



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

TIPOLOGIES:

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



HISTORY OF DISCO FREESTYLE

- The crucial components of Disco Freestyle are acrobatic elements. In order to achieve highest scores from adjudicators dancers need to execute acrobatic elements correctly and without unnecessary risk. Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing. Preparation is a moment when dancer finishes his/her dancing movement and starts execution of the acrobatic element. Transition between these two elements should be smooth and with accordance with the musical melody and rhythm. Proper preparation is usually followed by correct execution. Execution is the way how the element is being performed (positioning of dancer's body, balance etc.). Landing is the final phase in the execution of the element. Having finished the execution of the element dancer should place him/herself in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm.
- The current version of disco freestyle 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 elements

Dancers show their preparation through music interpretation, technique, expressiveness and gymnastic skills.



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). Dancer who participates in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means one (1) year older) and age category are divided as follow:
 - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couples – Small Groups – Formations - Production);
 - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couples – Small Groups – Formations - Production);
 - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couples – Small Groups – Formations - Production);
 - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couples – Small Groups – Formations - Production);
- Having reached the age limit for each category, dancers pass to the older category automatically.
- Beats per minute of music pieces must be as follows:
 - ✓ **MINI:** 32 – 34 BPM
 - ✓ **YOUTH – JUNIOR - ADULT:** 34 – 36 BPM
- Music piece may represent only and exclusively the style of **Disco Dance** and must be in accordance with the following requirements:
 - ✓ Duration and pace limits respected 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, into a form of a recognisable unit. Interpretation should be understood as dancer's ability to adapt and apply movements and acrobatic elements into the melody.**
- Who fail to comply following rules:
 - ✓ **Dancer without start number;**Will be penalized of 5 (five) points.
- Who fail to comply following rules:
 - ✓ **Music over/under time limit;**
 - ✓ **Music over/under Beats per minute (BMP);**
 - ✓ **Dancer who executes less than 3 acrobatic elements, which might be individual or combined ;**
 - ✓ **Invade the space of other dancers;**Will be penalized of 10 (Ten) points.
- Who fail to comply following rules:
 - ✓ **Dancers who use scenography or set (Stage Decoration);**
 - ✓ **Use of accessories and props;**
 - ✓ **Dancers who execute Acrobatic Elements not allowed (Cat. MINI);**
 - ✓ **Dancers who use any other sort of music different than Disco;**
 - ✓ **Dancers who don't enter on the stage after third call;**Will be entered on last place.

- ↘ Dancers **are obliged** to perform **minimum three (3) different Acrobatic Elements without limit on the maximum, which might be individual or combined**. There can be no steps put between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered combination. As far as evaluation of combinations is concerned Adjudicators assign points for the most difficult element of the combination and then add one (1) point for each of the remaining elements in the combination; eg.: a combination of Somersault, Handstand and Kippe (head spring) should be evaluated as follows:
 - ✓ An adjudicator assigns points for the Somersault (which is the most difficult element of this combination) and then adds one (1) point for the Handstand and one (1) point for Kippe (head spring).
- ↘ Same evaluation must be applied in Small-Group – Formation – Production when the dancers perform various acrobatic Elements at the same time.
- ↘ There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. **Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet “Safety Level MINI”**
- ↘ **Any irregularity in this respect will result in the dancer being on last place.**
- ↘ **The judgment expressed by the Judges is the summatory of multiple parameters, differentiated according to the typology. The differentiation according to the typology is as follows:**
 - SOLO:**
 - ↘ The parameter **Acrobatic Elements + Technique** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed and dancer's flexibility and dynamics, smooth and fluid movements of arms and legs and speed and precision in execution of technical elements as well as dance movements and figures;
 - ✓ The parameter **Dance Figures** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancer's posture and body control);
 - ↘ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, dancer's costume and accessories, elegance, accordance with musical piece, dancer's facial expression and focus, arms' movements; entry and exit, bow and general impression;
- DUO/COUPLES:**
 - ↘ The parameter **Acrobatic Elements + Technique** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed and dancer's flexibility and dynamics, smooth and fluid movements of arms and legs and speed and precision in execution of technical elements as well as dance movements and figures;
 - ✓ The parameter **Dance Figures + Synchronism** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancer's posture and body control), similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic element (preparation, execution and landing) performed simultaneously;
 - ↘ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, dancer's costume and accessories, elegance, accordance with musical piece, dancer's facial expression and focus, arms' movements; entry and exit, bow and general impression;

SMALL GROUPS/FORMATIONS/PRODUCTION:

- ↘ The parameter **Acrobatic Elements + Technique** is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed and dancer's flexibility and dynamics, smooth and fluid movements of arms and legs and speed and precision in execution of technical elements as well as dance movements and figures;
- ✓ The parameter **Dance Figures + Synchronism** is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancer's posture and body control), similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic element (preparation, execution and landing) performed simultaneously;
- ↘ The parameter **Choreography + Presentation** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, dancer's costume and accessories, elegance, accordance with musical piece, dancer's facial expression and focus, arms' movements; entry and exit, bow and general impression;
- ↘ All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.
- ↘ 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.



DISCO FREESTYLE SOLO

(Male – Female)

➤ Having reached the age limit for each category, dancers pass the older category automatically.

➤ Duration of music pieces must be as follow:

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 three (3) dancers performing on a dance-floor in preliminaries and no more than two (2) in semi-finals;

➤ In the case when a dancer lacks his/her own music in a final, Federation Music will be used;

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

CHARACTERISTIC AND MOVEMENTS

➤ Dancers show their preparation through technique of execution of acrobatic elements, dance figures, choreography, presentation and gymnastic skills.

➤ In Final, in order to present dance technique and choreography, a dancer is expected to use the whole available space.

EVALUATION

- | | |
|---|---|
| ✓ ACROBATIC ELEMENTS + TECHNIQUE | from three (3) to Thirty (30) points |
| ✓ DANCE FIGURES | from two (2) to Twenty (20) points |
| ✓ CHOREOGRAPHY + PRESENTATION | from one (1) to Ten (10) points |

PENALTIES

- | | |
|--------------------------|------------------------|
| ✓ FALL | Five (5) points |
| ✓ TIMING MISTAKES | Ten (10) points |



DISCO FREESTYLE COUPLE (Male and Female)

- Disco Freestyle Couple is composed of two (2) dancers where one (1) is male and the other one is female.
- 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;
- They may participate in several dance categories (eg. couples/duos etc.).
- Duration of music pieces must be as follow:

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 Two (2) Couples performing on a dance-floor in preliminaries and no more than Two (2) in semi-finals;
- In the case when a couple lacks his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Couples show their preparation through technique of execution of acrobatic elements, dance figures and synchronism, choreography, presentation and gymnastic skills.
- In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the Couple being on last place.**

EVALUATION

- ✓ ACROBATIC ELEMENTS + TECHNIQUE from three (3) to Thirty (30) points
- ✓ DANCE FIGURES + SYNCHRONISM from two (2) to Twenty (20) points
- ✓ CHOREOGRAPHY + PRESENTATION from one (1) to Ten (10) points

PENALTIES

- ✓ FALL Five (5) points
- ✓ TIMING MISTAKES Ten (10) points



DISCO FREESTYLE DUO **(Both Males or Both Females)**

- Disco Freestyle Duo is composed of two (2) dancers where both of them are males or both are females.
- In the case of a duo from mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category;
- They may participate in several dance categories (eg. couples/duos etc.).
- Duration of music pieces must be as follow:

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 Two (2) Duos performing on a dance-floor in preliminaries and no more than Two (2) in semi-finals;
- In the case when a couple lacks his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Duos show their preparation through technique of execution of acrobatic elements, dance figures and synchronism, choreography, presentation and gymnastic skills.
- In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the Duo being on last place.**

EVALUATION

- ✓ **ACROBATIC ELEMENTS + TECHNIQUE** from three (3) to Thirty (30) points
- ✓ **DANCE FIGURES + SYNCHRONISM** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points
- ✓ **TIMING MISTAKES** Ten (10) points

DISCO FREESTYLE SMALL GROUPS

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

- ↘ Small-group is composed of minimum number of **three (3)** and 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 1 (one) choreographed piece;
- ↘ One or more dancers may be nominated and perform both in small-groups and formations;
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small-groups;**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more production.**
- ↘ Duration of music pieces must be as follow:

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 time;
- ↘ In the case when a Small Group lacks its own music in a final, Federation Music will be used;
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- ↘ Small Groups show their preparation through technique of execution of acrobatic elements, dance figures and synchronism, choreography, presentation and gymnastic skills.
- ↘ In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the Small Group being on last place.**

EVALUATION

- ✓ **ACROBATIC ELEMENTS + TECHNIQUE** from three (3) to Thirty (30) points
- ✓ **DANCE FIGURES + SYNCHRONISM** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points
- ✓ **TIMING MISTAKES** Ten (10) points



DISCO FREESTYLE FORMATION

(Between Eight (8) and Twenty four (24) dancers)

- Formation is composed of minimum number of **eight (8)** and 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 1 (one) choreographed piece;
- One or more dancers may be nominated and perform both in small-groups and formations;
- **Two (2) dancers are allowed to be nominated and perform in two (2) or more small-groups;**
- **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- **Eight (8) dancers are allowed to be nominated and perform in two (2) or more production.**
- Duration of music pieces must be as follow:

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 time;
- In the case when a Formation lacks its own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Formations show their preparation through technique of execution of acrobatic elements, dance figures and synchronism, choreography, presentation and gymnastic skills.
- In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the Formation being on last place.**

EVALUATION

- | | |
|---|---|
| ✓ ACROBATIC ELEMENTS + TECHNIQUE | from three (3) to Thirty (30) points |
| ✓ DANCE FIGURES + SYNCHRONISM | from two (2) to Twenty (20) points |
| ✓ CHOREOGRAPHY + PRESENTATION | from one (1) to Ten (10) points |

PENALTIES

- | | |
|--------------------------|------------------------|
| ✓ FALL | Five (5) points |
| ✓ TIMING MISTAKES | Ten (10) points |



DISCO FREESTYLE 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 1 (one) choreographed piece;
- ↘ One or more dancers may be nominated and perform both in small-groups and formations;
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small-groups;**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more production.**
- ↘ Duration of music pieces must be as follow:

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 time;
- ↘ In the case when a Production lacks its own music in a final, Federation Music will be used;
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- ↘ Productions show their preparation through technique of execution of acrobatic elements, dance figures and synchronism, choreography, presentation and gymnastic skills.
- ↘ In Final, in order to present dance technique and choreography, a 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 partner's head. Any irregularity in this respect will result in the Production being on last place.**

EVALUATION

- ✓ **ACROBATIC ELEMENTS + TECHNIQUE** from three (3) to Thirty (30) points
- ✓ **DANCE FIGURES + SYNCHRONISM** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points
- ✓ **TIMING MISTAKES** Ten (10) points

