



TECHNICAL RULES
INTERNATIONAL
DANCE
FEDERATION

DISCIPLINE:
ROCK'N'ROLL

SECTION 1

CATEGORIES:

- *ROCK'N'ROLL COUPLE (two (2) dancers: one (1) Male and one (1) Female)*
- *ROCK'N'ROLL FORMATION 4th CLASS (between four (4) and five (5) couples); MASTER CLASS (between six (6) and eight (8) couples)*
- *ROCK'N'ROLL SMALL-GROUP FEMALE (between four (4) and six (6) Female dancers)*
- *ROCK'N'ROLL FORMATION FEMALE (between eight (8) and twelve (12) Female dancers)*

SECTION 2

ROCK'N'ROLL 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. 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);
- **Cat. C :** All dancers who are 14 years old and older;
- **Cat. B:** All dancers who are 14 years old and older;
- **Cat. A:** All dancers who are 14 years old and older;

- 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:

- **MINI:** Track duration from 1'.00" to 1'.15", pace 46/48 BPM
- **YOUTH:** Track duration from 1'.30" to 1'.45", pace 47/48 BPM
- **JUNIORS:** Track duration from 1'.30" to 1'.45", pace 47/49 BPM
- **Cat. "A" - "B" - "C" - 2 trials:**
 - **Technical Rock:** Track duration from 1'.00" to 1'.15", pace 50/52 BPM
 - **Acrobatic Rock:** Track duration from 1'.30" to 1'.45", pace 48/50BPM

- 3.2 In preliminaries and semi-finals Federation music is used. **In Finals**, a couple 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 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. EXECUTION OF COMPETITION

- 4.1 Depending on number of participants, each category (MINI, YOUTH, JUNIOR, "C", "B" and "A") would start from preliminaries, semi-finals or finals respectively. In Technical Rock trial there can be no more than three (3) couples performing on a dance-floor at time. In Acrobatic Rock Trial there can be no more than two (2) couples performing on a dance-floor at time;
- 4.2 In preliminaries, both the categories "C", "B" and "A", execute both Technical and Acrobatic Rock. In semi-finals dancers execute only Acrobatic Rock. In finals, again they execute both Technical and Acrobatic Rock;
- 4.3 Dancers who perform in the age categories MINI and YOUTH **are prohibited to execute acrobatic elements**;
- 4.4 Dancers who perform in the age category JUNIOR, during their trial that lasts 1,30/1,45 minutes, are obliged to execute **four (4) acrobatic elements of the Safety Level 3** (see Rock'n'Roll Technical Booklet). List of acrobatic elements as well as their evaluation can be found in the Rock'n'Roll Technical Booklet updated for the current sporting season. Dancers are allowed to execute combinations (see Rock'n'Roll Technical Booklet);
- 4.5 Dancers who perform in the category 'C', during their Acrobatic trial that lasts 1,30/1,45 minutes, are obliged to execute **five (5) acrobatic elements**. Dancers are allowed to execute acrobatic elements of contact and (or) of taking. Restrictions that can be found in the Rock'n Roll Technical Booklet apply. List of acrobatic elements as well as their evaluation can be found in the Rock'n Roll Technical Booklet updated for the current sporting season. Dancers are allowed to execute combinations (see Rock'n'Roll Technical Booklet);
- 4.6 Dancers who perform in the category 'B', during their Acrobatic trial that lasts 1,30/1,45 minutes, are obliged to execute **six (6) acrobatic elements**, restrictions that can be found in the Rock'n'Roll Technical Booklet apply. List of acrobatic elements as well as their evaluation can be found in the Rock'n'Roll Technical Booklet updated for the current sporting season. Dancers are allowed to execute combinations (see Rock'n'Roll Technical Booklet);
- 4.7 Dancers who perform in the category 'A', during their Acrobatic trial that lasts 1,30/1,45 minutes, are obliged to execute **six (6) acrobatic elements (no restrictions apply)**;
- 4.8 In finals, dancers who perform in the categories '**A**' and '**B**' are allowed:
- In the Technical trial to execute the optional 15 seconds of introduction (total track duration from 1'.15" to 1'.30")
 - In the Acrobatic trial to execute the optional 30 seconds of introduction (total track duration from 2'.00" to 2'.15")
- Dancers are allowed to execute combinations (see Rock'n'Roll Technical Booklet);
- 4.8 Dancers are allowed to include an additional acrobatic figure at the start of their routine (as a starting position) and similar at the very end of their routine (as an ending position); neither starting nor ending positions should be counted as acrobatic elements.
- 4.9 Competition Director, whenever necessary, may apply applies modifications to execution of the Competition.

5. EVALUATION AND PENALTIES

- 5.1 *In Technical Rock* Adjudicators consider the following components:

1 – Feet Technique:

- Kicked: hip lifting technique (at least up to 90°);
- Bounce: supported footwork;
- Elasticity/agility: smooth/fluid movement with loose ankle;
- Dynamics: speed while performing kicks and transition in kick ball change;
- Free arm: synchronisation between partners and gestures fluidity;

2 – Dance Figures

- Execution: difficulty and precision of movements, balance and posture;
- Synchronism: harmony, distance between partners and similarity of movements;
- Rhythm: tempo;
- Line and cross: use of space;
- Posture: focus and body (arms and legs) control;

3 - Choreography:

- Creativity: choice of figures, movements and technical elements (jazz, modern, funky, etc.);
- Line and cross: use of space
- Distribution of figures (succession of figures; in line, diagonally, linked, with rotation and turns);
- Link with the musical piece: choice of figures with regards to musical melody;
- Interpretation: focus and expressiveness;

4 - Presentation:

- Clothing: choice of colours, elegance, accessories and link with the musical piece;
- Posture: focus as well as head positions and movements;
- Entry and exit: way of entering a dance-floor, bow and expressiveness;
- Proportions between the couple;

5.2 The crucial parameter is **Feet Technique**, followed by **Dance Figures**;

5.3 In Acrobatic Rock Adjudicators consider the following five (5) components:

- **Acrobatic Elements**: difficulty level, execution technique, quantity, height and speed;
- **Feet Technique**: elasticity and bounce;
- **Dance Figures**: execution (tempo, posture and harmony)- difficulty level, quantity, line and cross;
- **Choreography**: Creativity, harmony, entry and exit;
- **Presentation**: posture;

5.4 The crucial parameter, which in the same time relates to acrobatic elements, is *execution technique*;

5.5 **Every mistake is penalised with the following deductions:**

- **FALL** from zero (0) to five (5)
- **TIMING MISTAKES** from zero (0) to ten (10)
- **BANNED ELEMENTS** **Disqualification**

5.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

6. BEHAVIOURAL NORMS FOR DANCERS

- 6.1 In order to present dance technique and choreography, a couple is expected to use the whole available space, without disturbing other couples;
- 6.2 Couple's start number needs to be clearly visible and attached to dancer's right leg;
- 6.3 Costumes need to be appropriate to music and choreography;
- 6.4 In the case when a couple performing Technical Rock leaves a dance-floor before the musical piece has ended, it will not be allowed to perform in Acrobatic trial;
- 6.5 During Competition dancers are prohibited to chew chewing gum;
- 6.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

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

- 7.1** 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

ROCK'N'ROLL FORMATION

4th CLASS (between four (4) and five (5) couples)
MASTER CLASS (between six (6) and eight (8) couples)

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 In Rock'n'Roll Formation there is only one (1) age category:
- **ADULT** (dancers who are 14 years old or older)
- 2.2 The category is divided as follows:
- **4th Class** (between four (4) and five (5) Couples)
 - **Master Class** (between six (6) and eight (8) Couples)
- 2.3 Dancers who participate in the 4th Class **must not participate** in the Master Class. Dancers who participate in the Master Class **must not participate** in the 4th Class.

3. MUSIC DURATION AND PACE (BPM)

- 3.1 Duration and pace of music pieces must be as follows:
- **4th Class:** Track duration from 2'.30" to 3'.00", pace 48/50 BPM;
 - **MASTER Class:** Track duration from 2'.30" to 3'.00", pace 48/50 BPM;
- 3.2 Duration of music piece must not exceed time frames 2'.30"/3'.00". However, apart from the time frames given, each formation is allowed to use additional 0'.30" of **introduction** and additional 0'.15" of **exit**;
- 3.3 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 and pace 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;
- 3.4 **Use of set (stage decorations), accessories and props is not allowed. In the case when the rule is not respected, the formation will be immediately disqualified;**
- 3.5 **It is OBLIGATORY to execute six (6) acrobatic elements;**
- 3.6 In the case when music duration and/or pace (BPM) is not respected, **the formation 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 In preliminaries, semi-finals and finals there can be only one (1) formation performing on a dance-floor at time;

- 4.3 In the case when a formation lacks its 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. EVALUATION AND PENALTIES

- 5.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Acrobatic Elements and Dance Figures** from one (1) to thirty (30) points
 - **Synchronism** from one (1) to thirty (30) points
 - **Choreography** from one (1) to thirty (30) points
 - **Presentation** from one (1) to ten (10) points
- 5.2 The parameter **Acrobatic Elements and Dance Figures** is expressed by: difficulty level, variety and quantity of movements, figures and technical elements as well as execution of Rock dance technique;
- 5.3 The parameter **Synchronism** is expressed by: similarity of figures and body movements of all dancers (legs, shoulders and upper body), similarity of lines, positions, changes and positioning of dancers' bodies;
- 5.4 The parameter **Choreography** is expressed by: originality, lines and patterns, interpretation of the music piece and use of space;
- 5.5 The parameter **Presentation** is expressed by: elegance, the 'look', entry and exit;
- 5.6 **Every mistake is penalised with the following deductions:**
- **FALL** from zero (0) to five (5)
 - **TIMING MISTAKES** from zero (0) to ten (10)
 - **BANNED ELEMENTS** **Disqualification**

6. BEHAVIOURAL NORMS FOR DANCERS

- 6.1 In order to present dance technique and choreography, a formation is expected to use the whole available space and show maturity in executing dance techniques and choreography;
- 6.2 Formation must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 6.3 Formation's start number needs to be clearly visible;
- 6.4 Costumes need to be appropriate to music and choreography;
- 6.5 During Competition dancers are prohibited to chew chewing gum;
- 6.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**;

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

- 7.1 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

ROCK'N'ROLL SMALL-GROUP FEMALE **(between four (4) and six (6) 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. 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:

- **MINI:** Track duration **1'.00" + 0'.15"** introduction (optional), pace **47/48** BPM;
- **YOUTH:** Track duration **1'.30" + 0'.15"** introduction (optional), pace **48/49** BPM;
- **JUNIOR:** Track duration **1'.30" + 0'.15"** introduction (optional), pace **48/50** BPM;
- **ADULT:** Track duration from **1'.30" + 0'.15"** introduction (optional), pace **48/50** BPM;

- 3.2** In finals, a 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 and pace 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. EXECUTION OF COMPETITION

- 4.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2** In finals, small-groups from all age categories perform to their own music piece. In preliminaries and semi-finals Federation Music is used (without '0, 15" introduction);

- 4.3 Small-groups that perform in the age categories MINI and YOUTH **are prohibited from executing acrobatic elements**;
- 4.4 Small-groups that perform in the age category JUNIOR and ADULT are allowed to execute between **two (2)** and **four (4) acrobatic elements of the Safety Level 1** (see Rock'n'Roll Technical Booklet). List of acrobatic elements as well as their evaluation can be found in the Rock'n'Roll Technical Booklet updated for the current sporting season. Small-groups are allowed to execute combinations (see Rock'n'Roll Technical Booklet);
- 4.5 In finals, in all age categories, small-groups are allowed to execute optional additional 15 seconds of introduction (total track duration in the age category Mini should not exceed 1'00" to 1'15", in the age categories Youth, Junior and Adult- 1'.30" to 1'.45");
- 4.6 Dancers are allowed to include an additional acrobatic figure at the start of their routine (as a starting position) and similar at the very end of their routine (as an ending position); neither starting nor ending positions should be counted as acrobatic elements.
- 4.7 **Competition Director, whenever necessary**, applies modifications to execution of the Competition.

5. EVALUATION AND PENALTIES

- 5.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
 - **Acrobatic Elements/Dance Figures** from one (1) to thirty (30) points
 - **Synchronism** from one (1) to thirty (30) points
 - **Choreography** from one (1) to thirty (30) points
 - **Presentation** from one (1) to ten (10) points
- 5.2 The parameter **Acrobatic Elements and Dance Figures** is expressed by: difficulty level, variety and quantity of movements, figures and technical elements as well as execution of Rock dance technique;
- 5.3 The parameter **Synchronism** is expressed by: similarity of figures and body movements of all dancers (legs and arms), lines, style, patterns, changes and dancers' posture;
- 5.4 The parameter **Choreography** is expressed by: originality, lines, interpretation of music and use of space;
- 5.5 The parameter **Presentation** is expressed by: elegance, the 'look', entry and exit;
- 5.6 **Every mistake is penalised with the following deductions:**
 - **FALL** from zero (0) to five (5)
 - **TIMING or BEAT MISTAKES** from zero (0) to ten (10)
 - **BANNED ELEMENTS** **Disqualification**

6. BEHAVIOURAL NORMS FOR DANCERS

- 6.1 In order to present dance technique and choreography, a small-group is expected to use the whole available space and show maturity in executing dance techniques and choreography;
- 6.2 Small-group must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 6.3 Small-group's start number needs to be clearly visible;
- 6.4 Costumes need to be appropriate to music and choreography;
- 6.5 During Competition dancers are prohibited to chew chewing gum;
- 6.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**;

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

- 7.1** 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

ROCK'N'ROLL FORMATION FEMALE **(between eight (8) and twelve (12) 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. 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

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

- **MINI:** Track duration **1'.30"** + **0'.30"** introduction (optional) + **0'.15"** exit (optional), pace **47/48** BPM;
- **YOUTH:** Track duration **2'.00"** + **0'.30"** introduction (optional) + **0'.15"** exit (optional), pace **48/49** BPM;
- **JUNIOR:** Track duration **2'.00"** + **0'.30"** introduction (optional) + **0'.15"** exit (optional), pace **48/50** BPM;
- **ADULT:** Track duration **2'.00"** + **0'.30"** introduction (optional) + **0'.15"** exit (optional), pace **48 – 50** BPM;

- 3.2** In finals, a 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 and pace 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. EXECUTION OF COMPETITION

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 In finals, formations from all age categories perform to their own music piece. In preliminaries and semi-finals Federation Music is used (without the introduction);
- 4.3 Formations that perform in the age categories MINI and YOUTH **are prohibited from executing acrobatic elements**;
- 4.4 Formations that perform in the age category JUNIOR and ADULT are allowed to execute between **two (2)** and **four (4) acrobatic elements of the Safety Level 1** (see Rock'n'Roll Technical Booklet). List of acrobatic elements as well as their evaluation can be found in the Rock'n'Roll Technical Booklet updated for the current sporting season. Formations are allowed to execute combinations (see Rock'n'Roll Technical Booklet);
- 4.5 In finals, in all age categories, formations are allowed to execute optional additional 30 seconds of introduction and 15 seconds of exit (total track duration in the age category Mini should not exceed from 1'30" to 2'15", in the age categories Youth, Junior and Adult from 2'.00" to 2'.45").
- 4.6 Dancers are allowed to include an additional acrobatic figure at the start of their routine (as a starting position) and similar at the very end of their routine (as an ending position); neither starting nor ending positions should be counted as acrobatic elements.
- 4.7 Competition Director, whenever necessary, may apply modifications to the execution of the Competition.

5. EVALUATION AND PENALTIES

- 5.1 Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
 - **Acrobatic Elements/Dance Figures** from one (1) to thirty (30) points
 - **Synchronism** from one (1) to thirty (30) points
 - **Choreography** from one (1) to thirty (30) points
 - **Presentation** from one (1) to ten (10) points
- 5.2 The parameter **Acrobatic Elements and Dance Figures** is expressed by: difficulty level, variety and quantity of movements, figures and technical elements as well as execution of Rock dance technique;
- 5.3 The parameter **Synchronism** is expressed by: similarity of figures and body movements of all dancers (legs and arms), lines, style, patterns, changes and dancers' posture;
- 5.4 The parameter **Choreography** is expressed by: originality, lines, interpretation of music and use of space;
- 5.5 The parameter **Presentation** is expressed by: elegance, the 'look', entry and exit;
- 5.6 **Every mistake is penalised with the following deductions:**
 - **FALL** from zero (0) to five (5)
 - **TIMING or BEAT MISTAKES** from zero (0) to ten (10)
 - **BANNED ELEMENTS** **Disqualification**

6. BEHAVIOURAL NORMS FOR DANCERS

- 6.1 In order to present dance technique and choreography, a formation is expected to use the whole available space and show maturity in executing dance techniques and choreography;
- 6.2 Formation must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 6.3 Formation's start number needs to be clearly visible;

- 6.4 Costumes need to be appropriate to music and choreography;
- 6.5 During Competition dancers are prohibited to chew chewing gum;
- 6.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

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

- 7.1 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.