



**INTERNATIONAL  
DANCE  
FEDERATION  
TECHNICAL RULES  
DISCIPLINE:  
FREE SHOW**

**TIPOLOGIES:**

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

\*\*\*\*\*

## 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.
- Dancers use their own music piece which 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;
- The choreographed piece may be composed of any of existing dance techniques **excluding:**
  - ✓ **DISCO DANCE**
  - ✓ **TECHNO**
  - ✓ **HIP HOP**
  - ✓ **JAZZ FUNK**
  - ✓ **DANCE POP**
  - ✓ **HOUSE**
  - ✓ **DANCE HALL**
  - ✓ **WAACKING**
  - ✓ **BREAK DANCE**
  - ✓ **POPPING**
  - ✓ **BELLY DANCE**
  - ✓ **CARIBBEAN**
  - ✓ **ROCK'N ROLL**
  - ✓ **BOOGIE WOOGIE**
  - ✓ **TWIST**
  - ✓ **DISCO FREESTYLE**
- ✓ 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:
  - ✓ **Dancers who use scenography or set (Stage Decoration);**
  - ✓ **Use of accessories and props;**
  - ✓ **Dancers who use dance technique not allowed;**
  - ✓ **Dancers who execute Acrobatic Elements not allowed;**
  - ✓ **Dancers who don't enter on the stage after third call;**  
Will be entered on last place.
- ✓ Dancers **are obliged** to perform **Acrobatic Elements without limit, 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).
- ✚ 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** 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; The parameter
- ✓ **Technique** 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** 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 + Synchronism** 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, 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 **Technique** 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;

**SMALL GROUPS/FORMATIONS/PRODUCTION**

- ✓ The parameter **Acrobatic Elements + Synchronism** 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 similarity of movements in all phases of acrobatic element (preparation, execution and landing) performed simultaneously.

- ✓ The parameter **Technique** 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;
- ✚ 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 SHOW 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;
- **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, Technique of dance, choreography, presentation and gymnastic skills.
- In order to present dance technique and choreography, a dancer is expected to use the whole available space.

### EVALUATION

- ✓ **ACROBATIC ELEMENTS** 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

\*\*\*\*\*

## FREE SHOW COUPLE

(Male and Female)

- Free Show 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, 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 and synchronism, technique of dance, 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 + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to Ten (10) points

### PENALTIES

- ✓ **FALL** Five (5) points

\*\*\*\*\*

## **FREE SHOW DUO**

**(Both Males or Both Females)**

- Free Show 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:

### **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) Solo performing on a dance-floor at time;
- **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 and synchronism, technique of dance, 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 + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to Ten (10) points

### **PENALTIES**

- ✓ **FALL** Five (5) points

\*\*\*\*\*

## **FRRE SHOW 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 and synchronism, technique of dance, 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 + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to Ten (10) points

### **PENALTIES**

- ✓ **FALL** Five (5) points

\*\*\*\*\*



## FREE SHOW 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 and synchronism, technique of dance, 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 + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY + PRESENTATION** from one (1) to Ten (10) points

### PENALTIES

- ✓ **FALL** Five (5) points

\*\*\*\*\*

## **FREE SHOW 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 and synchronism, technique of dance, 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**

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

### **PENALTIES**

- ✓ **FALL** **Five (5) points**

\*\*\*\*\*