

Idol Contest 2026 rules

SOLO

ATTENTION: new for the IDOL 2026 contest!

This year, the IDOL contests are spread across two days. The IDOL Solo contest will take place on Saturday, February 14, 2026, while the IDOL Group contest will be held on Sunday, February 15, 2026. Please make sure to fill out the registration form corresponding to the category in which you wish to participate.

To make the reading of the rules lighter, only the masculine form has been used, but it applies to everyone.

I. General Information and Purpose of the Contest: :

- 1. The Idol Contest is a dance cover competition intended for fans of K-pop, J-pop, and similar genres.**
 - a. Perform a cover of your favorite Japanese idol groups or artists such as AKB48, Morning Musume, NiziU, etc., or Korean idols such as (G)I-dle, Stray Kids, or other types of Asian pop.
- 2. It is possible to participate in both contests (solo and group),** since they take place on different dates: the solo contest will be held on Saturday, February 14, 2026, and the group contest on Sunday, February 15, 2026.
- 3. Each participant may go on stage only once per contest.** Therefore, a person cannot participate twice in the solo contest.
4. Participants agree to respect the “Idol,” “Jpop,” and/or “Kpop” or other Asian pop themes.

5. Participants agree to perform a **dance cover**. This is not a creative/free dance or improvisation contest.
6. Clothing must be suitable for all audiences, meaning no offensive or inappropriate text or images. Cosplay is forbidden.

II. Dates and Registration

1. The IDOL SOLO Contest will take place on **Saturday, February 14, 2026**. The exact time will be communicated to you later.
2. Registration is done exclusively via [the official website](#) starting **December 6, 2025, and ends on January 3, 2026, at 11:59 p.m.**
3. Registration opening and closing dates may change without prior notice.
4. You will receive a pre-confirmation email within 5 working days following your registration.
5. The number of registrations is limited: first come, first served.
6. In case of withdrawal, please notify us as soon as possible so someone else can take your spot.
7. In the event of absence, lack of response, or disrespect toward organizers, jury members, or staff, you may be blacklisted from future contests.
8. If your registration is confirmed, **entry to Japan Impact on the day of the contest will be provided to you**. Practical information (meeting times and location, entry, organization, etc.) will be communicated a few days before Japan Impact.
9. No on-site registration is possible for organizational reasons.
10. By participating in this contest, participants agree to be filmed and photographed. They grant permission to PolyJapan, organizers of Japan Impact 2026, to use these images on their website and social media for promotional purposes.
11. Minors or individuals under legal guardianship at the time of the contest must provide a **signed authorization** from a legal guardian no later than 5 working days after registration to idol@japan-impact.ch. You can download the parental authorization form [here](#).

Files (the music you will dance to)

1. **Audio files in .mp3 format are allowed. file must be sent to IDOL@JAPAN-IMPACT.CH**
2. They must not exceed **1 minute 30 seconds**. Exceptions of up to 5 seconds maximum are allowed only in cases where the music is cut too abruptly. No other exceptions will be tolerated for fairness reasons, and the file will be cut/converted by our team if the guideline is not respected.
3. Participants may be asked to change their chosen file in order to avoid having the same song used twice or to better match the contest theme.
 - a) A song may be chosen **a MAXIMUM of 2 times**. You will be contacted if, at the time of your registration, you selected a song that has already been chosen by two participants before you.
 - b) You may choose to dance to a mashup with a maximum of **2 songs**. The choreographies of both songs must remain recognizable.
4. The audio file must be sent by email before **Saturday, February 10, at 11:59 p.m.** In case of delay, participation may be canceled.
5. As the Idol Contest focuses on Jpop, Kpop, and Asian pop (idol groups and artists from these industries), please select music from artists meeting these criteria.
6. The selected music must not contain vulgar, offensive, or explicit language.
7. For safety reasons, please bring your mp3 audio file on a USB stick or external hard drive on the day of the contest to avoid any unforeseen problems with your media file. We decline all responsibility in case of persistent issues.

Changing Rooms

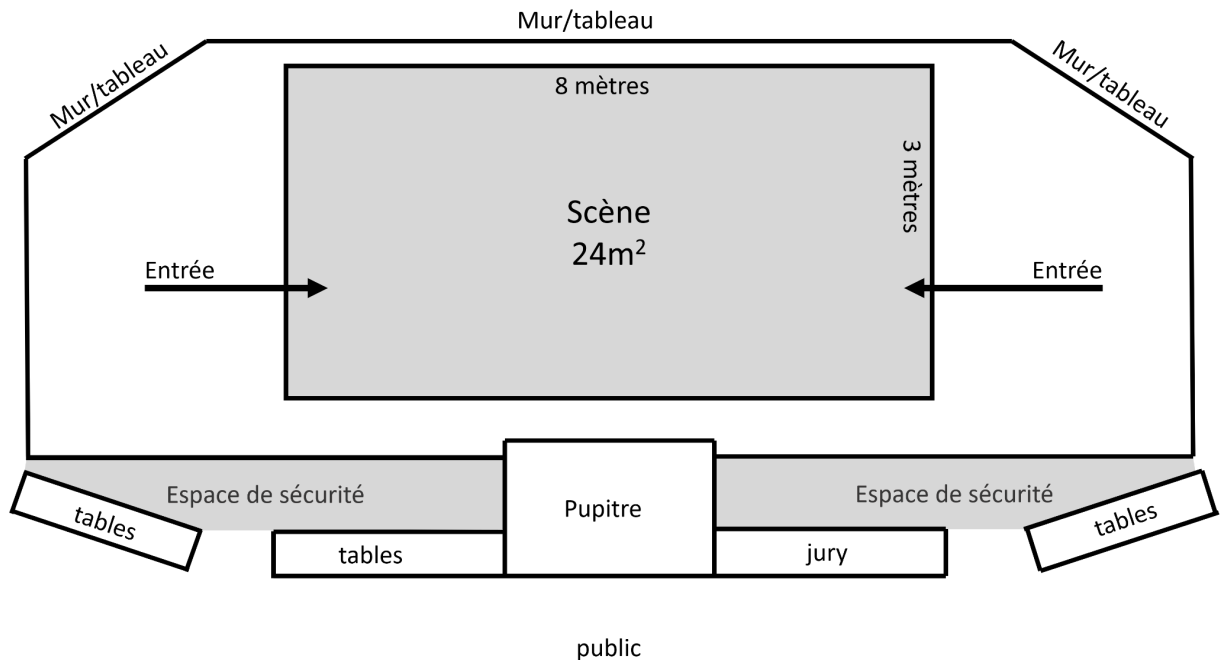
1. Access to the changing rooms is only possible one hour before the contest.

2. Access is granted only to participants registered for the contest.
3. The changing room is currently divided into two sections: men and women. We cannot guarantee the availability of a non-gendered cabin.
4. The area is monitored by staff. However, other external service providers may also use it. We therefore recommend keeping your valuables with you or entrusting them to someone you know before entering the changing rooms.
5. Neither the Idol Contest organizing team nor the Japan Impact organizing committee can be held responsible in case of theft or damage to your personal belongings inside the changing rooms or during the contest.

On Stage

1. The group is allowed approximately 1 minute 30 seconds on stage.
2. They must perform a cover/dance routine.
3. The contest takes place in an auditorium of EPFL.
4. It is forbidden to throw objects toward the audience, dirty the stage, or damage the furniture: please think of those who will come after you!

5. The stage measures approximately 8x3 m, or 24 square meters (length x width).



6. No member of the audience is allowed to assist you during your performance. However, a staff member may help with props or any other request previously approved by email by the contest manager.
7. Clothing and performance must be suitable **for all audiences**. In cases where the outfit includes a short skirt or dress, the participant is required to wear safety shorts to avoid accidental exposure.
8. In cases of abuse (trolling, registration solely to enter for free, obscenity, etc.), participants may be heavily sanctioned at the discretion of the committee.
9. Judges' notes remain confidential and are destroyed 1 month after the contest. However, at the end of the contest, you may approach them, the presenter, or the manager to ask your questions. They will answer depending on their availability.
10. The aspects evaluated during the contest will be communicated to you after your registration.
11. In case of doubt or questions regarding the points mentioned above, please write to idol@japan-impact.ch. You should receive a response within 4 working days.
12. The French version of this document prevails.