



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

TYOLOGY:

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



HISTORY OF DISCO SLOW

- ✚ Disco Slow is an amalgamation of several dance genres, such as:
 - ✓ Slow Jazz and Jazz (Lyrical Jazz)
 - ✓ Modern Dance
 - ✓ Classical Ballet
 - ✓ Contemporary
 - ✓ Release Technique
 - ✓ Improvisation
- ✚ Gymnastic, Aerobic and Acrobatic elements also form an important part of the Disco Slow choreography. However, none of the dance genres or gymnastic and acrobatic elements used should be dominant; choreography should be balanced and composed in a way so it matches the disco character and creates a high quality and expressive performance.
- ✚ '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;
- ✚ It is expected that dancers build their choreography focusing on music interpretation, dance 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.
- ↘ Dancers' 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 Groups – 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 Groups – 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 - YOUTH – JUNIOR - ADULT: 16 – 26 BPM**
- ↘ Only **New Age Rhythm & Blues, Slow Rock, Pop Rock and Alternative Rock tracks are allowed.** Hip Hop, Techno, House, Dance Hall and Rock and Roll tracks are prohibited. Music piece must be in accordance with the following requirements:
 - ✓ Duration and pace limits respected 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.
- ↘ Dancers / Groups:
 - ✓ **Whose music duration is over/under the permitted time limit**
 - ✓ **Whose music pace is faster or slower than required for each category**
 - ✓ **Who invade other dancers' space while performing**
Will be given ten (10) points penalty.
- ↘ Dancers/Groups who commit the following:
 - ✓ **Use set (stage decorations)**
 - ✓ **Use accessories and/or props**
 - ✓ **Execute acrobatic elements not allowed**
 - ✓ **Use music style not allowed**
 - ✓ **Fail to appear on stage after being called for the third time**
Will be given last place classification penalty.
- ↘ Dancers are allowed to execute gymnastic and acrobatic elements, but only the ones where hands or other parts of dancer's body remain on the floor. Execution of gymnastic or acrobatic ELEMENTS WITH THE PHASE OF FLIGHT is not allowed. 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 **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', '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:

- ✓ 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', 'pause' or other figures.
- ✓ The parameter **Technique + Synchronism** are expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control), use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals as well as similarity in body movements of both dancers (legs, shoulders and upper body).
- ✓ 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 **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', 'pause' or other figures.
 - ✓ The parameter **Technique+ Synchronism** are expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control), use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals as well as similarity in body movements of both dancers (legs, shoulders and upper body) combined with timing and precision when executing patterns.
 - ✓ 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.

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DISCO SLOW SOLO (Male – Female)

- Disco Slow Solo is an individual presentation by either a male or a female dancer.
- 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:

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 dancers lack their own music in a final, 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 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 finals, in order to present their dance technique and choreography, each dancer is expected to use the whole available space.

EVALUATION

- ✓ **INTERPRETATION** **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**



DISCO SLOW COUPLE (Male and Female)

- Disco Slow Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- 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:

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 couples lack their own music in a final, 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 dancers build their choreography and performance focusing on music interpretation, synchronism 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 finals, 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

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

PENALTIES

- ✓ **FALL** *Five (5) points*



DISCO SLOW DUO (Both Males or Both Females)

- Disco Slow Duo is composed of two (2) dancers where both of them are males or both are females.
- 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:

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 duos lack their own music in a final, 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 dancers build their choreography and performance focusing on music interpretation, synchronism 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 finals, 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

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

PENALTIES

- ✓ **FALL** *Five (5) points*



DISCO SLOW 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 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-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 small groups lack their own music in a final, 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 and performance focusing on music interpretation, synchronism 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 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

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

PENALTIES

- ✓ **FALL** **Five (5) points**



DISCO SLOW 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 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-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 formations lack their own music in a final, 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 and performance focusing on music interpretation, synchronism 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 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

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

PENALTIES

- ✓ **FALL** **Five (5) points**



DISCO SLOW 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 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-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 productions lack their own music in a final, 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 and performance focusing on music interpretation, synchronism 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 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

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

PENALTIES

- ✓ **FALL** **Five (5) points**
