



2026

TECHNICAL RULES

DISCIPLINE:
DISCO SLOW



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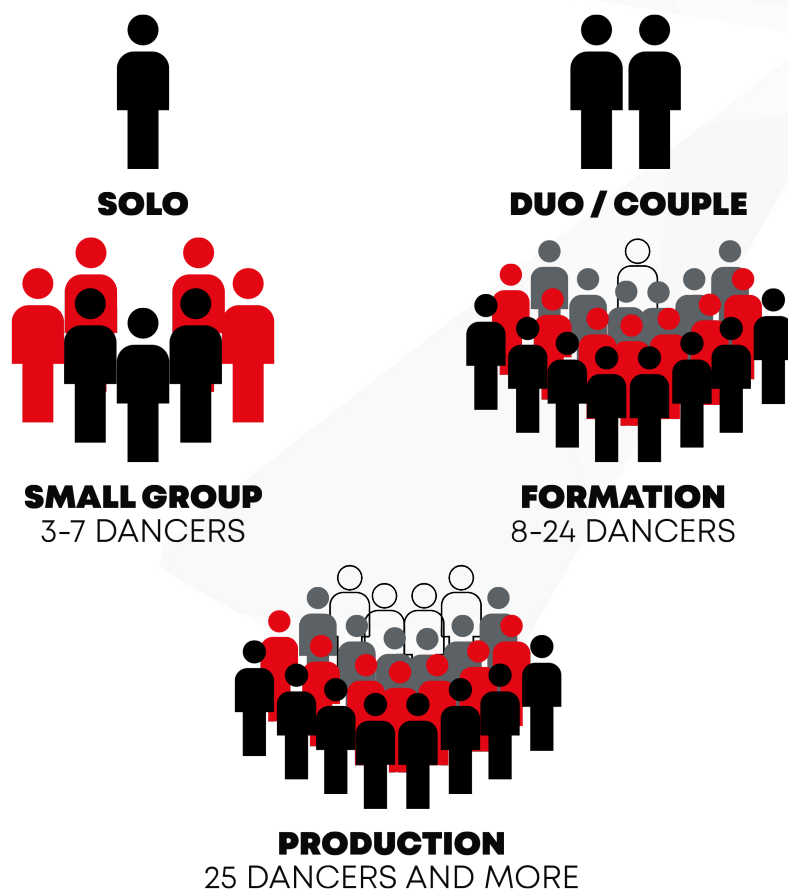
president@idfdance.org



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TYPOLGY



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

PENALTIES	DESCRIPTION
5 points	- 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; - Whose music duration is over/under the permitted time limit (small groups, formations, productions); - Whose music pace is faster or slower than required (small groups, formations, productions).
10 points	- Dancer's fall causing an interruption of the performance, lasting more than one musical bar; - Who invade other dancers' space while performing.
Last place	- Use of stage decorations; - Use of props; - Use of accessories; - Use of music genres that are not compliant with the Rules; - 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 who execute acrobatic elements; - Dancers of MINI Age Division who perform lifts and supports where one partner's hips are above the other partner's head.

MUSIC REQUIREMENTS

Only New Age Rhythm & Blues, Slow Rock, Pop Rock and Alternative Rock tracks **are allowed**. Hip Hop, Techno, House, Dancehall and Rock-n- Roll tracks **are prohibited**.
 - **Music tempo 64 – 104 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

Disco Slow is defined as a dance discipline that combines elements of the following styles and techniques:

- Slow Jazz and Jazz (Lyrical Jazz);
- Modern Dance;
- Classical Ballet;
- Contemporary;
- Release Technique;
- Improvisation.

Gymnastic, aerobic, and acrobatic elements may be included as part of the choreography.

No single dance style, gymnastic or acrobatic elements shall be dominant. The choreography must demonstrate a balanced integration of techniques and be composed in accordance with the disco character of the discipline, ensuring a high-quality, expressive, and stylistically coherent performance.

It is expected that dancers (Solo, Duo/Couple, Small Group, Formation, Production) build their performances focusing on technique, music interpretation and synchronism as well as expressiveness combined with a fluid, agile, swift, coordinated and elegant sequence of movements. Both performance and costumes should be matching the music style.

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

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**. 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	1-30	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	1-20	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 and originality of music.

JUDGING CRITERIA

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
Duo/ Couple/ Small group/ Formation/ Production	TECHNIQUE + SYNCHRONISM	1-30	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 dancefloor) with its horizontals, verticals and diagonals. The parameter is also expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body) in elements performed simultaneously.
	INTERPRETATION	1-20	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' and 'pause'.
	ARTISTIC IMPRESSION + CHOREOGRAPHY	1-10	Artistic Impression + Choreography 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 SLOW SOLO (Male – Female)

Disco Slow 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 SLOW DUO (Both males or both females) / DISCO SLOW COUPLE (Male and Female)

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

Disco Slow 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 SLOW SMALL GROUP (Between three (3) and seven (7) dancers)

DISCO SLOW FORMATION (Between eight (8) and twenty-four (24) dancers)

DISCO SLOW PRODUCTION (Twenty-five (25) dancers and more)

Disco Slow 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.