



2026

TECHNICAL

RULES

DISCIPLINE:

**CONTEMPORARY
& MODERN**



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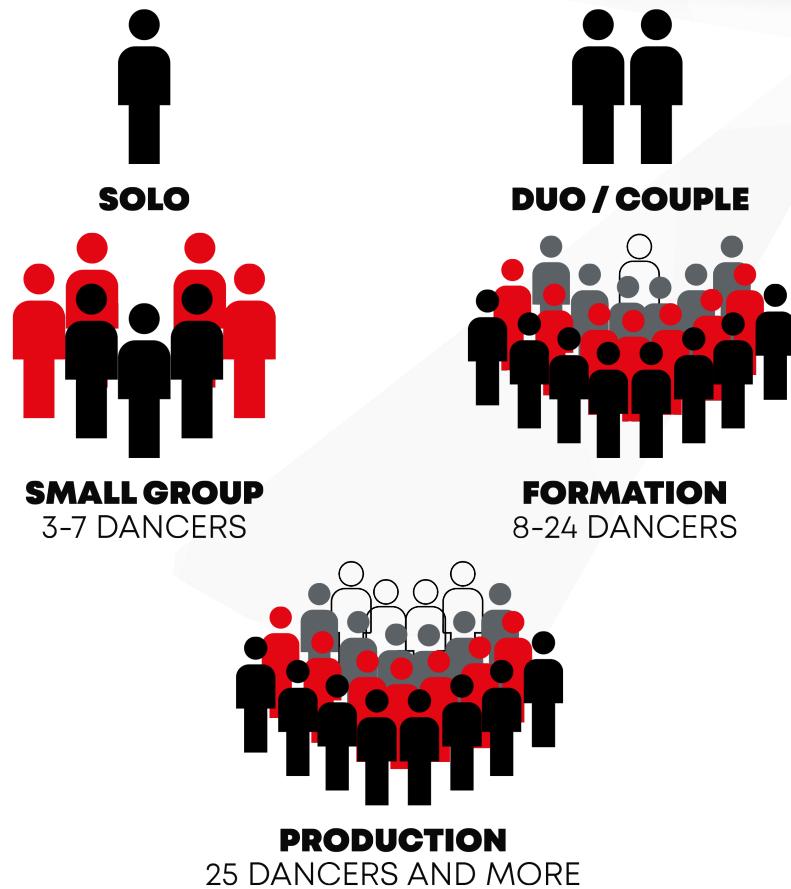
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TYPOLOGY



AGE DIVISIONS

AGE DIVISIONS IN SOLO, DUO AND COUPLE

MINI	UP 9 Y.O.
YOUTH *	10-13 Y.O.
YOUTH 1	10-11 Y.O.
YOUTH 2	12-13 Y.O.
JUNIOR	14-16 Y.O.
ADULT	17 Y.O. AND OVER

AGE DIVISIONS IN SMALL GROUP, FORMATION AND PRODUCTION

MINI	UP 9 Y.O.
YOUTH	10-13 Y.O.
JUNIOR	14-16 Y.O.
ADULT	17 Y.O. AND OVER

*Division into Youth 1 and Youth 2 is possible only if there is a sufficient number of registered participants.

Dancer's age is considered with reference to the calendar year (January 1st - December 31st). Dancers who participate in Ranking Competitions that start in October will be considered with reference to the following calendar year (which means one (1) year older). Having reached the age limit for each Age Division, dancers pass to the older Age Division automatically.

PENALTIES

Dancers / Groups who fail to respect the Rules will be subject to the following penalties:

PENALTIES	DESCRIPTION
5 points	<ul style="list-style-type: none"> - Performing without a start number; - Dancer's fall causing an interruption of the performance, lasting less than one musical bar; - Whose music duration is over/under the permitted time limit;
10 points	<ul style="list-style-type: none"> - Dancer's fall causing an interruption of the performance, lasting more than one musical bar;
Last place	<ul style="list-style-type: none"> - Use of stage decorations; - Use of props; - Use of accessories; - Execution of acrobatic elements where dancers lose the contact with the dancefloor; - Execution of gymnastic lines (multiple gymnastic moves, travelling from corner to corner). - Dancer's fall that causes the performance to stop completely or results in the dancer leaving the stage early. - Failure to appear on stage after being called for the third time; - Dancers of MINI Age Division who perform lifts and supports where one partner's hips are above the other partner's head.

MUSIC REQUIREMENTS

Accompaniment may include music, music and vocal, vocal only, moment of silence, a variety of sounds as well as human speech. A part of the routine (**no more than 20 seconds**) may be performed without music accompaniment.

Musical choice should be an internal ingredient of the dance, a creative experiment that creates the atmosphere, helps express the story or dancer's emotions and sustain the energy of the dance.

Music tempo **is not restricted**.

ROUND	MUSIC DURATION				
	SOLO	DUO/COUPLE	SMALL GROUP	FORMATION	PRODUCTION
Preliminaries					
Semi-final	1'00" - 2'00"	1'00" - 2'00"	2'00" - 3'00"	3'00" - 5'00"	3'00" - 5'00"
Final					
	Own music				

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

Contemporary dance became widespread in the early 1960s. The dance choreography was inspired by the ideas of postmodernism and sought to reject the choreography of modern dance, which, according to postmodernists, seemed too pretentious.

The dance form of Contemporary encourages the use of completely ordinary and everyday movements. An idea and concept plus the emphasis on using movement to express dancer's emotions or convey a story are crucial parts of choreography. It is assumed that absolutely all human movements are an expression of the dance and any part of dancer's body can be the center of the movement.

Contemporary dance is based on four main elements of dance: space, time, lines and curves.

The characteristics of contemporary dance are:

- Floorwork;
- Fall and recovery;
- Tension and relaxation;
- Contract and release of the body;
- Changes in rhythm;
- Improvisation;
- Balance and off-balance;
- Space and articulation;
- Spiral;
- Swing;
- Communication and expression.

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

When choreographing a contemporary piece for the IDF competition dancers should use techniques and artistic ideas based on the following:

- Alexander technique;
- Feldenkrais technique;
- Pina Bausch technique;
- William Forsythe technique;
- Tricia Brown technique;
- Yvonne Rainer technique;
- Steve Paxton technique;
- Tatsumi Hijikata technique;
- David Zambrano technique;
- Contact improvisation techniques;
- Release-techniques;
- Flying-low techniques;
- Other contemporary dance artists and choreographers.

Modern Dance is the genre of dance art that arose in Germany and America in the late 19th - early 20th centuries, as a rejection of the canons of classical ballet, the embodiment of new themes and plots with original dance-plastic means. The body moves with free interpretations originating from the inner emotions of the dancer.

Modern dance is a genre of contrasts and thus offers an incredibly wide range of means of expression. It is a combination of rising and falling, dynamics and lyric, expression and silence. The characteristics of modern dance are:

- Floor elements;
- Organic movements;
- Dynamics;
- Body Control;
- Techniques of classical dance;
- Creative skills;

When choreographing a modern piece for the IDF competition dancers should use techniques and artistic ideas based on the following:

- Ruth Saint-Dani, Ted Shawn
- Martha Graham;
- Doris Humphrey;
- Charles Weidman;
- Jose Limon;
- Lester Horton;
- Kurt Yoss;
- Mary Wigman;
- Hania Holm;
- Merce Cunningham;
- Other modern dance artists and choreographers.

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

It is expected that dancers (Solo, Duo/Couple, Small Group, Formation, Production) build their performances focusing on strong technique, interpretation, expressiveness and clear dance concept. The main evaluation criteria are: Technique, Interpretation & Synchronism, Choreography, Artistic Impression and Dance Concept. The choreographed piece may be composed of one or more out of techniques allowed.

All dancers are required to perform for the entire duration of the designated music track. To present their performances, each dancer (Solo, Duo/Couple, Small Group, Formation, Production) is expected to use the whole available space.

RESTRICTIONS



Stage Decorations, Props, Accessories. Use of stage decorations is prohibited. Use of props is prohibited. Use of accessories is prohibited.



Acrobatic and Gymnastic Elements, Lifts and Supports. Acrobatic elements are prohibited.

The elements that are not considered acrobatic and therefore permitted are all elements/variations where a part of the body always remains in contact with the floor, without flight phase.

Lifts and Supports are permitted (with restriction in MINI Age Division).

MINI Age Division restrictions:

Dancers are not allowed to execute lifts and supports where one partner's hips are above the other partner's head.

JUDGING CRITERIA

Overall mark given by the Adjudicators is calculated as the sum of marks for each criterion. The criteria, in order of importance, are as follows:

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
Solo	TECHNIQUE + INTERPRETATION	1-30	Technique + Interpretation 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 with its horizontals, verticals and diagonals, dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; an 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' and 'pause'
	CHOREOGRAPHY	1-20	Choreography is expressed by: distribution of figures and movements in accordance with dance context and costumes.
	ARTISTIC IMPRESSION + DANCE CONCEPT	1-10	Artistic Impression + Dance Concept is expressed by: dancers' initial and final presentation (dancer' entry and exit from the dancefloor); originality of music piece, movement, gesture, emotions, costume and dance composition.

JUDGING CRITERIA

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
Duo/ Couple/ Small group/ Formation/ Production	TECHNIQUE + INTERPRETATION + SYNCHRONISM	1-30	Technique + Interpretation + 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) and use of the whole personal and general space with its horizontals, verticals and diagonals, dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; an 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' and 'pause'. The parameter is also expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body) in elements performed simultaneously.
	CHOREOGRAPHY	1-20	Choreography is expressed by: distribution of figures and movements in accordance with dance context and costumes
	ARTISTIC IMPRESSION + DANCE CONCEPT	1-10	Artistic Impression + Dance Concept is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dancefloor); originality of music piece, movement, gesture, emotions, costume and dance composition.

Costumes of participants in accordance with IDF Dress Code Regulations.

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.

EXECUTION OF COMPETITION

CONTEMPORARY & MODERN SOLO (Male – Female)

Contemporary & Modern Solo is an individual presentation by either a male or a female dancer. Participants may compete only within their designated Age Division.

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. 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) dancer performing on a dancefloor at a time.

CONTEMPORARY & MODERN DUO (Both males or both females) / CONTEMPORARY & MODERN COUPLE (Male and Female)

Contemporary & Modern Duo is composed of two (2) dancers where both of them are males or both are females.

Contemporary & Modern Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.

This discipline features a single category for Duos and Couples.

If dancers represent mixed Age Divisions (e.g. one is Youth and the other one is Junior), the Duo / Couple must participate in the older Age Division.

Each dancer can participate in one or more Duo / Couple, but in different Age Divisions. Dancers of Mini Age Division 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.

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/Couple performing on a dancefloor at a time.

EXECUTION OF COMPETITION

CONTEMPORARY & MODERN SMALL GROUP
(Between three (3) and seven (7) dancers)

CONTEMPORARY & MODERN FORMATION
(Between eight (8) and twenty-four (24) dancers)

CONTEMPORARY & MODERN PRODUCTION
(Twenty-five (25) dancers and more)

Contemporary & Modern Small Groups / Formations / Productions registered in Youth – Junior – Adult Age Divisions may include dancers from younger Age Divisions.

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 productions.

Dancers are allowed to be nominated and perform in two (2) or more Small Groups / Formations / Productions but only in different Age Divisions.

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/ Formation/Production performing on a dancefloor at a time.

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

For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.