



# 2026 TECHNICAL RULES

DISCIPLINE:  
**PREMIUM  
TEAM**



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# TYPOLOGY

**PREMIUM TEAM** - a team composed of parents of dancers who represent their country in the competition. Premium Team is a group presentation with a minimum of three (3) dancers taking part. There are no specific requirements in terms of the maximum number of dancers allowed.

# AGE DIVISIONS

Participation in this discipline is open to dancers aged 30 years and over. Dancer's age is considered with reference to the calendar year (January 1st - December 31st).

# 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>- Dancer's fall causing an interruption of the performance, lasting less than one musical bar;</li> <li>- Whose music duration is over 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>- 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> </ul>

# MUSIC REQUIREMENTS

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

ROUND	MUSIC DURATION GENERAL CATEGORY
<b>Preliminaries</b>	
<b>Semi-final</b>	Up to 10':00"
<b>Final</b>	
	<b>Own music</b>

# TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

Premium Team Discipline focuses on spectacle, emotional impact, and audience engagement, extending beyond traditional dance style boundaries. It is expected that Premium Team built their performances around a clear concept, theme or idea, which determines the choreography, music, staging, and visual elements.

All components of the performance are subordinated to this unified artistic vision. A Premium Team can combine multiple artistic elements and expressive tools, including:

- Choreography and dance technique;
- Music and sound design;
- Theatrical expression and dramaturgy;
- Visual effects (lighting, props, costumes, scenery);
- Spatial design and stage composition;

The interaction of these elements is essential to the overall impression of the performance.

Technical difficulty serves the artistic intent rather than being the main goal. Due to the nature of the discipline, the choreography may be composed of any dance style/s (genre/s). The choreography may be composed of one (1) or more dance styles (genres).

**Maximum choreography duration must not exceed ten (10':00") minutes including time for dancers' entry and exit and for the stage decorations to be brought on stage, set up and taken away.**

# RESTRICTIONS



**Stage Decorations, Props, Accessories.** Use of stage decorations is permitted. Use of props is permitted. Use of accessories is permitted.

It is suggested that if used, the stage decorations are an integral part of the choreography. The decorations are free in dimensions. Stage decorations must take no longer than **15 seconds (15")** to set up and **15 seconds (15")** to carry it away, with the possibility of other people to be helping dancers.

Time will begin as soon as the first piece of scenic material touches the stage and, in taking it off, as soon as the last piece is off the stage.



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

Acrobatic and Gymnastic elements are permitted.

Lifts and Supports are permitted.

# 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
General category	<b>INTERPRETATION</b>	<b>1-30</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'.
	<b>ARTISTIC IMPRESSION + IDEA</b>	<b>1-20</b>	<b>Artistic impression + idea</b> is expressed by: dancer's ability to create and communicate a clear artistic concept throughout the performance; the originality and clarity of the idea, theme, or concept; the dancer's ability to express mood, character, and emotional content; overall aesthetic quality and impact of the performance on the audience and Adjudicators.
	<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.

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

## **PREMIUM TEAM (General category)**

All countries are allowed to nominate one (1) or more choreographies in this discipline so long as with different dancers.

There is only one general category «Premium team» which is a group performance with an age restriction of **30 years and over**.

Preliminaries, semi-finals and finals are held with only one (1) PREMIUM TEAM 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.