



LITHUANIAN DANCE TEAM CHAMPIONSHIP 2026

March 14-15th, 2026

RULES AND REGULATIONS

March 14-15th, 2026

LITHUANIAN DANCE TEAM CHAMPIONSHIP where dancers will compete in HIP HOP OPEN & BEGINNERS categories, STREET DANCE SHOW, FREE DANCE, POP DANCE OPEN & BEGINNERS, also POPPING open SOLO & DUO categories. Championship will be held according IDO & Dance Team LT rules and regulations.

Address: KAUNAS SPORT HALL
Perkūno al. 5, KAUNAS, LT-44221, LITHUANIA

Date: 14.03.2026 (SATURDAY) - OPEN CATEGORIES:
HIP HOP, POPPING, STREET DANCE SHOW, FREE DANCE and POP DANCE
Time: event begins at 8:30 a.m., estimated end at 9:00 p.m.

Date: 15.03.2026 (SUNDAY) - BEGINNERS CATEGORIES:
HIP HOP, STREET DANCE SHOW, FREE DANCE and POP DANCE
Time: event begins at 10:00 a.m., estimated end at 8:00 p.m.

COMPETITION OF THE FOLLOWING CATEGORIES WILL TAKE PLACE

HIP HOP	STREET DANCE SHOW	FREE DANCE	POP DANCE	POPPING
<i>OPEN:</i> SOLOS, DUOS, GROUP, FORMATION, PRODUCTION	<i>OPEN:</i> SOLOS, DUOS, GROUP, FORMATION, PRODUCTION	<i>OPEN:</i> GROUP, FORMATION, PRODUCTION	<i>OPEN:</i> GROUP, FORMATION, PRODUCTION	<i>OPEN:</i> SOLOS, DUOS
<i>BEGINNER 1 and 2:</i> SOLOS, DUOS, GROUP, FORMATION, PRODUCTION	<i>BEGINNER 1 and 2:</i> GROUP, FORMATION, PRODUCTION	<i>BEGINNER 1 and 2:</i> GROUP, FORMATION, PRODUCTION	<i>BEGINNER 1 and 2:</i> GROUP, FORMATION, PRODUCTION	

Each winners of solos, duos, group, formation and production will be rewarded with medals, cups and diplomas.

All participants in the Beginners Formation category will be awarded 1st, 2nd or 3rd place trophies.

During competition all dancers must have ID documents that proves their date of birth.

PARTICIPANTS FEE AND EVENT ENTRANCE FEE

	<i>One start</i>	<i>More than one start</i>
PARTICIPANT FEE	25 EUR	35 EUR

TICKETS FOR SPECTATORS/EVENT ENTRANCE FEE – 12 EUR

Registration after deadline 24:00H of 23.02.2026 – administration fee +10 EUR per dancer. Organizers of the event reserves the right to reject any late registrations.

REGISTRATION

Registration deadline until 24:00H of 23.02.2026 date

LOGIN LINK: reg.danceteam.lt

If your studio don't have login, contact us by email danceteamlt@gmail.com or by phone +37068452755 with this info:

1. Studio name
2. Email
3. Head (coach) of studio name
4. Phone number

to get user name and password

If you have any questions about the registration or championship event call +37068452755 or contact us by e-mail: danceteamlt@gmail.com

Organizers: Rugilė Dailidaitė, Rytis Survila

All dancers must have ID documents that proves their date of birth.

We wait every dance lover and challenge you to show us, what dancing really is!

LITHUANIAN DANCE TEAM CHAMPIONSHIP 2026

**HIP-HOP CATEGORY
RULES AND REGULATIONS**

High quality music is guaranteed by DANCE TEAM DJ as well as the hosts of the event, the organising committee and a volunteer team. A competent and qualified judge commission will evaluate dancers, teachers and choreographers.

1. Compositions for the Hip Hop categories are performed using Hip Hop dance style. House, Locking, Popping, Waacking, Vogue, Breakdance, Afrodance, Dancehall styles are allowed, but they should not dominate the performance.
2. Elevations are not allowed in Hip Hop Children solo, duo, groups, formation and production categories.
3. Scene decorations are forbidden in every category and age group.
4. Age groups:
 - MINI KIDS (born in 2018 and younger)
 - CHILDREN (born from 2014 to 2017)
 - JUNIOR1 (born from 2013 to 2012) ONLY SOLO AND DUO
 - JUNIOR2 (born from 2011 to 2010) ONLY SOLO AND DUO
 - JUNIOR (born from 2013 to 2010) GROUPS, FORMATIONS
 - ADULT (born in 2009 and older)
 - ADULT 2 (born in 1995 and older)
5. Categories:
 - SOLOS MALE / FEMALE – one dancer, performance duration is 1:00 min., music is selected by the organizers.
 - DUOS – two dancers, performance duration is 1:00 min., music is selected by the organizers.
 - GROUP – groups of 3 to 7 dancers, performance duration is 1:30 min., music is selected by the organizers.
 - FORMATION – groups of 8 to 24 dancers. Performance duration is from 2:30 – 3:00 min., music is selected by the dance club.
 - PRODUCTION – groups of more than 24 dancers. Performance duration from 4:00 min., music is selected by the dance club.

6. Beginners category

BEGINNER 1 dancers – dancers dancing from SEPTEMBER 2025. If the dancer changed the dance club, his dancing experience is included in his total dancing time.

BEGINNER 2 dancers – dancers dancing from SEPTEMBER 2024. If the dancer changed the dance club, his dancing experience is included in his total dancing time.

PERFORMANCE DURATION – in the beginners categories, the performance duration is from 1:30 min.

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STREET DANCE SHOW CATEGORY

RULES AND REGULATIONS

1. Compositions for the Street Dance show categories are performed using Hip Hop, House, Locking, Popping, Waacking, Vogue, Breakdance, Krump, Afrodance, Dancehall styles. Jazz, classic and modern dance styles are allowed, but they should not dominate.
2. The composition must contain a theme or idea. Elevations, acrobatic elements and scene decorations are allowed.
3. Age groups:
 - MINI KIDS (born in 2018 and younger)
 - CHILDREN (born from 2014 to 2017)
 - JUNIOR (born from 2013 to 2010)
 - ADULT (born in 2009 and older)
 - ADULT 2 (born in 1995 and older)
4. Categories:
 - SOLOS MALE / FEMALE - one dancer, performance duration is 1:45-2:15 min., music is selected by the dancer.
 - DUOS - two dancers, performance duration is 1:45-2:15 min., music is selected by the dancers.
 - GROUP - groups of 3 to 7 dancers, performance duration is from 2:00 min. to 2:30 min., music is selected by the dance club.
 - FORMATION - groups of 8 to 24 dancers. Performance duration is from 2:30 min. to 4:00 min., music is selected by the dance club.
 - PRODUCTION - groups of more than 24 dancers. Performance duration is from 4:00 min., music is selected by the dance club.
5. Beginners category
 - BEGINNER 1 dancers - dancers dancing from SEPTEMBER 2025. If the dancer changed the dance club, his dancing experience is included in his total dancing time.
 - BEGINNER 2 dancers - dancers dancing from SEPTEMBER 2024. If the dancer changed the dance club, his dancing experience is included in his total dancing time.
 - PERFORMANCE DURATION - in the beginners categories, the performance duration is from 1:30 min.

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**FREE DANCE CATEGORY
RULES AND REGULATIONS**

1. Compositions for the Free dance category are performed using Show dance, Pop dance, Modern, Contemporary, Street dance styles.

2. Elevations, acrobatic elements and scene decorations are allowed.

3. Age groups:

MINI KIDS (born in 2018 and younger)

CHILDREN (born from 2014 to 2017)

JUNIOR (born from 2013 to 2010)

ADULT (born in 2009 and older)

ADULT 2 (born in 1995 and older)

4. Categories:

GROUP – groups of 3 to 7 dancers, performance duration is from 2:00 min. to 2:30 min., music is selected by the dance club.

FORMATION – groups of 8 to 24 dancers. Performance duration is from 2:30 min. to 4:00 min., music is selected by the dance club.

PRODUCTION – groups of more than 24 dancers. Performance duration is from 3:00 min., music is selected by the dance club.

6. Beginners category

BEGINNER 1 dancers – dancers dancing from SEPTEMBER 2025. If the dancer changed the dance club, his dancing experience is included in his total dancing time.

BEGINNER 2 dancers – dancers dancing from SEPTEMBER 2024. If the dancer changed the dance club, his dancing experience is included in his total dancing time.

PERFORMANCE DURATION – in the beginners categories, the performance duration is from 1:30 min.

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**POP DANCE CATEGORY
RULES AND REGULATIONS**

1. Compositions for the Pop dance category are performed using Waacking, Vogue, Dancehall, Commercial dance, Afrodance and High Heels dance styles.
2. Elevations and acrobatic elements are allowed only in Junior and Adults categories.
3. Age groups:
 - MINI KIDS (born in 2018 and younger)
 - CHILDREN (born from 2014 to 2017)
 - JUNIOR (born from 2013 to 2010)
 - ADULT (born in 2009 and older)
 - ADULT 2 (born in 1995 and older)
4. Categories:
 - GROUP – groups of 3 to 7 dancers, performance duration is from 2:00 min. to 2:30 min., music is selected by the dance club.
 - FORMATION – groups of 8 to 24 dancers. Performance duration is from 2:30 min. to 4:00 min., music is selected by the dance club.
 - PRODUCTION – groups of more than 24 dancers. Performance duration is from 4:00 min., music is selected by the dance club.
7. Beginners category
 - BEGINNER 1 dancers – dancers dancing from SEPTEMBER 2025. If the dancer changed the dance club, his dancing experience is included in his total dancing time.
 - BEGINNER 2 dancers – dancers dancing from SEPTEMBER 2024. If the dancer changed the dance club, his dancing experience is included in his total dancing time.
 - PERFORMANCE DURATION – in the beginners categories, the performance duration is from 1:30 min.

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**POPPING CATEGORY
RULES AND REGULATIONS**

1. Compositions for the POPPING categories are performed using Popping dance style techniques (sharp electric movements that flow into waves, isolations, robot, pantomime elements, popping, animation, electric shock, walking, pupper, ticking, locking. It is important to show more than two different techniques and movements).
2. Tempo – solo 30-32,5 bars per minute (120-130 beats per minute). Duos 31-32,5 bars p.m. (124-130 bpm).
3. Lifts are allowed in Junior and Adults Duos. Stage Props are allowed, such as masks, glasses, hats etc. – but NO requisites!
4. Age groups:
 - MINI KIDS (born in 2018 and younger)
 - CHILDREN (born from 2014 to 2017)
 - JUNIOR1 (born from 2013 to 2012) ONLY SOLO AND DUO
 - JUNIOR2 (born from 2011 to 2010) ONLY SOLO AND DUO
 - JUNIOR (born from 2013 to 2010) GROUPS, FORMATIONS
 - ADULT (born in 2009 and older)
 - ADULT 2 (born in 1995 and older)
5. Categories:
 - SOLOS MALE / FEMALE – one dancer, performance duration is 1:00 min., music is selected by the organizers.
 - DUOS – two dancers, performance duration is 1:00 min., music is selected by the organizers.

LITHUANIAN DANCE TEAM CHAMPIONSHIP 2026
CONTACTS

EMAIL: danceteamlt@gmail.com

Organizers:

Rugilė Dailidaitė +37068452755
Rytis Survila +37067011955

COMPETITION PLACE ADDRESS:

KAUNAS SPORT HALL
Perkūno al. 5, KAUNAS, LT-44221, LITHUANIA

WEB: danceteam.lt - reg.danceteam.lt/

FACEBOOK: [danceteam.lt](https://www.facebook.com/danceteam.lt)

INSTAGRAM: [danceteamlt](https://www.instagram.com/danceteamlt)