



**INTERNATIONAL  
DANCE  
FEDERATION  
TECHNICAL RULES  
DISCIPLINE:  
DISCO DANCE**

**TYOLOGY:**

- **DISCO DANCE SOLO:** Male – Female
- **DISCO DANCE COUPLE:** Two (2) dancers: one (1) Male and one (1) Female
- **DISCO DANCE DUO:** Two (2) dancers: both Males or both Females
- **DISCO DANCE SMALL-GROUP:** Between three (3) and seven (7) dancers
- **DISCO DANCE FORMATION:** Between eight (8) and twenty four (24) dancers
- **DISCO DANCE PRODUCTION:** More than 24 Dancers

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## HISTORY OF DISCO DANCE

- ✦ Disco dance origins from the US where the genre developed in the mid-70's. However, it was an English teacher Anna Jones who contributed to its real development and converted it into a competitive form of what has become known as «English Freestyle». Throughout the years disco dance absorbed a variety of movements and elements from other disciplines and dance genres, mostly from jazz, rock'n'roll, gymnastics and aerobics.
- ✦ The current version of disco dance as a competitive discipline is a fusion of the following genres:
  - ✓ Classical dance (spins and jumps)
  - ✓ Jazz (isolations, core and connecting steps, spins and jumps)
  - ✓ Modern
  - ✓ Rock'n'Roll (footwork, mostly kicks)
  - ✓ Aerobics (footwork)
  - ✓ Gymnastics and acrobatics

Dancers build their choreography focusing on their interpretation of music, their dancing technique and expressiveness.



## 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 (1st January - 31st December). 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.
- Pace (beats per minute) of music pieces must be as follows:
  - ✓ **MINI:** 32 – 34 BPM
  - ✓ **YOUTH – JUNIOR - ADULT:** 34 – 36 BPM
- Only **Disco Dance** music pieces may be used. Tracks must be in accordance with the following requirements:
  - ✓ Duration and pace limits in line with rules for each category.
  - ✓ Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- 'Beat' is a basic time unit of a music piece. The 'beat' is the pulse in the rhythm of a song. Tempo (pace) of a music piece is indicated in beats per minute (BPM). In order to indicate music pace one needs to count beats over the time of one (1'.00) minute and divide them by four (4). **EXAMPLE:** one counted 150 beats over the time of one minute. In order to indicate music pace the following equation should be used:  $150 : 4 = 37,5 \text{ BPM}$ . This means that music pace of the music piece is 37,5 beats per minute. To dance '**in time**' means to follow the beats (**one**, two, **three**, four) with body movements (arms, shoulders, head etc.) and execution of figures. If a dancer does not follow the beats, which means moves faster or slower than has been determined by the beats, it means he/she dances '**out of time**'. A very important element of dancer's performance is 'Interpretation'. Interpretation is connected to musical melody. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, to a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and steps into the melody.
- Dancers / Groups who fail to respect the rules will be subject to the following penalties:
  - ✓ **Dancers/Groups performing without their start number**  
Will be given five (5) points penalty.
- Competitors /groups whose:
  - ✓ **Music is over/under time limits allowed**
  - ✓ **Music pace is faster or slower than required for each category**
  - ✓ **Invade other dancers' space while performing**Will be given ten (10) points penalty.
- Dancers/Groups who:
  - ✓ **Use set (stage decorations)**
  - ✓ **Use accessories and props**
  - ✓ **Execute prohibited Acrobatic Elements**
  - ✓ **Use any sort of music different than Disco**
  - ✓ **Fail to appear on stage after being called for the third time**Will be classified in the last place.
- **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 allowed are as follows:** 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 dancers/group being classified in the last place.**

- Overall mark given by the Adjudicators is calculated as the summary of marks for each parameter. The parameters are as follows:

**SOLO:**

- ✓ The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; 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', 'pause' or other figures.
- ✓ 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 (in finals the whole dance-floor) with its horizontals, verticals and diagonals;
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

**DUO/COUPLE:**

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

**SMALL GROUP/FORMATION/PRODUCTION:**

- ✓ **Interpretation + Synchronism** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; dancers' ability to apply adequate movements and technical elements in accordance with music; dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures as well as similarity in body movements of all dancers (legs, shoulders and upper body) and timing and precision when executing patterns.
- ✓ **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) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals.
- ✓ **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, according to appropriate rules that concern execution of Competition.





## DISCO DANCE SOLO

(Male – Female)

- Disco Dance Solo is an individual presentation by either male or female dancer.
- Duration of music pieces must be as follows:

### Preliminaries and Semi-finals (Federation Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT: Track duration 1':00"**

### Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT: Track duration from 1':00" to 1':15"**

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- There can be no more than four (4) dancers performing on a dance-floor in preliminaries and no more than three (3) in semi-finals;
- In the case when a dancer lacks his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTIC AND MOVEMENTS

- It is expected that dancers build their choreography and performance focusing on music interpretation and dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In Final, in order to present dance technique and choreography, a dancer is expected to use the whole available space;

### EVALUATION

- |                         |   |
|-------------------------|---|
| ✓ <b>INTERPRETATION</b> | <b>from three (3) to thirty (30) points</b> |
| ✓ <b>TECHNIQUE</b>      | <b>from two (2) to twenty (20) points</b>   |
| ✓ <b>CHOREOGRAPHY</b>   | <b>from one (1) to ten (10) points</b>      |

### PENALTIES

- |                          |                        |
|--------------------------|------------------------|
| ✓ <b>FALL</b>            | <b>five (5) points</b> |
| ✓ <b>TIMING MISTAKES</b> | <b>ten (10) points</b> |



## DISCO DANCE COUPLE (Male and Female)

- Disco Dance Couple is composed of two (2) dancers where one (1) is male and the other one is female.
- If dancers are of mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

### Preliminaries and Semi-finals (Federation Music)

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

### Final (Own Music)

- ✓ **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.
- There can be no more than three (3) couples performing on a dance-floor in preliminaries and no more than two (2) in semi-finals.
- In the case when a couple lacks their own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTIC AND MOVEMENTS

- It is expected that dancers build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In Final, in order to present dance technique and choreography, a couple is expected to use the whole available space.
- Support 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 partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

### EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to thirty (30) points
- ✓ **TECHNIQUE** from two (2) to twenty (20) points
- ✓ **CHOREOGRAPHY** from one (1) to ten (10) points

### PENALTIES

- ✓ **FALL** five (5) points
- ✓ **TIMING MISTAKES** ten (10) points

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## DISCO DANCE DUO

(Both Males or Both Females)

- Disco Dance Duo is composed of two (2) dancers where both of them are males or both are females.
- If dancers are of mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category.
- Dancers may participate in several dance categories (eg. duos/couples etc).
- Duration of music pieces must be as follows:

### Preliminaries and Semi-finals (Federation Music)

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

### Final (Own Music)

- ✓ **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.
- There can be no more than three (3) duos performing on a dance-floor in preliminaries and no more than two (2) in semi-finals.
- In the case when a duo lacks their own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTIC AND MOVEMENTS

- It is expected that dancers build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In Final, in order to present dance technique and choreography, a duo is expected to use the whole available space.
- Support 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 partner's head. Any irregularity in this respect will result in the duo being classified in the last place.**

### EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to thirty (30) points
- ✓ **TECHNIQUE** from two (2) to twenty (20) points
- ✓ **CHOREOGRAPHY** from one (1) to ten (10) points

### PENALTIES

- ✓ **FALL** five (5) points
- ✓ **TIMING MISTAKES** ten (10) points



## DISCO DANCE 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.
- ↘ 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 1 (one) 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-finals 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-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals are held with only one (1) small-group performing on a dance-floor at time.
- ↘ In the case when a small-group lacks its own music in a final, Federation Music will be used.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTIC AND MOVEMENTS

- ↘ It is expected that dancers build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- ↘ In order to present dance technique and choreography, a small-group is expected to use the whole available space.
- ↘ Support 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 partner's head. Any irregularity in this respect will result in the small-group being classified in the last place.**

### EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to thirty (30) points
- ✓ **TECHNIQUE** from two (2) to twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to ten (10) points

### PENALTIES

- ✓ **FALL** five (5) points
- ✓ **TIMING MISTAKES** ten (10) points

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## DISCO DANCE 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.
- 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 1 (one) 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-finals 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-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) formation performing on a dance-floor at a time.
- In the case when a Formation lacks its own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTIC AND MOVEMENTS

- It is expected that dancers build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In order to present dance technique and choreography, a Formation is expected to use the whole available space.
- Support 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 partner's head. Any irregularity in this respect will result in the formation being classified in the last place.**

### EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to thirty (30) points
- ✓ **TECHNIQUE** from two (2) to twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to ten (10) points

### PENALTIES

- ✓ **FALL** five (5) points
- ✓ **TIMING MISTAKES** ten (10) points



## DISCO DANCE PRODUCTION

(More than twenty four (24) dancers)

- ↘ Production is composed of more than **twenty four (24)** dancers.
- ↘ 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 1 (one) 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-finals 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-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals 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 in a final, Federation Music will be used;
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

### CHARACTERISTIC AND MOVEMENTS

- ↘ It is expected that dancers build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- ↘ In order to present dance technique and choreography, a Production is expected to use the whole available space.
- ↘ Support 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 partner's head. Any irregularity in this respect will result in the production being classified in the last place.**

### EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to thirty (30) points
- ✓ **TECHNIQUE** from two (2) to twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to ten (10) points

### PENALTIES

- ✓ **FALL** five (5) points
- ✓ **TIMING MISTAKES** ten (10) points

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