



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES
DISCIPLINE:
DANCE SHOW CONTEMPORARY**

TYOLOGY:

- **DANCE SHOW SOLO:** Individual category: male or female
- **DANCE SHOW COUPLE:** Two (2) dancers: one (1) male and one (1) female
- **DANCE SHOW DUO:** Two (2) dancers: both males or both females
- **DANCE SHOW SMALL GROUP:** Between three (3) and seven (7) dancers
- **DANCE SHOW FORMATION:** Between eight (8) and twenty four (24) dancers
- **DANCE SHOW PRODUCTION:** More than twenty four (24) dancers



COMMON RULES

- ✚ For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- ✚ Dancer's age is considered with referral to the calendar year (January 1st - December 31th). Dancers who participate in Ranking Competitions that start in October will be considered with referral to the following calendar year (which means one (1) year older). Age categories are divided as follows:
 - ✓ **MINI:** All dancers from the age of six (**6**) to the age of nine (**9**) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **YOUTH:** All dancers from the age of ten (**10**) to the age of thirteen (**13**) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **JUNIOR:** All dancers from the age of fourteen (**14**) to the age of sixteen (**16**) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **ADULT:** All dancers from the age of seventeen (**17**) (Solo – Duo – Couple – Small Group – Formation - Production).
- ✚ Having reached the age limit for each category dancers pass to the older category automatically.
- ✚ Dancers use their own music piece which must be in accordance with the following requirements:
 - ✓ Music duration and pace limits in line with rules for each category;
 - ✓ Visibly exposing dancers' / group: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- ✚ Dancers / Groups who fail to respect the rules will be subject to the following penalties:
 - ✓ **Dancers/groups performing without a start number**
 - ✓ **Dancer's fall**
Will be given five (5) points penalty.
 - ✓ **Any competitor/group whose music duration is over/under the permitted time limit**
Will be given ten (10) points penalty.
Dancers/groups who commit the following:
 - ✓ **Use set (stage decorations)**
 - ✓ **Take off or put away their accessories/props**
 - ✓ **Execute Acrobatic Elements (excluding elements mentioned in a section below).**
 - ✓ **Fail to appear on stage after being called for the third time**
Will be given 'the last place' classification penalty.
- ✚ The choreographed piece may be composed only and exclusively of the following technique:
 - ✓ **CONTEMPORARY**
- ✚ Use of accessories or props that are part of dancer's costume is allowed, however they must not be taken off or put away. In the case when the rule is not respected, the dancer will be classified in the last place. The rule will not be applied if a prop which is part of dancer's costume falls on a dance floor accidentally.
- ✚ Dancers are not allowed to execute any acrobatic elements. This includes elements executed in the air with horizontal, sagittal and/or longitudinal rotation. The elements that are not considered acrobatic and therefore permitted are: cartwheel, forward roll, backward roll, shoulder stand, hand support with hips and legs below the head level, head stand, bridge, wave, neck spring, head spring, shoulder spring and hand stand. Any irregularity in this respect will result in the dancer being classified in the last place.
- ✚ Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are as follows:
SOLO:
 - ✓ The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space with its horizontals, verticals and diagonals.
 - ✓ The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; an ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop' and 'pause'.

- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

DUO/COUPLE:

- ✓ The parameter **Technique + Synchronism** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals. The parameter is also expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body) in elements performed simultaneously.
- ✓ The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop' and 'pause'.
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

SMALL GROUP/FORMATION/PRODUCTION:

- ✓ The parameter **Technique + Synchronism** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space with its horizontals, verticals and diagonals. The parameter is also expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body) in elements performed simultaneously and timing and precision when executing patterns.
 - ✓ The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop' and 'pause'.
 - ✓ The parameter **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dance-floor); distribution of figures and movements in accordance with dance context; use of space with its horizontals, verticals and diagonals; originality of music piece and costumes and their accordance with musical and choreographic context as well as variation of patterns.
- ↘ All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.
 - ↘ During Competition teachers, group leaders and team/club leaders are strictly prohibited to ask any explanations from the Adjudicators. All explanations, information or complaints may be discussed with the **Competition Director**, in accordance with the appropriate Competition Execution regulations.

DANCE SHOW CONTEMPORARY SOLO
(Male – Female)

- Dance Show Solo is an individual presentation by either a male or a female dancer.
- Each dancer is required to choose only one (1) Dance Show strand they plan to participate in (Dance Show Solo Jazz – Classical Ballet or Dance Show Solo Contemporary) as dancers will not be allowed to perform in both.
- In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same age group, and vice versa, for example Mini Male --> Mini Female, Youth Male --> Youth Female etc.
- Duration of music pieces must be as follows:

Own Music

Preliminaries – Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':15" to 1':30"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-final and a final are held with only one (1) competitor performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance Technique and Interpretation. The choreographed piece may be composed of one or more out of the four (4) techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.
- In order to present their dance technique and choreography, each dancer is expected to use the whole available space.

EVALUATION

- ✓ **TECHNIQUE** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **CHOREOGRAPHY** *From One (1) to Ten (10) points*

PENALTIES

- ✓ **FALL** *Five (5) points*

www.idfdance.com



DANCE SHOW CONTEMPORARY COUPLE (Male and Female)

- Dance Show Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- Dancers are required to choose only one (1) Dance Show strand they plan to participate in (Dance Show Couple Jazz – Classical Ballet or Dance Show Couple Contemporary) as they will not be allowed to perform in both.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- In categories where there are less than three (3) couples registered to perform couple categories will be joined with duo categories within the same age group, and vice versa, for example Mini Couple --> Mini Duo, Youth Couple --> Youth Duo etc.
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

Own Music

Preliminaries - Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **1':30"** to **1':45"**

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and a final are held with only one (1) couple performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance Technique and Interpretation. The choreographed piece may be composed of one or more out of the four (4) techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.
- In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Couple being classified in the last place.**

EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **INTERPRETATION** **From Two (2) to Twenty (20) points**
- ✓ **CHOREOGRAPHY** **From One (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**

DANCE SHOW CONTEMPORARY DUO (Both males or both females)

- Dance Show Duo is composed of two (2) dancers where both of them are males or both of them are females.
- Dancers are required to choose only one (1) Dance Show strand they plan to participate in (Dance Show Duo Jazz – Classical Ballet or Dance Show Duo Contemporary) as they will not be allowed to perform in both.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the duo must participate in the older category.
- In categories where there are less than three (3) duos registered to perform duo categories will be joined with couple categories within the same age group, and vice versa, for example Mini Duo --> Mini Couple, Youth Duo --> Youth Couple etc.
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Dancers may participate in several dance categories (eg. duos/couples etc).
- Duration of music pieces must be as follows:

Own Music

Preliminaries - Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **1':30"** to **1':45"**

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or final respectively.
- Preliminaries, semi-final and final are held with only one (1) duo performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance Technique and Interpretation. The choreographed piece may be composed of one or more out of the four (4) techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.
- In order to present their dance technique and choreography, each duo is expected to use the whole available space.
- Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Duo being classified in the last place.**

EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **CHOREOGRAPHY** *From One (1) to Ten (10) points*

PENALTIES

- ✓ **FALL** *Five (5) points*



DANCE SHOW CONTEMPORARY SMALL GROUP

(Between three (3) and seven (7) dancers)

- ↘ Small Group is composed of a minimum number of three (3) and a maximum number of seven (7) dancers.
- ↘ Two (2) dancers are allowed to be nominated and perform in both Dance Show Small Group Jazz – Classical Ballet and Dance Show Small Group Contemporary.
- ↘ Small Groups registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ↘ All clubs are allowed to nominate more than one (1) choreographed piece.
- ↘ One or more dancers may be nominated and perform both in small groups and formations.
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- ↘ Duration of music pieces must be as follows:

Preliminaries, Semi-final and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **2':00"** to **2':30"**

EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- ↘ Preliminaries, semi-final and final are held with only one (1) small group performing on a dance floor at a time.
- ↘ Competition Director, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance Technique and Interpretation. The choreographed piece may be composed of one or more out of the four (4) techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.
- ↘ In order to present their dance technique and choreography, each small group is expected to use the whole available space.
- ↘ Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the small group being classified in the last place.**

EVALUATION

- | | |
|---|---|
| ✓ TECHNIQUE + SYNCHRONISM | From Three (3) to Thirty (30) points |
| ✓ INTERPRETATION | From Two (2) to Twenty (20) points |
| ✓ ARTISTIC IMPRESSION + CHOREOGRAPHY | From One (1) to Ten (10) points |

PENALTIES

- | | |
|---------------|------------------------|
| ✓ FALL | Five (5) points |
|---------------|------------------------|

DANCE SHOW CONTEMPORARY FORMATION

(Between eight (8) and twenty four (24) dancers)

- ✚ Formation is composed of a minimum number of **eight (8)** and a maximum number of **twenty four (24)** dancers.
- ✚ Four (4) dancers are allowed to be nominated and perform in both Dance Show Formation Jazz – Classical Ballet and Dance Show Formation Contemporary.
- ✚ Formation registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- ✚ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ✚ All clubs are allowed to nominate more than one (1) choreographed piece.
- ✚ One or more dancers may be nominated and perform both in small groups and formations.
- ✚ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ✚ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ✚ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- ✚ Duration of music pieces must be as follows:
 - Preliminaries, Semi-final and Final (Own Music)**
 - ✓ **MINI – YOUTH – JUNIOR – ADULT: Track duration from 2':30" to 4':00"**

EXECUTION OF COMPETITION

- ✚ Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- ✚ Preliminaries, semi-final and final are held with only one (1) formation performing on a dance floor at a time.
- ✚ Competition Director, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ✚ It is expected that groups build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance Technique and Interpretation. The choreographed piece may be composed of one or more out of the four (4) techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.
- ✚ In order to present their dance technique and choreography, each formation is expected to use the whole available space.
- ✚ Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the formation being classified in the last place.**

EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **INTERPRETATION** **From Two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** **From One (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**

DANCE SHOW CONTEMPORARY PRODUCTION

(More than twenty four (24) dancers)

- ↘ Production is composed of more than **twenty four (24)** dancers.
- ↘ Eight (8) dancers are allowed to be nominated and perform in both Dance Show Production Jazz – Classical Ballet and Dance Show Production Contemporary.
- ↘ Production registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old.
- ↘ All clubs are allowed to nominate more than one (1) choreographed piece.
- ↘ One or more dancers may be nominated and perform both in small groups and formations.
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- ↘ Duration of music pieces must be as follows:

Preliminaries, Semi-final and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT: Track duration from 3':00" to 5':00"**

EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- ↘ Preliminaries, semi-final and final are held with only one (1) production performing on a dance floor at a time.
- ↘ In the case when a production lacks its own music, Federation Music will be used.
- ↘ Competition Director, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance Technique and Interpretation. The choreographed piece may be composed of one or more out of the four (4) techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.
- ↘ In order to present their dance technique and choreography, each production is expected to use the whole available space.
- ↘ Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the production being classified in the last place.**

EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** *From One (1) to Ten (10) points*

PENALTIES

- ✓ **FALL** *Five (5) points*

