



# 2026 TECHNICAL RULES

**DISCIPLINE:**  
**FREE DANCE**



@internationaldancefedidf



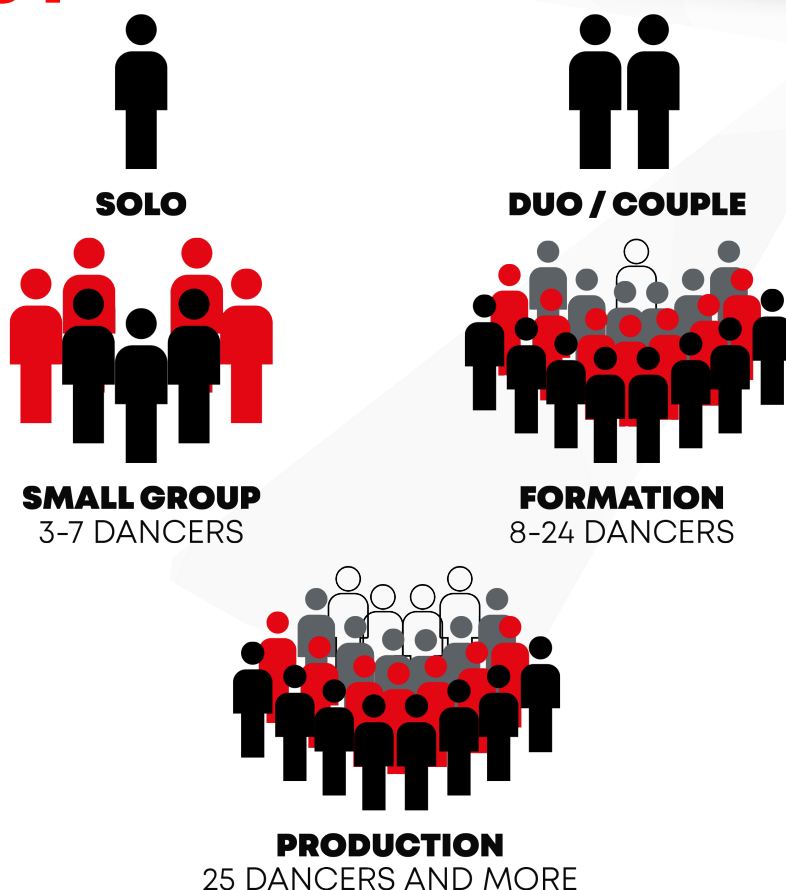
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# TYPOLGY



# 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;</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> </ul>
<b>Last place</b>	<ul style="list-style-type: none"> <li>- Use of stage decorations;</li> <li>- Choreography based solely on one dance style that exists as a separate IDF discipline and is covered by separate IDF Rules;</li> <li>- Dancer's fall that causes the performance to stop completely or results in the dancer leaving the stage early;</li> <li>- Do not respect time limits for their stage decorations to be put on/off the stage;</li> <li>- Failure to appear on stage after being called for the third time;</li> <li>- Dancers of MINI Age Division who perform lifts and supports where one partner's hips are above the other partner's head.</li> </ul>



# MUSIC REQUIREMENTS

**No specific requirements** for music genres in this discipline.  
Music tempo **is not restricted**.

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

# TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

Free Dance is a discipline that has been created in order to allow dancers of all genres to participate in the IDF competitions. Free Dance is a category open to all styles/genres/techniques which are not included in other disciplines, for example Ballroom Dancing, Flamenco, Tango, Rock-n-Roll, Boogie Woogie, Twist, Tap Dance, Folk Dance etc. Free Dance also allows dancers to use the genres that are the existing IDF disciplines, but only if they are mixed together or mixed with the genres not covered by the IDF rules. The choreography does not need to present a story.

It is expected that dancers (Solo, Duo/Couple, Small Group, Formation, Production) build their performances focusing on strong technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements and appropriate costume. The main evaluation criteria are: Choreography and Technique.

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 permitted**. Use of accessories **is permitted**.



**Acrobatic and Gymnastic Elements, Lifts and Supports.** Acrobatic and gymnastic 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.

*Execution of acrobatic elements is optional and should not influence adjudication.*

# 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>CHOREOGRAPHY</b>	<b>1-30</b>	<b>Choreography</b> is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
	<b>TECHNIQUE</b>	<b>1-20</b>	<b>Technique</b> 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.
	<b>INTERPRETATION</b>	<b>1-10</b>	<b>Interpretation</b> 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' or other figures.

# JUDGING CRITERIA

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
<b>Duo/ Couple/ Small group/ Formation/ Production</b>	<b>CHOREOGRAPHY + SYNCHRONISM</b>	<b>1-30</b>	<b>Choreography + Synchronism</b> is expressed by: 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., associated together similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision when executing patterns.
	<b>TECHNIQUE</b>	<b>1-20</b>	<b>Technique</b> 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.
	<b>INTERPRETATION + ARTISTIC IMPRESSION</b>	<b>1-10</b>	<b>Interpretation + Artistic impression</b> 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, associated at dancers' initial and final presentation (dancers' entry and exit from the dancefloor).

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

## **FREE DANCE SOLO (Male – Female)**

Free Dance 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.

Preliminaries, semi-finals and finals are held with only one (1) dancer performing on a dancefloor at a time.

## **FREE DANCE DUO (Both males or both females) / FREE DANCE COUPLE (Male and Female)**

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

Free Dance 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

## **FREE DANCE SMALL GROUP (Between three (3) and seven (7) dancers)**

## **FREE DANCE FORMATION (Between eight (8) and twenty-four (24) dancers)**

## **FREE DANCE PRODUCTION (Twenty-five (25) dancers and more)**

Free Dance 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.