

MIZORAM DANCE SPORTS & MOVEMENT CHAMPIONSHIP

&

MIZO DANCE CAMP

-THE MAIN EVENT-

27TH – 30TH JUNE 2023

VENUE:

R. DENGTHUAMA INDOOR STADIUM, MUALPUI



MIZO DANCE CAMP

DATES:

27 JUNE - AEROBICS & JUMP ROPE PRELIMS

28 JUNE - HEI RAW! SEMIS & WORKSHOP

29 JUNE - SHOWDOWN JAM

30 JUNE - FINALS & SHOWCASE

ORGANISED BY:

MIZO DANCE CAMP & MIZORAM STATE SPORTS COUNCIL

Secretary
Mizoram State Sports Council
Aizawl, Mizoram

MIZORAM DANCE SPORTS & MOVEMENT CHAMPIONSHIP
ORGANISED BY MIZO DANCE CAMP & MIZORAM STATE SPORTS COUNCIL

I. AEROBICS

A. AEROBICS GROUP

PRIZE:

- CHAMPION: Rs. 30,000/-
- RUNNER UP: Rs. 15,000/-
- CONSOLATION: Rs. 5,000/- (x3)

GUIDELINES:

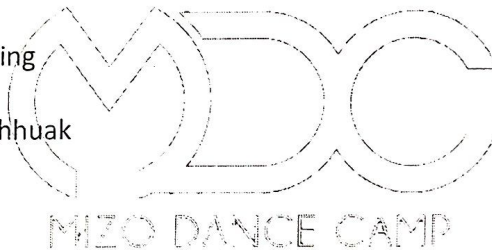
1. Aerobics Group ah hian Member 4 - 8 inkar an tel thei ang.
2. Round 2 a awm ang: Prelims & Final
3. Duration:
 - a. Prelims: Min 1:30 - 2:00 inkar tur a ni.
 - b. Final: Min 2:00 – 3:00 inkar tur a ni.
4. Music track mahni duh ang hman tur a ni.

JUDGING CRITERIA:

1. SKILLS (DIFFICULTY & ACROBATIC ELEMENTS)
2. EXECUTION
3. SYNCHRONIZATION
4. CREATIVITY

JUDGES:

1. Mapuia Hangsing
2. Nutei Pautu
3. Esther Chhakchhuak



B. AEROBICS SOLO

PRIZE:

- CHAMPION: Rs. 10,000/-
- RUNNER UP: Rs. 5,000/-
- CONSOLATION: Rs. 1,000/- (x3)

GUIDELINES:

1. Aerobics Group ah hian Member 4 - 8 inkar an tel thei ang.
2. Round 2 a awm ang: Prelims & Final
3. Duration:
 - a. Prelims: Min 1:30 - 2:00 inkar tur a ni.
 - b. Final: Min 2:00 – 3:00 inkar tur a ni.
4. Music track mahni duh ang hman tur a ni.

JUDGING CRITERIA:

1. SKILLS (DIFFICULTY & ACROBATIC ELEMENTS)
2. EXECUTION
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4. CREATIVITY

JUDGES:

1. Mapuia Hangsing
2. Nutei Pautu
3. Esther Chhakchhuak

JUMP ROPE

A. JUMP ROPE FREESTYLE: MALE

PRIZE

- CHAMPION: Rs. 10,000/-
RUNNER UP: Rs. 5,000/-
CONSOLATION: Rs. 1,000/- (x3)

GUIDELINES:

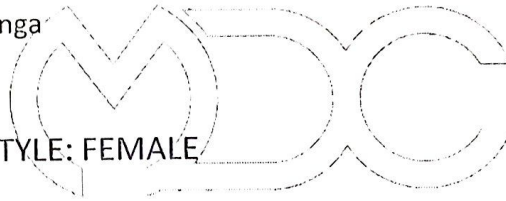
1. Jump Rope Freestyle Solo: Mipa ah hian kum bithliah awm lovin, a duh apiang tan telh theih a ni ang.
2. Round 2 a awm ang: Prelims & Final
3. Duration:
 - a. Prelims: Min 1:00 - 1:30 inkar tur a ni.
 - b. Final: Min 1:30 - 2:00 inkar tur a ni ang.
4. PVC leh Beaded Rope hman theih a ni ang.
5. Perform lain Music play tel tur a ni a, mahni duh ang track in tum tur a ni. Music Track nei lo tan DJ in a play sak thei ang.

JUDGING CRITERIA:

1. SKILLS
2. TECHNICAL PRESENTATION
3. ENTERTAINMENT VALUE
4. DIFFICULTY LEVEL

JUDGE:

1. Samuel Liansanga



B. JUMP ROPE FREESTYLE: FEMALE

PRIZE

- CHAMPION: Rs. 10,000/-
RUNNER UP: Rs. 5,000/-
CONSOLATION: Rs. 1,000/- (x3)

GUIDELINES:

1. Jump Rope Freestyle Solo: Mipa ah hian kum bithliah awm lovin, a duh apiang tan telh theih a ni ang.
2. Round 2 a awm ang: Prelims & Final
3. Duration:
 - a. Prelims: Min 1:00 - 1:30 inkar tur a ni.
 - b. Final: Min 1:30 - 2:00 inkar tur a ni ang.
4. PVC leh Beaded Rope hman theih a ni ang.
5. Perform lain Music play tel tur a ni a, mahni duh ang track in tum tur a ni. Music Track nei lo tan DJ in a play sak thei ang.

JUDGING CRITERIA:

1. SKILLS
2. TECHNICAL PRESENTATION
3. ENTERTAINMENT VALUE
4. DIFFICULTY LEVEL

JUDGE:

1. Samuel Liansanga

Mizoram State Sports Council
Aizawl, Mizoram

SHOWDOWN DANCE BATTLE

I. BREAKING

A. BREAKING SOLO BATTLE

PRIZE

CHAMPION: Rs. 10,000/-

RUNNER UP: Rs. 5,000/-

GUIDELINES:

1. Cypher Round atanga tan a ni ang. Cypher ah hian min 1:00 theuh hun an nei ang.
2. Top 16 / Top 8 / Semi Final leh Final Round angin then a ni ang. (Participants tam dan a zirin tih danglam theih a ni.)
3. Time limit: Top 16 & Top 8 ah min 1, Round 1 zel an nei ang
Semi Final leh Final Round hi min 1 zelin round 2 neih a ni ang.
4. Registration Fee:: Early Bird: Rs. 200/- & On the Spot: Rs. 300/-

JUDGE:

1. Bboy Flying Machine

II. HIP HOP

A. HIP HOP SOLO BATTLE

PRIZE

CHAMPION: Rs. 10,000/-

RUNNER UP: Rs. 5,000/-

GUIDELINES:

1. Cypher Round atanga tan a ni ang. Cypher ah hian min 1:00 theuh hun an nei ang.
2. Top 16 / Top 8 / Semi Final leh Final Round angin then a ni ang. (Participants tam dan a zirin tih danglam theih a ni.)
3. Time limit: Top 16 & Top 8 ah min 1, Round 1 zel an nei ang
Semi Final leh Final Round hi min 1 zelin round 2 neih a ni ang.
4. Registration Fee:: Early Bird: Rs. 200/- & On the Spot: Rs. 300/-

JUDGE:

1. Tanuj Fauj

III. REPRESENT YOUR STYLE

A. SOLO BATTLE

PRIZE:

CHAMPION: Rs. 10,000/-


RUNNER UP: Rs. 5,000/-

GUIDELINES:

1. Cypher Round atanga tan a ni ang. Cypher ah hian min 1:00 theuh hun an nei ang.
2. Top 16 / Top 8 / Semi Final leh Final Round angin then a ni ang. (Participants tam dan a zirin tih danglam theih a ni.)
3. Time limit: Top 16 & Top 8 ah min 1, Round 1 zel an nei ang
Semi Final leh Final Round hi min 1 zelin round 2 neih a ni ang.
4. Registration Fee:: Early Bird: Rs. 200/- & On the Spot: Rs. 300/-

JUDGE:

1. Srilakshmi


Secretary
Mizoram State Sports Council
Aizawl, Mizoram

B. CREW VS CREW

PRIZE:

CHAMPION: Rs. 30,000/-

RUNNER UP: Rs. 15,000/-

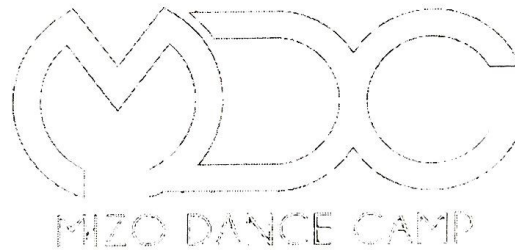
CONSOLATION: Rs. 5,000/- (x2)

GUIDELINES:

1. Crew ah hian member 4-6 inkar an tel thei ang.
2. Crew Battle ah hian Crew 8 an tel thei ang a, Inivitee crew 5 sawm an nih bakah, Wildcard crew 3 tan hawn a ni bawk ang. Wildcard atan hian Crew Cypher Round atanga tan a ni dawn a. Cypher ah hian min 2:00 theuh hun an nei ang.
3. Top 8 / Semi Final leh Final Round angin then a ni ang.
4. Time limit: Top 8 ah hian min 1 zelin, Round 3 a awm ang.
Final Round hi min 1 zelin round 5 neih a ni ang.
5. Registration Fee:: Early Bird: Rs. 100/- per person & On the Spot: Rs. 200/- per person.

JUDGES:

1. Flying Machine
2. Tanuj Fauj
3. Srilakshmi



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Aizawl, Mizoram

HEI RAW!

AN OPEN GROUP DANCE COMPETITION FOR CREWS, COLLEGE DANCE CLUBS & SCHOOL DANCE TEAMS

PRIZE

CHAMPION: Rs. 50,000/-
1ST RUNNER UP: Rs. 20,000/-
2ND RUNNER UP: Rs. 10,000/-

CONSOLATION: Rs. 3000/- (x2)
BEST SUPPORTING TEAM: Rs. 1000/-

GUIDELINES:


- 1) Group tinah member 4-10 inkar tan tel theih a ni.
- 2) Round 3 ah then a ni ang:
 - a. Video Audition Round
 - b. Semi Finals
 - c. Final Round
- 3) Duration
Audition: 1:30 to 2:00 mins chung video edit loh, lak tawp thehluh tur a ni.
Semi: 2:00 to 2:30 mins inkar tur a ni.
Final: 2:30 to 3:00 mins inkar tur a ni ang.
- 4) Music leh dance style hi uchuak lutuk lo, naupang atanga puitling tana en nuam tawk a ni tur a ni.

MIZO JUDGING CRITERIA

1. CHOREOGRAPHY
2. EXECUTION
3. SYNCHRONIZATION
4. CROWD APPEAL
5. OVERALL PERFORMANCE

JUDGES:

To be announced


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Aizawl, Mizoram