



2026 TECHNICAL RULES

DISCIPLINE:

**CONTEMPORARY
IMPROVISATION**



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TYPOLOGY



SOLO

AGE DIVISIONS

There are **no age divisions** in this discipline.

PENALTIES

Dancers 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; - Failure to comply with the requirement to perform for the entire duration of the designated music track (penalty applied by the Adjudicators); - Dancer's fall causing an interruption of the performance, lasting less than one musical bar.
10 points	<ul style="list-style-type: none"> - Dancer's fall causing an interruption of the performance, lasting more than one musical bar; - Who invade other dancers' space while performing.
Last place	<ul style="list-style-type: none"> - Use of stage decorations; - Use of props; - Use of accessories; - 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.

MUSIC REQUIREMENTS

Various genres of music can be used: classical, symphonic, collaborative, experimental, ambient, music from movies, soundscapes or natural sounds, etc.
Music tempo is not restricted.

ROUND	MUSIC DURATION
	SOLO
Preliminaries	
Semi-final	Up to 1'00"
Final	
	Federation' music

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

In this discipline 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;
- Techniques of other contemporary dance artists and choreographers.

The characteristics (concepts) of contemporary dance are:

- Floorwork;
- Fall and recovery;
- Tension and relaxation;
- Contraction and release;
- Changes of rhythm;

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

- Improvisation;
- Balance and off-balance;
- Space and articulation;
- Spiral;
- Swing;
- Communication and expression.

So, performers should use one or more of the techniques or concepts listed above.
Movement focus: contemporary dance vocabulary only.

Emphasis on: body awareness and articulation; flow, weight, contraction, release; spatial and dynamic exploration; emotional and conceptual depth.

The participant conveys the rhythm, character, melody, and internal drama of the music or text using his or her own expressive means, dance vocabulary, technical and plastic solutions, finding his or her original style of performance, his or her manner, and his or her priorities.

All dancers are required to perform for the entire duration of the designated music track.

In Finals, to present their performances, each dancer 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. Acrobatic and Gymnastic Elements are permitted.

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	MUSICALITY	1-30	Musicality is expressed by: dancer's ability to convey the character and mood of the music, to emphasize its features through plastic means and compositional-spatial solutions.
	TECHNIQUE + INTERPRETATION	1-20	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 with its horizontals, verticals and diagonals. Interpretation is expressed by: 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	1-10	Choreography is expressed by: distribution of figures and movements in accordance with dance context.

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 IMPROVISATION SOLO (Male – Female)

Contemporary Improvisation Solo is an individual performance presented by a male or female dancer.

Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.

There can be no more than three (3) dancers performing on a dancefloor in preliminaries and no more than two (2) in semi-finals.

Finals are held with only one (1) dancer performing on a dancefloor at a time. In Finals, when all finalists have finished their individual performances, a «general minute» («general heat») will be held.

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.