



**INTERNATIONAL  
DANCE  
FEDERATION  
TECHNICAL RULES**

**DISCIPLINE:  
DANCE SHOW**

# SECTION 1

## CATEGORIES:

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

# SECTION 2

## DANCE SHOW 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

- 3.1 Duration of music pieces must be as follows:

- **MINI:** Track duration from 1'.15 to 1'.45"
- **YOUTH:** Track duration from 1'.15 to 1'.45"
- **JUNIOR:** Track duration from 1'.15 to 1'.45"
- **ADULT:** Track duration from 1'.15 to 1'.45"

- 3.2 Dancers use their own music piece which 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 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 In the case music duration is 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 Competition Director, whenever necessary, may apply modifications to execution of the Competition;

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

- 4.4 **Use of accessories or props that are part of dancer's costume is allowed, however dancer must not take them off or put away. In the case when the rule is not respected, the dancer will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally.**

## 5. CHARACTERISTICS

- 5.1 The choreographed piece may be composed only and exclusively of the following techniques:
- **JAZZ**
  - **MODERN JAZZ**
  - **CONTEMPORARY**
  - **CLASSICAL BALLET**
- 5.2 In this discipline the main evaluation criteria are: Dance Technique and Interpretation;
- 5.3 The choreographed piece may be composed of one or more out of four (4) mentioned techniques;
- 5.4 It is important so dancers dance 'in time'. It means that they follow the beats or the musical melody;
- 5.5 **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 dancer being disqualified.**

## 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/s chosen to build the choreography as well as execution of technical elements, movements and figures (position, elegance, timing, balance, body control, difficulty level and variety and quantity of figures);
- 6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the musical melody and express it through his/her body motion. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, to a form of a recognizable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and steps into the melody, to transfer the meaning of the story and show expressiveness and emotions;
- 6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 6.5 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 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 SHOW 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 SHOW COUPLE**

- 2.1 Dance Show 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 when a couple is composed of dancers representing 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**

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 1'.30' to 2'.00"
  - **YOUTH:** Track duration from 1'.30' to 2'.00"
  - **JUNIOR:** Track duration from 1'.30' to 2'.00"
  - **ADULT:** Track duration from 1'.30' to 2'.00"
- 4.2 Dancers use their own music piece which 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 limits for each category; **no exceptions will be respected;**
  - Visibly exposing couple's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category.
- 4.3 In the case when music duration is not respected, the couple will be **immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, may apply modifications to execution of the Competition;
- 5.3 Use of set (stage decorations), accessories and props is **NOT** allowed. In the case when the rule is not respected, the couple will be immediately disqualified;
- 5.4 **Use of accessories or props that are part of dancers' costumes is allowed, however dancers must not take them off, put away or swap with their partner. In the case when the rule is not respected, the couple will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally.**

## 6. CHARACTERISTIC MOVEMENTS

- 6.1 The choreographed piece may be composed only and exclusively of the following techniques:
  - **JAZZ**
  - **MODERN JAZZ**
  - **CONTEMPORARY**
  - **CLASSICAL BALLET**
- 6.2 In this discipline the main evaluation criteria are: Dance Technique and Interpretation.
- 6.3 The choreographed piece may be composed of one or more out of four (4) mentioned techniques;
- 6.4 It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody;
- 6.5 **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 couple being disqualified;**
- 6.6 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. Any irregularity in this respect will result in the couple being disqualified.**

## 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 twenty (20) points
  - **Synchronism** from one (1) to ten (10) points
  - **Interpretation** from one (1) to five (5) points
  - **Choreography** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of dance technique/s chosen to build the choreography as well as execution of technical elements, movements and figures (position, elegance, timing, balance, body control, difficulty level of lifts and supports, safety while executing lifts and supports, variety and quantity of figures);
- 7.3 The parameter **Synchronism** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the musical melody and express it through their body motion. 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 dancers' ability to adapt and apply movements and steps into the melody, to transfer the meaning of the story and show expressiveness and emotions;

- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **8. BEHAVIOURAL NORMS FOR DANCERS**

- 8.1 In order to present dance technique and choreography, a couple is expected to use its 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 SHOW 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 SHOW DUO

- 2.1 **Dance Show 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 when a duo is composed of dancers representing 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

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 1'.30' to 2'.00"
  - **YOUTH:** Track duration from 1'.30' to 2'.00"
  - **JUNIOR:** Track duration from 1'.30' to 2'.00"
  - **ADULT:** Track duration from 1'.30' to 2'.00"
- 4.2 Dancers use their own music piece which 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 limits for each category; **no exceptions will be respected;**
  - Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category.
- 4.3 In the case when music duration is not respected, the duo will be **immediately disqualified**.

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, may apply modifications to execution of the Competition;
- 5.3 Use of set (stage decorations), accessories and props is **NOT** allowed. In the case when the rule is not respected, the duo will be immediately disqualified;
- 5.4 **Use of accessories or props that are part of dancers' costumes is allowed, however dancers must not take them off, put away or swap with their partner. In the case when the rule is not respected, the duo will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally.**

## 6. CHARACTERISTIC MOVEMENTS

- 6.1 The choreographed piece may be composed only and exclusively of the following techniques:
  - **JAZZ**
  - **MODERN JAZZ**
  - **CONTEMPORARY**
  - **CLASSICAL BALLET**
- 6.2 In this discipline the main evaluation criteria are: Dance Technique and Interpretation;
- 6.3 The choreographed piece may be composed of one or more out of four (4) mentioned techniques;
- 6.4 It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody;
- 6.5 **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 duo being disqualified;**
- 6.6 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. Any irregularity in this respect will result in the duo being disqualified.**

## 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 twenty five (25) points
  - **Synchronism** from one (1) to ten (10) points
  - **Interpretation** from one (1) to five (5) points
  - **Choreography** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of dance technique/s chosen to build the choreography as well as execution of technical elements, movements and figures (position, elegance, timing, balance, body control, difficulty level of lifts and supports, safety while executing lifts and supports and variety and quantity of figures);
- 7.3 The parameter **Synchronism** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);

- 7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the **musical melody and express it through their body motion**. 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 dancers' ability to adapt and apply movements and steps into the melody, to transfer the meaning of the story and show expressiveness and emotions;
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals;
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **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 SHOW 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 SHOW 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 entered into categories Youth – Junior – Adult may include dancers from the younger age category;

- 3.3 In the age 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***

- 4.1 Duration of music pieces must be as follows:

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

- 4.2 Small-group uses its own music piece which 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 limits for each 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 In the case when music duration is not respected, the small-group will be **immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, may apply modifications to execution of the Competition;
- 5.3 Use of set (stage decorations), accessories and props is **NOT** allowed. In the case the rule is not respected, the small-group will be immediately disqualified;
- 5.4 **Use of accessories or props that are part of dancers' costumes is allowed, however dancers must not take them off, put away or swap with other dancers. In the case when the rule is not respected, the small-group will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally.**

## 6. CHARACTERISTIC MOVEMENTS

- 6.1 The choreographed piece may be composed only and exclusively of the following techniques:
  - **JAZZ**
  - **MODERN JAZZ**
  - **CONTEMPORARY**
  - **CLASSICAL BALLET**
- 6.2 In this discipline the main evaluation criteria are: Dance Technique and Interpretation;
- 6.3 The choreographed piece may be composed of one or more out of four (4) mentioned techniques;
- 6.4 It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody;
- 6.5 **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 Small-group being disqualified;**
- 6.6 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. Any irregularity in this respect will result in the small-group being disqualified.**

## 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
  - **Synchronism** from one (1) to thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of dance technique/s chosen to build the choreography as well as execution of technical elements, movements and figures (position, elegance, timing, balance, body control, difficulty level of lifts and supports, safety while executing lifts and supports, variety and quantity of figures);
- 7.3 The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body);

- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music using the whole space with its horizontals, verticals and diagonals, variety of patterns;
- 7.5 The parameter **Artistic Impression** is expressed by: small-group's initial and final presentation on a dance-floor (dancers' entry and exit);
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **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 SHOW 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 SHOW 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 entered into categories Youth – Junior – Adult may include dancers from the younger age category;
- 3.3 In the age 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

- 4.1 Duration of music pieces must be as follows:
- **MINI:** Track duration from 2'.30" to 4'.00"
  - **YOUTH:** Track duration from 2'.30" to 4'.00"
  - **JUNIOR:** Track duration from 2'.30" to 4'.00"
  - **ADULT:** Track duration from 2'.30" to 4'.00"
- 4.2 Formation uses its own music piece which 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 limits for each 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 In the case when music duration is not respected, the formation will be **immediately disqualified.**

## 5. EXECUTION OF COMPETITION

- 5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2 Competition Director, whenever necessary, may apply modifications to execution of the Competition;
- 5.3 Use of set, accessories and props is **NOT** allowed. In the case when the rule is not respected, the formation will be immediately disqualified;
- 5.4 **Use of accessories or props that are part of dancers' costumes is allowed, however dancers must not take them off, put away or swap with other dancers. In the case when the rule is not respected, the formation will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally.**

## 6. CHARACTERISTIC MOVEMENTS

- 6.1 The choreographed piece may be composed only and exclusively of the following techniques:
  - **JAZZ**
  - **MODERN JAZZ**
  - **CONTEMPORARY**
  - **CLASSICAL BALLET**
- 6.2 In this discipline the main evaluation criteria are: Dance Technique and Interpretation;
- 6.3 The choreographed piece may be composed of one or more out of four (4) mentioned techniques;
- 6.4 It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody;
- 6.5 **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 Formation being disqualified;**
- 6.6 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. Any irregularity in this respect will result in the formation being disqualified.**

## 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
  - **Synchronism** from one (1) to thirty (30) points
  - **Choreography** from one (1) to twenty five (25) points
  - **Artistic Impression** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of dance technique/s chosen to build the choreography as well as execution of technical elements, movements and figures (position, elegance, timing, balance, body control, difficulty level of lifts and supports, safety while executing lifts and supports and variety and quantity of figures);
- 7.3 The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulder and upper body).

- 7.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music as well as using the whole space
- 7.5 The parameter **Artistic Impression** is expressed by: formation's initial and final presentation on a dance-floor (dancers' entry and exit).
- 7.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

## **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.