

**„LITHUANIAN SHOW DANCE & CONTEMPORARY DANCE 2025
CHAMPIONSHIP“
VILNIUS, LITHUANIA
21/22 March 2026**

Association Dance Club “Flamingas”, Dance Studio “Be Good, Lithuanian Dance Association and Radviliskis Culture Centre present the “Lithuanian Show Dance & Contemporary Dance Championship 2026”, based on IDO (International Dance Organisation) rules: <http://www.ido-dance.com/ceis/ido/rules/competitionRules.jsp>

Aims

The aim is to allow different-aged dancers of contemporary, jazz and classical dance to present their skills, to ensure communication between dance clubs and teams, encourage experience sharing and cooperation. Winners of the championship will represent Lithuania in IDO European and World Show Dance & Contemporary Dance Championships.

Date and location

21/22 March 2026 10:00 AM - Capital City Children and Youth Center "Hobiverse"

[Konstitucijos pr. 25, Vilnius, 08105 Vilniaus m. sav.](#)

Registration

To be completed here: <https://reg.danceteam.lt/>

Entry Fee

Show Dance (March 21):

€25 for one dance, €35 for two or more dances, +€10 for improvisation (solo, duo, groups, formations, productions, show dance improvisation).

+€1 participation fee (per participant) to the Lithuanian Dance Association.

This fee is paid once for both competition days if the dancer participates on both days.

Contemporary Dance (March 22):

€25 for one dance, €35 for two or more dances, +€10 for improvisation (solo, duo, groups, formations, PA improvisation).

+€1 participation fee (per participant) to the Lithuanian Dance Association.

This fee is paid once for both competition days if the dancer participates on both days.

Important: If a dancer performs two or more dances on both days, the maximum participation fee is €70 + €1 participation fee to the Lithuanian Dance Association.

A spectator ticket costs **€12 (per day)**.

Event Organisers:

Head of the Dance Club “Flamingas” - Daina Svirskyte, tel. (+370) 672 94 999.

Head of the Dance Studio “Be good” - Mantas Svirskys, tel. (+370) 611 30 221

“LITHUANIAN SHOW DANCE & CONTEMPORARY DANCE CHAMPIONSHIP 2026”



<https://www.facebook.com/lithuanian.showdancechampionship>

„LITHUANIAN SHOW DANCE & CONTEMPORARY DANCE 2025 CHAMPIONSHIP“ RULES

Important News!

BEGINNER CATEGORIES

In Show Dance and Contemporary Dance categories, **Beginner categories** will now be included. These categories are open to children and teenagers who have been dancing since **September 2004**.

These beginner categories will only be organized in:

- **SMALL GROUP** – Groups with 3 to 7 dancers. Performance duration: **2:30 – 3:00 minutes**. The performance and music are prepared by the group members themselves.
- **FORMATION** – Groups with 8 to 24 dancers.
Performance duration: **2:30 – 3:00 minutes in CHILDREN age division**
Performance duration: **2:30 – 4:00 minutes in JUNIOR age division**
The performance and music are prepared by the group members themselves.

Notes

In Formation and Small Group categories, solo and duo parts are allowed, but they cannot dominate the performance.

In the **Children** age division, lifts are prohibited. Costumes and music must be age-appropriate (censored music lyrics, modest exposure of the body).

Prizes and Awards

All finalists will be awarded with cups, medals, and diplomas.

Age Divisions:

- **CHILDREN** – born in 2014–2018
- **JUNIOR** – born in 2010–2013

⚠ THESE CATEGORIES ARE NOT RANKED AND ARE NOT INCLUDED IN GRAND PRIX

Show Dance Competition

Age Groups*

- **MINI KIDS** – born before 2019
- **CHILDREN** – born between 2014 and 2018
- **JUNIOR I** – born between 2012 and 2013
- **JUNIOR II** – born between 2010 and 2011
- **ADULT** – born in 2009 and older dancers

** Dancers ought to have an identify document (ID card or passport) in order to provide it to the judges if age gets questioned.*

Categories

- **SOLO** – in advance prepared composition for one dancer to the selected music. Duration: from 1:45 to 2:15 min.
- **DUO** – in advance prepared composition for two dancers to the selected music. Duration: from 1:45 to 2:15 min.
- **SMALL GROUP** – in advance prepared composition for a dance group (3-7 dancers) to the selected music. Duration: from 2:30 to 3 min.
- **FORMATION** – in advance prepared composition for a dance group (8-24 dancers) to the selected music. Duration: from 2:30 to 4 min.

Technique

Jazz, classical and contemporary dance techniques should be used. Dance techniques that have not been mentioned (character dance, disco, pop, hip-hop, house etc.) can be used, but they can't dominate in the choreography.

Elements and Tools

There can be used various lifts (except for dancers in *mini kids* and *children* age group), acrobatic elements, platforms, decorations and other staging. If there is any need for having decoration or any supplies during the dance, performers must ensure someone from their team should bring it to the stage and off the it after the performance is over, or do it on their own.

Content

Composition must have a subject and name. Some story has to be told through all dance moves, music, costumes and other show elements. The story must consist of the beginning, development, culmination and final. Acrobatics and show elements can be used, but can't dominate.

Remarks

There can be *solo* or *duo* moments in the formation or small group performances, but they can't dominate.

It's forbidden to use lifts in *children* age group performances; costumes and music must match performer's age (censored song's text, minimal nakedness).

Music for every composition must be on separate CDs or USBs.

Prizes and Awards

Every finalist of the championship will get cups, medals and diplomas. The best in the championship gets a Lithuania Show Dance and Contemporary Dance Championship 2024 Cup.

After every age group performance, every finalist of each category (solo, duo, small groups and formation) will get points for the place they will have taken: 3 points for the I place, 2 points for the II place and 1

point for the III place. Winners of the Lithuanian Show Dance and Contemporary Dance Championship 2023 Cups will be known after summing all the points together.

Contemporary Dance Competition

In this category the dancers present dance compositions, created using techniques of contemporary and modern dances. Others techniques are not recommended. Compositions must contain a proper idea, a theme. You are welcome to use various lifts and acrobatic tricks. Decorations and other props are allowed. There are no limitations in choosing music for your performance. The judges will take into account performance's techniques, musicality, choreography and originality. The costumes should match the dance theme and performers' age.

Age Groups*

- **MINI KIDS** – born before 2019
- **CHILDREN** – born between 2014 and 2018
- **JUNIOR I** – born between 2012 and 2013
- **JUNIOR II** – born between 2010 and 2011
- **ADULT** – born in 2009 and older dancers

** Dancers ought to have an identify document (ID card or passport) in order to provide it to the judges if age gets questioned.*

Categories

- **SOLO** – In advance prepared composition for one dancer to the selected music. Duration: from 1:45 to 2:15 min.
- **DUO** – In advance prepared composition for two dancers to the selected music. Duration: from 1:45 to 2:15 min.
- **SMALL GROUP** – In advance prepared composition for a dance group (3-7 dancers) to the selected music. Duration: from 2:30 to 3 min.
- **FORMATION** – In advance prepared composition for a dance group (8-24 dancers) to the selected music. Duration: from 2:30 to 4 min.

Note

There can be some *duo* or *solo* moments in small groups and formations, but they can't dominate during the whole performance. It's not allowed to do lifts in **Mini Kids** and **Children** categories, costumes and music should match the performer's age (avoid non-censored lyrics or too much of nudity). Every composition should be recorded to a separate CD or USB.

Prizes and awards

Every finalist will be rewarded with diploma, medals and trophies.

PA (PERFORMING ARTS) IMPROVISATION

Improvisation to previously unannounced music and its interpretation through dance.

In each round, the music is chosen randomly by the organizers.

In every round, the music will have different tempos and styles, for example: lyrical jazz, modern jazz, funky jazz, pop, etc.

Goal

To reveal the ability to improvise using dance elements (space – directions and levels, time – tempo and rhythm). Dance improvisation should mainly be based on specific PA improvisation techniques, as well as variations of ballet, jazz, modern, and contemporary dance.

Note – the performed movements must not be pre-prepared or composed into fixed combinations.

Evaluation

Technique, the ability to connect movements according to the tempo and rhythm of the music, and acting skills.

Category process

Two qualification rounds leading to the final, performed in groups (several dancers at the same time). In the final – solo performances.

Recommendation

Single-color outfit is recommended.

Age Divisions*

- **MINI KIDS** – born in 2019 and younger
- **CHILDREN** – born in 2014–2018
- **JUNIOR I** – born in 2012–2013
- **JUNIOR II** – born in 2010–2011
- **ADULT** – born in 2009 and older

Dancers must have an identity document if the event jury raises questions about the dancer's age.

Category

Solo – improvisation duration: **1 minute**

Prizes and Awards

All finalists will be awarded with cups, medals, and diplomas.

SHOW Dance Improvisation

In this category dancers will be improvising by using all dance techniques and acrobatic stunts. Dancers will demonstrate their improvisation skills using space, floor work, jumps. Music will be played by the organisers and will switch from slow to quick. Points will be given for technique, acrobatic stunts, musicality, improvisation, acting skills. Costumes would be better in show dance style. Dancers will take part in two rounds. Several dancers will dance in the same round. In the final round the dancers will dance separately.

Age Groups*

- **MINI KIDS** – born before 2019
- **CHILDREN** – born between 2014 and 2018
- **JUNIOR I** – born between 2012 and 2013
- **JUNIOR II** – born between 2010 and 2011
- **ADULT** – born in 2009 and older dancers

** Dancers ought to have an identify document (ID card or passport) in order to provide it to the judges if age gets questioned.*

Categories

Only SOLO - performances by one dancer. Duration of the improvisation – 1 min. Music is provided by the organisers

Prizes and awards

Every finalist will be rewarded with diploma, medals and trophies.