MEDITERRANEAN DANCE CUP

REGULATIONS

SENSUALONICA DANCE FESTIVAL

MEDITERRANEAN DANCE CUP



Your passion.
Your stage.
Your crown.

MEDITERRANEAN DANCE CUP
OFFICIAL RULES & REGULATIONS

Sunday, April 18
Imperial Port
Convention Club
Thessaloniki | Greece

The **Mediterranean Dance Cup** is an international Latin dance competition held on **Sunday, April 18**, at the Imperial Port Convention Club in Thessaloniki, Greece.
All competitors participating in the event are required to read, understand, and comply with the following rules and regulations. Submission of an entry constitutes full acceptance of these terms.
Competition will starts 20.00 and results will be announced in the end of all categories.
A Party will take place in the same place after the end of the competition.
Below is the full list of divisions included in the competition. Each couple/soloist performs their routine/choreography using their own music.

SENSUALONICA DANCE FESTIVAL

18APR2027
THESSALONIKI
GREECE

www.sensualonica.com

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REGISTRATIONS CLOSE: APRIL 2ND 2027.

SALSA PRO DIVISIONS

SALSA COUPLE PRO
Open to professional male–female couples
SALSA SAME GENDER COUPLE PRO
Salsa Female–Female / Salsa Male–Male executing a couple routine (Partnerwork)
SALSA DUO PRO
Salsa Female–Female / Salsa Male–Male executing a routine together (not Partnerwork)
SALSA SOLOIST LADY PRO
SALSA SOLOIST MAN PRO

ROUTINE REQUIREMENTS FOR ALL SALSA PRO CATEGORIES

- ·Duration: **1:35 to 2:10** for all categories. Points will be deducted if the music is shorter or longer. All music needs to be at the speed the dancers require for the competition.
- ·Only up to **two songs** may be used in a mix.
- ·The choreography may be 100% salsa. If adding fusion, only 30% of the piece may incorporate Afro-Caribbean or Afro-Latin rhythms in their most traditional forms, such as Son, rumba, bomba, plena, mambo, pachanga, or cha-cha. This fusion can be at the beginning, middle, or end of the choreography.
- ·Acrobatics are allowed but not required. Soloists and couples may include up to two acrobatic moves (lifting both feet of one partner off the ground), each no more than 2 counts of 8 beats.
- ·Continuous turns allowed up to **4 counts of 8**.
- ·Couples must remain in contact for 70% of the choreography, with the remaining 30% for breaks or free steps, which is mandatory.
- ·Timing must remain consistent (ON1 or ON2 throughout).
- ·Exceeding the limit of acrobatics, continuous turns and generally all above restrictions, results in **10% deduction**.

MEDITERRANEAN
DANCE CUP

SALSA AMATEUR & PRO-AM DIVISIONS

SALSA COUPLE PRO-AM
One professional dancing with one amateur (Male Teacher with Female student / Female Teacher with Male Student / Same Gender if one is the leader and the second is the follower)
SALSA COUPLE AMATEUR
Open to amateur male–female couples
SALSA SAME GENDER COUPLE AMATEUR
Salsa Female–Female / Salsa Male–Male executing a couple routine (Partnerwork)
SALSA DUO PRO-AM or AMATEUR
Salsa Female–Female / Salsa Male–Male executing a routine together (not Partnerwork)
SALSA SOLOIST LADY AMATEUR
Adult category – 18 years old and over
SALSA SOLOIST MAN AMATEUR
Adult category – 18 years old and over
SALSA SOLOIST LADY BABY
3-6 years old
SALSA SOLOIST LADY JUNIOR
7-11 years old
SALSA SOLOIST LADY YOUTH
12-17 years old

ROUTINE REQUIREMENTS FOR ALL SALSA AMATEUR & PRO-AM CATEGORIES

- ·Duration: **1:30 to 2:00** for solo and duo categories, **1:50 to 2:30 for couple categories**. Points will be deducted if the music is shorter or longer. All music needs to be at the speed the dancers require for the competition.
- ·Only up to **two songs** may be used in a mix.
- ·The choreography may be 100% salsa. If adding fusion, only 30% of the piece may incorporate Afro-Caribbean or Afro-Latin rhythms in their most traditional forms, such as Son, rumba, bomba, plena, mambo, pachanga, or cha-cha. This fusion can be at the beginning, middle, or end of the choreography.

- ·Acrobatics are allowed but not required. Couples may include up to two acrobatic moves (lifting both feet of one partner off the ground), each no more than **2 counts of 8** beats. In Solo categories, tricks, cartwheels and aerials are permitted.
- ·Continuous turns allowed up to 4 counts of 8.
- ·Couples must remain in contact for 70% of the choreography, with the remaining 30% for breaks or free steps, which is mandatory.
- ·Timing must remain **consistent** (ON1 or ON2 throughout).
- ·Exceeding the limit of acrobatics, continuous turns and generally all above restrictions, results in **10% deduction**.

BACHATA PRO DIVISIONS

BACHATA COUPLE PRO Open to professional male–female couples
BACHATA SAME GENDER COUPLE PRO Salsa Female–Female / Salsa Male–Male executing a couple routine (Partnerwork)
BACHATA DUO PRO Salsa Female–Female / Salsa Male–Male executing a routine together (not Partnerwork)
BACHATA SOLOIST LADY PRO
BACHATA SOLOIST MAN PRO

ROUTINE REQUIREMENTS FOR ALL BACHATA PRO CATEGORIES

- ·Duration: **1:25 to 1:50** for solo and duo categories and 1:50 to 2:10 for couple categories. Points will be deducted if the music is shorter or longer. All music needs to be at the speed the dancers require for the competition.
- ·Only up to **two songs** may be used in a mix.
- ·Acrobatics are allowed but not required. Couples may include up to two acrobatic moves (lifting both feet of one partner off the ground), each no more than 2 counts of 8 beats. In Solo categories, tricks, cartwheels and aerials are permitted.

- ·Couples must remain in contact for 70% of the choreography, with the remaining 30% for breaks or free steps.
- ·Exceeding the limit of acrobatics and above restrictions, results in **10% deduction**.

BACHATA AMATEUR & PRO-AM DIVISIONS

BACHATA PRO-AM COUPLE PRO-AM One professional dancing with one amateur (Male Teacher with Female student / Female Teacher with Male Student / Same Gender if one is the leader and the second is the follower)
BACHATA AMATEUR COUPLE AMATEUR Open to professional male–female couples
BACHATA SAME GENDER COUPLE AMATEUR Salsa Female–Female / Salsa Male–Male executing a couple routine (Partnerwork)
BACHATA DUO PRO-AM or AMATEUR Salsa Female–Female / Salsa Male–Male executing a routine together (not Partnerwork)
BACHATA SOLOIST LADY AMATEUR Adult Category - 18 years old and over
BACHATA SOLOIST MAN AMATEUR Adult Category - 18 years old and over
BACHATA SOLOIST LADY BABY 3-6 years old
BACHATA SOLOIST LADY JUNIOR 7-11 years old
BACHATA SOLOIST LADY YOUTH 12-17 years old

MEDITERRANEAN
DANCE CUP

ROUTINE REQUIREMENTS FOR ALL BACHATA AMATEUR & PRO AM CATEGORIES

- ·Duration: **1:25 to 1:50** for solo and duo categories and 1:50 to 2:10 for couple categories. Points will be deducted if the music is shorter or longer. All music needs to be at the speed the dancers require for the competition.
- ·Only up to **two songs** may be used in a mix.
- ·Acrobatics are allowed but not required. Couples may include up to two acrobatic moves (lifting both feet of one partner off the ground), each no more than 2 counts of 8 beats. In Solo categories, tricks, cartwheels and aerials are permitted.
- ·Couples must remain in contact for 70% of the choreography, with the remaining 30% for breaks or free steps.
- ·Exceeding the limit of acrobatics and above restrictions, results in **10% deduction**.

AMATEUR & PROFESSIONAL TEAMS

SALSA LADIES TEAM
BACHATA LADIES TEAM
RUEDA DE CASINO TEAM

ROUTINE REQUIREMENTS FOR ALL BACHATA AMATEUR & PRO AM CATEGORIES

- ·Duration: **2:00 to 4:00** minutes long. Points will be deducted if the music is shorter or longer. All music needs to be at the speed the dancers require for the competition.
- ·Team size: 4-14 dancers.
- ·A team can be consisted of amateur and professional dancers.
- ·Only up to **three songs** may be used in a mix
- ·Acrobatics are allowed but not required.
- ·Exceeding the limit of music restrictions, results in **10% deduction.**

If there is a significant number of professional and amateur teams registered, the organization has the right to split the category in professional and amateur for better management.

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JUDGING CRITERIA

- 35% Choreography (Creativity, Difficulty, Footwork, Dynamism)
- 30% Timing and Musicality
- 20% Technique and Quality of Movement (also synchronization for couples)
- 10% Projection
- 5% Costume and Styling

Choreography: Salsa must constitute 70% of the performance, both in dance and music, regardless of the salsa style (Cuban, Cali, L.A., New York, Puerto Rican, etc.). Competitors may incorporate up to 30% of other Afro-Caribbean or Afro-Antillean rhythms if they wish, including Afro-Cuban (or Afro styles from other Caribbean countries), Cuban rumba, pachanga, cha-cha, son, guaracha, plena, bomba, mapalé, bolero, danzón, etc. Alternatively, the choreography can be 100% salsa.

Footwork: Clear footwork is essential.

Dynamism: The choreography should not be heavy, boring, or repetitive.

Timing and Musicality: Coherence in timing and musical interpretation. Consistency in timing (On2, On1) and alignment with the music is critical. Avoid going off-time or making arbitrary shifts unless justified by the music or fusion style (e.g., starting with a son or cha-cha On2 and switching to salsa On1 is acceptable if justified). A dancer can begin their “one” count with either the left foot forward or the right foot back; both are acceptable as long as there’s consistency throughout the choreography.

Technique and Quality of Movement: Precision in execution, cleanliness, and body control.

Projection: Charisma and the ability to engage the audience are crucial. Competitors should not sing the lyrics or encourage applause with gestures; the applause should be earned through the performance itself.

Costume and Styling: Originality and creativity in costume, consistent with the style danced.Dance shoes must be worn; no jazz sneakers, street shoes, sports shoes, or dancing barefoot, or there will be a penalty. Fishnets for ladies are mandatory.

Creativity, originality, dynamism, and choreographic complexity will be evaluated.

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REGISTRATION

All entries must be submitted via email: **sensualonica@gmail.com** and subject: “MDC PARTICIPATION”

Required info:

- Division-Full names-Date of birth-City & Country-School name (if representing a dance school)

Registration Form →

Submit music in **mp3 format** only via email sensualonica@gmail.com at least **15 days** before the event. Bring a backup on a USB drive.

REGISTRATIONS CLOSE: : APRIL 2ND 2027.

MEDITERRANEAN DANCE CUP

WHERE THE CITY MOVES WITH DESIRE



FEES

For Full Pass holders:

- Entry fee **20€** per person in any category .
  Extra fee for any added category: **10€**

For non-Full Pass holders:

- ·Entry fee **40€** per person in any adult category
- ·Entry fee **30€** per person in baby, junior & youth categories
- ·Extra fee for any added category: **10€**

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STAGE GUIDELINES

- **Stage is 50m2** (dimensions: 10m length x 5m width)
- Only **water may be applied to shoes** — no rosin, powder, or other substances.
- Costume pieces falling onstage may result in deductions.
- Theatrical accessories, props thrown in purpose during a routine or any scenographic elements are not allowed in any choreography.
- ·Competitors should not encourage applause with gestures to the audience. This will cause **10% deduction**.
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PRIZES

- Prizes will be announced!

REHEARSALS

- There will not be enough time for each participant to rehearse their routine with their own song. Therefore, there will be a 2-hour time gap before the start of the competition for all participants to try the floor and check their music with the DJ.

CANCELATIONS

- Sensualonica Dance Festival & Mediterranean Dance Cup organization has the power to cancel a category in case there are very few competitors. In this case the organization returns the Competition Fees. The cancellation of a category will have been announced until 7 April 2027.
- Participants have the right to cancel their participation until March 18th , one month before the competition, and receive a refund of their competition fee. If a Full Pass for the Sensualonica Dance Festival is purchased, this cannot be canceled. However, it can be transferred to another person that wished to attend the Festival.

VIDEO & PHOTOGRAPHY

- Sensualonica Dance Festival & Mediterranean Dance Cup reserves the rights to use any photographs, videos or other material produced during the event for promotion purposes. Also the Organization reserves the exclusive right to broadcast the whole event in any platform.

COMPETITOR'S DISQUALIFICATION

- Sensualonica Dance Festival & Mediterranean Dance Cup organization has the power to cancel the participation of any competitor if:
- ·They arrive late to compete
- ·Apply in a category giving false data (age, level)
- ·Behave unprofessionally or offensively to any member of the jury or the organization

LIABILITY & RESPONSIBILITY DISCLAIMER

- By submitting the registration form, all participants acknowledge and accept full responsibility for any personal belongings, injuries, or accidents that may occur or be caused by them in connection with this event. Participants also release the Sensualonica Dance Festival and Mediterranean Dance Cup organizers from any responsibility connected with such incidents.

Good luck to all participants!

