



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES
DISCIPLINE:
DISCO DANCE**

TYPOLOGY:

- **DISCO DANCE SOLO: Male – Female**
- **DISCO DANCE COUPLE: Two (2) dancers: one (1) Male and one (1) Female**
- **DISCO DANCE DUO: Two (2) dancers: both Males or both Females**
- **DISCO DANCE SMALL GROUP: Between three (3) and seven (7) dancers**
- **DISCO DANCE FORMATION: Between eight (8) and twenty-four (24) dancers**
- **DISCO DANCE PRODUCTION: More than twenty-four (24) dancers**



HISTORY OF DISCO DANCE

- Disco dance origins from the US where the genre developed in the mid-70's. However, it was an English teacher Anna Jones who contributed to its real development and converted it into a competitive form of what has become known as «English Freestyle». Throughout the years disco dance absorbed a variety of movements and elements from other disciplines and dance genres, mostly from jazz, rock'n'roll, gymnastics and aerobics.
- The current version of disco dance as a competitive discipline is a fusion of the following genres:
 - ✓ Classical dance (spins and jumps)
 - ✓ Jazz (isolations, core and connecting steps, spins and jumps)
 - ✓ Modern
 - ✓ Rock'n'Roll (footwork, mostly kicks)
 - ✓ Aerobics (footwork)
 - ✓ Gymnastics and acrobatics
- Dancers build their choreography with the focus on their interpretation of music, their dancing technique and expressiveness.



COMMON RULES

- For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancers who participate in Ranking Competitions that start in October will be considered with referral to the following calendar year (which means one (1) year older). Age categories are divided as follows:
 - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couple – Small Group – Formation - Production).
- Having reached the age limit for each category, dancers pass to the older category automatically.
- Pace (beats per minute) of music pieces must be as follows:
 - ✓ **MINI: 32 – 34 BPM**
 - ✓ **YOUTH – JUNIOR - ADULT: 34 – 36 BPM**
- Only **Disco Dance** music pieces may be used. Tracks must be in accordance with the following requirements:
 - ✓ Duration and pace limits in line with rules for each category.
 - ✓ Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- 'Beat' is a basic time unit of a music piece. The 'beat' is the pulse in the rhythm of a song. Tempo (pace) of a music piece is indicated in beats per minute (BPM). In order to indicate music pace one needs to count beats over the time of one (1'.00) minute and divide them by four (4). **EXAMPLE:** one counted 150 beats over the time of one minute. In order to indicate music pace the following equation should be used: **150 : 4 = 37,5 BPM.** This means that music pace of the music piece is 37,5 beats per minute. To dance '**in time**' means to follow the beats (**one**, two, **three**, four) with body movements (arms, shoulders, head etc.) and execution of figures. If a dancer does not follow the beats, which means moves faster or slower than has been determined by the beats, it means he/she dances '**out of time**'. A very important element of dancer's performance is 'Interpretation'. Interpretation is connected to musical melody. Melody is a sequence of musical notes arranged in succession, in particular rhythmic patterns of changing events, 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.
- Dancers / Groups who fail to respect the rules will be subject to the following penalties:
 - ✓ **Dancers/Groups performing without their start number**
 - ✓ **Dancer's fall**Will be given five (5) points penalty.
- Competitors /groups whose:
 - ✓ **Music is over/under time limits allowed**
 - ✓ **Music pace is faster or slower than required for each category**
 - ✓ **Invade other dancers' space while performing**Will be given ten (10) points penalty.
- Dancers/Groups who:
 - ✓ **Use set (stage decorations)**
 - ✓ **Use accessories and props**
 - ✓ **Execute prohibited Acrobatic Elements**
 - ✓ **Use any sort of music different than Disco**
 - ✓ **Fail to appear on stage after being called for the third time**Will be classified in the last place.

DISCO DANCE SOLO

(Male – Female)

- Disco Dance Solo is an individual presentation by either a male or a female dancer.
- In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same age group, and vice versa, for example Mini Male --> Mini Female, Youth Male --> Youth Female etc.
- Duration of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration 1':00"

Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':00" to 1':15"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- There can be no more than four (4) dancers performing on a dance floor in preliminaries and no more than three (3) in semi-finals.
- In the case when dancers lack their own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography and performance focusing on music interpretation and dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In finals, in order to present their dance technique and choreography, each dancer is expected to use the whole available space.

EVALUATION

- ✓ **INTERPRETATION** **From Three (3) to Thirty (30) points**
- ✓ **TECHNIQUE** **From Two (2) to Twenty (20) points**
- ✓ **CHOREOGRAPHY** **From One (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**



DISCO DANCE COUPLE (Male and Female)

- ↘ Disco Dance Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- ↘ If dancers represent mixed age categories (e.g. one is Youth and the other one is Junior), the couple must participate in the older category.
- ↘ Each dancer can participate in one or more Couple but in different age Category.
- ↘ Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- ↘ Dancers may participate in several dance categories (e.g. couples/duos etc).
- ↘ Duration of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration 1':15"

Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':15" to 1':30"

EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- ↘ 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.
- ↘ In the case when couples lack their own music in a final, Federation Music will be used.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that dancers build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- ↘ In finals, in order to present their dance technique and choreography, each couple is expected to use the whole available space.
- ↘ Support 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. Any irregularity in this respect will result in the couple being classified in the last place.**

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** From Three (3) to Thirty (30) points
- ✓ **TECHNIQUE** From Two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY** From One (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points



DISCO DANCE DUO

(Both Males or Both Females)

- Disco Dance Duo is composed of two (2) dancers where both of them are males or both are females.
- If dancers represent mixed age categories (e.g. one is Youth and the other one is Junior), the duo must participate in the older category.
- Each dancer can participate in one or more Couple but in different age Category.
- Mini dancers are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.
- Dancers may participate in several dance categories (eg. duos/couples etc).
- Duration of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration 1':15"

Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':15" to 1':30"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- There can be no more than three (3) duos performing on a dance floor in preliminaries and no more than two (2) in semi-finals.
- In the case when a duo lacks their own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In finals, in order to present their dance technique and choreography, each duo is expected to use the whole available space.
- Support 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. Any irregularity in this respect will result in the duo being classified in the last place.**

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** From Three (3) to Thirty (30) points
- ✓ **TECHNIQUE** From Two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY** From One (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

DISCO DANCE SMALL GROUP

(Between three (3) and seven (7) dancers)

- Small Group is composed of a minimum number of **three (3)** and a maximum number of **seven (7)** dancers.
- Small Groups registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.
- One or more dancers may be nominated and perform both in small groups, formations and production.
- **Dancers are allowed to be nominated and perform in one (1) or more small groups but only in different age division.**
- Duration of music pieces must be as follows:
 - Preliminaries, Semi-finals and Final (Own Music)**
 - ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 2':00" to 2':30"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) small group performing on a dance floor at a time.
- In the case when small groups lack their own music, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that groups build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In order to present their dance technique and choreography, each small group is expected to use the whole available space.
- Support 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. Any irregularity in this respect will result in the small group being classified in the last place.**

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** From Three (3) to Thirty (30) points
- ✓ **TECHNIQUE** From Two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** From One (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

DISCO DANCE FORMATION

(Between eight (8) and twenty-four (24) dancers)

- Formation is composed of a minimum number of **eight (8)** and a maximum number of **twenty-four (24)** dancers.
- Formation registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.
- One or more dancers may be nominated and perform both in small groups, formations and production.
- **Dancers are allowed to be nominated and perform in one (1) or more Formation but only in different age division.**
- Duration of music pieces must be as follows:
 - Preliminaries, Semi-finals and Final (Own Music)**
 - ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 2':30" to 4':00"

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) formation performing on a dance floor at a time.
- In the case when formations lack their own music, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that groups build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In order to present their dance technique and choreography, each formation is expected to use the whole available space.
- Support 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. Any irregularity in this respect will result in the formation being classified in the last place.**

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **TECHNIQUE** **From Two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** **From One (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**

DISCO DANCE PRODUCTION

(More than twenty-four (24) dancers)

- Production is composed of more than **twenty-four (24)** dancers.
- Production registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.
- One or more dancers may be nominated and perform both in small groups, formations and production.
- **Dancers are allowed to be nominated and perform in one (1) or more Production but only in different age division.**
- Duration of music pieces must be as follows:

Preliminaries, Semi-finals and Final (Own Music)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **3':00"** to **5':00"**

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) production performing on a dance floor at a time.
- In the case when productions lack their own music, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that groups build their choreography and performance focusing on music interpretation, dance technique as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.
- In order to present their dance technique and choreography, each Production is expected to use the whole available space.
- Support 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. Any irregularity in this respect will result in the production being classified in the last place.**

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** **From Three (3) to Thirty (30) points**
- ✓ **TECHNIQUE** **From Two (2) to Twenty (20) points**
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** **From One (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**

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