

# MANCA NRUTHOLSAVAM 2025

## OFFICIAL RULES OF MANCA Nrutholsavam - 2025

*MANCA Nrutholsavam* 2025 official rules are as follows.

All teams must honor these rules: **Violations will be grounds for penalties and/or disqualification from the contest.**

### APPLICATIONS:

- Registrations are online on the MANCA website.
- Registration fees must be paid in full while registering your team
- Registration fee is **\$125 for groups of (3-10 participants) and \$150 for groups above (11-15 participants)**, and one Director/Choreographer.
- Only participants registered online on or before the last day of registration will be eligible to participate in the competitions.
- Applications are considered on a first come first serve basis. MANCA reserves the right to reject applications not meeting the selection criteria.
- Schools can send more than one entry per category if the dancers in the group are different.
- **Number of Teams per Category:** A category MUST have a minimum of 4 entries to be a competition. The program committee will decide on exceptions, cancellations or showcases.
- Age Categories will be based on age as of January 1st, 2025.

### GROUP/TEAM CONTEST:

- The contest is for GROUPS ONLY
- Minimum of 3 dancers and Maximum of 15 dancers
- **No SOLO PERFORMANCES** in the competition.
- The same dancers CANNOT compete in more than one dance in the same category.

### FORMING TEAMS:

- You do not have to be a dance teacher or have a dance school or belong to a dance school to form a group to participate. Choose one person as the “Director” or “Coordinator” for the group to communicate with MANCA. Follow the rules. Ensure that there are no disputes amongst yourselves as to who will receive the trophy if your group wins.

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## **CATEGORIES:**

### **Kinder Category –**

ages 4-6yrs – Classical, Cinematic/Bollywood

### **Sub Junior Category –**

ages 7-9yrs – Classical, Cinematic/Bollywood

### **Junior Category –**

ages 10-12yrs – Classical, Cinematic/Bollywood

### **Senior Category –**

ages 13-17yrs – Classical, Cinematic/Bollywood

### **Adults Category –**

18yrs and above – Classical, Cinematic/Bollywood

NOTE: MANCA will not police or check proof of age. TEAM DIRECTOR is responsible for making sure the compliance of the Dancer's age performing in each category, and they must bring all exceptions to our notice. If there is any violation, then MANCA have the sole authority to disqualify the team.

## **LENGTH OF PERFORMANCE**

**Music/Performance cannot exceed 8 minutes for classical and 5 minutes for Cinematic/Bollywood**

*PENALTY: The team will be informed if the length exceeds the allotted time limit, and they could be disqualified.*

## **PROPS:**

Props can be used if they take **less than one minute of set-up and tear-down time.**

No heavy props that need adult assistance in the green room to set up.

Props cannot include flames, candles, confetti, flowers, weapons, straws, or sharp objects of any kind which may jeopardize the safety of dancers and others. MANCA team reserves the right to disallow a prop before the performance.

Use of glitter or smoke items on the stage is strictly prohibited and any violation will result in disqualification.

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## **SONG LANGUAGE:**

### **Cinematic / Bollywood Category:**

Songs should be a film song, album or remixed version of the song,

### **Classical Category**

The traditional song, representing the dance form, must be used. The participant may choose to present any piece of his/her choice in any Classical Dance form, within the time limit.

## **PERFORMANCE:**

Dance performance will be category-based and after each category is over for all age groups, we will move to the next category. Order of execution and expected time of performance will be communicated to each team in advance.

## **JUDGING:**

Each category will have at least 3 judges who are qualified individuals.

### **Judgement Criteria – Cinematic / Bollywood Dance**

Elements	Description	Maximum Marks
Entry/ Opening		05
Choreography		15
Special effects and Stage Setting		10
Facial expression, gestures and steps		15
Synchronization & Group formation		15
Power and Dynamics		10
Costumes and Accessories		10
Music		10
Sense of Space	Space utilization	05
Overall impression		10
<b>Grand Total</b>		<b>100</b>

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## Judgement Criteria – Classical Group Dance

Elements	Description	Maximum Marks
<b>Nritta</b>	The Rhythmic Element – Nritta is the illusion of rhythm though graceful body movements	15
<b>Nritya</b>	The Expressional Element – combination of rhythm with expression conveys poetic meaning with the help of expression and rhythmic postures.	15
<b>Natya</b>	The Dramatic Element – performing for the theme like Ramayana, Mahabharata	15
<b>Angasuddhi</b>	The perfection of Body movements	10
<b>Choreography</b>		10
<b>Theme and Content</b>		10
<b>Costumes</b>		10
<b>Music</b>		05
<b>Overall impression</b>		10
<b>Grand Total</b>		<b>100</b>

- No audience members will be allowed to sit in front of the judging area
- **All decisions made by the judges are FINAL. We do not encourage any deliberation regarding the decisions by the judges. Please do not follow-up with the judges after the event.**
- Dance groups may be disqualified before, during or after their performance, if found to violate MANCA's policies and rules for the contest.

### **PRIZE DISTRIBUTION:**

Prizes for the category will be given after the entire category is over.