



**INTERNATIONAL
DANCE
FEDERATION**

TECHNICAL RULES

**DISCIPLINE:
DISCO FREESTYLE**

SECTION 1

CATEGORIES:

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

SECTION 2

DISCO FREESTYLE 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 32 – 34 BPM;
- **YOUTH:** Track duration 1'.00", pace 34 – 36 BPM;
- **JUNIOR:** Track duration 1'.00", pace 34 -36 BPM;
- **ADULT:** Track duration 1'.00", pace 34 -36 BPM;

Finals (Own Music)

- **MINI:** Track duration from 1'.00" to 1'.15", pace 32 – 34 BPM;
- **YOUTH:** Track duration from 1'.00" to 1'.15", pace 34 – 36 BPM;
- **JUNIOR:** Track duration from 1'.00" to 1'.15", pace 34 -36 BPM;
- **ADULT:** Track duration from 1'.00" to 1'.15", pace 34 -36 BPM;

- 3.2 In all categories, in finals own music pieces are used;

- 3.3 Music piece may represent only and exclusively the following styles: **Techno, House, Disco Dance and/or Trance** and 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;

- 3.4 **Use of music pieces other than Disco, Techno, House and/or Trance as well as set (stage decorations), accessories and props is NOT allowed.** In case the rule is not respected, a dancer will be immediately disqualified;

- 3.5** Dancers **are obliged** to perform **three (3) different Acrobatic Elements, which might be individual or combined**. For details regarding combinations see point 6.4. 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 dancer will be immediately disqualified.
- 3.6** In the case when there are any irregularities in quantity of Acrobatic Elements executed by a dancer in respect to the three (3) required, the dancer will be penalised with deductions, as regulated in point 7.10;
- 3.7** 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 three (3) dancers competing on a dance-floor in preliminaries and no more than two (2) 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 execution of the competition.

5. CHARACTERISTICS

- 5.1** 'Beat' is a basic time unit of a music piece. The 'beat' is the pulse in the rhythm of a song. Tempo (pace) of a music piece is indicated in beats per minute (BPM). In order to indicate music pace one needs to count beats over the time of one (1'.00) minute and divide them by four (4).
EXAMPLE: one counted 150 beats over the time of one minute. In order to indicate music pace the following equation should be used: **150 : 4 = 37,5 BPM**. This means that music pace of the music piece is 37,5 beats per minute. To dance '**in time**' means to follow the beats (**one**, two, **three**, four) with body movements (arms, shoulders, head etc.) and execution of figures. If a dancer does not follow the beats, which means moves faster or slower than has been determined by the beats, it means he/she dances '**out of time**'. **A very important element of dancer's performance is 'Interpretation'**.
Interpretation is connected to musical melody. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, into a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and acrobatic elements into the melody;
- 5.2** The crucial components of Disco Freestyle are acrobatic elements. In order to achieve highest scores from adjudicators dancers need to execute acrobatic elements correctly and without unnecessary risk. Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing. Preparation is a moment when dancer finishes his/her dancing movement and starts execution of the acrobatic element. Transition between these two elements should be smooth and with accordance with the musical melody and rhythm. Proper preparation is usually followed by correct execution. Execution is the way how the element is being performed (positioning of dancer's body, balance etc.). Landing is the final phase in the execution of the element. Having finished the execution of the element dancer should place him/herself in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm;
- 5.3** Dancers show their preparation through music interpretation, technique, expressiveness and gymnastic skills.

6. EVALUATION AND PENALTIES

- 6.1 The dance piece is choreographed basing on Disco Dance technique with the inclusion of Acrobatic Elements;
- 6.2 **Dancers who participate in Mini age category are obliged to execute three (3) Different Acrobatic Elements; only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI" updated for the current season are allowed.** In the case when the rule is not respected, the dancer will be immediately disqualified.
- 6.3 **Dancers who participate in the age categories: Youth, Junior and Adult are obliged to execute three (3) Different Acrobatic Elements. There are no restrictions regarding the acrobatic elements executed by representatives of these three age groups;** all acrobatic elements may be performed.
- 6.4 Dancers are allowed to execute the maximum number of three (3) combinations (out of the three (3) obligatory acrobatic elements). There can be no steps put between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered combination. This means that every acrobatic element of such a combination is evaluated as a single element, and as a result a dancer is penalised. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:
An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds one (1) point for the Handstand and one (1) point for Kippe (head spring).
- 6.5 Adjudicators consider the following components:
- **ACROBATIC ELEMENTS** = evaluation of each acrobatic element
 - **TECHNIQUE** from zero (0) to five (5)
 - **DANCE FIGURES** from zero (0) to two (2)
 - **CHOREOGRAPHY** from zero (0) to two (2)
 - **PRESENTATION** from zero (0) to one (1)
- 6.6 The parameter **Acrobatic Elements** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed;
- 6.7 The parameter **Technique** is expressed by: execution of Disco Dance, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs and speed and precision in execution of technical elements as well as dance movements and figures;
- 6.8 The parameter **Dance Figures** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancer's posture and body control);
- 6.9 The parameter **Choreography** is expressed by: creativity and variety of technical and acrobatic elements, use of space while executing the technical and acrobatic elements (with its horizontals, verticals and diagonals), execution of movements in accordance with musical melody, interpretation and expressiveness);
- 6.10 The parameter **Presentation** is expressed by: dancer's costume and accessories, elegance, accordance with musical piece, dancer's facial expression and focus, arms' movements; entry and exit, bow and general impression;
- 6.11 The crucial parameters in Adjudicators' evaluation are: **Acrobatic Elements** followed by **Technique** and **Dancing Figures**;
- 6.12 **Every mistake is penalised with the following deductions:**
- **TIMING MISTAKES** from zero (0) to ten (10) points
 - **OVER-PERFORMANCE OF ACROBATIC ELEMENTS*** ten (10) points
 - **UNDER-PERFORMANCE OF ACROBATIC ELEMENTS**** two (2) points
 - **BANNED ELEMENTS** Disqualification

* Over-performance of acrobatic elements is a situation when a dancer executes more than three (3) acrobatic elements required.

** Under- performance of acrobatic elements is a situation when a dancer executes less than three (3) acrobatic elements required. Two (2) points for each element.

6.13 All dancers wearing provocative and/or vulgar 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

DISCO FREESTYLE 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. DISCO FREESTYLE COUPLE

- 2.1 Disco Freestyle 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:
- **MINI:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM;
 - **YOUTH:** Track duration from 1'.15" to 1'.30", pace 34 – 36 BPM;
 - **JUNIOR:** Track duration from 1'.15" to 1'.30", pace 34 – 36 BPM;
 - **ADULT:** Track duration from 1'.15" to 1'.30", pace 36 – 36 BPM;
- 4.2 In preliminaries, semi-finals and finals, a couple uses its own music piece which may represent only and exclusively the following styles: **Disco, Techno, House or Trance** music. Additionally, 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 music pieces other than **Disco, Techno, House or Trance** as well as **set (stage decorations), accessories and props** is **NOT allowed**. In the case when the rule is not respected, a couple will be **immediately disqualified**;
- 4.4** Couples are **obliged** to perform **three (3) different Acrobatic Elements, which might be individual or combined**. For details regarding combinations see point 7.5. 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 couple will be immediately disqualified.
- 4.5** In the case when there are any irregularities in quantity of Acrobatic Elements executed by a couple in respect to the three (3) required, the couple will be penalised with deductions, as regulated in point 7.13;
- 4.6** Supports and lifts are not considered acrobatic and gymnastic elements so can be performed and they will not be counted as acrobatic elements. **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.**
- 4.7** In the case when music duration and/or pace (BPM) limits are 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** In preliminaries, semi-finals and finals there can be only one (1) couple performing on a dance-floor at time;
- 5.3** In the case when a couple lacks its own music, Federation music will be used;
- 5.4** Competition Director, whenever necessary, may apply modifications to the execution of the competition.

6. CHARACTERISTICS

- 6.1** 'Beat' is a basic time unit of a music piece. The 'beat' is the pulse in the rhythm of a song. Tempo (pace) of a music piece is indicated in beats per minute (BPM). In order to indicate music pace one needs to count beats over the time of one (1'.00) minute and divide them by four (4).
EXAMPLE: one counted 150 beats over the time of one minute. In order to indicate music pace the following equation should be used: **150 : 4 = 37,5 BPM**. This means that music pace of the music piece is 37,5 beats per minute. To dance '**in time**' means to follow the beats (**one, two, three, four**) with body movements (arms, shoulders, head etc.) and execution of figures. If dancers do not follow the beats, which means move faster or slower than has been determined by the beats, it means they dance '**out of time**'. **A very important element of couple's performance is 'Interpretation'. Interpretation is connected to musical melody. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, into a form of a recognisable unit. Interpretation should be understood as dancers' ability to adapt and apply movements and acrobatic elements into the melody;**
- 6.2** The crucial components of Disco Freestyle are acrobatic elements. In order to achieve highest scores from adjudicators dancers need to execute acrobatic elements correctly and without unnecessary risk. Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing. Preparation is a moment when dancers finish their dancing movement and start execution of the acrobatic element. Transition between these two elements should be smooth and in accordance with the musical melody and rhythm. Proper preparation is usually followed by correct execution. Execution is the way how the element is being performed (positioning of dancers' body, balance etc.).

Landing is the final phase in the execution of the element. Having finished the execution of the element dancers should place themselves in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm.

- 6.3 A couple presents its preparation through music interpretation, technique, expressiveness and gymnastic skills.

7. EVALUATION AND PENALTIES

- 7.1 The dance piece is choreographed basing on Disco Dance technique with the inclusion of Acrobatic Elements.
- 7.2 **Couples that participate in Mini age category are obliged to execute three (3) Different Acrobatic Elements; only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI" updated for the current season are allowed.** In the case when the rule is not respected, the couple will be immediately disqualified.
- 7.3 **Couples that participate in the age categories: Youth, Junior and Adult are obliged to execute three (3) Different Acrobatic Elements. There are no restrictions regarding the acrobatic elements executed by representatives of these three age groups;** all acrobatic elements may be performed.
- 7.4 Each dancer is allowed to execute different acrobatic elements. However, it is OBLIGATORY that both dancers execute the elements in the same time. As far as evaluation is concerned, the total score is a sum of notes received by each dancer (D1 and D2).
- 7.5 Couples are allowed to execute the maximum number of three (3) combinations (out of the three (3) obligatory acrobatic elements). There can be no steps put between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered combination. This means that every acrobatic element of such a combination is evaluated as a single element, and as a result a couple is penalised. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:
An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds 1 point for the Handstand and 1 point for Kippe (head spring).
- 7.6 Adjudicators consider the following six (6) components:
- **ACROBATIC ELEMENTS** = evaluation of each acrobatic element
 - **TECHNIQUE** from zero (0) to five (5) points
 - **SYNCHRONISM** from zero (0) to four (4) points
 - **DANCE FIGURES** from zero (0) to three (3)
 - **CHOREOGRAPHY** from zero (0) to two (2)
 - **PRESENTATION** from zero (0) to one (1)
- 7.7 The parameter **Acrobatic Elements** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed;
- 7.8 The parameter **Technique** is expressed by: execution of Disco Dance, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs and speed and precision in execution of technical elements, dance movements and figures;
- 7.9 The parameter **Synchronism** is expressed by: similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic element (preparation, execution and landing) performed simultaneously;
- 7.10 The parameter **Dance Figures** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control);

- 7.11** The parameter **Choreography** is expressed by: creativity and variety of technical and acrobatic elements, use of space while executing the technical and acrobatic elements (with its horizontals, verticals and diagonals); execution of movements in accordance with musical melody, interpretation and expressiveness;
- 7.12** The parameter **Presentation** is expressed by: dancers' costumes and accessories, elegance, accordance with musical piece, dancers' facial expression and focus, arms' movements, entry and exit, bow and general impression;
- 7.13 Every mistake is penalised with the following deductions:**
- | | |
|--|----------------------------------|
| ➤ TIMING MISTAKES | from zero (0) to ten (10) points |
| ➤ OVER-PERFORMANCE OF ACROBATIC ELEMENTS* | ten (10) points |
| ➤ UNDER-PERFORMANCE OF ACROBATIC ELEMENTS** | two (2) points |
| ➤ BANNED ELEMENTS | <u>Disqualification</u> |
- * Over-performance of acrobatic elements is a situation when a dancer executes more than three (3) acrobatic elements required.
- ** Under- performance of acrobatic elements is a situation when a couple executes less than three (3) acrobatic elements required. Two (2) points for each element.
- 7.14** 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

DISCO FREESTYLE 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. DISCO FREESTYLE DUO

- 2.1 **Disco Freestyle 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:

- **MINI:** Track duration from 1'.15" to 1'.30", pace 32 – 34 BPM;
- **YOUTH:** Track duration from 1'.15" to 1'.30", pace 34 – 36 BPM;
- **JUNIOR:** Track duration from 1'.15" to 1'.30", pace 34 – 36 BPM;
- **ADULT:** Track duration from 1'.15" to 1'.30", pace 36 – 36 BPM;

- 4.2 **In preliminaries, semi-finals and finals**, a duo uses its own music piece which may represent only and exclusively the following styles: **Disco, Techno, House or Trance** music. Additionally, 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 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 music pieces other than **Disco, Techno, House or Trance** as well as **set (stage decorations), accessories and props** is **NOT allowed**. In the case when the rule is not respected, the duo will be **immediately disqualified**;
- 4.4** **Duos are obliged to perform three (3) different Acrobatic Elements, which might be individual or combined**. For details regarding combinations see point 7.5. 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.
- 4.5** In the case when there are any irregularities in quantity of Acrobatic Elements executed by a Duo in respect to the three (3) required, the duo will be penalised with deductions, as regulated in point 7.13;
- 4.6** Supports and lifts are not considered acrobatic and gymnastic elements so can be performed and they will not be counted as acrobatic elements. **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.**
- 4.7** In the case when music duration and/or pace (BPM) limits are 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** In preliminaries, semi-finals and finals there can be only one (1) duo performing on a dance-floor at time;
- 5.3** In the case when a duo lacks its own music, Federation music will be used;
- 5.4** Competition Director, whenever necessary, may apply modifications to the execution of the competition.

6. CHARACTERISTICS

- 6.1** 'Beat' is a basic time unit of a music piece. The 'beat' is the pulse in the rhythm of a song. Tempo (pace) of a music piece is indicated in beats per minute (BPM). In order to indicate music pace one needs to count beats over the time of one (1'.00) minute and divide them by four (4).
EXAMPLE: one counted 150 beats over the time of one minute. In order to indicate music pace the following equation should be used: **150 : 4 = 37,5 BPM**. This means that music pace of the music piece is 37,5 beats per minute. To dance '**in time**' means to follow the beats (**one**, two, **three**, four) with body movements (arms, shoulders, head etc.) and execution of figures. If dancers do not follow the beats, which means move faster or slower than has been determined by the beats, it means they dance '**out of time**'. **A very important element of dancers' performance is 'Interpretation'. Interpretation is connected to musical melody. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, into a form of a recognisable unit. Interpretation should be understood as dancers' ability to adapt and apply movements and acrobatic elements into the melody;**
- 6.2** The crucial components of Disco Freestyle are acrobatic elements. In order to achieve highest scores from adjudicators dancers need to execute acrobatic elements correctly and without unnecessary risk. Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing. Preparation is a moment when dancers finish their dancing movement and start execution of the acrobatic element. Transition between these two elements should be smooth and in accordance with the musical melody and rhythm. Proper preparation is usually followed by correct execution. Execution is the way how the element is being performed (positioning of dancers' body, balance etc.).

Landing is the final phase in the execution of the element. Having finished the execution of the element dancers should place themselves in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm.

- 6.3 A duo presents its preparation through music interpretation, technique, expressiveness and gymnastic skills.

7. EVALUATION AND PENALTIES

- 7.1 The dance piece is choreographed basing on Disco Dance technique with the inclusion of Acrobatic Elements;
- 7.2 **Duos that participate in Mini age category are obliged to execute three (3) Different Acrobatic Elements; only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI" updated for the current season are allowed.** In the case when the rule is not respected, the duo will be immediately disqualified.
- 7.3 **Duos that participate in the age categories: Youth, Junior and Adult are obliged to execute three (3) Different Acrobatic Elements. There are no restrictions regarding the acrobatic elements executed by representatives of these three age groups;** all acrobatic elements may be performed.
- 7.4 Each dancer is allowed to execute different acrobatic elements. However, it is OBLIGATORY that both dancers execute the elements in the same time. As far as evaluation is concerned, the total score is a sum of notes received by each dancer (D1 and D2).
- 7.5 Duos are allowed to execute the maximum number of three (3) combinations (out of the three (3) obligatory acrobatic elements). There can be no steps put between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered combination. This means that every acrobatic element of such a combination is evaluated as a single element, and as a result a duo is penalised. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:
An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds 1 point for the Handstand and 1 point for Kippe (head spring).
- 7.6 Adjudicators consider the following six (6) components:
- **ACROBATIC ELEMENTS** = evaluation of each acrobatic element
 - **TECHNIQUE** from zero (0) to five (5) points
 - **SYNCHRONISM** from zero (0) to four (4) points
 - **DANCE FIGURES** from zero (0) to three (3)
 - **CHOREOGRAPHY** from zero (0) to two (2)
 - **PRESENTATION** from zero (0) to one (1)
- 7.7 The parameter **Acrobatic Elements** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed;
- 7.8 The parameter **Technique** is expressed by: execution of Disco Dance, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs, speed and precision in execution of technical elements, dance movements and figures;
- 7.9 The parameter **Synchronism** is expressed by: similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic element (preparation, execution and landing) performed simultaneously;
- 7.10 The parameter **Dance Figures** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control);

7.11 The parameter **Choreography** is expressed by: creativity and variety of technical and acrobatic elements, use of space while executing the technical and acrobatic elements (with its horizontals, verticals and diagonals), execution of movements in accordance with musical melody, interpretation and expressiveness;

7.12 The parameter **Presentation** is expressed by: dancers' costumes and accessories, elegance, accordance with musical piece, dancers' facial expression and focus, arms' movements, entry and exit, bow and general impression;

7.13 Every mistake is penalised with the following deductions:

- **TIMING MISTAKES** from zero (0) to ten (10) points
- **OVER-PERFORMANCE OF ACROBATIC ELEMENTS*** ten (10) points
- **UNDER-PERFORMANCE OF ACROBATIC ELEMENTS**** two (2) points
- **BANNED ELEMENTS** Disqualification
-

* Over-performance of acrobatic elements is a situation when a dancer executes more than three (3) acrobatic elements required.

** Under- performance of acrobatic elements is a situation when a dancer executes less than three (3) acrobatic elements required. Two (2) points for each element.

7.14 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

DISCO FREESTYLE 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. DISCO FREESTYLE 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 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;

- 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 (BPM)

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

- **MINI:** Track duration from 2'.00" to 2'.30", pace 32 – 34 BPM;
- **YOUTH:** Track duration from 2'.00" to 2'.30", pace 34 – 36 BPM;
- **JUNIOR:** Track duration from 2'.00" to 2'.30", pace 34 – 36 BPM;
- **ADULT:** Track duration from 2'.00" to 2'.30", pace 36 – 36 BPM;

- 4.2 **In preliminaries, semi-finals and finals**, a small-group uses its own music piece which may represent only and exclusively the following styles: **Disco, Techno, House or Trance** music. Additionally, 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 music pieces other than Disco, Techno, House or Trance as well as set (stage decorations), accessories and props is NOT allowed. In the case when the rule is not respected, the small-group will be immediately disqualified;**
- 4.4 **Dancers are obliged to perform three (3) different Acrobatic Elements, which might be individual or combined.** For details regarding combinations see point 7.2. 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.
- 4.5 In the case when there are any irregularities in quantity of Acrobatic Elements executed by a small-group in respect to the three (3) required, the small-group will be penalised with deductions, as regulated in point 7.10;
- 4.6 Supports and lifts are not considered acrobatic and gymnastic elements so can be performed and they will not be counted as acrobatic elements. **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.**
- 4.7 In the case when music duration and/or pace (BPM) limits are 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 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

- 6.1 '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 dancers do not follow the beats, which means move faster or slower than has been determined by the beats, it means they dance '**out of time**'. **A very important element of dancers' performance is 'Interpretation'. Interpretation is connected to musical melody. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, into a form of a recognisable unit. Interpretation should be understood as dancers' ability to adapt and apply movements and acrobatic elements into the melody;**
- 6.2 The crucial components of Disco Freestyle are acrobatic elements. In order to achieve highest scores from adjudicators dancers need to execute acrobatic elements correctly and without unnecessary risk. Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing. Preparation is a moment when dancers finish their dancing movement and start execution of the acrobatic element. Transition between these two elements should be smooth and in accordance with the musical melody and rhythm. Proper preparation is usually followed by correct execution. Execution is the way how the element is being performed (positioning of dancers' body, balance etc.). Landing is the final phase in the execution of the element. Having finished the execution of

the element dancers should place themselves in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm.

- 6.3** Small-group presents its preparation through technique of execution of acrobatic elements, music interpretation, execution of dance technique, synchronisation, artistry and choreography.

7. EVALUATION AND PENALTIES

- 7.1** The dance piece is choreographed basing on Disco Dance technique with the inclusion of Acrobatic Elements. The three (3) obligatory Acrobatic Elements should differ one from another and preparation and execution of each of them should be performed in different time. The Acrobatic Elements is considered as a single element when all the dancers land and start the next movement in the same time.
- 7.2** **Small-Groups** are allowed to execute the maximum number of three (3) combinations (out of the three (3) obligatory acrobatic elements). There can be no steps put between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered combination. This means that every acrobatic element of such a combination is evaluated as a single element, and as a result a duo is penalised. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:
An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds 1 point for the Handstand and 1 point for Kippe (head spring).
- 7.3** **Small-Groups registered in Mini age category are obliged to execute three (3) Different Acrobatic Elements; only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI" updated for the current season are allowed.** In the case when the rule is not respected, the small-group will be immediately disqualified.
- 7.4** **Small-Groups that participate in the age categories: Youth, Junior and Adult are obliged to execute three (3) Different Acrobatic Elements. There are no restrictions regarding the acrobatic elements executed by representatives of these three age groups;** all acrobatic elements may be performed.
- 7.5** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:

➤ TECHNIQUE *	from zero (0) to forty (40) points
➤ SYNCHRONISM	from zero (0) to thirty (30) points
➤ CHOREOGRAPHY	from zero (0) to twenty (20) points
➤ PRESENTATION	from zero (0) to ten (10) points

* **TECHNIQUE = Acrobatic Elements + Dance Figures**

- 7.6** The parameter **Technique (Acrobatic Elements and Dance Figures)** is expressed by: execution of dance technique (Disco Dance – Techno - House), execution of Technical Elements (dancers' posture, elegance, execution, speed, timing and balance) and execution of Acrobatic Elements (preparation, execution and landing as well as security during the execution);
- 7.7** The parameter **Synchronism** is expressed by: similarity of figures and body movements of all dancers (legs, shoulders, upper body) and similarity of movements in all phases of acrobatic elements (preparation, execution and landing) performed simultaneously;
- 7.8** The parameter **Choreography** is expressed by: creativity and variety of technical and acrobatic elements, use of space while executing the technical and acrobatic elements (with its horizontals, verticals and diagonals) and execution of movements in accordance with musical melody;

7.9 The parameter **Presentation** is expressed by: elegance, originality of costumes and music, dancers' entry and exit, expressiveness and safety of each dancer while executing acrobatic elements;

7.10 Every mistake is penalised with the following deductions:

- **TIMING MISTAKES** from zero (0) to ten (10) points
- **FALL** from zero (0) to ten (10) points
- **OVER-PERFORMANCE OF ACROBATIC ELEMENTS*** ten (10) points
- **LOSS OF BALANCE**** from zero (0) to three (3) points
- **UNDER-PERFORMANCE OF ACROBATIC ELEMENTS***** two (2) points
- **BANNED ELEMENTS** Disqualification

* Over-performance of acrobatic elements is a situation when a dancer executes more than three (3) acrobatic elements required.

** Loss of Balance during preparation or landing.

*** Under- performance of acrobatic elements is a situation when a small-group executes less than three (3) acrobatic elements required. Two (2) points for each element.

7.11 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 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 a 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

DISCO FREESTYLE 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. DISCO FREESTYLE 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 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;
- 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 **32 – 34 BPM**;
 - **YOUTH:** Track duration from **2'.30"** to **4'.00"**, pace **34 – 36 BPM**;
 - **JUNIOR:** Track duration from **2'.30"** to **4'.00"**, pace **34 – 36 BPM**;
 - **ADULT:** Track duration from **2'.30"** to **4'.00"**, pace **36 – 36 BPM**;
- 4.2 **In preliminaries, semi-finals and finals**, formation uses its own music piece which may represent only and exclusively the following styles: **Disco, Techno, House or Trance** music. Additionally, 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 music pieces other than **Disco, Techno, House or Trance** as well as **set (stage decorations), accessories and props** is **NOT allowed**. In the case when the rule is not respected, the formation will be **immediately disqualified**;
- 4.4 **Dancers are obliged to perform three (3) different Acrobatic Elements, which might be individual or combined**. For details regarding combinations see point 7.2. 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.
- 4.5 In the case when there are any irregularities in quantity of Acrobatic Elements executed by a formation in respect to the three (3) required, the formation will be penalised with deductions, as regulated in point 7.10.
- 4.6 Supports and lifts are not considered acrobatic and gymnastic elements so can be performed and they will not be counted as acrobatic elements. **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.**
- 4.7 In the case when music duration and/or pace (BPM) limits are 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 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

- 6.1 '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 dancers do not follow the beats, which means move faster or slower than has been determined by the beats, it means they dance '**out of time**'. **A very important element of dancers' performance is 'Interpretation'. Interpretation is connected to musical melody. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, into a form of a recognisable unit. Interpretation should be understood as dancers' ability to adapt and apply movements and acrobatic elements into the melody;**
- 6.2 The crucial components of Disco Freestyle are acrobatic elements. In order to achieve highest scores from adjudicators dancers need to execute acrobatic elements correctly and without unnecessary risk. Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing. Preparation is a moment when dancers finish their dancing movement and start execution of the acrobatic element. Transition between these two elements should be smooth and in accordance with the musical melody and rhythm. Proper preparation is usually followed by correct execution. Execution is the way how the element is being performed (positioning of dancer's body, balance etc.). Landing is the final phase in the execution of the element. Having finished the execution of

the element dancers should place themselves in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm. Description of proper execution of each acrobatic element can be found in IDF Technical Booklet;

- 6.3** Formation presents its preparation through technique of execution of acrobatic elements, music interpretation, execution of dance technique, synchronisation, artistry and choreography.

7. EVALUATION AND PENALTIES

- 7.1** The dance piece is choreographed basing on Disco Dance technique with the inclusion of Acrobatic Elements. The three (3) obligatory Acrobatic Elements should differ one from another and preparation and execution of each of them should be performed in different time. The Acrobatic Elements is considered as a single element when all the dancers land and start the next movement in the same time.
- 7.2 Formations** are allowed to execute the maximum number of three (3) combinations (out of the three (3) obligatory acrobatic elements). There can be no steps put between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered combination. This means that every acrobatic element of such a combination is evaluated as a single element, and as a result a duo is penalised. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:
An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds 1 point for the Handstand and 1 point for Kippe (head spring).
- 7.3 Formations registered in Mini age category are obliged to execute three (3) Different Acrobatic Elements; only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI" updated for the current season are allowed.** In the case when the rule is not respected, the formation will be immediately disqualified.
- 7.4 Formations that participate in the age categories: Youth, Junior and Adult are obliged to execute three (3) Different Acrobatic Elements. There are no restrictions regarding the acrobatic elements executed by representatives of these three age groups;** all acrobatic elements may be performed.
- 7.5** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **TECHNIQUE *** from zero (0) to forty (40) points
 - **SYNCHRONISM** from zero (0) to thirty (30) points
 - **CHOREOGRAPHY** from zero (0) to twenty (20) points
 - **PRESENTATION** from zero (0) to ten (10) points
- * **TECHNIQUE = Acrobatic Elements + Dance Figures**
- 7.6** The parameter **Technique (Acrobatic Elements and Dance Figures)** is expressed by: execution of dance technique (Disco Dance –Techno - House), execution of Technical Elements (dancers' posture, elegance, execution speed, timing and balance) and execution of Acrobatic Elements (preparation, execution and landing as well as security during execution);
- 7.7** The parameter **Synchronism** is expressed by: similarity of figures and body movements of all dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic elements (preparation, execution and landing) performed simultaneously;
- 7.8** The parameter **Choreography** is expressed by: creativity and variety of technical and acrobatic elements, use of space while executing the technical and acrobatic elements (with its horizontals, verticals and diagonals) and execution of movements in accordance with musical melody;

7.9 The parameter **Presentation** is expressed by: elegance, originality of costumes and music, dancers' entry and exit, expressiveness and safety of each dancer while executing acrobatic elements;

7.10 Every mistake is penalised with the following deductions:

- **TIMING MISTAKES** from zero (0) to ten (10) points
- **FALL** from zero (0) to ten (10) points
- **OVER-PERFORMANCE OF ACROBATIC ELEMENTS*** ten (10) points
- **LOSS OF BALANCE **** from zero (0) to three (3) points
- **UNDER-PERFORMANCE OF ACROBATIC ELEMENTS***** two (2) points
- **BANNED ELEMENTS** Disqualification

* Over-performance of acrobatic elements is a situation when a dancer executes more than three (3) acrobatic elements required.

** Loss of Balance during preparation or landing.

*** Under- performance of acrobatic elements is a situation when a small-group executes less than three (3) acrobatic elements required. Two (2) points for each element.

7.11 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 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 a 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.