**BALET:**

**Kategórie:** solo + duo 1 min – 2:15

skupina + formácia (3 – 27 tanečníkov) 2:30 – 4:00 min

**Technika:**   
tradičná baletná technika, možnosť predvedenia originálnych baletných variácií, alebo vlastná choreografia.

Juniori a dospelí možnosť tancovania na špičkách.

Rekvizity sú povolené, ale tanečníci si ich musia priniesť a odniesť jednou cestou.

***Podrobný popis disciplíny z medzinárodných poriadkov v angličtine:***

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. 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.** 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 cumber- some scenic material and must carry on and off the stage themselves in one trip.