



2026 TECHNICAL RULES

DISCIPLINE:
LYRICAL DANCE

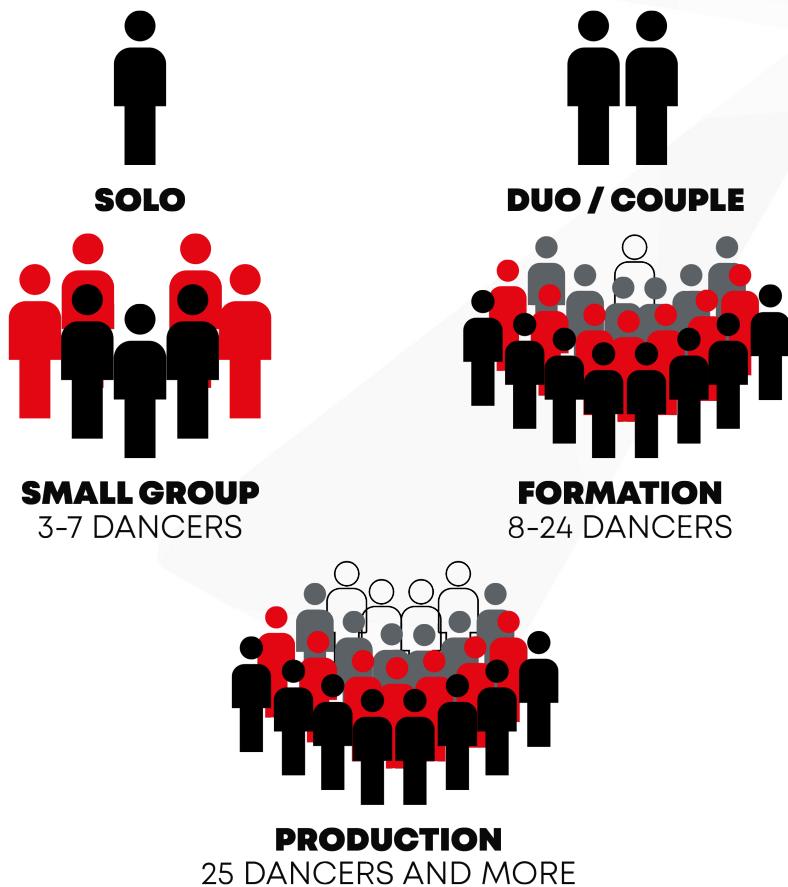


 @internationaldancefedidf

 president@idfdance.org

 idfdance.org

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 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 (small groups, formations, productions); - Whose music pace is faster or slower than required (small groups, formations, productions).
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 and/or 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

Lyrical Dance can be performed to any lyrical music, from popular pop singer, instrumental, etc., which does not have the power of rhythm but expresses more feelings.

- **Music tempo 64 – 104 bpm** (beats per minute);

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

TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

Lyrical Dance is a graceful and expressive dance style that combines elements of ballet, jazz/lyrical jazz, and modern dance.

Key traits include fluid transitions, expressive body movements (arms, torso, legs), grounded yet weightless feel, and a focus on conveying human emotions through movement, making it both technically demanding and deeply personal. Lyrical Dance requires solid technical foundation (ballet/jazz) and emphasizes emotional connection and "feeling" the music.

Lyrical Dance combines the grace of ballet (extensions, pointed feet) with the freedom of jazz (turns, leaps) and modern dance (groundedness, torso movement). Lyrical Dance features continuous, smooth, and graceful movements with seamless transitions between steps, creating a sense of weightlessness.

Lyrical Dance may include both slow, expressive passages and faster, more dynamic sections. Sharp, clearly defined movements are often used to emphasize emotional transitions and changes in mood.

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. 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. 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.

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

LYRICAL DANCE SOLO (Male – Female)

Lyrical 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.

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.

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

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

Lyrical 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.

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

LYRICAL DANCE SMALL GROUP
(Between three (3) and seven (7) dancers)

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

LYRICAL DANCE PRODUCTION
(Twenty-five (25) dancers and more)

Lyrical 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.