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Prix Arabesque - Competition rules

Organization

The dance competition is organized by Ms. Manon Gallez (Over Limit Dance ASBL) in order to promote exchanges between dancers and dance schools, and to discover young talents of all nationalities.

The competition will take place on February 27, 28, and March 1, 2026.

February 27, 2026 – Quick stage run-throughs without music and in order of arrival
Verification of registrations and music files in our possession

February 28, 2026 – Individual Preliminary Competition

March 1, 2026 – Individual Final Competition & Group Competition

The competition will take place at the « Centre Culturel Ottignies Louvain La Neuve »

Avenue des combattants, 41

B-1340 Ottignies – Belgique

Competition Secretariat : Over Limit Dance ASBL

Ms. Gallez Manon

Tél. : +32 (0)470 97 26 86 Mail : info@prixarabesque.com



Prix Arabesque - Competition rules

Participants

The competition is open to all dancers aged 8 and above on the date of the competition, whether they train at an academy, conservatory, private school, or (semi-)professional school.

An age exemption may be granted with the prior approval of the organization.

Competition Schedule

The schedule may be subject to last-minute changes (possible cancellation of Saturday preliminaries; however, group performances will remain scheduled for Sunday morning).

Friday

- **12:00 pm to 7:30 pm (max):**
 - Quick stage run-throughs (maximum 2 minutes per solo), without music and in order of arrival.
Example: 3 solos for 1 participant = 6 minutes of stage run-throughs.
 - **4:00 pm to 4:30 pm:** time slot reserved exclusively for **groups** (maximum 3 minutes per group).

The number of run-throughs is limited: once the quota needed to finish by 7:30 pm is reached, registrations are closed and doors are locked.

Saturday

- **Around 9:00 am:** Classical, Jazz, and Contemporary “Amateur and Pre-Pro” preliminaries.

Sunday

- **8:00 am to 8:50 am:** quick stage run-throughs (maximum 3 minutes), without music, exclusively for groups that could not rehearse on Friday.
- **Starting at 9:00 am:** Group competition (Classical, Jazz, and Contemporary).
- **Following the group competition:** Finals of the individual events.
- **Around 8:00 pm:** Results announcement.

Stage dimensions: 15m by 20m.

The detailed schedule will only be available upon arrival on the first day of the competition.



Prix Arabesque - Competition rules

Audience

The audience is allowed during the competition, but applause is strictly forbidden.
An entry fee will be required for all members of the public and can be purchased at the reception.

The only exception applies to choreographer-teachers presenting one or more candidates.
They will receive a personalized badge on the day of the competition, exempting them from the entry fee.

For group performances, **ONLY** the group's choreographer is allowed backstage during the performance – **BADGE REQUIRED!**

For individual performances, **NO** teacher is allowed backstage!

To avoid disrupting the competition, access (entry and exit) to the competition hall will only be permitted between categories.

Members of the organization will be present to regulate this access.

We kindly ask you to follow their instructions, **respect the rules**, and only leave the hall when invited to do so.

Access conditions to the building may be revised depending on epidemiological circumstances.

Jury

The jury will be composed of recognized dance personalities and authorities in the fields of classical, jazz, and contemporary dance.

The jury reserves the right to take any necessary measures in the event of non-compliance with these rules.

Such measures may include reassigning a candidate to the appropriate category or exclusion in the event of proven fraud.

THE JURY'S DECISION IS FINAL AND WITHOUT APPEAL.



Prix Arabesque - Competition rules

Awards – Prizes

- 1st Prize – 2nd Prize – 3rd Prize – 1st Mention – 2nd Mention – 3rd Mention, as well as other special awards.
- Prizes in kind (workshops, gift vouchers, diplomas, cups, and trophies) will be awarded.
- A diploma will be given to all finalists.
- The **Grand Prix Arabesque** may also be awarded: Medal, Trophy, Diploma, Prize in kind.

THE JURY HAS THE FREEDOM TO AWARD OR WITHHOLD PRIZES.



Prix Arabesque - Competition rules

Registrations

Registrations must be made exclusively via the website www.prixarabesque.com

No paper, telephone, or email registrations will be accepted.

- €80 for one discipline (individual events).
- €120 for two disciplines (individual events).
- €140 for three disciplines (individual events).
- €20 per candidate for group events.

Under no circumstances will the registration fee be refunded (except in the case of cancellation of the competition, in which case we guarantee a minimum reimbursement of 90% of the registration fee).

Payment must be made before January 16, 2026.

Candidates registering for multiple disciplines must complete a separate individual registration form **for each discipline**.

For choreographic groups, a dedicated "Group" form will be available.

We kindly ask that you do not combine individual and group registrations in the same transfer. (Please make a separate transfer for group registrations.)

Registration is considered complete only upon receipt of the following documents and after written confirmation from the organization:

1. Completed and validated registration form (validated by parents for underage candidates).
 2. Copy of identity card or official civil status document.
 3. One recent passport-style photo.
 4. Proof of payment.
- European transfer of the registration fee to Over Limit Dance ASBL, to the IBAN: BE44 7320 8308 9645, BIC: CREGBEBB with the communication: Candidate's full name and explicit category.

REGISTRATION DEADLINE: JANUARY 16, 2026.

For the proper organization of the competition, the management reserves the right to

LIMIT THE NUMBER OF REGISTRATIONS (even before the official deadline).

If you wish to participate, please register as soon as possible !

No late registrations will be accepted.



Prix Arabesque - Competition rules

Music

ATTENTION !

Candidates must MANDATORILY send their music
in good quality WAVE format BEFORE JANUARY 16, 2026 !!!

See the confirmation email received upon registration.

We insist on the correct naming of music files! Please use the following structure, **otherwise the registration will be refused**.

Solo :

Classique_Amateur_Moyen_A_21-01_Bernimont_Sabine_01 54_S.WAVE

- Category (see the "Categories and Levels" section),
- Age on the day of the competition YY-MM,
- Candidate's LastName_FirstName,
- Timing MM:SS,
- Placement: **C** = in the wings (with music) or **S** = on stage (without music).

Group :

Groupe_Classique_Niveau 1_Les Arabesques_02 54_S.WAVE

- Category (see the "Categories and Levels" section),
- Group name,
- Duration MM:SS,
- Placement: **C** = in the wings (with music) or **S** = on stage (without music).

Upon arrival at the competition, a verification of the music in our possession, as well as its duration, will be carried out in the presence of the dancer or the teacher.

Verification of registrations and music files in our possession

Friday, February 27, 2026 – Individual Preliminary Competition

Sunday, March 1, 2026 – Group Competition



Prix Arabesque - Competition rules

In case of any issue during this verification or during the competition, we ask you to keep a duplicate copy on a USB stick readily available.

The file name must be identical to the one indicated above.

Please respect the required timing, which will be validated by an official of the organization.

Any overrun will result in the elimination of the candidate without possible appeal.

Music must be **without lyrics** for individual classical performances. It is also prohibited to include silent passages at the beginning or end of music, and this applies to all categories and disciplines.

Categories and Levels

- Individual candidates must register in the category corresponding to their age on the day of the competition.

An age exemption may be granted with the prior approval of the organization.

The competition is organized as follows

- Classical: 5 “Amateur” levels and 4 “Pre-Pro” levels
- Jazz and Contemporary: 5 “Amateur” levels and 5 “Pre-Pro” levels

The “Pre-Pro” categories apply to dancers who:

- are enrolled in a “Dance Studies” type program,
- or have an advanced artistic activity with more than three classes per week,
- or regularly participate in competitions,
- or are preparing for a professional dance career.
- For groups, each participant must fall within the appropriate age range.

An age exemption may be granted with the prior approval of the organization for 1 to 2 members of the group.

The group competition will take place on Sunday morning.

It will be a direct competition, without preliminaries, and will include 3 levels.

ATTENTION !

For the proper organization of the competition, the management is obliged to **LIMIT THE NUMBER OF GROUPS** (even before the registration deadline).

If you wish to participate, please register as soon as possible !



Prix Arabesque - Competition rules

Individual Classical Amateur

	Category	Description - Age as of the day of the competition
Girls	Classique Amateur Préparatoire	8 to 9 years old – Free variation of 1 min 15 to 1 min 45 (on demi-pointe). An age exemption (under 8 years old) may be accepted depending on the child's level (a video must be sent in advance before registration is validated).
Girls	Classique Amateur Elémentaire	10 to 11 years old – Free variation of 1 min 15 to 1 min 45 (on demi-pointe)
Girls	Classique Amateur Moyen A	12 to 13 years old – Free variation of 1 min 30 to 1 min 45 (on demi-pointe)
Girls	Classique Amateur Moyen B	12 to 13 years old – Free variation of 1 min 30 to 2 min (on pointe)
Girls	Classique Amateur Etude	14 to 15 years old – Free variation of 1 min 30 to 2 min (on pointe)
Girls	Classique Amateur Supérieur	16 to 21 years old – Free variation of 1 min 30 to 2 min (on pointe)

Boys	Classique Amateur Préparatoire	8 to 9 years old – Free variation of 1 min 30 to 1 min 45. An age exemption (under 8 years old) may be accepted depending on the child's level (video submission by email).
Boys	Classique Amateur Elémentaire	10 to 11 years old – Free variation of 1 min 30 to 1 min 45
Boys	Classique Amateur Moyen A	12 to 13 years old – Free variation of 1 min 30 to 1 min 45
Boys	Classique Amateur Etude	14 to 15 years old – Free variation of 1 min 45 to 2 min
Boys	Classique Amateur Supérieur	16 to 21 years old – Free variation of 1 min 45 to 2 min

Repertoire variations are NOT allowed

IN THE FOLLOWING CATEGORIES « AMATEUR », « Pré-Pro Elémentaire A & B » et « Pré-Pro Moyen »



Prix Arabesque - Competition rules

Individual Classical Pre-Pro

	Category	Descriptions – Age as of the day of the competition
Girls Boys	Classique Pré-Pro Élémentaire A	Under 12 years old – Free variation (no repertoire), on demi-pointe, lasting 1 min 30 to 1 min 45
Girls	Classique Pré-Pro Élémentaire B	Under 12 years old – Free variation (no repertoire), on pointe, lasting 1 min 30 to 1 min 45
Girls Boys	Classique Pré-Pro Moyen	12 to 13 years old – Free variation (no repertoire), lasting 1 min 30 to 2 min, on pointe for girls
Girls Boys	Classique Pré-Pro Etude	14 to 15 years old – Free variation of 1 min 30 to 2 min, or a repertoire variation, on pointe for girls
Girls Boys	Classique Pré-Pro Supérieur	16 to 21 years old – Preliminary round: Free variation of 1 min 30 to 2 min, or a repertoire variation. Final round: Mandatory repertoire variation (different from the one presented in the preliminaries, if applicable)

- To provide a wider choice of variations, there is no imposed list.
- Repertoire variations must conform to the versions performed by major ballet companies.
- Mixing variations is strictly prohibited.
- Candidates must respect the required duration of the variations; only an overrun of up to 5 seconds, to allow for music editing, is acceptable.
- Candidates in **classical, jazz, or contemporary** who do not comply with this rule risk disqualification.
- Candidates must present the **same variation** in both the preliminary and final rounds (except for the “Pre-Pro Advanced” category).



Prix Arabesque - Competition rules

Individual Jazz and Contemporary

	Category	Description - Age as of the day of the competition
Girls Boys	Jazz Amateur Préparatoire Contempo Amateur Préparatoire	8 to 9 years old – Variation of 1 min 30 to 1 min 45
Girls Boys	Jazz Amateur Elémentaire Contempo Amateur Elémentaire	10 to 11 years old – Variation of 1 min 30 to 2 min
Girls Boys	Jazz Amateur Moyen Contempo Amateur Moyen	12 to 13 years old – Variation of 1 min 30 to 2 min
Girls Boys	Jazz Amateur Etude Contempo Amateur Etude	14 to 15 years old – Variation of maximum 2 min 15
Girls Boys	Jazz Amateur Supérieur Contempo Amateur Supérieur	16 to 21 years old – Variation of maximum 2 min 15.

Girls Boys	Jazz Pré-Pro Préparatoire Contempo Pré-Pro Préparatoire	8 to 9 years old – Variation of 1 min 30 to 1 min 45
Girls Boys	Jazz Pré-Pro Elémentaire Contempo Pré-Pro Elémentaire	10 to 11 years old – Variation of 1 min 30 to 2 min
Girls Boys	Jazz Pré-Pro Moyen Contempo Pré-Pro Moyen	12 to 13 years old – Variation of 1 min 30 to 2 min
Girls Boys	Jazz Pré-Pro Etude Contempo Pré-Pro Etude	14 to 15 years old – Variation of maximum 2 min 15
Girls Boys	Jazz Pré-Pro Supérieur Contempo Pré-Pro Supérieur	16 to 21 years old – Variation of maximum 2 min 15

Groups – Classical, Jazz, Contemporary

Groups must be composed of 5 to 25 dancers maximum.

Category	Description - Age as of the day of the competition
Groupe Classique Niveau I Groupe Jazz Niveau I Groupe Contemporain Niveau I	Under 14 years old – Free choreography of maximum 3 min.
Groupe Classique Niveau II Groupe Jazz Niveau II Groupe Contemporain Niveau II	14 to 18 years old – Free choreography of 3 to 5 min.
Groupe Classique Niveau III Groupe Jazz Niveau III Groupe Contemporain Niveau III	Over 18 years old – Free choreography of 3 to 5 min.



Prix Arabesque - Competition rules

Participation in Multiple Categories

- A candidate may compete in **classical, jazz, contemporary, and group** categories.
- A teacher may not present the same variation more than three times.
- First prize winners from the previous year are **not required** to register in the higher category.
- They may register in the category corresponding to their age.

Required Elements in Jazz

To be included in the free variations presented at the Prix Arabesque:

Level 8–11 years old:

1 pirouette jazz ; 1 petit saut ; 1 équilibre ; des isolations ; utilisation des contre-temps ; 1 ou des passages au sol ; 1 grand déplacement ; travail de direction dans l'espace.

Level 12–13 years old:

1 pirouette jazz ; 1 grand saut (ex : assemblée parallèle, sissone parallèle, temps levé,...) ; 1 battement ; 1 équilibre ; des isolations, utilisation des contre-temps ; 1 ou des passages au sol ; 1 grand déplacement ; travail de direction dans l'espace.

Level 14–15 years old:

Double pirouette jazz ; 1 grand saut jazz ; des isolations ; utilisation des contre-temps ; 1 ou des passages au sol ; 1 grand déplacement ; travail de direction dans l'espace ; Lay out ; Tilt ; mobilité de la colonne ; 1 attitude (sous n'importe quelle forme).

Level 16 years and older:

Double pirouette jazz ; 1 grand saut jazz ; des isolations ; utilisation des contre-temps ; 1 ou des passages au sol ; 1 grand déplacement ; travail de direction dans l'espace ; Lay out ; Tilt ; mobilité de la colonne ; 1 attitude (sous n'importe quelle forme) ; travail sur les différentes énergies, barrel turn et/ou barrel jump ; proposer un mouvement décalé sur l'axe ou désaxé (donc hors de l'axe) ; coordination et dissociation dans le mouvement.



Prix Arabesque - Competition rules

Required Elements in Contemporary

To be included in the free variations presented at the Prix Arabesque:

Level 8–11 years old:

Déséquilibre ; suspension ; courbes et curves ; course ; marche ; proposition de différents rapports à la musique ; direction dans l'espace ; verticalité et horizontalité ; petit saut ; rapport au sol.

Level 12–13 years old:

Déséquilibre ; suspension ; courbes et curves ; course, marche ; proposition de différents rapports à la musique ; direction dans l'espace ; verticalité et horizontalité ; petit saut ; rapport au sol ; torsion, spirale ; relâché, drop ; 1 grand saut ; chute.

Level 14–15 years old:

Déséquilibre ; suspension ; petites et grande courbes ou curves ; course ; marche ; proposition de différents rapports à la musique ; direction dans l'espace ; verticalité et horizontalité ; petit saut ; rapport au sol plus élaboré ; torsion, spirale ; relâché, drop ; 1 grand saut ; chute ; décalé et désaxé ; mouvement initié par une partie du corps.

Level 16 years and older:

Déséquilibre ; suspension ; petites et grandes courbes ou curves ; course ; marche ; proposition de différents rapports à la musique ; direction dans l'espace ; verticalité et horizontalité ; petit saut ; rapport au sol plus élaboré ; torsion, spirale ; relâché, drop ; 1 grand saut ; chute ; mouvement initié par une partie du corps ; décalé et désaxé ; différences d'énergie (fluide, saccadé, ralenti,...).

Group Choreography

Choreographic work must respect the following:

- Theme adapted to the age of the performers.
- Technique adapted to the performers.
- Gestures adapted to the theme or guiding thread, serving the choreographic intent.
- Avoid relying only on frontal group variations.
- Explore different directions and volumes.
- Consistency between theme, choice of music, costumes, gestures, and performers.



Prix Arabesque - Competition rules

Outfit and Accessories

- Classical Competition

- Girls: pastel-colored leotard, short skirt permitted.
- Boys: white T-shirt, grey tights.

Stage costumes are only allowed for the finals, both in “Amateur” and “Pre-Pro.”

Pre-Pro Advanced: Stage costumes are allowed for both the preliminary and the final.

- Jazz and Contemporary Competition

- For preliminaries: class attire (tights and leotard or unitard, or pants and sports bra). Dresses are not permitted.
- For finals: attire of choice.

- Group Competition

- Costumes are permitted.

In general, one accessory is allowed, provided it is easy to move and not too cumbersome.

Warm-up Room

For the well-being of the dancers, access to the warm-up room is reserved exclusively for teachers and dancers. Entry is only allowed **one hour before the dancer's performance**.

The warm-up room is reserved for dancers waiting for their turn on stage. Once their performance is finished, they are kindly asked to leave the warm-up room to allow other competitors to prepare under the best possible conditions.

Catering

A bar will be available for all your refreshments.

Snacks and fast food will also be available.

It is strictly forbidden to eat in the competition hall and the warm-up room.

No meal break will be scheduled during the competition.

Cash payments only.



Prix Arabesque - Competition rules

Organizers' Responsibility

The organizers cannot be held civilly or criminally liable for any bodily or material harm caused to or suffered by any person (candidate, accompanist) during the events, rehearsals, or travel related to the competition.

The competition organizer, the entire team, and the management of the venue decline all responsibility in case of theft or any kind of damage, whether to candidates, teachers, or the public.

Candidates must be covered by their own liability insurance.

Image Rights

Candidates (parents in the case of minors) agree to transfer their image rights to the Prix Arabesque within the framework of their participation in the competition.

Taking photos or videos is strictly prohibited. A professional team will be present throughout the competition weekend.

Acceptance and Compliance with the Rules

Participation in the competition implies full acceptance of these rules.

Under no circumstances will registration fees be refunded (except in case of cancellation of the competition).

Non-compliance with these rules or any inappropriate behavior will result in the immediate elimination of the candidate. By registering, the candidate agrees to abide by these conditions.

The organizers reserve the right to adjust the schedule if the number of participants requires it and to close registrations once the maximum number of participants has been reached.