



2026

# TECHNICAL RULES

DISCIPLINE:

**DISCO  
FREESTYLE**



@internationaldancefedidf



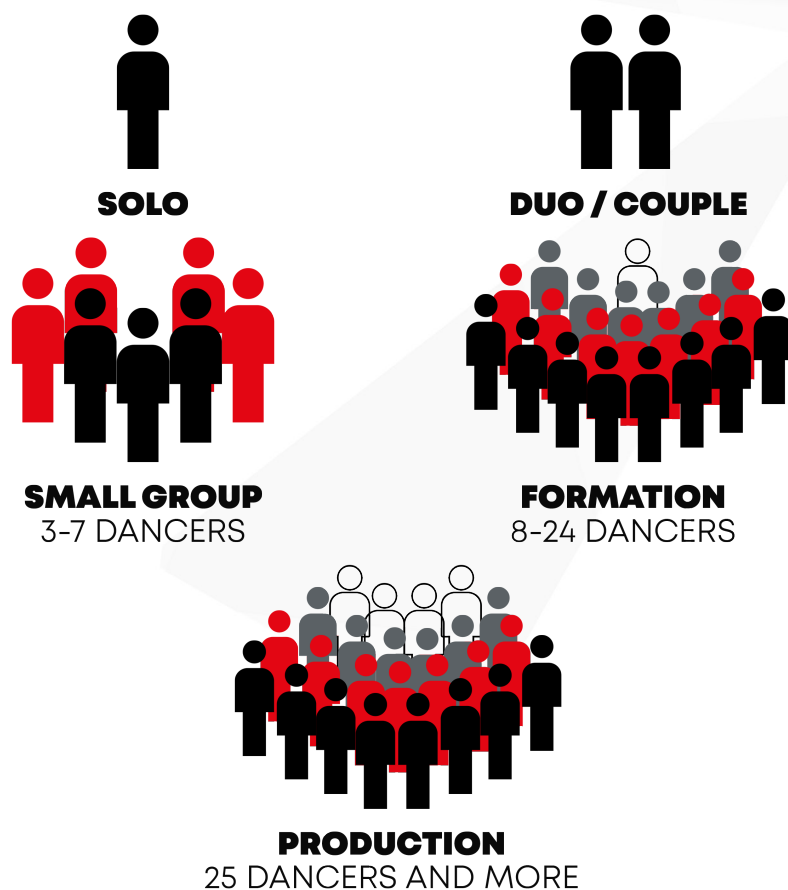
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# TYPOLGY



# AGE DIVISIONS

## AGE DIVISIONS IN SOLO, DUO AND COUPLE

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

## AGE DIVISIONS IN SMALL GROUP, FORMATION AND PRODUCTION

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

\*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 who fail to respect the Rules will be subject to the following penalties:

PENALTIES	DESCRIPTION
<b>5 points</b>	<ul style="list-style-type: none"> <li>- Performing without a start number;</li> <li>- Failure to comply with the requirement to perform for the entire duration of the designated music track (penalty applied by the Adjudicators);</li> <li>- Dancer's fall causing an interruption of the performance, lasting less than one musical bar;</li> <li>- Whose music duration is over/under the permitted time limit (small groups, formations, productions);</li> <li>- Whose music pace is faster or slower than required (small groups, formations, productions).</li> </ul>
<b>10 points</b>	<ul style="list-style-type: none"> <li>- Dancer's fall causing an interruption of the performance, lasting more than one musical bar;</li> <li>- Who invade other dancers' space while performing;</li> <li>- Execute less than three (3) acrobatic elements, which might be individual or combined.</li> </ul>
<b>Last place</b>	<ul style="list-style-type: none"> <li>- Use of stage decorations;</li> <li>- Use of props;</li> <li>- Use of accessories;</li> <li>- Use of music different than disco;</li> <li>- Dancer's fall that causes the performance to stop completely or results in the dancer leaving the stage early;</li> <li>- Failure to appear on stage after being called for the third time;</li> <li>- Dancers of MINI Age Division perform lifts and supports where one partner's hips are above the other partner's head.</li> </ul>

# MUSIC REQUIREMENTS

Only Disco music must be used.

- **Music tempo 136 – 144 bpm** (beats per minute);

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

# TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

The crucial components of Disco Freestyle are acrobatic elements. In order to achieve the highest scores from adjudicators, dancers need to execute acrobatic elements correctly and without an unnecessary risk.

Execution of each acrobatic element should be divided into three (3) phases: preparation, execution and landing.

**Preparation** is a moment when a dancer finishes his/her dancing movement and starts execution of the acrobatic element. Transition between these two elements should be smooth and in accordance with the musical melody and rhythm. Appropriate preparation is usually followed by the correct execution.

**Execution** is the way how the element is being performed (positioning of dancer's body, balance etc.).

**Landing** is the final phase in the execution of the element.

A 100% correct acrobatic element must necessarily fulfil the following criteria:

1. Safety;
2. Amplitude;
3. Speed of execution during the acrobatic phase;
4. Quality of technical and aesthetic execution;
5. Fluidity;
6. Control;
7. Perfect landing.



# TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

Having finished the execution of the element dancer should place himself/herself in a balanced position. Transition between landing and entering the next step should be performed nice and smoothly in accordance with musical melody and rhythm. The current version of Disco Freestyle as a competitive discipline is a fusion of the following:

- Classical dance (spins and jumps);
- Jazz (isolations, core and connecting steps, spins and jumps);
- Modern (levels, contraction, release);
- Rock-n-Roll (footwork, mostly kicks);
- Aerobics (footwork);
- Gymnastics and acrobatics elements.

Dancers **are obliged** to perform **minimum three (3) different Acrobatic Elements which might be individual or combined. There are no limits with regards to the maximum number of acrobatic elements allowed.** There can be no steps executed between the acrobatic elements of which the combination is composed. The combination where acrobatic elements are divided by other steps is not considered a combination.

It is expected that dancers (Solo, Duo/Couple, Small Group, Formation, Production) build their performances focusing on execution technique of acrobatic elements, dance figures, choreography, presentation and gymnastic skills.

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

In Finals, 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.

# RESTRICTIONS



**Acrobatic and Gymnastic Elements, Lifts and Supports.**  
Acrobatic elements **are permitted**.  
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
<b>Solo</b>	<b>ACROBATIC ELEMENTS + TECHNIQUE</b>	<b>1-30</b>	<b>Acrobatic Elements + Technique</b> is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancer's flexibility and dynamics, smooth and fluid movements of arms and legs combined with speed and precision in execution of technical elements as well as dance movements and figures.
	<b>DANCE FIGURES</b>	<b>1-20</b>	<b>Dance Figures</b> 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).
	<b>CHOREOGRAPHY</b>	<b>1-10</b>	<b>Choreography</b> is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

# JUDGING CRITERIA

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
<b>Duo/ Couple/ Small group/ Formation/ Production</b>	<b>ACROBATIC ELEMENTS + TECHNIQUE</b>	<b>1-30</b>	<b>Acrobatic Elements + Technique</b> is expressed by: difficulty level of acrobatic elements performed, execution technique, height and speed, dancers' flexibility and dynamics, smooth and fluid movements of arms and legs combined with speed and precision in execution of technical elements as well as dance movements and figures.
	<b>DANCE FIGURES + SYNCHRONISM</b>	<b>1-20</b>	<b>Dance Figures + Synchronism</b> is expressed by: execution of dance figures (difficulty level, precision, type of movements, balance, tempo and timing, use of space, dancers' posture and body control), similarity of figures and body movements of both dancers (legs, shoulders and upper body) and similarity of movements in all phases of acrobatic elements (preparation, execution and landing) performed simultaneously.
	<b>ARTISTIC IMPRESSION + CHOREOGRAPHY</b>	<b>1-10</b>	<b>Artistic Impression + Choreography</b> is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dancefloor); 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.

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

## **DISCO FRESTYLE SOLO (Male – Female)**

Disco Freestyle 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 Division, 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.

There can be no more than four (4) dancers performing on a dancefloor in preliminaries and no more than three (3) in semi-finals.

Finals are held with only one (1) dancer performing on a dancefloor at a time.

## **DISCO FRESTYLE DUO (Both males or both females) / DISCO FRESTYLE COUPLE (Male and Female)**

Disco Freestyle Duo is composed of two (2) dancers where both of them are males or both are females.

Disco Freestyle 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.

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

Finals are held with only one (1) Duo / Couple performing on a dancefloor at a time.



# EXECUTION OF COMPETITION

## **DISCO FREESTYLE SMALL GROUP (Between three (3) and seven (7) dancers)**

## **DISCO FREESTYLE FORMATION (Between eight (8) and twenty-four (24) dancers)**

## **DISCO FREESTYLE PRODUCTION (Twenty-five (25) dancers and more)**

Disco Freestyle 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.