



L'association
METZ DANSE

Organise
with the aegis of the European Equality Dance Association (EEDA)
Supported by Fédération Française de Danse

SUNDAY, OCTOBER 26, 2025

LE GRAND OPEN DE METZ

INTERNATIONAL COMPETITION

**SPORT DANCE
LATIN & BALLROOM**

**SAME SEX OPENS
EQUALITY OPENS
SHOWDANCE
INCLUSIVE WHEELCHAIR**

**Palais des Sports – Complexe Sportif,
4B boulevard Saint-Symphorien, 57050 LONGEVILLE-LES-METZ**

**1 dancefloor of 300 m² minimum
All athletes wearing heeled shoes must wear heel guards.
1 Tan room available - no tanning in changing rooms.**

Presenter : Quentin SCHMIT

Chairperson : Christophe TARILLON - FRANCE

Scrutineer : Thierry THUAULT - FRANCE

Prospective Judges : List published later

Website : <https://metzdanse.com/>
Facebook Page : <https://www.facebook.com/grand.open.metz>
Contact and Information : grand.open.metz@gmail.com – 07 69 50 87 43

WEEK-END PRESENTATION

The Metz Danse association, invites you to a weekend of competition in Metz.
On the program : 2 competitions

1. Saturday, october 25, 2025 : National and Open competition - under the aegis of the FFDanse

A national competition in Latin and Ballroom dances with :

- Opens for male/female opposite-sex couples,
- Solo Dance,
- Solo Dance Team

[VOIR LA CIRCULAIRE sur FFDANSE.FR](http://FFDANSE.FR)

2. Sunday, october 26, 2025 : International Competition and Equality Open - under the aegis of EEDA

An international competition in Latin and Ballroom dances with :

- Same-sex Opens for Male/Male and Female/Female couples,
- Equality Opens for all couples
- Showdance as a couple
- Inclusive Wheelchair as a couple

The competition rules are those of EEDA, in their current version at the time of the event.

The application of these rules includes "Equality" competitions and handi-dance events.

The rules can be consulted [here](#).

All competitors and judges must read and respect the official rules:

- Same-Sex Dancesport Competition Rules (SSDCR)
- Showdance Guidelines for Couples
- Appendix 1: Adjudicator's Code of Conduct

Competitors taking part in the Grand Open de Metz on Sunday, October 26 can attend the competition on Saturday, October 25 free of charge in the stands and/or train in the warm-up room or on the floor during breaks

AGE CATEGORIES

Only one age category is proposed for all the Opens : **Open over 18**
Depending on the number of entries, the age categories may be separated into adults and seniors.

In accordance with EEDA regulations,

Couples are considered senior if they meet the following criteria :

- Both partners' combined age shall be of at least 90, on the day of the competition.
- The younger partner shall be at least 40 years old on the day of the competition.
- For the purpose of ascertaining the age of the couple as required in rule 3.4b, the age of both partners shall be added.
- Only years since birth will be considered, any other units of time such as months, weeks and days shall not be considered in the sum of the partners' age.

LEVELS

A-Class : International Level (very good level) - Couples who have considerable experience dancing at an advanced level.

B-Class : Advanced Level (good level) - Couples with experience dancing at a high level.

C-Class : Intermediate Level

D-Class : Beginner Level

Starter : 1st competition

DANCES BY LEVELS

Catégories	Latin	Ballroom
A-Class – International Level	5 dances : S, CC, R, PD, J	5 dances : SW, T, VW, SF, QS
B-Class – Advanced Level	4 dances : S, CC, R, J	4 dances : SW, T, SF, QS
C-Class – Intermediate Level	3 dances : CC, R, J	3 dances : SW, T, QS
D-Class – Beginner Level		
Starter – 1st Competition	2 dances : CC, R	2 dances : SW, T

LATIN OPEN – BALLROOM OPEN – EQUALITY OPEN – SHOWDANCE - WHEELCHAIR

Categories	Same-Sex Men		Same-Sex Women		Same-Sex Showdance	Equality		Inclusive Wheelchair	
	Latin	Ballroom	Latin	Ballroom		Latin	Ballroom	Latin	Ballroom
A-Class – International Level	X	X	X	X	X	X	X	X	X
B-Class – Advanced Level	X	X	X	X		X	X		
C-Class – Intermediate Level	X	X	X	X		X	X		
D-Class - Beginner Level	X	X	X	X		X	X		
Starter – 1st Competition						X	X		

SAME-SEX SHOWDANCE:

Each couple showdance performance consists on two dancers alone on the dance floor.

The music duration must be between 2 min 15 s and 5 min 30 s, including entry and exit.

EQUALITY OPEN :

A single ranking is established at the Equality Open, which is open to all couples :

- same-sex couples
- opposite-sex couples
- non-binary couples
- couples with disabilities (at least one partner has a disability, whether mental, intellectual, autistic, physical, hearing or visual)

INCLUSIVE WHEELCHAIR OPEN :

Only 3 Latin dances (CC, R, J) and 3 Standard dances (VL, T, QS) are offered.

A single ranking is established per dance at the Inclusive Wheelchair Open, regardless of the type of couple.

The Wheelchair Open is open to all couples where at least one partner has a disability, whether mental, intellectual, autistic, physical, hearing or visual.

PROVISIONAL TIMETABLE :

08 :30 am : Doors open and free warm-up

10 :00 am : Start of competitions

These times are subject to change depending on registrations.

Running times will be indicated on the Facebook page **from 22/10/2025**.

REGISTRATIONS

Click [here](#) to register online

Registration Deadline : Please before 10/10/2025

French competitors must hold a FFDanse license:

- license A in the Beginner category (D)
- minimum B license for other categories (A, B, C)

Foreign competitors must hold a license issued by their home federation.

Competitors must wear costumes that meet standards of decency and propriety.

Competitors can compete in several categories with different partners.

However, within each category, all dances must be performed with the same partner

Competitors must register by selecting the level that best corresponds to their usual level.

In order to classify competitors from level A to D and rebalance the different categories if necessary, the following will be organized:

- General Look : 1 dance
- A classification round : 3 Latin dances (CCC, R, J) and 3 Standard dances (VA, T, QS)

If a category has more than 8 couples, elimination rounds will be held.

Depending on the number of entries, we reserve the right to merge certain categories.

NUMERUS CLAUSUS for EQUALITY OPENS:

Depending on the number of same-sex registrations, the number of opposite-sex couples may be limited in order to preserve the notion of Equality. Opposite-sex couples will therefore be notified if their registration is not possible.

ENTRY FEES

Entry fees must be paid in cash on the day of the competition when you arrive at the competitors' area :

10€/Couple

DESISTEMENTS

In the event of withdrawal, the couple must notify the organizer 48 hours in advance by any means at their disposal.

INFORMATION FOR COMPETITORS :

- **STAND BEAUTY HOUSE** in exclusivity

Ilmira and Amirana offer on-site hair and make-up services.

Don't hesitate to book your appointment in advance !

Contact : ja.beauty.house.fr@gmail.com or WHATSAPP : 06 29 73 71 97 Amirana

- **DANSE BOUTIQUE**

Germain offers a wide range of dance shoes and accessories.

Don't hesitate to contact him if you're looking for something in particular !

Contact : boutique.letsdance@gmail.com or WHATSAPP : 06 30 66 80 63 Germain

PUBLIC TRANSPORT : It's easy to get to Metz !

From Luxembourg :

Luxembourg-Findel Airport → Gare de Metz Ville

- **Bus 29** from Airport to Luxembourg Central Station : **20-30 minutes** (free public transport in Luxembourg)
- **Train** from Gare Centrale de Luxembourg to Gare de Metz Ville : **50 minutes**

From Paris :

Roissy CDG Airport → Paris Gare de l'Est → Gare de Metz Ville

- **RER B** from CDG Airport to Paris Gare du Nord : **40 minutes**
- **Metro line 4** (direction Porte de Clignancourt) from Paris Gare du Nord to Paris Gare de l'Est **OR** on foot : **10 minutes**
- **TGV train** from Paris Gare de l'Est to Gare de Metz Ville : **1h30**

Roissy CDG airport → Gare Lorraine TGV → Gare de Metz Ville

- **TGV train** from Gare de l'Aéroport CDG to Gare Lorraine TGV : **1h10**
- **SNCF shuttle** from Gare Lorraine TGV to Gare de Metz Ville : **30 minutes** (often included with TGV ticket)

Orly airport 1-2-3 → Paris Gare de l'Est → Gare de Metz Ville

- **Metro line 14** (direction Saint-Denis - Pleyel) from Aéroport Orly to Châtelet station : **25 minutes**
- **Metro line 4** (direction Porte de Clignancourt) from Châtelet station to Paris Gare de l'Est : **10 minutes**
- **TGV train** from Paris Gare de l'Est to Gare de Metz Ville : **1h30**

From Strasbourg :

Entzheim Aéroport → Gare de Strasbourg → Gare de Metz Ville

- **TER** from Entzheim Airport to Strasbourg train station : **10 minutes**
- **TER (1h35) or TGV Train (50minutes)** from Gare de Strasbourg to Gare de Metz Ville

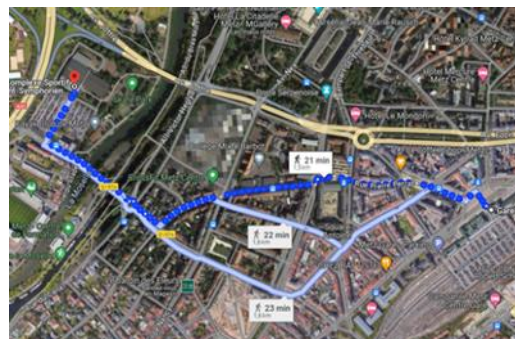
From Lorraine Airport (Metz-Nancy Airport) :

- **Airport shuttle** to Metz Ville station : **40 minutes**
(Tickets to be purchased directly from the driver)

It's easy to get to the competition hall !

Metz Ville train station → Palais des Sports - Complexe Sportif

- 20-25 minutes on foot
- 25 minutes by Citéis bus line C11
Departure : "Gare" stop
Arrival : "Palais des Sports" stop
(All information on www.lemet.fr)



SPECTATOR TICKET PRICES

Tickets can be purchased online via the HELLOASSO platform.

On-site ticketing will also be available on the day of the competition.

However, we recommend that you reserve a place at the table.

To access the online ticketing service, click on the link below or scan the QR Code

→ [Ticketing Service](#)



Tiered Seating :

- **Free** : Children under 18
- **Free** : Presidents and coaches « FFDanse licensees » on presentation of FFDanse 2025-2026 license
- € 10 : Full Price
- € 5 : Reduced rate « FFDanse licensees » on presentation of FFDanse 2025-2026 license
- € 5 : Reduced rate « PMR, unemployed, Students under 26 » on presentation of proof

Tables :

- € 20 : Full Price
- € 15 : Reduced rate « FFDanse licensees » on presentation of FFDanse 2025-2026 license
- € 15 : Reduced rate « PMR, unemployed, Students under 26 » on presentation of proof

RESTAURATION

- **A TABLE - Catering provided by a caterer.**
A meal will be served on Saturday evening, exclusively for those seated at tables and subject to reservation.
Reservations to be made when purchasing tickets online.
 - **ON THE SPOT – Fast food provided by the Metz Danse Association**
 - Hot Savoury (Bolo or Pesto Pasta, Hot Dog, Quiche Lorraine)
 - Cold Savoury (Aperitif platter, Vegetarian sandwich, Mixed salad, Pretzel)
 - Sweet (Cakes, sugar or Nutella pancakes)
 - Beverages (Water, Coffee, Tea, Infusions, Sodas, Beer, Cider, Champagne)
- Payment accepted: Cash and credit card**
- **NEARBY**
Fast-food (McDonald) : 400m (6 min walk)
Le Rond-Point Restaurant : 700m (10 min walk)
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ACCOMODATIONS

PARTNER HOTEL

- **IBIS Metz Centre Gare ***** *eligible for the IBIS Sport Offer*
[3 Bis Rue Vauban, 57000 Metz](#) - 3 minutes' walk from the train station
From hotel to competition : 5 minutes by car / 25 minutes on foot
Bookings on the Ibisport website or on **0033 3 87 21 90 90** or by e-mail to brigitte.hennequin@accor.com

Other accommodations, non-exhaustive list:

- **Ibis Metz Centre Cathédrale *****
[47 Rue Chambièrre, 57000 Metz](#)
From hotel to competition : 6 minutes by car / 30 minutes on foot
 - **IBIS BUDGET Metz Technopole****
[3 Rue Des Dinandiers Zac De Sébastopol, 57000 Metz](#)
From hotel to competition : 15 minutes by car
 - **Campanile Metz Est – Technopole*****
[2 Bd Solidarité, 57070 Metz](#)
From hotel to competition : 15 minutes by car
 - **Campanile Metz Centre Gare*****
[90 Rue aux Arènes, 57000 Metz](#)
2 minutes' walk from the train station
From hotel to competition : 5 minutes by car / 25 minutes on foot
 - **Appart Hôtel - Residhome Metz Lorraine *****
[10 Rue Lafayette, 57000 Metz](#)
6 minutes' walk from the train station
From hotel to competition : 4 minutes by car / 20 minutes on foot
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Looking forward to welcoming you to this wonderful competition, the Metz Danse association team remains at your disposal for any further information you may require. Please accept, Ladies and Gentlemen, the expression of our best sporting and artistic sentiments.

Nadine ANDRE
Presidente



Quentin SCHMIT
Vice-President

