INTERNATIONAL DANCE FEDERATION TECHNICAL RULES

DISCIPLINE:
TECHNO

SECTION 1

CATEGORIES:

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

SECTION 2

TECHNO 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 **36 -38** 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 **36 -38** BPM

3.2 **In finals**, dancers use their own Techno 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 dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category.

3.3 **Use of music pieces other than Techno, set (stage decorations), accessories and props is NOT allowed.** In case the rule is not respected, the dancer will be immediately disqualified;

3.4 **Dancers are not allowed to execute any acrobatic elements.** This includes elements executed in the air with horizontal, sagittal and/or longitudinal rotation. **The elements allowed are as follows:** cartwheel, forward roll, backward roll, shoulder stand, hand support with hips and legs below the head level, head stand, bridge, wave, neck spring, head spring, shoulder spring and hand stand. **Any irregularity in this respect will result in the dancer being disqualified**.

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

4. EXECUTION OF COMPETITION

4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;

4.2 There can be no more than five (5) dancers competing on a dance-floor in preliminaries and no more than four (4) in semi-finals;

4.3 In the case of lack of dancer's own music in final Federation music will be used;

4.4 Competition Director, whenever necessary, may apply modifications to the execution of the competition;

5. CHARACTERISTICS AND MOVEMENTS

5.1 '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 motion (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, to a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and steps into the melody;

5.2 Techno is a term used for electronic dance music, mainly instrumental, where the role of a rhythm tends to be more important than musical parametres. Techno is faster than house (126-130 BMP) and uses more intensive synth samples. Experts say that the genre is a mixture of American funk and the European synthesized music often combined with jungle rhythms. There are many variations and subgenres that emerged from or within techno music, such as rave, trance or gabba; however it is the Detroit sound, that is known as the original one.

5.3 Techno as dance genre is a competitive form of club dancing culture. It is the understanding of the club culture which lays at the basics of techno dance and which should be reflected in dancer's movements and choreography.

Typical moves used in techno are as follows:

- Bounce - characteristic feature of rave dancing in early 90's; bounce can be described as moves of feet back and forward while the trunk moves back and forward in the opposite direction as if it was receiving the powerful sound wave;
- Chest and hands movements (the idea of Leading Hand amplified by points and poses, typical for electro (tecktonik);
- Oppositional circular interaction of trunk and feet; characteristic for house;

- Various types of waves (waving and liquid);
- Hand movements (vogue, king tut, liquid, waacking and locking);
- Pops - shifting from one foot to another with the slight lifting of a hip;
- Criss-cross, pas-de-drill, triplet and farmer (characteristic for house);
- Up rocking and top rocking;
- Footwork typical for house style;

5.4 Dancers show their preparation through their dancing technique, interpretation of music, expressiveness, precision of their movements and body control.

6. EVALUATION AND PENALTIES

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

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

6.2 The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;

6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; the ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop', 'pause' or other figures;

6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;

6.5 Every mistake is penalised with the following deductions:

- **LOSS OF BALANCE** from zero (0) to five (5)
- **FALL** from zero (0) to ten (10)
- **TIMING MISTAKES** from zero (0) to fifteen (15)
- **BANNED ELEMENTS** **<u>Disqualification</u>**

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

7. BEHAVIOURAL NORMS FOR DANCERS

7.1 In order to present dance technique and choreography, a dancer is expected to use her/his own personal and general space;

7.2 Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space dance-floor will be appropriately marked;

7.3 Dancer's start number needs to be clearly visible;

7.4 Costume needs to be appropriate to music and choreography;

7.5 During Competition dancers are prohibited to chew chewing gum;

7.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

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

8.1 During Competition teachers, group leaders and team/club leaders **are strictly prohibited** to ask any explanations from the **Adjudicators.** All explanations, information or complaints may be discussed with the **Competition Director**, according to appropriate rules that concern execution of Competition.

SECTION 3

TECHNO 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. TECHNO COUPLE

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

3. AGE CATEGORIES

3.1 Age categories are divided as follows:

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

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

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

3.4 In the case when a couple is composed of dancers representing mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category;

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

4. MUSIC DURATION 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 – 38 BPM**

4.2 **In finals**, a couple uses its own Techno 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;

4.3 **Use of music pieces other than Techno, set (stage decorations), accessories and props is NOT allowed.** In the case when the rule is not respected, the couple will be immediately disqualified;

4.4 **Dancers are not allowed to execute any acrobatic elements.** This includes elements executed in the air with **horizontal, sagittal and longitudinal rotation. The elements allowed are as follows:** cartwheel, forward roll, backward roll, shoulder stand, hand support with hips and legs below the head level, head stand, bridge, wave, neck spring, head spring, shoulder spring and hand stand. **Any irregularity in this respect will result in the couple being disqualified**.

4.5 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 There can be no more than three (3) couples performing on a dance-floor in preliminaries and no more than two (2) in semi-finals;

5.3 In the case when a couple lacks its own music in final Federation music will be used;

5.4 Competition Director, whenever necessary, may apply modifications to the execution of the competition.

6. CHARACTERISTICS AND MOVEMENTS

6.1 '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 motion (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, to a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and steps into the melody;

6.2 Techno is a term used for electronic dance music, mainly instrumental, where the role of a rhythm tends to be more important than musical parametres. Techno is faster than house (126-130 BMP) and uses more intensive synth samples. Experts say that the genre is a mixture of American funk and the European synthesized music often combined with jungle rhythms. There are many variations and subgenres that emerged from or within techno music, such as rave, trance or gabba; however it is the Detroit sound, that is known as the original one.

6.3 Typical moves used in techno are as follows:

- Bounce - characteristic feature of rave dancing in early 90's; bounce can be described as moves of feet back and forward while the trunk moves back and forward in the opposite direction as if it was receiving the powerful sound wave;
- Chest and hands movements (the idea of Leading Hand amplified by points and poses, typical for electro (tecktonik);
- Oppositional circular interaction of trunk and feet; characteristic for house;
- Various types of waves (waving and liquid);

- Hand movements (vogue, king tut, liquid, waacking and locking);
- Pops - shifting from one foot to another with the slight lifting of a hip;
- Criss-cross, pas-de-drill, triplet and farmer (characteristic for house);
- Up rocking and top rocking;
- Footwork typical for house style;

6.4 Dancers show their preparation through their dancing technique, interpretation of music, expressiveness, precision of their movements, body control and synchronism.

7. EVALUATION AND PENALTIES

7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:

- **Technique** from one (1) to twenty (20) points
- **Synchronism** from one (1) to ten (10) points
- **Interpretation** from one (1) to five (5) points
- **Choreography** from one (1) to five (5) points

7.2 The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;

7.3 The parameter **Synchronism** is expressed by: similarity of figures and body movements of both dancers (legs, shoulders and upper body);

7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures;

7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;

7.6 Every mistake is penalised with the following deductions:

- **LOSS OF BALANCE** from zero (0) to five (5)
- **FALL** from zero (0) to ten (10)
- **TIMING MISTAKES** from zero (0) to fifteen (15)
- **BANNED ELEMENTS** **Disqualification**

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

8. BEHAVIOURAL NORMS FOR DANCERS

8.1 In order to present dance technique and choreography, the couple is expected to use its personal and general space;

8.2 Couple must not approach the Adjudicators while performing. In order to visualise dancers' space dance-floor will be appropriately marked;

8.3 Couple's start number needs to be clearly visible;

8.4 Costumes need to be appropriate to music and choreography;

8.5 During Competition dancers are prohibited to chew chewing gum;

8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

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

9.1 During Competition teachers, group leaders and team/club leaders **are strictly prohibited** to ask any explanations from the **Adjudicators.** All explanations, information or complaints may be discussed with the **Competition Director**, according to appropriate rules that concern execution of Competition.

SECTION 4

TECHNO 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. TECHNO DUO

2.1 **Techno 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 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 – 38 BPM**

4.2 **In finals**, duo uses its own Techno 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 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 Techno, set (stage decorations), accessories and props is NOT allowed.** In the case the rule is not respected, the duo will be immediately disqualified;

4.4 **Dancers are not allowed to execute any acrobatic elements.** This includes elements executed in the air with **horizontal, sagittal and longitudinal rotation. The elements allowed are as follows:** cartwheel, forward roll, backward roll, shoulder stand, hand support with hips and legs below the head level, head stand, bridge, wave, neck spring, head spring, shoulder spring and hand stand. **Any irregularity in this respect will result in the duo being disqualified**.

4.5 In the case music duration and/or pace (BPM) 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 There can be no more than three (3) duos competing on a dance-floor in preliminaries and no more than two (2) in semi-finals;

5.3 In the case of lack of duo's own music in final Federation music will be used;

5.4 Competition Director, whenever necessary, may apply modifications to the execution of the competition.

6. CHARACTERISTICS AND MOVEMENTS

6.1 '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 motion (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, to a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and steps into the melody;

6.2 Techno is a term used for electronic dance music, mainly instrumental, where the role of a rhythm tends to be more important than musical parametres. Techno is faster than house (126-130 BMP) and uses more intensive synth samples. Experts say that the genre is a mixture of American funk and the European synthesized music often combined with jungle rhythms. There are many variations and subgenres that emerged from or within techno music, such as rave, trance or gabba; however it is the Detroit sound, that is known as the original one.

6.3 Typical moves used in techno are as follows:

- Bounce - characteristic feature of rave dancing in early 90's; bounce can be described as moves of feet back and forward while the trunk moves back and forward in the opposite direction as if it was receiving the powerful sound wave;
- Chest and hands movements (the idea of Leading Hand amplified by points and poses, typical for electro (tecktonik);
- Oppositional circular interaction of trunk and feet; characteristic for house;
- Various types of waves (waving and liquid);

- Hand movements (vogue, king tut, liquid, waacking and locking);
- Pops - shifting from one foot to another with the slight lifting of a hip;
- Criss-cross, pas-de-drill, triplet and farmer (characteristic for house);
- Up rocking and top rocking;

Footwork typical for house style;

6.4 Dancers show their preparation through their dancing technique, interpretation of music, expressiveness, precision of their movements, body control and synchronism;

7. EVALUATION AND PENALTIES

7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:

- **Technique** from one (1) to twenty (20) points
- **Synchronism** from one (1) to ten (10) points
- **Interpretation** from one (1) to five (5) points
- **Choreography** from one (1) to five (5) points

7.2 The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;

7.3 The parameter **Synchronism** is expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body);

7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; the ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures;

7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;

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

- **LOSS OF BALANCE** from zero (0) to five (5)
- **FALL** from zero (0) to ten (10)
- **TIMING MISTAKES** from zero (0) to fifteen (15)
- **BANNED ELEMENTS** **Disqualification**

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

8. BEHAVIOURAL NORMS FOR DANCERS

8.1 In order to present dance technique and choreography, a duo is expected to use its 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

TECHNO 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. TECHNO SMALL-GROUP

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

3. AGE CATEGORIES

3.1 Age categories are divided as follows:

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

3.2 Small-groups registered in Youth – Junior – Adult categories may include dancers from younger age group;

3.3 In the category Mini there can be one (1) dancer who is ten (10) years old;

3.4 All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small-groups and formations;

3.5 **One or more dancers are not allowed to be nominated and perform in two (2) or more small-groups**;

3.6 **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations**.

4. MUSIC DURATION AND MUSIC PACE

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

- **MINI:** Track duration from 2'.00" to 2'.30", pace 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 – 38 BPM

4.2 Small-group uses its own Techno 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.

4.3 Use of music pieces other than Techno, 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 not allowed to execute any acrobatic elements. This includes elements executed in the air with **horizontal, sagittal and longitudinal rotation. The elements allowed are as follows:** cartwheel, forward roll, backward roll, shoulder stand, hand support with hips and legs below the head level, head stand, bridge, wave, neck spring, head spring, shoulder spring and hand stand. **Any irregularity in this respect will result in the small-group being disqualified**.

4.5 In the case when music duration and/or pace (BPM) 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 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 final Federation music will be used;

5.4 Competition Director, whenever necessary, may apply modifications to the execution of the competition.

6. CHARACTERISTICS AND MOVEMENTS

6.1 '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 motion (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, to a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and steps into the melody;

6.2 Techno is a term used for electronic dance music, mainly instrumental, where the role of a rhythm tends to be more important than musical parametres. Techno is faster than house (126-130 BMP) and uses more intensive synth samples. Experts say that the genre is a mixture of American funk and the European synthesized music often combined with jungle rhythms. There are many variations and subgenres that emerged from or within techno music, such as rave, trance or gabba; however it is the Detroit sound, that is known as the original one.

6.3 Typical moves used in techno are as follows:

- Bounce - characteristic feature of rave dancing in early 90's; bounce can be described as moves of feet back and forward while the trunk moves back and forward in the opposite direction as if it was receiving the powerful sound wave;
- Chest and hands movements (the idea of Leading Hand amplified by points and poses, typical for electro (tecktonik);
- Oppositional circular interaction of trunk and feet; characteristic for house;

- Various types of waves (waving and liquid);
- Hand movements (vogue, king tut, liquid, waacking and locking);
- Pops - shifting from one foot to another with the slight lifting of a hip;
- Criss-cross, pas-de-drill, triplet and farmer (characteristic for house);
- Up rocking and top rocking;
- Footwork typical for house style;

6.4 Dancers show their preparation through their dancing technique, interpretation of music, expressiveness, precision of their movements, body control and synchronism.

7. EVALUATION AND PENALTIES

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

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

7.2 The parameter **Technique** is expressed by: execution of movements in accordance with music pace; execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;

7.3 The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body) as well as timing and precision when executing patterns;

7.4 The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; the ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures;

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 variety of patterns;

7.6 Every mistake is penalised with the following deductions:

- **LOSS OF BALANCE** from zero (0) to five (5)
- **FALL** from zero (0) to ten (10)
- **TIMING MISTAKES** from zero (0) to fifteen (15)
- **BANNED ELEMENTS** **<u>Disqualification</u>**

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

8. BEHAVIOURAL NORMS FOR DANCERS

8.1 In order to present dance technique and choreography, a small-group is expected to use the whole available space;

8.2 Small-group must not approach the Adjudicators while performing. In order to visualise dancers' space dance-floor will be appropriately marked;

8.3 Small-group's start number needs to be clearly visible;

8.4 Costumes need to be appropriate to music and choreography;

8.5 During Competition dancers are prohibited to chew chewing gum;

8.6 During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

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

9.1 During Competition teachers, group leaders and team/club leaders **are strictly prohibited** to ask any explanations from the **Adjudicators.** All explanations, information or complaints may be discussed with the **Competition Director**, according to appropriate rules that concern execution of Competition.

SECTION 6

TECHNO 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 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 – 38 BPM**

4.2 Formation uses its own Techno 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;

4.3 **Use of music pieces other than Techno, 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 not allowed to execute any acrobatic elements.** This includes elements executed in the air with **horizontal, sagittal and longitudinal rotation. The elements allowed are as follows:** cartwheel, forward roll, backward roll, shoulder stand, hand support with hips and legs below the head level, head stand, bridge, wave, neck spring, head spring, shoulder spring and hand stand. **Any irregularity in this respect will result in the formation being disqualified**.

4.5 In the case when music duration and/or pace (BPM) 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 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 final Federation music will be used;

5.4 Competition Director, whenever necessary, may apply modifications to the execution of the competition.

6. CHARACTERISTICS AND MOVEMENTS

6.1 '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).

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