

IDO AGE Divisions in 2026

The following age divisions will be used in all IDO Events in **SOLO, DUO, COUPLE**:

AGE DIVISION	AGE RANGE (years of birth listed below are for competition year 2026)
Mini Kids	8 and under (born in 2018, 2019, 2020...)
Children	12 and under (born in 2014, 2015, 2016 ...)
Junior 1	13 – 14 (born in 2013, 2012)
Junior 2	15 – 16 (born in 2010, 2011)
Adult 1	17 and over (born in 2009, 2008, 2007...)
Adult 2	31 and over (born in 1995 and before)
Senior	50 and over Belly Dance/Oriental, Couple Dance (born in 1976, 1975, 1974, 1973, ..)

The rules of the 3-year span is applicable – not in Adults 2.

In **DISCO DANCE solo** Adult and **LATIN Style solo** Adult there are 2 age divisions: **YOUTH** (age 17-20 / born 2009, 2008, 2007, 2006) and **Adults DD** (age 21 and older / born 2006, 2004, 2003....)

Age divisions in **TRIO, GROUPS, TEAMS, CREWS and FORMATIONS**

AGE DIVISION	AGE RANGE (years of birth listed below are for competition year 2026)
Mini Kids	8 and under (born in 2018, 2019, 2020...)
Children	12 and under (born in 2014, 2015, 2016...)
Junior	13 – 16 (born in 2010, 2011, 2012, 2013)
Adult 1	17 and over (born in 2009, 2008, 2007 ...)
Adult 2	31 and over (born in 1995 and before)
Senior	50 and over Belly Dance/Oriental, Couple Dance (born in 1976, 1975, 1974, 1973,..)

The rules of the 3-year span is applicable – not in Adults 2.

On occasion an Organizer may run a competition for Mini Kids, Senior's and/or Adult 2.

It is not possible to compete in the same discipline and category in two different age divisions during one calendar year.

Example: A couple competing in Salsa Adult 2 competition cannot compete in Salsa Adult competition in one year, but can compete in Bachata Adult competition.

In **Mini Kids** division Championship title cannot be given. The highest title is Mini Kids **Dance Star**.

Adult 2, groups and formations, may be in any of IDO's disciplines at the discretion of the Organizer. Adult 2 shall be at **least 31** and over **in the year** of competition and where applicable in all disciplines, no exceptions.

The Official Continental and World Championship title will always be in the Adult 1 Division. For Children, Juniors and Adults 2, the title must be defined with the age division.

Example: Children World Tap Dance Championship 2014.

It is not possible to compete in one discipline and one category in two different age divisions at the same competition event.

Example: If a dancer competes in Disco Mini Kids solo he/she cannot compete in Disco Children Solo category, but can compete in Disco Children Formation.

DETERMINING ONE'S AGE DIVISION

A competitor's **age division** is determined by his or her **year of birth** as it falls within the calendar year of the competition.

a. For **Duos or Couples**, the eldest partner's date of birth determines the age division. A partner no more than **three** years younger than the lower age limit may dance in an older division, but the **age span** cannot exceed **three** years.

Example: One dancer is 11 and one is 14, they may dance in the Junior 1 Division but if the younger dancer is only 10 they may not. Also if younger dancer is 12 and older dancer is 15 they may dance in Junior 2 division.

If one dancer is 14 and one is 17 they may dance in the Adult Division, but if the younger dancer is only 13 they may not. If younger dancer is 13 and older is 16 they will dance in Junior 2 Division. .

NOTE 1: While younger dancers may dance 'up' a division, the reverse is not possible and older dancers may not dance 'down' a division.

NOTE 2: A younger dancer who dances 'up' a division as outlined under the rules, such as a child of 12 dancing in the Junior 1 Duo division, **MUST** dance in that age division in that category for the remainder of the competition year. He or she may **NOT** dance in the Children's division with a different partner, but he or she **COULD** dance in the younger (children's) division in Trios, Crew, Groups, Teams, or Formations.

Once a dancer has chosen to move up an age level in a specific category, such as Tap Duo or Jazz Duo, he/she must remain in that age division until the end of year and not move back.

Dancers are permitted to dance in two specific age divisions only under the following conditions: A dancer cannot dance in both Junior 2 Show Dance Duo and Adult Show Dance Duo, i.e. two different age divisions of the same discipline and category. However he/she may remain in the same age division of all other specific categories, until they reach their next age level.

Example: A child age 12 or 11 may dance in JUNIOR 1 Show Dance Duo and still participate in all Children categories Show Dance Solo, Disco Dance Duo, Hip Hop Group, Tap Formation but **NOT** CHILDREN Show Dance Duo.

b. In **Trio, Groups, Teams, Crews** and **Formations** a dancer no more than **three** years younger than the lower age limit may dance in an older division. This rule shall apply to all Age Divisions of **Trio, Groups, Teams, Crews** or **Formations**, except the Adult 2 and Senior Division, with the following restriction: Not more than 50% of the dancers in the Trio, Group, Team, Crew or Formation can be **three (3)** years or less younger than the actual age division. The age of all other dancers in the Trio, Group, Team, Crew or Formation must fall within the specified age range.

NOTE 1: While younger dancers may dance 'up' a division, the reverse is not possible and older dancers may not dance 'down' a division.

Once a dancer has chosen to move up an age level in a specific category, he/she must remain in that age division until the end of year and not move back.

Dancers are permitted to dance in two specific age divisions only under the following conditions: A dancer cannot dance in both the Junior Show Dance Group and in the Adult Show Dance Group, a dancer may not dance in both Junior Hip Hop Formation and Adult Hip Hop Formations, i.e. two different age divisions of the same discipline and category. However he/she may remain in the same age division of all other specific categories, until they reach their next age level.

Example: A child age 12 or 11, may dance in JUNIOR Show Dance Small Group and still participate in all Children categories Show Dance Solo, Disco Dance Duo, Hip Hop Group, Tap Formation but **NOT** CHILDREN Show Dance Group.

The Organizer has the right to establish a Children's Divisions under age **8**, as long as it runs in conjunction with a Children's Competition ages 12 and under. This will be called "Mini Kids"