

General Rules: DANCE

1. The General Rules in the front of the Syllabus are also relevant to this section.
2. The performance will be timed from the first movement.
3. Vocal music in Welsh or any Instrumental music is allowed. When a group uses pre-recorded music or plays live any music that has been commercially published, it is the responsibility of that company, group or party to ensure copyright clearance.
4. The dancers to wear **simple, decent and suitable clothes** for the dance and age group.
5. The performance area on the National Eisteddfod stage is approx. **10 x 8 metre**.
6. **Creative** – It is not permitted to use stage equipment, special lighting, make-up, costume/body accessories or any other equipment, except in the competition for Schools with additional educational needs.
The competitors are expected to present a brief synopsis no more than 100 words in Welsh explaining the content of the dance for the benefit of the adjudicators and audience.– the synopsis will not be timed. However it should be noted that timing will start from the first movement.
7. **Multi-Disciplinary Dance** –
Creative interpretation of the theme using contrasting styles. At least two contrasting styles must be performed. Suitable costumes and small props may be used to interpret the theme. A short synopsis no more than 100 words in Welsh of the content of dance is expected for the benefit of the adjudicators and audience. The synopsis will not be timed, however it should be noted that timing will start from the first movement.
8. It is not permitted to compete in more than one competition with the same dance.
9. **Safety** – It is essential that the tuition the dancers receive considers aspects of health and safety rules. Performers must ensure that they warm up before performing and cool down at the end of the performance