



COMPETITION "EXERCISE"

INTERNATIONAL INTRAMURAL COMPETITION – DANCE FESTIVAL "YOUNG BALLET OF EURASIA".

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The form of the Contest "Exercise": Intramural and extramural competition.

Goals and objectives:

- improving the quality of pre-professional and professional training of participants of the competition;
- transfer of methodological material to the heads of amateur groups from teachers of educational institutions of professional choreographic education;
- stimulation of team leaders to conduct full-fledged classical and folk dance lessons;
- identification and support of gifted children (assistance in admission to choreographic colleges in Moscow, Voronezh, St. Petersburg, Italy, China, etc.)

Terms of participation:

The contest "Exercise" is attended by small groups (3-6 people) and collectives (7-15 people).

The competition is divided into 2 parts (in the future - into 3 parts, with the involvement of a rhythmic methodologist, because the third part of the competition is dance-rhythmic).

1st part: exercises at the ballet barre, exercises in the middle, allegro, exercises on the fingers with the teacher of the dance group participating in the dance festival;

2d part: performance of combinations set by an engaged teacher-methodologist (who is not a member of the jury) according to age-appropriate methods of the leading ballet schools of Russia.

Description of the 1st part:

Full compliance of the competition program with the age of the participants is a prerequisite!

It is not allowed to use the elements of ballet lesson of a senior age category!

The contestants present the lesson program from the selected category (classical or folk dance). The duration of the 1st part of the competitive program "Exercise" is 17-20 minutes. No more!

One of the blocks is presented to the attention of the jury:

1. classical dance: warm-up, 3-4 movements at the ballet barre, 1-2 exercises from the exercise in the middle, 1 allegro combination and 2 combinations on the fingers. Ballet combinations on the fingers may not be performed if the participants do not practice it in their lessons and do not have sufficient skills for this.

Age categories:

- 9-10 years old (pre-professional, 3rd and 4th grade of secondary school);
- 10-12 years old (1st choreographic class, 5th grade of secondary school);
- 12-13 years old (2nd choreographic class, 6th grade of secondary school);
- 13-14 years old (3rd choreographic class, 7th grade of secondary school);
- 14-15 years old (4th choreographic class, 8th grade of secondary school);
- 15-16 years old (5th choreographic class, 9th grade of secondary school);
- 16-17 years old (6th choreography class, 10th-11th grades of high school);

2. folk dance: warming up, 3-4 movements at the ballet barre, 1-2 exercises from the exercise in the middle, 3-4 dance sketches in any folk character at the choice of the head of the choreographic team-participant.

Age categories:

- 10-13 years (pre-professional, 5th-7th grade of secondary school);
- 14-15 years old (4th choreographic class, 8th grade of secondary school);
- 15-16 years old (5th choreography class, 9th grade of secondary school);
- 16-17 years old (6th choreography class, 10th-11th grades of high school);

In each age category, no more than 30% of the contestants from the older age category are allowed to participate. For example, in the category of 12-13 years (2nd choreographic class, 6th grade of secondary school), contestants of the age category of 13-14 years (3rd choreographic class, 7th grade of secondary school) can take part.

The head has the right not to use complex program elements when constructing the lesson of the "Exercise" competition, if the children do not have sufficient natural data for their high-quality performance (except for the 1st and 2nd choreographic classes).

The jury evaluates the construction of combinations, performance technique and musicality.

2d part description:

The second part of the contest "Exercise" is conducted by a teacher-methodologist. Depending on the age category, the contestants are given elements and combinations to perform "sight-reading":

1. classical dance: 1-2 from the exercise at the ballet barre, 1 from the exercise in the middle, 2 allegro, 2 finger technique.

2. folk dance: 2 combinations at the ballet barre, 2-3 elements of Russian folk dance in the middle, 1 folk dance sketch in the character of the nationality corresponding to the age of the contestants.

The jury evaluates coordination, choreographic memory, performance technique, musicality.

In 2023, **the 3rd part** was added to the "Exercise" competition:

- competition (battle) between teams, within the framework set by the leading teacher and improvisation.

The Exercise competition is held within the framework of the International Dance Festival "Young Ballet of Eurasia" in a choreographic hall with ballet barre and professional coating, with technical equipment (music center, microphone).

Members of the jury: teachers-methodologists in classical and folk dance, who are well aware of the methodology of their subject in accordance with the program of MGA KH, the Vaganova Academy.

The evaluation of the contestants and awarding is carried out in accordance with the regulations of the competition-festival of dance "Young Ballet of Eurasia".

Contestants and teachers receive diplomas based on the results of participation in the "Exercise" competition.

The head of the team participating in the "Exercise" competition receives recommendations on the methodology, comments on the construction of the lesson (if necessary) at the "round table" of the jury with teachers following the results of participation in the competition, what to pay attention to when working with a specific group of children.

An extramural form of participation in the "Exercise" contest is possible:

Participants send a high-quality video from the dance hall. The front location of the fixed camera. Participation is possible at the ZOOM platform.

The cost of participation in the contest "Exercise", consisting of 2 parts (in extramural and intramural formats):

1. Small group (3-6 people) –15 EUROS
2. Groups (7 or more people) – 10 EUROS