

## 1.6 BALLET

The categories in Ballet are: Solo Male, Solo Female, Duo, Group, Formation.  
Age Divisions see in General Provisions of Performing Arts.

Time limit is one (1) minute minimum for male and female solo variations, maximum 2:15 minutes. All other time limits see in General Provisions of Performing Arts.

1. Ballet has **two sections in the SOLO** category in all the age divisions: the **Repertoire** section and the **Open** Classical ballet section. Dancers may enter **BOTH** sections at the competitions **OR ONLY ONE**. The choice is theirs. *(since 1.1.2020)*

2. **Repertoire** : Must be chosen **from the list** that the IDO has drawn up (different for male/female and different for age divisions).

No changes may be made to these Repertoires that have been selected and no **OTHER** Repertoires may be danced in the Open (own) Classical section.

The MALE Junior section has a choice of six repertoires. Junior 1 and Junior 2 may choose from ANY of the six. The solos have been marked as Junior 1 and Junior 2 solos, but this is just a suggestion to aid in the decision of which solos to choose. This is in line with the Junior females who can also choose any of the seven solos in their list.

Children MAY NOT dance on pointe **(although the video shows it on pointe)**.

Junior and Adult female must be on pointe in the Repertoire section.

NO VARIATIONS OF THESE REPERTOIRES WILL BE ACCEPTED **(except pirouettes/turn, sur place** turn may be done right or left).

3. The **Open Classical** section must be pure classical ballet and not “modern” or neo classical”. It was decided that these could be put into the modern or show section. **It must be 100% OWN choreography, no repertoire from any other ballet. This means that NO music, theme or costume from any other repertoire may be used.**

4. The original rule of no pointe for Children, choice of pointe or demi pointe in Junior and compulsory pointe in Adult

female section will apply

5. **NO OTHER REPERTOIRES MAY BE DANCED IN THE OPEN CLASSICAL CHOREOGRAPHY SECTIONS.**

**THIS MEANS NO MUSIC, CHOREOGRAPHY, STEPS, THEME OR COSTUME MAY BE USED FROM ANY REPERTOIRE IN THIS OWN CLASSICAL SECTION.**

6. Enrollment must be accompanied with the name of **the repertoire selected from the IDO LIST.**

The list of obligatory choreographies for Ballet solo repertoire category together with videos is public:  
<https://www.youtube.com/playlist?list=PLoHVrDoyXi2pDvTYJSYpy2kNaBs0Oq34C>

**Characteristics and Movement:** Classical Ballet is the most formal of the ballet styles; it adheres to traditional ballet technique. There are variations relating to area of origin, such as Russian ballet, French ballet, British ballet and Italian ballet. The Vaganova method, named after Agrippina Vaganova and the Cecchetti method, named after Enrico Cecchetti are Russian and Italian respectively and derive from the original French method. Classical ballet is best known for its unique features and techniques, such as pointe work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities. This discipline must be performed using the Classical Ballet Technique and style and may be performed in soft ballet slippers or Pointe shoes. Although choreography may be of a modern nature, it may not deviate from what is commonly known as Classical Ballet. Lyric, Modern and Modern Jazz pieces may not be performed in this discipline.

Adult Division (female dancers) – must dance on en pointe *(AGM 2018, Implementation 1.1.2019)*

**Pointe work** is not allowed in the **Children's** category.

**Acrobatic Movements:** Not permitted in the Ballet discipline.

**Lifts:** Permitted (and encouraged) as outlined under General Provisions of Performing Arts. Any lifts used must remain in the Classical Ballet tradition, and may include drop-falls, supported turns and jumps resulting in catches. However, all dances are in a constant evolution and growth, so experimental and original choreography is encouraged.

**Stage Props:** Permitted as outlined under General Provisions of Performing Arts but dancers cannot use cumbersome scenic material and must carry on and off the stage themselves in one trip.