



2026

TECHNICAL

RULES

DISCIPLINE:
JAZZ



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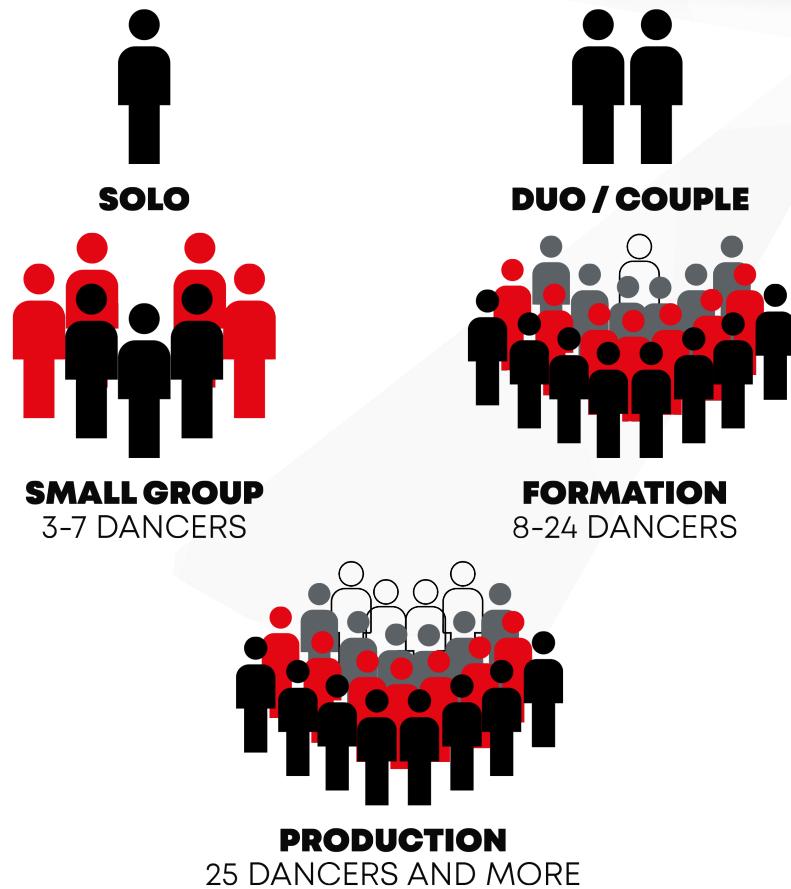
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TYPOLOGY



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; - 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;
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; - Execution of acrobatic elements where dancers lose the contact with the dancefloor; - 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

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

The choreographed piece may be composed only and exclusively of the following techniques:

- Afro jazz;
- Broadway jazz / theatrical jazz;
- Jazz-pop;
- Latin jazz;

Afro-Jazz combines traditional African dance styles with elements of jazz. It is often characterized by the use of traditional African steps, syncopated rhythms, and improvisation. Afro-jazz may tell a story or convey strong emotions through movement, making it a powerful and engaging style to watch.

Broadway Jazz / Theatrical Jazz draws inspiration from staged theatrical dance and combines it with traditional jazz dance techniques. It is known for its dynamism, physical storytelling (dance mime), and the use of props and costumes. Broadway jazz often features dramatic movement and strong, character-driven expressiveness, delivering a narrative through dance. Bob Fosse and Jack Cole are among the most influential pioneers of this dance style.

Jazz-Pop is a high-energy fusion dance style that blends traditional jazz techniques (jumps, turns, kicks, body isolations, sharp and precise movements, grounded steps) with modern commercial styles such as hip hop, jazz funk, vogue, and others, adapting to contemporary popular music trends.;

Latin Jazz is a general term for dance performed to music that combines African and Latin American rhythms with jazz harmony. It comes in two varieties: Brazilian (including bossa nova) and Afro-Cuban (including salsa, merengue, songo, son, mambo, timba, bolero, bachata, charanga, and cha-cha);

In this discipline, the technique should be evaluated with the ability to perform movement with fluency that can be supported and enhanced by the accompanying music or sound. Movement performance requires a fluent quality that does not afford obvious partitioning or segmenting. Dance choreography has to be totally different from a gymnastic exercise where movements are disconnected and not smooth.

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

There are many types of jazz dance and the style has evolved throughout history. There are many jazz songs that we can use to feel the style and rhythm of jazz dance. Jazz dance pairs animated expressions with sharp yet fluid motions. One of the most distinct characteristics of jazz dance is the use of isolation, a jazz technique in which dancers isolate one part of the body. While this one-part moves, the rest of the body remains still. Oftentimes, dancers isolate their head, shoulders, ribs, or hips. By bending their knees, jazz dancers also maintain a low center of gravity to enhance different movements.

Jazz is an expressive form of dance with many types of dance steps and footwork, each with a unique flare and technique.

Here are a few dance moves:

- **Pas de bourrée:** This is a sequence of footsteps used to transition from one dance move to the next. Completing a full pas de bourrée begins by stepping back. Dancers then step to the side and back to the front. The movement is often repeated quickly to travel across the dancefloor.

- **Ball change:** A ball change uses the balls of the feet to shift the dancer's weight from one foot to the next. Like the pas de bourrée, you can use a ball change to transition between dance moves. Dancers transfer their weight to the ball of one foot, and then step forward with the other foot. **Pirouette:** A pirouette is when a dancer turns on one foot. While one leg remains planted on the ground, the other leg spins, turning the dancer's body.

- **Jazz walk:** Jazz walks are a stylish form of dance walking that use a tiptoeing step to turn the walk into a cat strut. Jazz walks are ways to transition from one movement to the next, or you can use them as a statement dance move on their own.

- **Jazz square:** The jazz square is a versatile and foundational step in jazz dance. This movement involves four steps that form the shape of a square on the dancefloor. You can do jazz squares rapidly or slowly depending on how the dancer wants to exaggerate and shape the movement.

- **Flying Charleston:** Dance partners face one another to perform the flying Charleston. Dancers move counterclockwise to form a large circle across the dancefloor. This dance step allows the dancers to use the entire dancefloor.

Jazz dancers may dance to jazz accompaniments, but their movements may also be jazz dance even without jazz music. Jazz dance often mirrors the sounds, rhythms, and techniques of this music. The movements are syncopated or occur between the beats of the music, and the backbeat is the most important. This emphasis makes the performance feel laid-back despite quick and volatile movements. The most popular music in recent times is jazz music, afro drum and base, music from musical, pop music (Michael Jackson, Janet Jackson, Paula Abdul and other popular music).

It is expected that dancers (Solo, Duo/Couple, Small Group, Formation, Production) build their performances focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements.

The main evaluation criteria are: Technique and Interpretation. The choreographed piece may be composed of one or more out of the techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.

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**. Accessories can be held in the hands and lowered to the floor if the choreography requires it.



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

JAZZ SOLO (Male – Female)

Jazz 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.

JAZZ DUO (Both males or both females) / JAZZ COUPLE (Male and Female)

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

JAZZ SMALL GROUP
(Between three (3) and seven (7) dancers)

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

JAZZ PRODUCTION
(Twenty-five (25) dancers and more)

Jazz 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.