



**INTERNATIONAL
DANCE
FEDERATION**

TECHNICAL RULES

**DISCIPLINE:
TWIST**

SECTION 1

CATEGORIES:

- *TWIST COUPLE (two (2) dancers: one (1) Male and one (1) Female)*
- *TWIST SMALL-GROUP (between three (3) and five (5) couples)*
- *TWIST FORMATION (between six (6) and eight (8) couples)*

SECTION 2

TWIST 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 Dancer's age is considered with referral to the calendar year (1st January - 31st December). 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 Having reached the age limit for each category, dancers pass to the older category automatically. 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 Twist Couple is composed of two (2) dancers where one (1) is male and the other one is female;
- 2.4 In the case of a couple from mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category.

3. MUSIC DURATION AND MUSIC PACE (BPM)

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

Preliminaries and Semi-final (Federation Music)

- **MINI:** Track duration 1'.00", pace 44 – 46 BPM
- **YOUTH:** Track duration 1'.30", pace 46 – 48 BPM
- **JUNIOR:** Track duration 1'.30", pace 46 – 48 BPM
- **ADULT:** Track duration 1'.30", pace 48 – 50 BPM

Finals (Federation Music)

- **MINI:** Track duration 1'.00", pace 44 – 46 BPM
- **YOUTH:** Track duration 1'.30", pace 46 – 48 BPM

Finals (Own Music)

- **JUNIOR:** Track duration from 1'.30" to 1'.45", pace 46 – 48 BPM
- **ADULT:** Track duration from 1'.30" to 1'.45", pace 48 – 50 BPM

- 3.2 Music pieces used during competition need to be accepted by the IDF Restricted Technical Committee. The music pieces need to be of good quality and without any interruptions;

- 3.3** In finals, for dancers performing in the age categories **Mini and Youth, Federation Music** is used. Couples that perform in the age categories **Junior and Adult** use their own music pieces. The music pieces must contain only and exclusively Twist music. The Adjudicators pay attention to the choice of music pieces, with preferences towards music pieces typical for the historical period when Twist emerged. Each music piece needs to 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;
- 3.4** Dancers are not allowed to execute figures typical for Rock'n'Roll Category "B" and "A". Dancers are allowed to perform only and exclusively acrobatic elements marked as SAFETY LEVEL 3 from the Rock'n'Roll Technical Booklet. Dancers are allowed to execute the maximum number of three (3) acrobatic elements. In the case when the rule is not respected, a couple will be **immediately disqualified**;
- 3.5** Dancers are allowed to execute figures where mass centre of one of the partners is higher than the other partner's head;
- 3.6** It's obligatory for all the Categories to begin the sequence of competition departing with eight (8) cycle time;
- 3.7** In the case when music duration and/or pace (BPM) is not respected, **a couple 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 no more than three (3) couples performing on a dance-floor at time;
- 4.3** In the case when a couple lacks its own music in a final (in categories where own music is used), Federation music will be used;
- 4.4 Use of set (stage decorations), accessories and props is NOT allowed.** Dancers may use accessories and props that are part of their costumes (hats, glasses etc.); however, during the performance dancers must not take them off, put away or swap with their partner. In the case when the rule is not respected, a couple will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally;
- 4.5** Competition Director, whenever necessary, may apply modifications to the execution of the Competition.

5. EVALUATION

- 5.1** 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
- 5.2** The parameter **Technique** is expressed by: execution of movements in accordance with music pace as well as execution of technical elements, movements and figures (position, elegance, execution speed, timing and balance);
- 5.3** The parameter **Interpretation** is expressed by: dancers' ability to feel the music, dancers' ability to make the presentation look smooth and natural, 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;

- 5.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
- 5.5 **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** **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 its own personal and general space;
- 6.2 Couple must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 6.3 Couple'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 3

TWIST SMALL-GROUP *(between three (3) and five (5) 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. TWIST SMALL-GROUP

- 2.1** Twist small-group is composed of minimum number of **three (3)** and maximum number of **five (5)** couples. Each couple is composed of two (2) dancers where one (1) is male and the other one (1) is female.

3. AGE CATEGORIES

- 3.1** Dancer's age is considered with referral to the calendar year (1st January - 31st December). 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** 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;
- 3.4** **One or more dancers are not allowed to be nominated and perform in two (2) or more small-groups;**
- 3.5** **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" + 0'.30" introduction (optional) + 0'.15" exit (optional), pace 44 – 46 BPM;
 - **YOUTH:** Track duration from 2'.00" to 2'.30" + 0'.30" introduction (optional) + 0'.15" exit (optional), pace 46 – 48 BPM;
 - **JUNIOR:** Track duration from 2'.00" to 2'.30" + 0'.30" introduction (optional) + 0'.15" exit (optional), pace 46 – 48 BPM;
 - **ADULT:** Track duration from 2'.00" to 2'.30" + 0'.30" introduction (optional) + 0'.15" exit (optional), pace 48 – 50 BPM.
- 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 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** Dancers are not allowed to execute figures typical for Rock'n'Roll Category "B" and "A". Dancers are allowed to perform only and exclusively acrobatic elements marked as SAFETY LEVEL 3 from the Rock'n'Roll Technical Booklet. Dancers are allowed to execute the maximum number of three (3) acrobatic elements. In the case when the rule is not respected, the small-group will be **immediately disqualified**;
- 4.4** Dancers are allowed to execute figures where mass centre of one of the partners is higher than the other partner's head;
- 4.5** The music pieces need to be of good quality and without any interruptions. In the case when music duration and/or pace (BPM) limits are not respected, **the small-group will be immediately disqualified**. Both introduction and exit are optional which means they are not taken into consideration.

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** In preliminaries, semi-finals and finals there can be only one (1) small-group performing on a dance-floor at time;
- 5.3** Competition Director, whenever necessary, may apply modifications to the execution of the competition;
- 5.4 Use of set (stage decorations), accessories and props is NOT allowed.** Dancers may use accessories and props that are part of their costumes (hats, glasses etc.); however, during the performance dancers must not take them off, put away or swap with their partner or other dancers. In the case when the rule is not respected, the small-group will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally.

6. EVALUATION AND PENALTIES

- 6.1** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Synchronism** from one (1) to thirty (30) points
 - **Dance Figures** from one (1) to thirty (30) points
 - **Choreography** from one (1) to thirty (30) points
 - **Artistic Impression** from one (1) to ten (10) points
 - **Penalties** 1 point for each beat out of time
- 6.2** The parameter **Synchronism** is expressed by: similarity of figures and body movements of all dancers (legs, shoulders and upper body), maturity, lines, style, patterns and changes, dancers' posture, execution of movements in accordance with beats and rhythm. The Adjudicators pay attention to the choice of music pieces, with preferences towards music pieces typical for the historical period when Twist emerged;
- 6.3** The parameter **Dance Figures** is expressed by: difficulty level, variety and quantity of movements, figures and technical elements;
- 6.4** The parameter **Choreography** is expressed by: originality of the choreographed piece, variation of patterns, interpretation of music and use of space;
- 6.5** The parameter **Artistic Impression** is expressed by: initial and final presentation, elegance and costumes.

7. BEHAVIOURAL NORMS FOR DANCERS

- 7.1 In order to present dance technique and choreography, a small-group is expected to use the whole available space;
- 7.2 Small-group must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 7.3 Small-group's start number needs to be clearly visible;
- 7.4 Costumes need 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 4

TWIST FORMATION ***(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. TWIST FORMATION

- 2.1** Twist Formation is composed of minimum number of **six (6)** and maximum number of **eight (8)** couples. Each couple is composed of two (2) dancers where one (1) is male and the other one (1) is female.

3. AGE CATEGORIES

- 3.1** Dancer's age is considered with referral to the calendar year (1st January - 31st December). 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** 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;
- 3.4** **One or more dancers are not allowed to be nominated and perform in two (2) or more small-groups;**
- 3.5** **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 3'.00" + 1'.00" introduction (optional) + 0'.30" exit (optional), pace 44 – 46 BPM;
 - **YOUTH:** Track duration from 2'.30" to 3'.00" + 1'.00" introduction (optional) + 0'.30" exit (optional), pace 46 – 48 BPM;
 - **JUNIOR:** Track duration from 2'.30" to 3'.00" + 1'.00" introduction (optional) + 0'.30" exit (optional), pace 46 – 48 BPM;
 - **ADULT:** Track duration from 2'.30" to 3'.00" + 0'.30" introduction (optional) + 0'.30" exit (optional), pace 48 – 50 BPM.
- 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 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** Dancers are not allowed to execute figures typical for Rock'n'Roll Category "B" and "A". Dancers are allowed to perform only and exclusively acrobatic elements marked as SAFETY LEVEL 3 from the Rock'n'Roll Technical Booklet. Dancers are allowed to execute the maximum number of three (3) acrobatic elements. In the case when the rule is not respected, a formation will be **immediately disqualified**;
- 4.4** Dancers are allowed to execute figures where mass centre of one of the partners is higher than the other partner's head;
- 4.5** The music pieces need to be of good quality and without any interruptions. In the case when music duration and/or pace (BPM) limits are not respected, **the formation will be immediately disqualified**. Both introduction and exit are optional which means they are not taken into consideration.

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** In preliminaries, semi-finals and finals there can be only one (1) formation performing on a dance-floor at time;
- 5.3** Competition Director, whenever necessary, may apply modifications to the execution of the competition;
- 5.4 Use of set (stage decorations), accessories and props is NOT allowed.** Dancers may use accessories and props that are part of their costumes (hats, glasses etc.); however, during the performance dancers must not take them off, put away or swap with their partner or other dancers. In the case when the rule is not respected, the formation will be immediately disqualified. Disqualification should not be applied if a prop falls down on a dance-floor accidentally.

6. EVALUATION AND PENALTIES

- 6.1** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
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 - **Dance Figures** from one (1) to thirty (30) points
 - **Choreography** from one (1) to thirty (30) points
 - **Artistic Impression** from one (1) to ten (10) points
 - **Penalties** 1 point for each beat out of time
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- 6.5** The parameter **Artistic Impression** is expressed by: initial and final presentation, elegance and costumes.

7. BEHAVIOURAL NORMS FOR DANCERS

- 7.1 In order to present dance technique and choreography, a formation is expected to use the whole available space;
- 7.2 Formation must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 7.3 Formation's start number needs to be clearly visible;
- 7.4 Costumes need 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.