



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES**

**DISCIPLINE:
DANCE POP**

SECTION 1

CATEGORIES:

- *DANCE POP SOLO: (Male – Female)*
- *DANCE POP COUPLE (two (2) dancers: one (1) Male and one (1) Female)*
- *DANCE POP DUO (two (2) dancers: both Males or both Females)*
- *DANCE POP SMALL-GROUP (between three (3) and seven (7) dancers)*
- *DANCE POP FORMATION (between eight (8) and twenty four (24) dancers)*

SECTION 2

DANCE POP SOLO

(Solo Male – Solo Female)

1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
 - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
 - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
 - **ADULT:** All dancers from the age of seventeen (17) (defined by calendar year);
- 2.2 Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancer who participates in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means 1 (one) year older);
- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

3. MUSIC DURATION AND MUSIC PACE (BPM)

- 3.1 Duration and pace of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- **MINI:** Track duration 1'.00", pace 30 – 32 BPM
- **YOUTH:** Track duration 1'.00", pace 32 – 34 BPM
- **JUNIOR:** Track duration 1'.00", pace 32 -34 BPM
- **ADULT:** Track duration 1'.00", pace 32 -34 BPM

Finals (Own Music)

- **MINI:** Track duration from 1'.00" to 1'.15", pace 30 – 32 BPM
- **YOUTH:** Track duration from 1'.00" to 1'.15", pace 32 – 34 BPM
- **JUNIOR:** Track duration from 1'.00" to 1'.15", pace 32 -34 BPM
- **ADULT:** Track duration from 1'.00" to 1'.15", pace 32 -34 BPM

- 3.2 The music piece must be in accordance with the following requirements:

- Recorded only and exclusively on CD;
- Containing only 1 (one) good quality music piece on each CD;
- In accordance with duration and pace limits for each age category; no exceptions will be respected;
- Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

- 3.3 **Use of set (stage decorations) is NOT allowed.** Accessories and props can be used. In case the rule is not respected, the dancer will be immediately disqualified;

- 3.4** Dancer is allowed to execute acrobatic elements. There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed.

Dancer who participates in Mini age category is allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI". In the case when the rule is not respected, the dancer will be immediately disqualified. Execution of acrobatic elements is optional and should not influence adjudication.

- 3.5** In the case when music duration and/or pace (BPM) limits are not respected, **the dancer will be immediately disqualified**;

4. EXECUTION OF COMPETITION

- 4.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2** There can be no more than five (5) dancers performing on a dance-floor in preliminaries and no more than four (4) in semi-finals;
- 4.3** In the case when a dancer lacks his/her own music in a final Federation music will be used;
- 4.4** Competition Director, whenever necessary, may apply modifications to the execution of the competition.

5. CHARACTERISTICS AND MOVEMENTS

- 5.1** Dance Pop – is a form of dance that emerged from dance-pop music – a post-disco trend started in mid 70's/early 80's of the 20th century, characterised by strong beats with easy, uncomplicated song structures, with an emphasis on melody as well as catchy tunes. The biggest impact on the development of pop, as a dance genre, had choreographers, such as Paula Abdul, Tina Landon, Eddie Morales and Marty Koudelka who merged elements of popular techniques such as popping, locking, new jack swing, street jazz, Broadway jazz, bollywood and more and created unprecedented choreographies popularized by pop funk, pop rock, pop soul and pop jazz videos.

- 5.2** Dance Pop moves reflect the character of pop music. Short, syncopated movements reflect staccato beats. Dancers give an impression of being strong and powerful but in the same time their moves are isolated, polycentric, polyrhythmic and cross-coordinated.

Examples of dance pop choreographies can be found in video clips by Paula Abdul, Michael Jackson, Janet Jackson, Christina Aguilera, Britney Spears and Shakira. The most popular dance pop moves are: Batman, fall, twine and half-split, Broadway jazz and street jazz inspired moves and footwork typical for Paula Abdul, slow motion, ripple (ticking), stylized hand movements (points, wrist rolls, claps etc), footwork such as scooby doo, scooby doo, kick, pimp walk, skeeter rabbit, v-step, toe-heel, clown walk and moon walk mastered by Michael Jackson and Janet Jackson.

6. EVALUATION AND PENALTIES

- 6.1** Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:

➤ TECHNIQUE	from one (1) to fifteen (15) points
➤ INTERPRETATION	from one (1) to ten (10) points
➤ CHOREOGRAPHY	from one (1) to five (5) points

- 6.2** The parameter **Technique** is expressed by: execution of dance technique and dance movements in accordance with music pace, execution of technical elements (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;

- 6.3** The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion and ability to apply adequate movements and technical elements in accordance with music;
- 6.4** The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;
- 6.5** **Every mistake is penalised with the following deductions:**
- **LOSS OF BALANCE** from zero (0) to five (5)
 - **FALL** from zero (0) to ten (10)
 - **TIMING MISTAKES** from zero (0) to fifteen (15)
- 6.6** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

7. BEHAVIOURAL NORMS FOR DANCERS

- 7.1** In order to present dance technique and choreography, a dancer is expected to use her/his own personal and general space;
- 7.2** Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space dance-floor will be appropriately marked;
- 7.3** Dancer's start number needs to be clearly visible;
- 7.4** Costume needs to be appropriate to music and choreography;
- 7.5** During Competition dancers are prohibited to chew chewing gum;
- 7.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**;

8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 8.1** 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.

SECTION 3

DANCE POP COUPLE (Male and Female)

1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. DANCE POP COUPLE

- 2.1 Dance Pop Couple is composed of two (2) dancers where one (1) is male and the other one is female.

3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:

- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
- **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
- **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
- **ADULT:** All dancers from the age of seventeen (17) (defined by calendar year);

- 3.2 Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancer who participates in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means 1 (one) year older);

- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;

- 3.4 In the case of a couple from mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category;

- 3.5 All dancers may only participate in one age category. However, they may participate in several dance categories (eg. couples/duos etc.).

4. MUSIC DURATION AND MUSIC PACE (BPM)

- 4.1 Duration and pace of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- **MINI:** Track duration 1'.00", pace 30 – 32 BPM
- **YOUTH:** Track duration 1'.00", pace 32 – 34 BPM
- **JUNIOR:** Track duration 1'.00", pace 32 -34 BPM
- **ADULT:** Track duration 1'.00", pace 32 -34 BPM

Finals (Own Music)

- **MINI:** Track duration from 1'.15" to 1'.30", pace 30 – 32 BPM
- **YOUTH:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM
- **JUNIOR:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM
- **ADULT:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM

- 4.2** The music piece must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration and pace limits for each age category; **no exceptions will be respected**;
 - Visibly exposing couple's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Names and Surnames, Discipline, Age and Dance Category;
- 4.3 Use of set (stage decorations) is NOT allowed.** Accessories and props can be used. In the case when the rule is not respected, the couple will be immediately disqualified;
- 4.4** Dancers are allowed to execute acrobatic elements. 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 is allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI". In the case when the rule is not respected, the couple will be immediately disqualified. Execution of acrobatic elements is optional and should not influence adjudication.
- 4.5** In the case when music duration and/or pace (BPM) limits are not respected, **the couple will be immediately disqualified**;
- 4.6** 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**;

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** There can be no more than four (4) couples performing on a dance-floor in preliminaries and semi-finals;
- 5.3** In finals, there is only one couple performing on a dance-floor at time;
- 5.4** In the case a couple lacks its own music in final Federation music will be used;
- 5.5** Competition Director, whenever necessary, may apply modifications to the execution of the competition;

6. CHARACTERISTICS AND MOVEMENTS

- 6.1** Dance Pop – is a form of dance that emerged from dance-pop music – a post-disco trend started in mid 70's/early 80's of the 20th century, generally characterised by strong beats with easy, uncomplicated song structures, with an emphasis on melody as well as catchy tunes. The biggest impact on the development of pop, as a dance genre, had choreographers, such as Paula Abdul, Tina Landon, Eddie Morales and Marty Koudelka who merged elements of popular techniques such as popping, locking, new jack swing, street jazz, Broadway jazz, bollywood and more and created unprecedented choreographies popularized by pop funk, pop rock, pop soul and pop jazz videos.
- 6.2** Dance Pop moves reflect the character of pop music. Short, syncopated movements reflect staccato beats. Dancers give an impression of being strong and powerful but in the same time their moves are isolated, polycentric, polyrhythmic and cross-coordinated.
Examples of dance pop choreographies can be found in video clips by Paula Abdul, Michael Jackson, Janet Jackson, Christina Aguilera, Britney Spears and Shakira. The most popular dance pop moves are: Batman, fall, twine and half-split, Broadway jazz and street jazz inspired moves and footwork typical for Paula Abdul, slow motion, ripple (ticking), stylized hand movements (points, wrist rolls, claps etc), footwork such

as scoo bot, scooby doo, kick, pimp walk, skeeter rabbit, v-step, toe-heel, clown walk and moon walk mastered by Michael Jackson and Janet Jackson.

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
- **Technique** from one (1) to fifteen (15) points
 - **Interpretation** from one (1) to ten (10) points
 - **Synchronism** from one (1) to ten (10) points
 - **Choreography** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of dance technique and dance movements in accordance with music pace, execution of technical elements (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;
- 7.3 The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion as well as ability to apply adequate movements and technical elements in accordance with music;
- 7.4 The parameter **Synchronism** is expressed by: similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;
- 7.6 **Every mistake is penalised with the following deductions:**
- **LOSS OF BALANCE** from zero (0) to five (5)
 - **FALL** from zero (0) to ten (10)
 - **TIMING MISTAKES** from zero (0) to fifteen (15)
- 7.7 All dancers wearing provocative and/or vulgar costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a couple is expected to use its own personal and general space;
- 8.2 Couple must not approach the Adjudicators while performing. In order to visualise dancers' space dance-floor will be appropriately marked;
- 8.3 Couple's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 9.1 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.

SECTION 4

DANCE POP DUO

(Both Males or Both Females)

1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. DANCE POP DUO

- 2.1 **Dance Pop Duo** is composed of two (2) dancers where both of them are males or both are females.

3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
 - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
 - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
 - **ADULT:** All dancers from the age of seventeen (17) (defined by calendar year);
- 3.2 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 1 (one) year older);
- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;
- 3.4 In the case of having a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category;
- 3.5 All dancers may only participate in one age category. However, they may participate in several dance categories (eg. couples/duos etc.).

4. MUSIC DURATION AND MUSIC PACE (BPM)

- 4.1 Duration and pace of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- **MINI:** Track duration 1'.00", pace 30 – 32 BPM
- **YOUTH:** Track duration 1'.00", pace 32 – 34 BPM
- **JUNIOR:** Track duration 1'.00", pace 32 -34 BPM
- **ADULT:** Track duration 1'.00", pace 32 -34 BPM

Finals (Own Music)

- **MINI:** Track duration from 1'.15" to 1'.30", pace 30 – 32 BPM
- **YOUTH:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM
- **JUNIOR:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM
- **ADULT:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM

- 4.2** The music piece must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration and pace limits for each age category; **no exceptions will be respected**;
 - Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Names and Surnames, Discipline, Age and Dance Category.
- 4.3 Use of set (stage decorations) is NOT allowed.** Accessories and props can be used. In case the rule is not respected, the duo will be **immediately disqualified**;
- 4.4** Dancers are allowed to execute acrobatic elements. 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". In the case when the rule is not respected, the duo will be immediately disqualified.
Execution of acrobatic elements is optional and should not influence adjudication.
- 4.5** In case music duration and/or pace (BPM) limits are not respected, **the duo will be immediately disqualified**;
- 4.6** 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**;

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** There can be no more than four (4) duos performing on a dance-floor in preliminaries and semi-finals;
- 5.3** In finals, there is only one duo performing on a dance-floor at time;
- 5.4** In the case of lack of duo's own music in final Federation music will be used;
- 5.5** Competition Director, whenever necessary, may apply modifications to the execution of the competition.

6. CHARACTERISTICS AND MOVEMENTS

- 6.1** Dance Pop – is a form of dance that emerged from dance-pop music – a post-disco trend started in mid 70's/early 80's of the 20th century, generally characterised by strong beats with easy, uncomplicated song structures, with an emphasis on melody as well as catchy tunes. The biggest impact on the development of pop, as a dance genre, had choreographers, such as Paula Abdul, Tina Landon, Eddie Morales and Marty Koudelka who merged elements of popular techniques such as popping, locking, new jack swing, street jazz, Broadway jazz, bollywood and more and created unprecedented choreographies popularized by pop funk, pop rock, pop soul and pop jazz videos.
- 6.2** Dance Pop moves reflect the character of pop music. Short, syncopated movements reflect staccato beats. Dancers give an impression of being strong and powerful but in the same time their moves are isolated, polycentric, polyrhythmic and cross-coordinated.
Examples of dance pop choreographies can be found in video clips by Paula Abdul, Michael Jackson, Janet Jackson, Christina Aguilera, Britney Spears and Shakira. The most popular dance pop moves are: Batman, fall, twine and half-split, Broadway jazz

and street jazz inspired moves and footwork typical for Paula Abdul, slow motion, ripple (ticking), stylized hand movements (points, wrist rolls, claps etc), footwork such as scoo bot, scooby doo, kick, pimp walk, skeeter rabbit, v-step, toe-heel, clown walk and moon walk mastered by Michael Jackson and Janet Jackson.

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
- **Technique** from one (1) to fifteen (15) points
 - **Interpretation** from one (1) to ten (10) points
 - **Synchronism** from one (1) to ten (10) points
 - **Choreography** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of dance technique and dance movements in accordance with music pace, execution of technical elements (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;
- 7.3 The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion as well as ability to apply adequate movements and technical elements in accordance with music;
- 7.4 The parameter **Synchronism** is expressed by: similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;
- 7.6 **Every mistake is penalised with the following deductions:**
- **LOSS OF BALANCE** from zero (0) to five (5)
 - **FALL** from zero (0) to ten (10)
 - **TIMING MISTAKES** from zero (0) to fifteen (15)
- 7.7 All dancers wearing provocative and/or vulgar costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a duo is expected to use its own personal and general space;
- 8.2 Duo must not approach the Adjudicators while performing. In order to visualise dancers' space dance-floor will be appropriately marked;
- 8.3 Duo's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 9.1 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.

SECTION 5

DANCE POP SMALL-GROUP (between three (3) and seven (7) dancers)

1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. DANCE POP SMALL-GROUP

- 2.1 Small-group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.

3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
 - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
 - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
 - **ADULT:** All dancers from the age of seventeen (17) (defined by calendar year);
- 3.2 Small-groups registered in Youth – Junior – Adult categories may include dancers from younger age group;
- 3.3 In the category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 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;
- 3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small-groups;**
- 3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

4. MUSIC DURATION AND MUSIC PACE

- 4.1 Duration and pace of music pieces must be as follows:
- **MINI:** Track duration from 2'.00" to 2'.30", pace 30 – 32 BPM
 - **YOUTH:** Track duration from 2'.00" to 2'.30", pace 32 – 34 BPM
 - **JUNIOR:** Track duration from 2'.00" to 2'.30", pace 32 – 34 BPM
 - **ADULT:** Track duration from 2'.00" to 2'.30", pace 32 – 34 BPM
- 4.2 The music piece must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration and pace limits for each age category; **no exceptions will be respected;**
 - Visibly exposing small-group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Discipline, Age and Dance Category.

- 4.3 Use of set (stage decorations) is NOT allowed.** Accessories and props can be used. In the case when the rule is not respected, the small-group will be immediately disqualified;
- 4.4** Dancers are allowed to execute acrobatic elements. 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". In the case when the rule is not respected, the small-group will be immediately disqualified.
Execution of acrobatic elements is optional and should not influence adjudication.
- 4.5** In the case when music duration and/or pace (BPM) limits are not respected, **the small-group will be immediately disqualified;**
- 4.6** 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;**

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** There is one (1) small-group performing on a dance-floor at time;
- 5.3** In the case when a small-group lacks its own music in a final Federation music will be used;
- 5.4** Competition Director, whenever necessary, may apply modifications to the execution of the competition;

6. CHARACTERISTICS AND MOVEMENTS

- 6.1** Dance Pop – is a form of dance that emerged from dance-pop music – a post-disco trend started in mid 70's/early 80's of the 20th century, generally characterised by strong beats with easy, uncomplicated song structures, with an emphasis on melody as well as catchy tunes. The biggest impact on the development of pop, as a dance genre, had choreographers, such as Paula Abdul, Tina Landon, Eddie Morales and Marty Koudelka who merged elements of popular techniques such as popping, locking, new jack swing, street jazz, Broadway jazz, bollywood and more and created unprecedented choreographies popularized by pop funk, pop rock, pop soul and pop jazz videos.
- 6.2** Dance Pop moves reflect the character of pop music. Short, syncopated movements reflect staccato beats. Dancers give an impression of being strong and powerful but in the same time their moves are isolated, polycentric, polyrhythmic and cross-coordinated.
Examples of dance pop choreographies can be found in video clips by Paula Abdul, Michael Jackson, Janet Jackson, Christina Aguilera, Britney Spears and Shakira. The most popular dance pop moves are: Batman, fall, twine and half-split, Broadway jazz and street jazz inspired moves and footwork typical for Paula Abdul, slow motion, ripple (ticking), stylized hand movements (points, wrist rolls, claps etc), footwork such as scoo bot, scooby doo, kick, pimp walk, skeeter rabbit, v-step, toe-heel, clown walk and moon walk mastered by Michael Jackson and Janet Jackson.

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
 - **Interpretation** from one (1) to thirty (30) points
 - **Synchronism** from one (1) to twenty (20) points
 - **Artistic Impression and Choreography** from one (1) to ten (10) points
- 7.2 The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements 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;
- 7.3 The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion as well as ability to apply adequate movements and technical elements in accordance with music;
- 7.4 The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision in executing patterns;
- 7.5 The parameter **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit from a 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 as well as their accordance with musical and choreographic context and variation of patterns;
- 7.6 **Every mistake is penalised with the following deductions:**
- **LOSS OF BALANCE** from zero (0) to five (5)
 - **FALL** from zero (0) to ten (10)
 - **TIMING MISTAKES** from zero (0) to fifteen (15)
- 7.7 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a small-group is expected to use the whole available space;
- 8.2 Small-group must not approach the Adjudicators while performing. In order to visualise dancers' space dance-floor will be appropriately marked;
- 8.3 Small-group's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew chewing gum;
- 8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 9.1 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.

SECTION 6

DANCE POP FORMATION

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

1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. DANCE POP FORMATION

- 2.1 Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.

3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
 - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
 - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
 - **ADULT:** All dancers from the age of seventeen (17) (defined by calendar year);
- 3.2 Formations registered in Youth – Junior – Adult categories may include dancers from younger age group;
- 3.3 In the category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece;
- 3.5 One or more dancers may be nominated and perform both in small-groups and formations;
- 3.6 **One or more dancers are not allowed to be nominated and perform in two (2) or more small-groups;**
- 3.7 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations;**

4. MUSIC DURATION AND MUSIC PACE

- 4.1 Duration and pace of music pieces must be as follows:
- **MINI:** Track duration from **2'.30"** to **4'.00"**, pace **30 – 32 BPM**
 - **YOUTH:** Track duration from **2'.30"** to **4'.00"**, pace **32 – 34 BPM**
 - **JUNIOR:** Track duration from **2'.30"** to **4'.00"**, pace **32 – 34 BPM**
 - **ADULT:** Track duration from **2'.30"** to **4'.00"**, pace **32 – 34 BPM**
- 4.2 The music piece must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration and pace limits for each age category; **no exceptions will be respected;**
 - Visibly exposing formation's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Discipline, Age and Dance Category;
- 4.3 **Use of set (stage decorations) is NOT allowed.** Accessories and props can be used. In the case when the rule is not respected, the formation will be immediately disqualified;

- 4.4** Dancers are allowed to execute acrobatic elements. 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". In the case when the rule is not respected, the formation will be immediately disqualified.

Execution of acrobatic elements is optional and should not influence adjudication.

- 4.5** In the case when music duration and/or pace (BPM) limits are not respected, **the formation will be immediately disqualified;**

- 4.6** 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;**

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** There is one (1) formation performing on a dance-floor at time;
- 5.3** In the case when a formation lacks its own music in a final Federation music will be used;
- 5.4** Competition Director, whenever necessary, may apply modifications to the execution of the competition;

6. CHARACTERISTICS AND MOVEMENTS

- 6.1** Dance Pop – is a form of dance that emerged from dance-pop music – a post-disco trend started in mid 70's/early 80's of the 20th century, generally characterised by strong beats with easy, uncomplicated song structures, with an emphasis on melody as well as catchy tunes. The biggest impact on the development of pop, as a dance genre, had choreographers, such as Paula Abdul, Tina Landon, Eddie Morales and Marty Koudelka who merged elements of popular techniques such as popping, locking, new jack swing, street jazz, Broadway jazz, bollywood and more and created unprecedented choreographies popularized by pop funk, pop rock, pop soul and pop jazz videos.

- 6.2** Dance Pop moves reflect the character of pop music. Short, syncopated movements reflect staccato beats. Dancers give an impression of being strong and powerful but in the same time their moves are isolated, polycentric, polyrhythmic and cross-coordinated.

Examples of dance pop choreographies can be found in video clips by Paula Abdul, Michael Jackson, Janet Jackson, Christina Aguilera, Britney Spears and Shakira. The most popular dance pop moves are: Batman, fall, twine and half-split, Broadway jazz and street jazz inspired moves and footwork typical for Paula Abdul, slow motion, ripple (ticking), stylized hand movements (points, wrist rolls, claps etc), footwork such as scoo bot, scooby doo, kick, pimp walk, skeeter rabbit, v-step, toe-heel, clown walk and moon walk mastered by Michael Jackson and Janet Jackson.

7. EVALUATION AND PENALTIES

- 7.1** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider following components:

- | | |
|---|------------------------------------|
| ➤ Technique | from one (1) to forty (40) points |
| ➤ Interpretation | from one (1) to thirty (30) points |
| ➤ Synchronism | from one (1) to twenty (20) points |
| ➤ Artistic Impression and Choreography | from one (1) to ten (10) points |

- 7.2** The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements 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;
- 7.3** The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion as well as ability to apply adequate movements and technical elements in accordance to music;
- 7.4** The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision in executing patterns;
- 7.5** 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 as well as originality of music piece and costumes and their accordance with musical and choreographic context and variation of patterns;
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- 7.7** All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1** In order to present dance technique and choreography, a formation is expected to use the whole available space;
- 8.2** Formation must not approach the Adjudicators while performing. In order to visualise dancers' space dance-floor will be appropriately marked;
- 8.3** Formation's start number needs to be clearly visible;
- 8.4** Costumes need to be appropriate to music and choreography;
- 8.5** During Competition dancers are prohibited to chew chewing gum;
- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 9.1** 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.