



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

TIPOLOGIES:

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



HISTORY OF DISCO SLOW

- ✎ Disco Slow is the amalgamation of several dance genres, such as:
 - ✓ Slow Jazz and Jazz (Lyrical Jazz), which are the disco origins;
 - ✓ Modern Dance
 - ✓ Classical Ballet
 - ✓ Contemporary,
 - ✓ Release Technique
 - ✓ Improvisation
- ✎ Gymnastic, Aerobic and Acrobatic elements also form an important part of the Disco Slow choreography. However, none of the dance genres nor gymnastic and acrobatic elements used should be dominant; choreography should be balanced and composed in a way so it matches disco character and creates a high quality and expressive performance.
- ✎ '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;
- ✎ Dancer shows his/her preparation through interpretation of music, his/her dancing technique and expressiveness.

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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 - YOUTH – JUNIOR - ADULT: 16 – 26 BPM**
- Music piece may represent only and exclusively the style of **New Age Rhythm & Blues, Slow Rock, Pop Rock and Alternative Rock is allowed. Hip Hop, Techno, House, Dance Hall and Rock and Roll tracks are prohibited** 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;
- 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);**
 - ✓ **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 not allowed Acrobatic Elements;**
 - ✓ **Dancers who use any other sort of music not allowed;**
 - ✓ **Dancers who don't enter on the stage after third call;**Will be entered on last place.
- **Dancers are allowed to execute gymnastic and acrobatic elements, but only the ones where hands or other parts of dancer's body remain on the floor. Execution of gymnastic or acrobatic ELEMENTS WITH THE PHASE OF FLIGHT is not allowed. 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 **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) and use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;
 - ✓ The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; 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;

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

DUO/COUPLES:

- ✓ **Technique + Synchronism** are 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, associated together similarity and body movements of both dancers (legs shoulder and upper body);
- ✓ **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;
- ✓ **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;

SMALL GROUPS/FORMATIONS/PRODUCTION:

- ✓ **Technique+ Synchronism** are 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, associated together similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision when executing patterns;
 - ✓ **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;
 - ✓ **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit 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 variation of patterns.
- ⚡ 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.

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DISCO SLOW 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 four (4) dancers performing on a dance-floor in preliminaries and no more than three (3) 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 must demonstrate the knowledge acquired to the Jury, through music interpretation, technique of dance, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or Styles) used and appropriate clothing.
- In Final, in order to present dance technique and choreography, a dancer is expected to use the whole available space;

EVALUATION

- ✓ **TECHNIQUE** from three (3) to Thirty (30) points
- ✓ **INTERPRETATION** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points



DISCO SLOW COUPLE

(Male and Female)

- Disco Slow 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 three (3) 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 must demonstrate the knowledge acquired to the Jury, through music interpretation, technique of dance, synchronization, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- 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

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

PENALTIES

- ✓ **FALL** Five (5) points



DISCO SLOW DUO

(Both Males or Both Females)

- Disco Slow Duo is composed of two (2) dancers where both of them are males or both are females.
- In the case of a couple from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category;
- They may participate in several dance categories (eg. duos/couples 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 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 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 must demonstrate the knowledge acquired to the Jury, through music interpretation, technique of dance, synchronization, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- 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

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

PENALTIES

- ✓ **FALL** Five (5) points



DISCO SLOW 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 Group must demonstrate the knowledge acquired to the Jury, through music interpretation, technique of dance, synchronization, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- 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

- ✓ **TECHNIQUE + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **INTERPRETATION** from two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points



DISCO SLOW 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 must demonstrate the knowledge acquired to the Jury, through music interpretation, technique of dance, synchronization, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- 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

- ✓ **TECHNIQUE + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **INTERPRETATION** from two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

DISCO SLOW 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 must demonstrate the knowledge acquired to the Jury, through music interpretation, technique of dance, synchronization, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- ↘ 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

- ✓ **TECHNIQUE + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **INTERPRETATION** from two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points
