



**TPOLOGY:**

- **JAZZ AND LYRICAL JAZZ SOLO:** Individual category: male or female
- **JAZZ AND LYRICAL JAZZ COUPLE:** Two (2) dancers: one (1) male and one (1) female
- **JAZZ AND LYRICAL JAZZ DUO:** Two (2) dancers: both males or both females
- **JAZZ AND LYRICAL JAZZ SMALL GROUP:** Between three (3) and seven (7) dancers
- **JAZZ AND LYRICAL JAZZ FORMATION:** Between eight (8) and twenty-four (24) dancers
- **JAZZ AND LYRICAL JAZZ PRODUCTION:** More than twenty-four (24) dancers



## COMMON RULES

- For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- Dancer's age is considered with referral to the calendar year (January 1<sup>st</sup> - December 31<sup>th</sup>). Dancers who participate in Ranking Competitions that start in October will be considered with referral to the following calendar year (which means one (1) year older).
- Age categories are divided as follows:
  - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couple – Small Group – Formation - Production).
  - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couple – Small Group – Formation - Production).
- Having reached the age limit for each category dancers pass to the older category automatically.
- Dancers use their own music piece which must be in accordance with the following requirements:
  - ✓ Music duration and pace limits in line with rules for each category;
  - ✓ Visibly exposing dancers' / group: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- Dancers / Groups who fail to respect the rules will be subject to the following penalties:
  - ✓ **Dancers/groups performing without a start number**
  - ✓ **Dancer's fall**  
Will be given five (5) points penalty.
  - ✓ **Any competitor/group whose music duration is over/under the permitted time limit**  
Will be given ten (10) points penalty.
- Dancers/groups who commit the following:
  - ✓ **Use set (stage decorations)**
  - ✓ **Execute acrobatic and gymnastic elements where dancer/s lose the contact with the dancefloor.**
  - ✓ **Fail to appear on stage after being called for the third time**  
Will be given 'the last place' classification penalty.
- The choreographed piece may be composed only and exclusively of the following techniques:
  - ✓ Lyrical jazz
  - ✓ Afro jazz
  - ✓ Broadway jazz
  - ✓ Jazz-pop
  - ✓ Latin jazz
  - ✓ Musical and theatrical jazz (example Jack Cole, West side story, Chicago...)
- **Props and Backgrounds**
  - ✓ Use of **accessories or props** that **is allowed**. Use of accessories or props, they can be held in the hands and lowered to the floor if the choreography requires it.



➤ **Acrobatic and Gymnastic Elements and Lifts**

- ✓ Dancers are not allowed to execute any acrobatic elements. This includes elements executed in the air with horizontal, sagittal and/or longitudinal rotation. 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. Any irregularity in this respect will result in the dancer being classified in the last place.

**CHARACTERISTICS AND MOVEMENTS FOR JAZZ DANCE**

➤ **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.**

➤ There are many types of jazz dance and the style has evolved throughout history. There are many jazz songs that we you 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 dance floor.
- ✓ **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 dance floor. 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 dance floor. This dance step allows the dancers to use the entire dance floor.

➤ **Music:** 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 build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance 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.
- ✎ In order to present their dance technique and choreography, each dancer is expected to use the whole available space.

### CHARACTERISTICS AND MOVEMENTS FOR LYRICAL

- ✎ **In this discipline, the technique should be evaluated, the transition from movement to movement with a dance step should be clearly seen, not as a performance of a gymnastic exercise.**
- ✎ This is a dance style born from the fusion between ballet and jazz. It has a strong technical basis of ballet, jazz and modern, but is freer in the expression of the body, and more fluid. The positions of the legs can be closed or open, contractions and isolations of the body are used to express various feelings. The movements should be balanced and controlled, especially when performing pirouettes. What is very important in this style of dance, except the technic, is to express feelings such as love, anger, joy... Lyrical dance is much more expressive and intuitive, it creates a dramatic pattern and in a certain sense it is personal in the performance. The dancer is truly connected to the music in an emotional way.
- ✎ This 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.
- ✎ It is expected that dancers build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements. The main evaluation criteria are: Dance Technique and Interpretation. The choreographed piece may be composed of one or more out of the four (4) techniques allowed. It is important so dancers dance 'in time'; it means that they follow the beats or the musical melody.
- ✎ In order to present their dance technique and choreography, each dancer is expected to use the whole available space.
- ✎ Supports and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the other partner's head. Any irregularity in this respect will result in the Couple being classified in the last place.**
- ✎ Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are as follows:  
**SOLO:**
  - ✓ The parameter **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.
  - ✓ The parameter **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'.
  - ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.





**DUO/COUPLE:**

- ✓ The parameter **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 dance-floor) 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.
- ✓ The parameter **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'.
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

**SMALL GROUP/FORMATION/PRODUCTION:**

- ✓ The parameter **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 with its horizontals, verticals and diagonals. The parameter is also expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body) in elements performed simultaneously and timing and precision when executing patterns.
- ✓ The parameter **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'.
- ✓ The parameter **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dance-floor); 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.
- ✚ All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.
- ✚ 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.



## JAZZ & LYRICAL JAZZ SOLO

(Male – Female)

- Jazz & Lyrical Jazz Solo is an individual presentation by either a male or a female dancer.
- Each dancer can participate, during the same competition, in Jazz & Lyrical Jazz and in Ballet & Neo Classic, but cannot participate in Contemporary & Modern.
- 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.
- Duration of music pieces must be as follows:

### Own Music

#### Preliminaries – Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **1':15"** to **1':30"**

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively.
- Preliminaries, semi-final and a final are held with only one (1) competitor performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### EVALUATION

- ✓ **TECHNIQUE** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **CHOREOGRAPHY** *From One (1) to Ten (10) points*

### PENALTIES

- ✓ **FALL** *Five (5) points*



## **JAZZ & LYRICAL JAZZ COUPLE** **(Male and Female)**

- Dance Show Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- Dancers will be allowed to perform also in Contemporary & Modern and Ballet & Neo Classic.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- Each dancer can participate in one or more Couple but in different age Category.
- Mini dancers 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.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

### **Own Music**

#### **Preliminaries - Semi-final - Final**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':30" to 1':45"

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and a final are held with only one (1) couple performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### **EVALUATION**

- ✓ **TECHNIQUE + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **CHOREOGRAPHY** *From One (1) to Ten (10) points*

### **PENALTIES**

- ✓ **FALL** *Five (5) points*

## JAZZ & LYRICAL JAZZ DUO

(Both males or both females)

- Dance Show Duo is composed of two (2) dancers where both of them are males or both of them are females.
- Dancers will be allowed to perform also in Contemporary & Modern and Ballet & Neo Classic.
- If dancers represent mixed age categories (e.g. one is Youth and the other one is Junior), the duo must participate in the older category.
- Each dancer can participate in one or more Duo but in different age Category.
- Mini dancers 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.
- Dancers may participate in several dance categories (e.g. duos/couples etc).
- Duration of music pieces must be as follows:

### Own Music

#### Preliminaries - Semi-final - Final

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 1':30" to 1':45"

### EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-final or final respectively.
- Preliminaries, semi-final and final are held with only one (1) duo performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### EVALUATION

- ✓ **TECHNIQUE +SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **CHOREOGRAPHY** *From One (1) to Ten (10) points*

### PENALTIES

- ✓ **FALL** *Five (5) points*

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## **JAZZ & LYRICAL JAZZ SMALL GROUP**

**(Between three (3) and seven (7) dancers)**

- Small Group is composed of a minimum number of three (3) and a maximum number of seven (7) dancers.
- Small Groups will be allowed to perform also in Contemporary & Modern and Ballet & Neo Classic.
- Small Groups registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- 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 and formations.
- **Dancers are allowed to be nominated and perform in two (2) or more small groups but only in different age division.**
- Duration of music pieces must be as follows:

### **Preliminaries, Semi-final and Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from 2':00" to 2':30"

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and final are held with only one (1) small group performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### **EVALUATION**

- ✓ **TECHNIQUE + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** *From One (1) to Ten (10) points*

### **PENALTIES**

- ✓ **FALL** *Five (5) points*

## JAZZ & LYRICAL JAZZ FORMATION

**(Between eight (8) and twenty-four (24) dancers)**

- Formation is composed of a minimum number of **eight (8)** and a maximum number of **twenty-four (24)** dancers.
- Formation will be allowed to perform also in Contemporary & Modern and Ballet & Neo Classic.
- Formation registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- 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 and formations.
- **Dancers are allowed to be nominated and perform in two (2) or more small groups but only in different age division.**
- Duration of music pieces must be as follows:

### **Preliminaries, Semi-final and Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **2':30"** to **4':00"**

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and final are held with only one (1) formation performing on a dance floor at a time.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### **EVALUATION**

- ✓ **TECHNIQUE + SYNCHRONISM** *From Three (3) to Thirty (30) points*
- ✓ **INTERPRETATION** *From Two (2) to Twenty (20) points*
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** *From One (1) to Ten (10) points*

### **PENALTIES**

- ✓ **FALL** *Five (5) points*



## JAZZ & LYRICAL JAZZ PRODUCTION

(More than twenty-four (24) dancers)

- Production is composed of more than **twenty-four (24)** dancers.
- Formation will be allowed to perform also in Contemporary & Modern and Ballet & Neo Classic
- Production registered in Youth – Junior – Adult categories may include dancers from younger age groups.
- In the age category Mini there can be one (1) dancer who is ten (10) years old.
- 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 and formations.
- **Dancers are allowed to be nominated and perform in two (2) or more small groups but only in different age division.**
- Duration of music pieces must be as follows:

### **Preliminaries, Semi-final and Final (Own Music)**

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration from **3':00"** to **5':00"**

### **EXECUTION OF COMPETITION**

- Depending on number of participants, each category would start from preliminaries, semi-final or a final respectively.
- Preliminaries, semi-final and final are held with only one (1) production performing on a dance floor at a time.
- In the case when a production lacks its own music, Federation Music will be used.
- Competition Director, whenever necessary, may apply modifications to the execution of the competition.

### **EVALUATION**

- |   |   |
|---|---|
| ✓ <b>TECHNIQUE + SYNCHRONISM</b>            | <b>From Three (3) to Thirty (30) points</b> |
| ✓ <b>INTERPRETATION</b>                     | <b>From Two (2) to Twenty (20) points</b>   |
| ✓ <b>ARTISTIC IMPRESSION + CHOREOGRAPHY</b> | <b>From One (1) to Ten (10) points</b>      |

### **PENALTIES**

- |               |                        |
|---------------|------------------------|
| ✓ <b>FALL</b> | <b>Five (5) points</b> |
|---------------|------------------------|

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