

RULES AND GUIDELINES FOR DANCE DISCIPLINES



ACRO DANCE

Acro dance is a combination of acrobatic and gymnastic elements and dance choreography. The ratio between acrobatics and dance must be 50%–50%. All acrobatic elements must be connected by dance movements and integrated into the choreography.

Recommended Groups of Elements:

- Flexibility and balance elements
- Gymnastic (acrobatic) elements
- Jumps and hops
- Turns

In this dance discipline, it is permitted to use acrobatic elements performed without hands (no-hands cartwheel, no-hands walkover, salto, etc.), various walkover variations, balance elements, static elements (handstands, splits, etc.), elements around one's own axis (rolls, etc.), as well as dance technique turns and jumps.

The emphasis is on strength and precision of acrobatic elements, flexibility, control, ease of movement, and rhythm.

During the choreography, the same acrobatic element may be performed a maximum of three times, and it is recommended to use three different variations of the same element (e.g., cartwheel, one-handed cartwheel, cartwheel with lowering onto the forearms).

In duets, couples, groups, and formations, lifts, falls, catch jumps, and supported turns are encouraged. Lifts are prohibited in the mini kids and children's categories.

In this category, the performance of a "pyramid" element is permitted and encouraged, but only in the junior and adult age categories. The use of pyramids is prohibited in the mini kids and children's categories. A pyramid must be set up within a time frame of 3 to 5 seconds.

IMPORTANT NOTE:

Dancers must not perform elements that have not been properly trained.

Costumes:

Rules regarding costumes, hairstyles, and makeup are applied in accordance with the regulations for artistic dance styles. Costumes must be appropriate to the age category and choreography. It is very important that hair is not worn loose, but tied back so as not to interfere with the performance of acrobatics. All items that could hinder or injure the competitor during the performance must be removed from the body (piercings on any part of the body including tongue and navel, earrings, glasses, hearing aids, and any jewelry that is not made of soft material). If a dancer wears glasses, they must be secured with an elastic band.

Scenography:

Scenography and props are not permitted.

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LYRICAL DANCE

Characteristics:

Lyrical dance is a fusion of ballet, jazz, and contemporary dance that emphasizes expression, emotion, and storytelling through movement. It focuses on conveying the mood, feelings, or narrative of a song, highlighting the dancer's musical interpretation.

Key characteristics include:

- Fluidity and Grace: Smooth transitions between movements with flowing lines.
- Emotional Expression: Movements reflect the lyrics, rhythm, and mood of the music.
- Extension and Lines: Strong use of legs, arms, and torso to create long, elegant lines.
- Ballet Foundation: Utilizes classical ballet techniques for posture, turnout, and jumps.
- Freedom of Movement: Unlike strict ballet, lyrical allows for more grounded, natural, and personal expression.
- Musicality: Dancers often accentuate key beats, lyrics, or dynamics in the music.
- Storytelling: Choreography often conveys a narrative, emotion, or character.

Typical Movements and Elements:

- Turns: Pirouettes, chaîné turns, and fouetté-inspired turns.
- Jumps/Leaps: Grand jetés, sissonne, assemblé, and other leaps emphasizing height and extension.
- Extensions: High leg extensions, arabesques, and penchés.
- Floor Work: Slides, rolls, and controlled falls that enhance fluidity and expression.
- Arm Styling: Soft, expressive arm movements and gestures that complement body lines.
- Body Waves and Undulations: Smooth movement through the spine, torso, and shoulders.
- Balances and Poses: Controlled holds that emphasize strength, flexibility, and emotional expression.

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MTV/COMMERCIAL

Fusion of Styles: Typically combines elements from multiple dance genres, such as hip hop, jazz, contemporary, funk, streetdance, and even acrobatics. Rhythm, and musicality are emphasized.

Choreographic Structure: Moves are carefully choreographed, often with repeated formations, poses, and signature moves.

Athleticism and Energy: Requires strong physical conditioning, stamina, and flexibility; energetic and dynamic movements are required.

Visual Impact: Use of lines, shapes, poses, jumps, and levels to create visually striking moments.

Character and Expression: Dancers convey a persona, attitude, or emotion aligned with the song or performance concept.

Stage Presence: Focus on audience engagement, confidence, and charisma.

Costuming and Styling: Outfits, hair, and makeup are integral to the performance, reflecting the theme, artist, or music video concept.

1. Isolations

Controlled movement of a single body part (head, shoulders, ribs, hips) while keeping the rest of the body still.

Often used to emphasize beats and lyrics in music.

2. Sharp, Clean Movements

Quick, precise actions with strong lines.

Accentuates rhythm and visual impact.

3. Poses and Freeze Frames

Dramatic, stylized poses held for a moment to punctuate music or lyrics.

Commonly used for camera angles in music videos.

4. Body Rolls and Waves

Fluid, wave-like motions through the torso, arms, or hips.

Adds smoothness and sensuality to choreography.

5. Funky Footwork

Inspired by street dance and hip hop: slides, kicks, quick steps, and syncopated patterns.

6. Jumping, Kicks, and Leaps

Explosive, high-energy movements to create visual impact.

7. Hip Isolations and Accents

Emphasis on hip movements (swivels, thrusts, rolls) to match modern pop, funk, or R&B tracks.

8. Arm Styling and Gestures

Dramatic, stylized arm movements, including punches, sweeps, and circles.

9. Floor Work

Slides, rolls, splits, and other movements performed on the floor.

Adds contrast to upright movements and creates visual layers.

10. Group Formations and Synchronization

Choreography emphasizes formations, mirroring, and unison movements.

11. Character and Attitude

Expressive facial expressions and body language reflecting confidence, sass, or playfulness.

SUB- CATEGORIES: Jazz Funk, Street Jazz, Commercial Jazz

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CLASSICAL BALLET

Characteristics and Movements:

Classical ballet is the most formal of all ballet styles and refers to traditional ballet technique.

Classical ballet demands a distinctive technique, such as dancing on the toes (en pointe), pirouettes, high développés, and jumps. Gracefulness and precision of movement are among the most important characteristics of this dance discipline.

This discipline must be performed using classical ballet technique and style and should be danced in soft ballet slippers or pointe shoes. Although the choreography may be modern in nature, it must not deviate from what is recognized as classical ballet.

Lyric and Modern styles may not be performed in this discipline.

En pointe (pointe shoes) are not permitted in the children's age group.

In the senior age group, en pointe (pointe shoes) are mandatory.

Acrobatics: Not permitted in this discipline.

Lifts: Permitted as specified in the section of general regulations for artistic dances. All lifts must be in the style and tradition of classical ballet and may include falls, supported turns, and jumps that end with a catch. All dancers are in constant development, both technically and choreographically; therefore, originality in choreography is encouraged.

SUB CATEGORIES:

Contemporary

Modern Ballet

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JAZZ ALL STYLE

This discipline incorporates African, Spanish, Cuban, and Oriental music. The theme in jazz dance may also be abstract. Lyrical jazz (e.g., choreography to “Wind Beneath My Wings”) may be performed in both the jazz dance and modern disciplines.

Lip-syncing is not permitted in jazz dance.

- Acrobatics: Permitted as long as a part of the dancer’s body remains in contact with the floor, or if a dancer in a pair, group, or formation has partner support (junior and adult age categories only). Acrobatics must not dominate the dance routine.
- Lifts: Lifts are prohibited in the mini kids and children’s categories.
- Props: Props are permitted if they are used as an integral part of the choreography. Scenography intended solely to decorate the space is prohibited. Any jumps from props higher than one meter are prohibited in the mini kids and children’s age categories.

- Costumes:

Costumes may be chosen freely by the performers; however, they must remain within the bounds of good taste. Costumes must cover all intimate parts of the body and must be made of opaque material in those areas; skin-colored material matching the dancer’s skin tone is not permitted.

Thongs and bikini tops or bottoms are prohibited in all age categories. In the mini kids and children’s categories, crop tops or tops that expose the midriff are prohibited.

SUB- CATEGORIES:

Musical

Musical Teathre

Show

Jazz Dance

Modern Jazz

Lyrical Jazz

Broadway/Musical Jazz

Show Jazz

Cabaret Jazz

Heels Jazz

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OPEN

Competitors are allowed to perform and combine all existing dance styles or dance techniques. Performances may be presented in a pure form or as a combination of two or more different styles or techniques, as well as combinations of acrobatics, lifts, and other theatrical movements. The emphasis is on originality. All disciplines may be performed with the dancer's personal interpretation.

- Lifts:

Lifts are defined as a movement or figure in which both feet of one dancer are off the floor with the assistance of another dancer. Lifts are prohibited in the mini kids and children's age categories.

- Acrobatics:

Acrobatic elements are permitted in all categories in. No-hands cartwheels and no-hands walkovers are not permitted in the mini kids and children's categories.

- Scenography and Props:

Competitors may use only the stage materials that they bring onto and remove from the dance floor in a single entrance/exit. The following time limits are permitted for bringing props onto and removing them from the dance floor: 15 seconds for soloists and couples, 25 seconds for groups, and 45 seconds for formations.

The use of liquids, powders, or similar substances by competitors during the performance is strictly prohibited. After the performance, the dance floor must remain clean, as it was prior to the performance. Competitors who use any of the above, as well as fire effects, will be disqualified and penalized.

Any jumps from props higher than one meter are prohibited in the mini kids and children's age categories.

- Costumes:

Costumes may be chosen freely by the performers; however, they must remain within the bounds of good taste. Costumes must cover all intimate parts of the body and must be made of opaque material in those areas; skin-colored material matching the dancer's skin tone is not permitted. Thongs and bikini tops or bottoms are prohibited in all age categories. In the mini kids and children's categories, crop tops or tops that expose the midriff are prohibited. Costumes in any age category must not imply or reference sexuality, deviant themes, or sadomasochistic content.

SUB- CATEGORIES

Musical

Musical Theatre

Latino show

Fitness dance

Pom Pom dance

Show dance

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TAP DANCE

Characteristics:

Tap dance is a percussive dance form in which the dancer's feet create rhythmic patterns by striking the floor with special shoes fitted with metal taps. It emphasizes musicality, timing, and rhythm rather than large leaps or fluid lines. Tap can be performed solo or in groups.

Key characteristics include:

- **Percussive Footwork:** The primary focus is on the sound created by the taps, often turning the dancer's feet into a musical instrument.
- **Rhythm and Musicality:** Tap dancers must interpret and complement the music, often improvising syncopated rhythms or following intricate patterns.
- **Precision:** Movements require accuracy in timing, placement, and clarity of sound.
- **Upper Body Control:** While feet are active, the upper body remains mostly upright and controlled, contributing to balance and style.
- **Theatrical and Expressive:** Tap is performed with personality, flair, and style, adding visual appeal to the rhythm.

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Typical Movements and Elements:

- **Shuffles:** Brushing the ball of the foot forward and backward on the floor.
- **Flaps:** A brush followed by a step, usually forward.
- **Stamps and Stomps:** Striking the whole foot on the floor for accent or rhythm.
- **Heel Drops:** Hitting the heel on the floor while keeping the toe lifted.
- **Toe Taps:** Quick tapping of the toe or ball of the foot.
- **Pullbacks / Back Flaps:** Jumping movements combining a backward brush with a step.
- **Time Steps:** Signature rhythmic patterns combining shuffles, flaps, and steps.
- **Wings / Slides:** Fast gliding or circular footwork for dynamic effect.
- **Toe-Heel Combinations:** Alternating toe and heel strikes to create syncopation.
- **Body Coordination:** Small jumps, spins, or turns synchronized with footwork.

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URBAN/ALL STYLE

The rules set out below cover the following disciplines:

- Electric boogie/Popping is characterized by rapid contractions and relaxations of the muscles in the arms, legs, chest, and neck. Like locking, popping is danced to funk music, but it can also be performed to electro or, more recently, instrumental future funk music. Other dance techniques and steps that fall under the term popping include: animation, Fresno, crazy legs, strutting, strobing, dime stopping, floating (gliding, sliding), puppet, scarecrow, tutting, robot, waving, old man, walk out, neck-o-flex, twist-o-flex, master flex, and others.
- Hip hop is danced to hip hop and rap music, although, having become commercial, it is now performed in various styles and to different types of music. A fundamental characteristic of freestyle hip hop is the bounce, or rhythmic hopping. It is often combined with elements of popping while maintaining the characteristic groove of rocking. Some of the key steps in hip hop include: the Running Man, Roger Rabbit, Steve Martin, Bart Simpson, the Reebok, BK Bounce / KrissKross, Party Machine / SpongeBob, Cabbage Patch, the Smurf, the Wop, Alf, and others.
- House dance can be divided into footwork, jacking, and lofting. Footwork includes movements executed with the feet, jacking involves fast forward-and-back body movements, and lofting consists of movements performed on the floor. Some of the steps characteristic of house dance include: farmer, stomp, sidewalk, crosswalk, salsa step, salsa hop, loose legs, kriss kross, scribble, swirl, dolphin dive, tip tap toe, pas de bourrée, and others.
- Krump is characterized as a dance that serves as a catalyst for releasing energy, aggression, and other negative emotions that dancers wish to express—of course, in a nonviolent way. The dance is highly energetic and features many aggressive movements. Some of the characteristic moves in krumping include: jabs, arm swings, chest pops, and stomps. It is danced to more aggressive, raw, and faster rhythms.
- Locking is danced to funk music. Although, like all street dance styles, it is based on improvisation, there is a wide range of dance steps by which it is easily recognizable. Pacing, Points, the Funky Guitar, the Scooby Doo, the Scoobot, the Hitchhike, Stop 'n' Go, the Skeeter Rabbit, Alpha, Whichaway, Knee Drop, Leo Walk, Up Lock (the Muscle Man), Wrist Roll (Twirl), the Seek, and Hand Shakes are just some of the steps that are characteristic of locking.

- Voguing

Old Way voguing is characterized by straight lines, symmetry, and precision.

New Way voguing is defined by flexible movements and arm control, including isolation at the shoulder joints and fast circular arm movements around the head.

Vogue Femme emphasizes feminine movements. It is characterized by tricks, speed, and graceful, fluid movements. Key elements of Vogue Femme include: duckwalk, catwalk, hands performance, floorwork, dips, and dives.

- Waacking is danced to disco music, and sometimes to funk music. It is characterized by fast arm movements, posing, femininity, and grace. The emphasis is on musicality. Some of the steps characteristic of waacking include: butterfly, octopus, crown, throw and catch, and braid into a knot.

Waacking is danced to disco music and funk music. Some of the steps characteristic of waacking include: butterfly, octopus, crown, throw and catch, and braid into a knot.

SUB- CATEGORIES

STREET DANCE SHOW

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BREAKING (B-BOYING / B-GIRLING)

- Characteristics:

In addition to the visually impressive “gymnastic” moves called powermoves, other key elements of breaking include toprock, downrock or footwork, and freezes.

Powermoves: Some of the most famous power moves are windmill, swipes, backspin, headspin, 1990s, flare, and turtle.

- Toprock: Performed in an upright position on the feet.
- Downrock / Footwork: These are elements performed on the floor using both hands and feet. Basic footwork elements include 6-step, 4-step, 3-step, and 2-step, often performed in various variations and combined with threads and spins (rotations).
- Freezes: Moves in which the dancer literally “freezes” to emphasize a musical beat or to finish a set or exit.

Breaking is performed to hip hop, breakbeat, and funk music.

PROPS AND SCENOGRAPHY

Props and scenography are permitted in all disciplines.

Hats, coats, sweaters, scarves, and similar items may be used provided they are part of the costume and are worn throughout the performance. Such clothing items may be turned inside out, held in the hands, exchanged with a partner, and similar. Items such as sticks, umbrellas, balls, skateboards, bags, headphones, masks, sunglasses, etc. may be thrown during the performance.

All props and scenography are permitted in all categories provided that the dancers can bring them onto the stage and remove them in one entry/exit.

Oversized stage props are not permitted in any dance discipline, category, or style at IDC events. Props, scenography, liquids, shoes, costumes, or any substances that may soil or damage the dance floor or make it unsafe must not be used in any discipline or category.

NOTE:

This means that the use of such props, scenography, liquids, shoes, costumes, or any substances that may soil or damage the dance floor or make it unsafe will result in a warning, reduction of points or disqualification.

The use of electrical devices such as personal lighting effects or music equipment that require a power source is permitted only if they are battery-powered.

Any jumps from props higher than one meter are prohibited in the mini kids and children's age categories.

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ETNO DANCE

Characteristics:

Ethnic dance, often called ethno dance, draws from traditional, cultural, or folk dances of specific regions or nations. Its primary focus is on cultural expression, heritage, and storytelling rather than purely technical execution.

Key characteristics include:

- **Cultural Roots:** Movements, formations, and music are closely tied to a specific culture, tradition, or historical context.
- **Musicality:** Dancers interpret traditional rhythms, melodies, and instruments. Steps are synchronized with percussion or folk music patterns.
- **Patterns and Formations:** Many ethnic dances use circles, lines, and group formations, reflecting community and collective participation.
- **Repetition and Rhythm:** Steps are often repetitive and rhythmic, creating a clear beat pattern.
- **Costumes and Props:** Traditional attire, accessories, and sometimes props (sticks, scarves, hats, or fans) are integral to performance.
- **Grounded Movement:** Many ethnic dances emphasize strong footwork and a connection to the ground rather than aerial or floating movements.
- **Storytelling and Symbolism:** Movements can represent everyday activities, historical events, or spiritual rituals.

Typical Movements and Elements:

- **Steps and Footwork:** Stomps, taps, jumps, slides, chasses, gallops, and rhythmic patterns unique to the dance's origin.

Turns and Spins: Simple or fast turns that are culturally stylized.

- **Arm and Hand Movements:** Gestures that may represent storytelling or symbolic actions, such as waving, clapping, or holding props.
- **Body Isolations:** Some traditions emphasize torso, shoulder, or hip isolations.
- **Partnering/Group Interactions:** Holding hands or coordinated formations.
- **Floor Patterns:** Circular, zigzag, or linear patterns corresponding to music and choreography.

Examples of Ethnic Dance Types:

Eastern European / Balkan folk dances: Kolo (circle dance), Hopak, Hora, with stomps, kicks, and spins.

Middle Eastern / Arabic dance: Belly dance elements, hip isolations, shimmies, undulations.

African traditional dances: Polyrhythmic footwork, grounded jumps, torso isolations.

Asian dances: Fan dances, precise hand gestures, stylized body movements.

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CONTEMPORARY-MODERN

Modern dance is an artistic form with many different styles that have developed over a long period of time. It is a more relaxed and freer style of dance in which the choreographer uses emotions and moods to create original movement, in contrast to the structured steps of ballet.

Characteristics and Movement:

The entire performance must consist of modern dance techniques and current trends and must be appropriate to the age categories and technical abilities of the dancers. Contemporary ballet must not be confused with modern dance or placed in the same competitive category.

Other contemporary styles such as hip-hop, disco, breakdance, and electric boogie may be included (incorporated), but they must never dominate modern dance performances.

The most important evaluation criteria in this discipline are the level of executed dance movement, as well as the theme and overall concept. A story or narrative development is possible, but it is not as emphasized as in show dance. The primary focus here is on images and moods.

In modern dance, a story, theme, idea, or concept may be used, but it must always remain within the bounds of good taste in accordance with the age category (children, juniors, adults). Human situations, especially those involving intimate or personal relationships, must be appropriate for audiences of all ages.

- Acrobatics and Lifts:

Acrobatic movements are permitted but may be used only to enhance the performance. Gymnastic lines are not permitted (multiple gymnastic movements performed from one corner of the stage to another). Modern and contemporary dance must not appear as an acrobatic dance performance. Lifts are prohibited in the mini kids and children's categories.

- Costumes:

Must be aesthetic, tasteful, and appropriate to the age category. In the mini kids and children's categories, crop tops or tops that expose the midriff are prohibited.

- Props:

The use of props is permitted. Competitors may use only the stage materials that they bring onto and remove from the dance floor. The following time limits are allowed for placing props on the dance floor: 15 seconds for solos and duets, 25 seconds for small groups, and 45 seconds for formations. Any jumps from props higher than one meter are prohibited in the mini kids and children's categories.

Scenography: Not permitted.

The use of liquids, powders, or similar substances by competitors during the performance is strictly prohibited. After the performance, the dance floor must remain clean, as it was prior to the performance.