



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES
DISCIPLINE:
FREE DANCE**

TIPOLOGY:

- **FREE DANCE SOLO:** Male – Female
- **FREE DANCE COUPLE:** Two (2) dancers: one (1) Male and one (1) Female
- **FREE DANCE DUO:** Two (2) dancers: both Males or both Females
- **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:** More than twenty four (24) dancers

EXPLANATION OF FREE DANCE

- 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.



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 (1st January - 31st December). Dancer who participates in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means one (1) year older) and age category are divided as follows:
 - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couples – Small Groups – Formations - Production).
 - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couples – Small Groups – Formations - Production).
 - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couples – Small Groups – Formations - Production).
 - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couples – Small Groups – Formations - Production).
- Having reached the age limit for each category, dancers pass to the older category automatically.
- Music piece can be composed of an individual track or can be a mix of different tracks/music styles and must be in accordance with the following requirements:
 - ✓ Duration respected for each category;
 - ✓ Visibly exposing dancer's/group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- **The Free Dance choreography may be composed of one (1) dance genre, but only of this genre is not part of the existing IDF discipline (eg. tap, ballroom dancing, flamenco etc). If the choreography includes genres/styles that exist as current IDF disciplines these must be mixed together or mixed with another (new) genre.** The choreography does not need to present a story.
- **Use of set (stage decorations), accessories and props is allowed, but not obligatory. It is suggested that if used, the decorations are an integral part of the choreography. The decorations are free in dimensions. Dancers are obliged to set up their decorations on stage themselves. Ten seconds (10)" for the set to be brought to the stage and set up and ten seconds (10)" for the set to be taken off, with the possibility of one/two people to be helping dancers when leaving the stage is allowed.**
- Dancers are allowed to execute acrobatic elements. There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. **Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI". Any irregularity in this respect will result in the dancer/group being classified in the last place.**
Execution of acrobatic elements is optional and should not influence adjudication.
- 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:
 - ✓ **Base their choreography solely on one dance style that exists as a separate IDF discipline and is covered by separate IDF Rules**
 - ✓ **Use one dance style/genre only instead of a fusion (combination) of styles**
 - ✓ **Fail to appear on stage after being called for the third time**
Will be given 'the last place' classification penalty.
- 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 **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.
- ✓ 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 (in finals the whole dance-floor) 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; 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', 'pause' or other figures.

DUO/COUPLES:

- ✓ **Choreography + Synchronism** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music, associated together similarity and body movements of both dancers (legs shoulder and upper body).
- ✓ **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) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals.
- ✓ **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', 'pause' or other figures.

SMALL GROUPS/FORMATIONS/PRODUCTION:

- ✓ **Choreography + Synchronism** 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.
 - ✓ **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) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals.
 - ✓ **Interpretation + Artistic impression** 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 dance-floor).
- 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.



FREE DANCE SOLO (Male – Female)

- Free Dance Solo is an individual presentation by either a male or a female dancer.
- 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:

Preliminaries – Semi-finals and Final (Own Music)

- ✓ **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-finals and finals are held with only one (1) solo performing on a dance floor at time.
- In the case when dancers lack their own music in a final, alternative music piece may be played.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on strong dance technique, music interpretation, expressiveness and fluid and elegant sequence of movements. The choreography and costumes should reflect the music. The main evaluation criteria are: Choreography and Dance Technique.
- In order to present their dance technique and choreography, each dancer is expected to use the whole available space.

EVALUATION

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

PENALTIES

- ✓ **FALL** *Five (5) points*

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FREE DANCE COUPLE (Male and Female)

- Free Dance Category Couple is composed of two (2) dancers where one (1) is a male and the other one is a female.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- In categories where there are less than three (3) couples registered to perform couple categories will be joined with duo categories within the same age group, and vice versa, for example Mini Couple --> Mini Duo, Youth Couple --> Youth Duo etc.
- 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:

Preliminaries - Semi-finals and Final (Own Music)

- ✓ **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-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) couple performing on a dance floor at a time.
- In the case when couples lack their own music, alternative music piece may be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- 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 and appropriate costume. The main evaluation criteria are: Choreography and Dance Technique.
- In order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Support 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.**

EVALUATION

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

PENALTIES

- ✓ **FALL** *Five (5) points*



FREE DANCE DUO

(Both Males or Both Females)

- Free Dance Category Duo is composed of two (2) dancers where both of them are males or both of them are females.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the duo must participate in the older category.
- In categories where there are less than three (3) duos registered to perform duo categories will be joined with couple categories within the same age group, and vice versa, for example Mini Duo --> Mini Couple, Youth Duo --> Youth Couple etc.
- 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. duos/couples etc.).
- Duration of music pieces must be as follows:

Preliminaries - Semi-finals and Final (Own Music)

- ✓ **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-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) duo performing on a dance floor at a time.
- In the case when duos lack their own music, alternative music piece can be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- 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 and appropriate costume. The main evaluation criteria are: Choreography and Dance Technique.
- In order to present their dance technique and choreography, each duo is expected to use the whole available space.
- Support 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 duo being classified in the last place.**

EVALUATION

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

PENALTIES

- ✓ **FALL** **Five (5) points**



FREE DANCE SMALL GROUPS

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

- ↘ Small Group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.
- ↘ 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.
- ↘ One or more dancers may be nominated and perform both in small groups and formations.
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- ↘ Duration of music pieces must be as follows:

Preliminaries, Semi-finals 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-finals or finals respectively.
- ↘ Preliminaries, semi-finals and finals are held with only one (1) small group performing on a dance floor at a time.
- ↘ In the case when small groups lack their own music, alternative music piece may be used.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements and appropriate costume. The main evaluation criteria are: Choreography and Dance Technique.
- ↘ In order to present their dance technique and choreography, each small group is expected to use the whole available space.
- ↘ Support 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 small group being classified in the last place.**

EVALUATION

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

PENALTIES

- | | |
|---------------|------------------------|
| ✓ FALL | Five (5) points |
|---------------|------------------------|

FREE DANCE 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 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.
- ✚ One or more dancers may be nominated and perform both in small groups and formations.
- ✚ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- ✚ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ✚ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- ✚ Duration of music pieces must be as follows:

Preliminaries, Semi-finals 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-finals or finals respectively.
- ✚ Preliminaries, semi-finals and finals are held with only one (1) formation performing on a dance floor at a time.
- ✚ In the case when formations lack their own music, alternative music piece may be used.
- ✚ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ✚ It is expected that groups build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements and appropriate costume. The main evaluation criteria are: Choreography and Dance Technique.
- ✚ In order to present their dance technique and choreography, each formation is expected to use the whole available space.
- ✚ Support 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 formation being classified in the last place.**

EVALUATION

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

PENALTIES

- | | |
|---------------|------------------------|
| ✓ FALL | Five (5) points |
|---------------|------------------------|

FREE DANCE PRODUCTION

(More than twenty four (24) dancers)

- Production is composed of more than **twenty four (24)** dancers.
- 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.
- One or more dancers may be nominated and perform both in small groups and formations.
- **Two (2) dancers are allowed to be nominated and perform in two (2) or more small groups.**
- **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- **Eight (8) dancers are allowed to be nominated and perform in two (2) or more productions.**
- Duration of music pieces must be as follows:

Preliminaries, Semi-finals 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-finals or finals respectively.
- Preliminaries, semi-finals and finals are held with only one (1) production performing on a dance a floor at time.
- In the case when productions lack their own music, alternative music piece may be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that groups build their choreography focusing on strong dance technique, music interpretation, synchronism, expressiveness as well as fluid and elegant sequence of movements and appropriate costume. The main evaluation criteria are: Choreography and Dance Technique.
- In order to present their dance technique and choreography, each production is expected to use the whole available space.
- Support 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 production being classified in the last place.**

EVALUATION

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

PENALTIES

- ✓ **FALL** **Five (5) points**
