



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

**TYPOLOGY:**

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



## HISTORY OF DISCO FREESTYLE

- The crucial components of Disco Freestyle are acrobatic elements. In order to achieve highest scores from adjudicators dancers need to execute acrobatic elements correctly and without unnecessary risk. Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing. Preparation is a moment when a dancer finishes his/her dancing movement and starts execution of the acrobatic element. Transition between these two elements should be smooth and in accordance with the musical melody and rhythm. Proper preparation is usually followed by correct execution. Execution is the way how the element is being performed (positioning of dancer's body, balance etc). Landing is the final phase in the execution of the element. Having finished the execution of the element dancer should place him/herself in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm.
- The current version of disco freestyle 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 elements

Dancers should build their choreography focusing on music interpretation, technique, expressiveness and gymnastic skills.



## 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 Competition that starts 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 – Couples – 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 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, into a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and acrobatic elements 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 5 (five) points penalty.
- Dancers/Groups whose/who:
  - ✓ **Music is over/under time limits allowed**
  - ✓ **Music pace is faster or slower than required for each category**
  - ✓ **Execute less than three (3) acrobatic elements, which might be individual or combined**
  - ✓ **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 Acrobatic Elements not allowed**
  - ✓ **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 obliged** to perform **minimum three (3) different Acrobatic Elements which might be individual or combined. There is no limits with regards to the maximum number of acrobatic elements allowed.** There can be no steps executed between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered a combination. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:

- ✓ An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds one (1) point for the Handstand and one (1) point for Kippe (head spring).

↘ The same evaluation must be applied in Small-Group – Formation – Production categories when dancers perform various acrobatic elements at the same time.

↘ There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. **Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet “Safety Level MINI”. 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 **Acrobatic Elements + Technique** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs combined with speed and precision in execution of technical elements as well as dance movements and figures.
- ✓ The parameter **Dance Figures** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancer's posture and body control).
- ✓ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, elegance, accordance with musical piece, dancer's facial expression and focus, arms' movements; entry and exit, bow and general impression.

**DUO/COUPLES:**

- ✓ The parameter **Acrobatic Elements + Technique** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics, smooth and fluid movements of arms and legs combined with speed and precision in execution of technical elements as well as dance movements and figures.
- ✓ The parameter **Dance Figures + Synchronism** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control), similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic elements (preparation, execution and landing) performed simultaneously.
- ✓ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, elegance, accordance with musical piece, dancers' facial expression and focus, arms' movements; entry and exit, bow and general impression.

**SMALL-GROUP/FORMATION/PRODUCTION:**

- ✓ The parameter **Acrobatic Elements + Technique** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics, smooth and fluid movements of arms and legs combined with speed and precision in execution of technical elements as well as dance movements and figures.

- ✓ The parameter **Dance Figures + Synchronism** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control), similarity of figures and body movements of all dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic elements (preparation, execution and landing) performed simultaneously.
- ✓ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, elegance, accordance with musical piece, dancers' facial expression and focus, arms' movements; entry and exit, bow and general impression.
- ✚ 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 FREESTYLE SOLO (Male – Female)

- Disco Freestyle 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 three (3) dancers performing on a dance-floor in preliminaries and no more than two (2) 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 execution technique of acrobatic elements, dance figures, choreography, presentation and gymnastic skills.
- In Final, in order to present dance technique and choreography, a dancer is expected to use the whole available space.

### EVALUATION

- ✓ **ACROBATIC ELEMENTS + TECHNIQUE** from three (3) to thirty (30) points
- ✓ **DANCE FIGURES** from two (2) to twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to ten (10) points

### PENALTIES

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

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## DISCO FREESTYLE COUPLE (Male and Female)

- Disco Freestyle 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 two (2) 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 execution technique of acrobatic elements, dance figures, choreography, presentation, synchronism and gymnastic skills.
- In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the couple being classified in the last place.**

### EVALUATION

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

### PENALTIES

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

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## DISCO FREESTYLE DUO (Both Males or Both Females)

- Disco Freestyle 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 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 two (2) 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 execution technique of acrobatic elements, dance figures, choreography, presentation, synchronism and gymnastic skills.
- In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the duo being classified in the last place.**

### EVALUATION

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

### PENALTIES

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

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## DISCO FREESTYLE 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 a time.
- ↘ In the case when a small-group 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 execution technique of acrobatic elements, dance figures, choreography, presentation, synchronism and gymnastic skills.
- ↘ In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the small-group being classified in the last place.**

### EVALUATION

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

### PENALTIES

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

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## DISCO FREESTYLE 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 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 execution technique of acrobatic elements, dance figures, choreography, presentation, synchronism and gymnastic skills.
- ↘ In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the formation being classified in the last place.**

### EVALUATION

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

### PENALTIES

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

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## DISCO FREESTYLE 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 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 execution technique of acrobatic elements, dance figures, choreography, presentation, synchronism and gymnastic skills.
- ↘ In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the production being classified in the last place.**

### EVALUATION

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

### PENALTIES

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

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