM & PRO/AM (M/F, F/M, F/F)

Music by the organizers.

Duration: **1:00 – 1:30 min.**

No lifts, drops, or poses allowed.

Steps must follow **Arthur Mary & Walter Laird Bronze syllabus**.

Dances:

Rumba, Cha Cha Cha, Jive, Samba, Paso Doble, Tango, Waltz, Foxtrot, Quickstep.

ONE DANCE TEACHER–STUDENT OPEN

- Duration: **1:00 – 1:30 min**
- Even if choreography is 1 minute, it must be loopable up to 1:30.
- **Low lifts allowed** (the lifted body cannot exceed shoulder height of the lifter).
- Music provided by the organizers.

Dances

Latin: Cha Cha, Samba, Rumba International, Rumba American, Bolero, Mambo (on 2), Jive, Paso Doble

Standard: Waltz, Tango, Foxtrot (Slow Fox), Viennese Waltz, Quickstep

Caribbean: Salsa, Bachata, Merengue

Swing Genre: Rock n' Roll, Disco Hustle, Swing

Note for Disco Hustle & Swing: Lifts allowed but not continuously; rhythm must be respected.

Argentine Tango (LOD)

Music by organizers.

Flash lifts allowed up to **3 seconds** only.

Argentine Tango Escenario

Music by competitors.

Lifts allowed.

Duration: up to **3 minutes**.

Show Dance

Music by competitors.

Duration: up to **2 minutes**.

All One Dance categories may include lifts, intro–finale, themes, props.

GENERAL DEPARTMENTS – RULES

- A competitor **cannot compete against themselves** in the same category.
- A team **cannot** use the same choreography in two different categories.
- Except for SOLO categories, competitors may dance in an older age group but **not** a younger one.
- Masters may dance in Adults but not both in the same dance/category.
- Up to **25%** of a team may be from a different age category.
- Each round: 30 sec presentation → heats → 30–40 sec final dance.
- 50% advance to the next round.

BALLROOM ARTISTIC DANCE DP

List of tempos kept as in the original (Latin, Smooth, Caribbean, Swing, Argentine Tango).

B.1 – SOLO ARTISTIC ONE DANCE

Includes:

- Solo One Dance
- Duos One Dance
- Trios One Dance

Dances include all Latin, Smooth, Caribbean, Swing.

B.2 – COUPLE ARTISTIC ONE DANCE (OPEN)

Couples F/M or F/F.

Includes all dances listed earlier.

Argentine Tango follows the same lift restrictions as above.

Escenario is free choreography, up to 3 minutes.

Three Dance & Five Dance Categories

- **Three Dance Latin:** Cha Cha, Samba, Rumba
- **Three Dance Smooth:** Waltz, Tango, Foxtrot
- **Five Dance Latin:** Cha Cha, Samba, Rumba, Paso, Jive
- **Five Dance Smooth:** Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

Salsa Rueda

Accessories, lifts, acrobatics allowed.

B.3 – SYNCHRONIZED & CHOREOGRAPHED DANCE SHOW

Applicable to all solos/duos/trios/teams.

All Ladies Synchro – Latin / Smooth

- Music chosen by the school
- Up to **2 lifts**
- Costumes identical (color variation allowed)
- Choreography must be synchronized
- Max 30% modern/contemporary elements

All Ladies Choreographed Dance Show

Free theme, all accessories allowed, all style combinations.

All Men Choreographed Dance Show

Same rules as above.

All WADF Styles Choreographed Dance Show

Category for all mixed-style choreographies across WADF styles.

C. STAGE DEPARTMENT

Applies to all group sizes.

Music chosen by competitors except C.2b & D.3a.

Categories include:

- Classical Ballet
 - Contemporary
 - Contemporary Improvisation (event music)
 - Modern
 - Jazz
 - Musical Theatre
 - Artistic Choreographed Dance Show (all combined stage-style dances; acrobatics allowed if integrated)
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D. STREET & POP DEPARTMENT

Includes all Street, Urban, Hip-Hop, K-pop, Commercial, Break Dance categories.

Special notes:

- D.1 solos/duos/trios use **event music**
 - D.2 solos/duos/trios use **their own music**
 - Break Dance solo is **1 vs 1** with event music
 - High Heels: appearance must include heels
 - K-pop: Cover or Non-cover options
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E. ART & CULTURE DEPARTMENT

Includes Belly Dance, Ethno, Folk, Zeibekiko, Aptalikos.

Key points:

- Belly Dance Battle Solo: event music, 30-sec presentation + hits
- Belly Dance Show: music by competitors, **no props**
- Belly Dance Extra Tools: props allowed (Veil, Fan, Wings, Sword, Cane, Candle Holder, Zills)

- Ethno: any cultural dances from any region
 - Folk Dances: traditional and folk dances (Greek categories: General, Cretan, Syrtaki, Hasapiko)
 - Zeibekiko Battle Solo and Aptalikos Battle Solo follow same battle structure
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F. ARTISTIC AEROBIC ENERGY DANCE SHOW

Teams only.

May include one teacher.

Under 16 / 16+ divisions.

- **F.1 Synchronized Repeat Dance Show (Dance for Fun):**
Intro – repeated choreographies in chorus – bridge free
 - **F.2 Zumba** (music by teams)
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COSTS

PRO/AM

- Syllabus: **20€** per student
- One Dance Open: **25€** per student
- Tango Escenario & Show Dance: **30€** per student

Notes:

- Two or more Syllabus dances: +10€ per additional dance
- Two Pro-Am One Dances: **40€ total**
- Three+ Dances: **15€ each**
- Tango Escenario & Show Dance = Pro/Am One Dance fee + **5€**

Couple Dancing

- One Dance: **20€ per person**
- Three Dance: **25€ per person**
- Five Dance: **30€ per person**

Solo / Duos / Trios / Teams

- Solo/Duos (event music): **10€ per person**
- **Solo 3 Dance: 20€ per person**

- **Solo 5 Dance: 40€ per person**
 - Solo/Duos/Trios (competitor music): **15€ per person**
 - Teams (competitor music): **10€ per person**
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ACCOMMODATION

1) Valis Resort & Spa (Competition venue)

Prices for 2 nights:

- Double: €94/night
- Triple: €129/night
- Quad: €164/night

Prices for 1 night:

- Double: €104
- Triple: €149
- Quad: €184

Includes breakfast (Greek & American buffet), free WiFi, parking, gym, taxes, accommodation tax.

2) Hotel Alexandros

- Single: €48
 - Double: €58
 - Triple: €68
- Includes WiFi & breakfast.
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3) Park Hotel

With breakfast:

- Single: €59
- Double: €81
- Triple: €93 (three single beds; limited availability)

Prices include climate change tax.

MAKEUP & HAIRSTYLE

Appointments available during or prior to the event.

Details at: **wadf.gr** (Make-Up Artist page)

CONTACT

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