



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES
DISCIPLINE:
FREE DANCE CATEGORY
(FDC)**

TIPOLOGIES:

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

HISTORY OF FREE DANCE CATEGORY

- ✚ Free Dance Category borns to allow to all dancers to participate in IDF competitions. Many dancers would like to participate but cannot, because they perform styles of dance not provided by IDF Rules. Free Dance Category it's it..... A Discipline where dancers can show their style or styles of dance who aren't styles provided from IDF Rules. They can show for ex. Ballroom, Flamenco, Tango.....
- ✚ Dancer shows his/her preparation through interpretation of music, his/her 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). 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: FREE**
- Music piece can be a mixing of different type of music 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;**
Will be penalized of 10 (Ten) points.
- Who fail to comply following rules:
 - ✓ **Use existing dance style provides on IDF Rules if they aren't a mix of different styles;**
 - ✓ **Don't use mix of genres styles of dance;**
 - ✓ **Dancers who don't enter on the stage after third call;**
Will be entered on last place.
- The choreographed piece may be composed of one or mix of the existing music genres. It's not obligatory to perform a history. Choreography must be composed of more than one dance style.
- **Use of set (stage decorations), accessories and props is allowed, but not obligatory. The decorations need to be a part of the choreography, BUT NOT OBLIGATORY. The decorations are free on dimensions. Dancers are obliged to set up their decorations on stage THEMSELVES. Ten seconds (10)" for the set to be brought to the stage and set up and ten seconds (10)" for the set to be taken off, with the possibility of one/two people to be helping them when leaving the stage.**
- Dancer is allowed to execute acrobatic elements. There are no restrictions regarding the acrobatic elements executed by ANY AGE CATEGORY (MINI, Youth, Junior or Adult). All acrobatic elements may be performed. Execution of acrobatic elements is optional and should not influence adjudication. **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 **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
 - ✓ 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;

DUO/COUPLES:

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

SMALL GROUPS/FORMATIONS/PRODUCTION:

- ✓ **Choreography + Synchronism** 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., associated together similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision when executing patterns;
 - ✓ **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;
 - ✓ **Interpretation + Artistic impression** 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, associated at dancers' initial and final presentation (dancers' entry and exit from the dance-floor).
- 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.



FREE DANCE CATEGORY 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:

Own Music

Preliminaries – Semi-finals - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':15" to 1':45"

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) Solo performing on a dance-floor at time;
- In the case when a dancer lacks his/her own music in a final, can be choose other music to 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 order to present dance technique and choreography, a dancer is expected to use the whole available space;

EVALUATION

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

PENALTIES

- ✓ **FALL** Five (5) points



FREE DANCE CATEGORY COUPLE (Male and Female)

- Free Dance Category 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:

Own Music

Preliminaries - Semi-finals - Final

- ✓ **MINI - YOUTH – JUNIOR – ADULT:** Track duration from **1':30"** to **2':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) Couple performing on a dance-floor at time;
- In the case when a couple lacks his/her own music in a final, can be choose other music to 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 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

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

PENALTIES

- ✓ **FALL** Five (5) points



FREE DANCE CATEGORY DUO

(Both Males or Both Females)

- Free Dance Category 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:

Own Music

Preliminaries - Semi-finals - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **1':30"** to **2':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) dUO performing on a dance-floor at time;
- In the case when a Duo lacks his/her own music in a final, can be choose other music to 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 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

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

PENALTIES

- ✓ **FALL** Five (5) points



FREE DANCE CATEGORY 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, can be choose other music to 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

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

PENALTIES

- ✓ **FALL** Five (5) points



FREE DANCE CATEGORY 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, can be choose other music to 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

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

PENALTIES

- ✓ **FALL** Five (5) points



FREE DANCE CATEGORY 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, can be choose other music to 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

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

PENALTIES

- ✓ **FALL** Five (5) points
