



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES**

**DISCIPLINE:
DANCE POP**

TIPOLOGY:

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

HISTORY OF DANCE POP

- Dance pop is a genre that combines a range of street dance styles of the 1970s and 1980s era, mainly Street Jazz with the elements of Popping, Locking or Hip-Hop. Dance Pop as a dance genre developed through creating choreographies to pop music (also called funky) and "New Jack Swing" - the form of the post-disco music, characterised by a less syncopated than funk rhythm section and a simple song structure, with a focus on a musical theme and catchy melodies. Famous choreographers of Dance Pop include: Paula Abdul, Tina Landon, Eddie Morales, Marty Koudelka, Travis Payne, Wade Robson, etc.
- Movements of Dance Pop clearly reflect the nature of music. Typical moves include: syncopated movements, slow motion movements, Batman, rotations, drops, splits and half-splits, expressive poses, jazz dance footwork in conjunction with isolated body movements, gliding, ticking (typical for Popping) as well as elements of Locking and Hip-Hop.
- *It is expected that dancers' performance is not a sequence of micro-movements with little co-ordination but a smooth sequence of both fluid, fast and co-ordinated steps supported by good technique, expressiveness and an adequate costume.*



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.
- Music pace (beats per minute) must be as follows:
 - ✓ **MINI: 30 – 32 BPM**
 - ✓ **YOUTH – JUNIOR - ADULT: 30 – 34 BPM**
- Music piece may represent only and exclusively the style of **Pop, New Jack Swing** 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.
- Dancers/ Groups who fail to respect the rules will be subject to the following penalties:
 - ✓ **Dancers/groups performing without a start number**
 - ✓ **Dancer's Fall**
Will be given five (5) points penalty.
- Dancers/ Groups:
 - ✓ **Whose music duration is over/under the permitted time limit**
 - ✓ **Whose music pace is faster/slower than allowed**
 - ✓ **Who invade other dancers' space while performing**Will be given ten (10) points penalty.
- Dancers/Groups who commit the following:
 - ✓ **Use set (stage decorations)**
 - ✓ **Use accessories and/or props**
 - ✓ **Use music different than Pop and/or New Jack Swing**
 - ✓ **Fail to appear on stage after being called for the third time**Will be given 'the last place' classification penalty.
- Dancers are allowed to perform acrobatic and gymnastic elements, including the ones typical for Break Dance. 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". In the case when the rule is not respected, dancers/groups will be classified in the last place.
- Execution of acrobatic elements is optional and should not influence adjudication.
- Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are 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** 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 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** 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 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**, in accordance with the appropriate Competition Execution regulations.



DANCE POP SOLO

(Male – Female)

- Dance Pop 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 focusing on dance technique, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In finals, in order to present their dance technique and choreography, dancers are 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**

DANCE POP COUPLE

(Male and Female)

- ↘ Dance Pop 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 (eg. 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 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. 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 focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- ↘ In finals, in order to present their dance technique and choreography, each couple is expected to use the whole available space.
- ↘ Supports 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

- ✓ **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

DANCE POP DUO

(Both Males or Both Females)

- ↘ Dance Pop Duo is composed of two (2) dancers where both of them are males or both are females.
- ↘ If dancers represent mixed age categories (eg. 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 Duo but in different 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 duos 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 focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- ↘ In finals, in order to present their dance technique and choreography, each duo is expected to use the whole available space.
- ↘ Supports 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

- ✓ **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**

DANCE POP SMALL GROUPS

(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 two (2) 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 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 groups build their choreography focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- ↘ In order to present their dance technique and choreography, each small group is expected to use the whole available space.
- ↘ Supports 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 classified in the 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**

DANCE POP 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 two (2) 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 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 groups build their choreography focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In order to present their dance technique and choreography, each formation is expected to use the whole available space.
- Supports 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 classified in the last place.**

EVALUATION

- ✓ **TECHNIQUE +SYMNCHRONISM** 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

DANCE POP 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 category.
- One or more dancers may be nominated and perform both in small groups and formations.
- **Dancers are allowed to be nominated and perform in two (2) 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 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 focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In order to present their dance technique and choreography, each production is expected to use the whole available space.
- Supports 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 classified in the 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