



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES**

**DISCIPLINE:
FREE SHOW**

SECTION 1

CATEGORIES:

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

SECTION 2

FREE 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). A 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 when music duration limit 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,** applies modifications to execution of the Competition;

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

- 4.4 **Use of accessories and props is NOT allowed.** In case the rule is not respected, **the dancer will be immediately disqualified.**

5. CHARACTERISTICS

5.1 The choreographed piece may be composed of any of existing dance techniques

excluding:

- DISCO DANCE
- TECHNO
- HIP HOP
- FUNKY
- BREAK DANCE
- ELECTRIC BOOGIE
- BELLY DANCE
- CARIBBEAN
- ROCK'N ROLL
- BOOGIE WOOGIE
- TWIST
- DISCO FREESTYLE

5.2 The choreographed piece does not have to present a story as the main evaluation criteria are Execution of Acrobatic Elements and Dancing Technique;

5.3 It is important so dancers dance and perform acrobatic elements 'in time'; it means that they follow beats or musical melody;

5.4 **Dancers are OBLIGED to execute gymnastic and/or acrobatic elements; however there are no restrictions in terms of number of these elements that need to be performed.** There are also 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.

6. EVALUATION AND PENALTIES

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

- EXECUTION OF ACROBATIC ELEMENTS from one (1) to fifteen (15) points
- DANCING TECHNIQUE from one (1) to ten (10) points
- CHOREOGRAPHY from one (1) to five (5) points

6.2 The parameter **Execution of Acrobatic Elements** is expressed by: number and level of execution of gymnastic and acrobatic elements (difficulty level– preparation, execution, landing – balance and security during execution);

6.3 The parameter **Dancing Technique** is expressed by: execution of the dance style/s, execution of figures, movements and technical elements (position, elegance, timing and balance);

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, dancer should 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

FREE 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. FREE SHOW COUPLE

- 2.1 Free 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). A 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**, applies modifications to execution of the Competition;
- 5.3 **Use of set (stage decorations) is not allowed.** In case the rule is not respected, **the couple will be immediately disqualified**;
- 5.4 **Use of accessories and props is NOT allowed.** In case the rule is not respected, **the couple will be immediately disqualified.**

6. CHARACTERISTICS

- 6.1 The choreographed piece may be composed of any of existing dance techniques **excluding**:
 - **DISCO DANCE**
 - **TECHNO**
 - **HIP HOP**
 - **FUNKY**
 - **BREAK DANCE**
 - **ELECTRIC BOOGIE**
 - **BELLY DANCE**
 - **CARIBBEAN**
 - **ROCK'N ROLL**
 - **BOOGIE WOOGIE**
 - **TWIST**
 - **DISCO FREESTYLE**
- 6.2 The choreographed piece does not have to present a story as the main evaluation criteria are Execution of Acrobatic Elements and Dancing Technique;
- 6.3 It is important so dancers dance 'in time'; it means that they follow beats or musical melody;
- 6.4 **Dancers are OBLIGED to execute gymnastic and/or acrobatic elements; however there are no restrictions in terms of number of these elements that need to be performed.** There are also 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.
- 6.5 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.**

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
 - **Execution of Acrobatic Elements** from one (1) to fifteen (15) points
 - **Dancing Technique** from one (1) to ten (10) points
 - **Synchronism** from one (1) to ten (10) points
 - **Choreography** from one (1) to five (5) points
- 7.2 The parameter **Execution of Acrobatic Elements** is expressed by: number and level of execution of gymnastic and acrobatic elements (difficulty level– preparation, execution and landing – balance and security during execution);

- 7.3 The parameter **Dancing Technique** is expressed by: execution of the dance style/s, execution of figures, movements and technical elements (position, elegance, timing and balance);
- 7.4 The parameter **Synchronism** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music 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 should 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 a 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

FREE 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. FREE SHOW DUO

- 2.1 **Free 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 limit 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**, applies modifications to execution of the Competition;
- 5.3 **Use of set (stage decorations) is not allowed.** In case the rule is not respected, **the duo will be immediately disqualified**;
- 5.4 **Use of accessories and props is NOT allowed.** In case the rule is not respected, **the duo will be immediately disqualified.**

6. CHARACTERISTICS

- 6.1 The choreographed piece may be composed of any of existing dance techniques **excluding**:
 - **DISCO DANCE**
 - **TECHNO**
 - **HIP HOP**
 - **FUNKY**
 - **BREAK DANCE**
 - **ELECTRIC BOOGIE**
 - **BELLY DANCE**
 - **CARIBBEAN**
 - **ROCK'N ROLL**
 - **BOOGIE WOOGIE**
 - **TWIST**
 - **DISCO FREESTYLE**
- 6.2 The choreographed piece does not have to present a story as the main evaluation criteria are Execution of Acrobatic Elements and Dancing Technique;
- 6.3 It is important so dancers dance 'in time'; it means that they follow beats or musical melody;
- 6.3 **Dancers are OBLIGED to execute gymnastic and/or acrobatic elements; however there are no restrictions in terms of number of these elements that need to be performed.** There are also 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.
- 6.4 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.**

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
 - **Execution of Acrobatic Elements** from one (1) to fifteen (15) points
 - **Dancing Technique** from one (1) to ten (10) points
 - **Synchronism** from one (1) to ten (10) points
 - **Choreography** from one (1) to five (5) points
- 7.2 The parameter **Execution of Acrobatic Elements** is expressed by: number and level of execution of gymnastic and acrobatic elements (difficulty level– preparation, execution and landing – balance and security during execution);

- 7.3 The parameter **Dancing Technique** is expressed by: execution of the dance style/s, execution of figures, movements and technical elements (position, elegance, timing and balance);
- 7.4 The parameter **Synchronism** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music 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 should 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 a 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

FREE 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. FREE 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 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; 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**, applies modifications to execution of the Competition;
- 5.3 **Use of set (stage decorations) is not allowed.** In case the rule is not respected, the **small-group will be immediately disqualified**;
- 5.4 **Use of accessories and props is NOT allowed.** In case the rule is not respected, **the small-group will be immediately disqualified.**

6. CHARACTERISTICS

- 6.1 The choreographed piece may be composed of any of existing dance techniques **excluding**:
 - DISCO DANCE
 - TECHNO
 - HIP HOP
 - FUNKY
 - BREAK DANCE
 - ELECTRIC BOOGIE
 - BELLY DANCE
 - CARIBBEAN
 - ROCK'N ROLL
 - BOOGIE WOOGIE
 - TWIST
 - DISCO FREESTYLE
- 6.2 The choreographed piece does not have to present a story as the main evaluation criteria are Execution of Acrobatic Elements and Dancing Technique;
- 6.3 It is important so dancers dance 'in time'; it means that they follow beats or musical melody;
- 6.4 **Dancers are OBLIGED to execute gymnastic and/or acrobatic elements; however there are no restrictions in terms of number of these elements that need to be performed.** There are also 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.
- 6.5 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.**

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
 - **Execution of Acrobatic Elements** from one (1) to forty (40) points
 - **Dancing Technique** from one (1) to thirty (30) points
 - **Synchronism** from one (1) to twenty (20) points
 - **Artistic Impression and Choreography** from one (1) to ten (10) points

- 7.2 The parameter **Execution of Acrobatic Elements** is expressed by: number and level of execution of gymnastic and acrobatic elements (difficulty level– preparation, execution and landing – balance and security during execution);
- 7.3 The parameter **Dancing Technique** is expressed by: execution of the dance style/s, execution of figures and technical movements (position, elegance, timing and balance);
- 7.4 The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body);
- 7.5 The parameter **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit to and from the dance-floor); distribution of figures and movements in accordance with dance context; use of space with its horizontals, verticals and diagonals; originality of music piece and costumes and their accordance with musical and choreographic context as well as variation of patterns.

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a small-group should 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

FREE 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. FREE 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 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; 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**, applies modifications to execution of the Competition;
- 5.3 **Use of set (stage decorations) is not allowed.** In case the rule is not respected, the **formation will be immediately disqualified**;
- 5.4 **Use of accessories and props is NOT allowed.** In case the rule is not respected, **the formation will be immediately disqualified.**

6. CHARACTERISTICS

- 6.1 The choreographed piece may be composed of any of existing dance techniques **excluding**:
 - DISCO DANCE
 - TECHNO
 - HIP HOP
 - FUNKY
 - BREAK DANCE
 - ELECTRIC BOOGIE
 - BELLY DANCE
 - CARIBBEAN
 - ROCK'N ROLL
 - BOOGIE WOOGIE
 - TWIST
 - DISCO FREESTYLE
- 6.2 The choreographed piece does not have to present a story as the main evaluation criteria are Execution of Acrobatic Elements and Dancing Technique;
- 6.3 It is important so dancers dance 'in time'; it means that they follow beats or musical melody;
- 6.4 **Dancers are OBLIGED to execute gymnastic and/or acrobatic elements; however there are no restrictions in terms of number of these elements that need to be performed.** There are also 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.
- 6.5 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.**

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
 - **Execution of Acrobatic Elements** from one (1) to forty (40) points
 - **Dancing Technique** from one (1) to thirty (30) points
 - **Synchronism** from one (1) to twenty (20) points
 - **Artistic Impression and Choreography** from one (1) to ten (10) points

- 7.2 The parameter **Execution of Acrobatic Elements** is expressed by: number and level of execution of gymnastic and acrobatic elements (difficulty level– preparation, execution and landing – balance and security during execution);
- 7.3 The parameter **Dancing Technique** is expressed by: execution of the dance style/s, execution of figures and technical movements (position, elegance, timing and balance);
- 7.4 The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body);
- 7.5 The parameter **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit to and from the dance-floor); distribution of figures and movements in accordance with dance context; use of space with its horizontals, verticals and diagonals; originality of music piece and costumes and their accordance with musical and choreographic context as well as variation of patterns;

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a formation should 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.