



IDO Dance Sport Rules & Regulations

edited version September 2025

clarifications are in green, changes are in red

Officially Declared

**For further information concerning Rules and Regulations
contained in this book, contact the Technical Director listed in the IDO Web site.**

*This book and any material within this book are protected by copyright law.
Any unauthorized copying, distribution, modification or other use is prohibited
without the express written consent of IDO.
All rights reserved.*

©2025 by IDO

All competitors are competing at their own risk! All competitors, team leaders, attendants, parents, and/or other persons involved in any way with the competition, recognize that IDO will not take any responsibility for any damage, theft, injury or accident of any kind during the competition, in accordance with the IDO Dance Sport Rules.

Contents

BOOK 1	1
I. GENERAL RULES & REGULATIONS	1
II.A. IDO EVENTS – General Proposition	1
II.B. IDO EVENTS – Bidding Procedure	7
II.C. IDO EVENTS – the Organizer, Team Captains, Moderators, Dancers, Officials	8
III.A. IDO RANKING COMPETITIONS	12
III.B. IDO LICENSED COMPETITIONS	14
III.C. IDO FESTIVALS	14
BOOK 2	16
I. RULES GOVERNING COSTUMES	16
A. GENERAL COSTUME RULES FOR ALL AGE DIVISION	16
A1. LOWER BODY	16
A2. UPPER BODY	16
A3. ASSISTIVE TECHNOLOGY	17
B. SPECIAL COSTUME RULES FOR THE CHILDREN'S AGE DIVISION	17
C. SPECIAL COSTUME RULES FOR THE JUNIOR AGE DIVISION	17
D. SPECIAL COSTUME RULES FOR THE ADULT AGE DIVISION	18
E. ADDITIONAL COSTUME RULES FOR PERFORMING ARTS DISCIPLINES ONLY	18
II. RULES GOVERNING MAKE-UP, MUSIC, MOVEMENTS AND THEMES	18
A. GENERAL RULES GOVERNING MAKE-UP, MUSIC, MOVEMENTS AND THEMES	18
B. SPECIAL MAKE-UP, MUSIC, MOVEMENTS AND THEMES RULES FOR THE CHILDREN'S AGE DIVISION	19
C. SPECIAL MAKE-UP, MUSIC, MOVEMENTS AND THEMES RULES FOR THE JUNIOR AGE DIVISION	19
III. RULES VIOLATION PROTOCOL	19
IV. GUIDELINE AND SPECIAL RULINGS FOR THE ADJUDICATORS	19
BOOK 3	21
DANCE DISCIPLINES	21
PRODUCTION	21
I. PERFORMING ARTS Dance Disciplines	24
SHOW DANCE	24
JAZZ DANCE	27
TAP DANCE	31
ACROBATIC DANCE	34
BALLET - (open) CLASSICAL	38
BALLET - REPERTOIRE	41
MODERN AND CONTEMPORARY DANCE	43
BOLLYWOOD	47
CHARACTER / FOLK DANCE / ETHNIC DANCE	49
CHILDREN ORIENTAL DANCE	52
CHILDREN ORIENTAL FOLK DANCE	55
CHILDREN ORIENTAL SHOW DANCE	58
BELLY DANCE / ORIENTAL	61

FOLK BELLY DANCE/ORIENTAL FOLK	65
SHOW BELLY DANCE/ ORIENTAL SHOW	69
FLAMENCO	72
LIGHT SHOW DANCE (test rules for test competitions)	76
PA IMPROVISATION	79
II. STREET DANCE/URBAN DISCIPLINES	83
BREAKING	83
HIP HOP	86
HIP HOP BATTLE /ALL STYLE BATTLE	89
POPPING	93
DISCO DANCE	95
DISCO DANCE FREE STYLE	99
STREET DANCE SHOW	101
DISCO SHOW	104
DISCO SLOW	107
III. COUPLE DANCE DISCIPLINES	111
ARGENTINE TANGO	111
SALSA	114
SALSA RUEDA DE CASINO	119
MERENGUE	120
BACHATA	124
CARIBBEAN DANCES	127
CARIBBEAN SHOW	130
LATIN SHOW	133
LATIN STYLE	135
SYNCHRO DANCE	138
DISCO FOX	140
WEST COAST SWING	143
JITTERBUG	146
COUPLE DANCE TEAMS and FORMATIONS	148
JACK & JILL (West Coast Swing and Disco Fox)	150
MEDLEY MUSIC SOLO	154

BOOK 1

I. GENERAL RULES & REGULATIONS

- (1) These IDO Dance Sport Rules & Regulations are addressed to – and must be observed by involved in IDO Events – (1) all IDO Members, (2) Organizers of IDO Events, (3) Dancers (4) IDO Officials (Supervisors, Scrutineers, Chairpersons of Adjudicators, Moderators and Adjudicators), and (5) IDO Presidium Members.
- (2) The IDO Dance Sport Rules & Regulations are applicable in their current version as published on the IDO website. They may be altered or amended at any time by the IDO Presidium and to be confirmed by the IDO General Assembly. Changes of Rules for IDO Dance Disciplines fall into the responsibility of the respective Dance Department.
- (3) Any changes of these Rules & Regulations which concern the organization of an IDO Event must be published at least 6 (six) months prior to the Event. Any change of the Rules for IDO Dance Disciplines must be published in the next version specifying implementation date until October 1 with a validity period of at least 12 months.
- (4) Rule changes for different IDO disciplines and any rules concerning Adjudicators' procedures of evaluation will be eligible every 3 (three) years beginning from implementation date. When the urgency arises, the IDO Presidium can make necessary changes that should be ratified by the Dance Department General Assembly or IDO General Assembly.

II.A. IDO EVENTS – General Proposition

- (1) IDO Events are competitive Dance Sport Events and Dance Sport-for-All Events, which are organized and conducted under IDO Statutes and IDO by-Laws, as well as the rules & regulations and conditions contained in this document and the respective IDO Event Contract. Organizers and participants of IDO Events shall adhere to all IDO Internal Acts, in particular Code of Conduct, Code of Ethics & Disciplinary Procedure.
- (2) Definitions:
 - An IDO Event is the “entire” event: It begins with the opening of the doors on the first day to register and check in the dancers who will compete in the competition handing out the start numbers, giving information, etc. The event ends when the last dancers have left the venue at the end of the presentation of prize giving ceremony.
 - Competition is defined as “one dance contest” included in the event (for example: Show Dance, Riesa has 17 competitions: 6x adults – 5x juniors – 5x children + production.)
- (3) IDO Event is organized by an Organizer whose bidding application was on time and in accordance with IDO Internal Acts, has been selected by Competition Managing Committee and Event granted by the IDO Presidium.
- (4) Only officials holding an IDO license in accordance with the IDO Official's Book may officiate at IDO Events.

- (5) All IDO Events are announced on the IDO website in a timely manner. All necessary 'IDO Organizer Application Form for the IDO Bidding Process' are attached (in Appendix 1) to these Rules & Regulations and may be found on the IDO website.
- (6) IDO does not guarantee that particular Event will be held regularly or at any given year. Such decision is taken by IDO Presidium.
- (7) Unless regulated otherwise, IDO Events are open to dancers, which are duly enrolled by their IDO NMO. Enrolments must be made through the DIES (Direct Internet Enrolment System).
- (8) Competitions at IDO Events will be adjudicated under the these Rules & Regulations and IDO Official's Book in their current version.

IDO Events list

- (9) The structure of competition titles and Events is as follows:
 - 1a. World Games
 - 1b. World Championships
 - 2a. Continental Games
 - 2b. Continental Championships
 3. Regional Continental Championships:
 - a. North <name of continent> Championship
 - b. South <name of continent> Championship
 - c. Center <name of continent> Championship
 - d. East <name of continent> Championship
 - e. West <name of continent> Championship
 - 4a. World Cups
 - 4b. Continental Cups
 - 4c. Regional Continental Cups
 5. Other IDO Events
 - a. Ranking Competitions
 - b. Licensed Competitions
 - c. Dance Festivals
- (10) If in the Games, Championship or Cups the number of participating countries is less than 5 (five), or in each discipline, age group and category less than 6 (six) entries from 4 (four) countries, the IDO Presidium can remove the title from the IDO Event list.
- (11) The correct title of the competition shall be used exclusively in this manner (example):

"IDO"	+	"Competition level"	+	"Discipline"	+	"Championship"	+	"Year"
(IDO)		(World /Continental)		(Hiphop)		(Championship)		(Year)

Example: IDO World Hip Hop Championships 2024
- (12) At competitions for Juniors, Children, Adults 2 (= non adults) the title must also include the correct "Age Division". *Example: IDO Junior World Hip Hop Championship 2024*

- (13) If the IDO Competition is part of any traditional named event or if there is a general sponsor, both titles can be connected, but the IDO Competition title must be given.

Example: IDO World Hip Hop Cup 2024 (main title) "DANCE IT" (second title as sub headline)

- (14) The Official Continental and World Championship title will always be in the Adult 1 Division. For Children, Juniors and Adults 2, the title must be defined with the age division. Example: *Children World Tap Dance Championship 2014*. In Mini Kids age division no World- or European Championship or Cup title can be given. The highest title is "Mini Kids Dance Star".

- (15) The IDO Continental Dance Championships are normally held in May, June and July and the IDO World Dance Championships are normally in September, October, November and December.

Age Divisions

and

- (16) A competitor's age division is determined by their year of birth falling within the calendar year of the competition, as defined by the following formula: *Event Year – allowed age span = allowed birth years*. The announcement of the event (competition) shall include the specific birth years.

- (17) The following age divisions will be used in all IDO Events in SOLO, DUO, COUPLE:

AGE DIVISION	AGE SPAN	NOTE
Mini Kids	7 and under	From 1 st January 2026 will be 8 and under
Children	12 and under	
Junior 1	13 – 14	
Junior 2	15 – 16	
Adult 1	17 and over	
Adult 2	31 and over	
Senior	50 and over	Belly Dance / Oriental, Couple Dance
<i>The rules of the 3-year span is applicable – not in Adults 2 and SENIOR.</i>		

In **DISCO DANCE solo** Adult and **Latin Style solo** Adult there are 2 age divisions: **YOUTH** (age 17-20) and **Adults DD** (age 21 and older)

The following age divisions will be used in all IDO Events in TRIO GROUPS, TEAMS, CREWS and FORMATIONS:

AGE DIVISION	AGE SPAN	NOTE
Mini Kids	7 and under	
Children	12 and under	
Junior	13 – 16	
Adult 1	17 and over	
Adult 2	31 and over	
Senior	50 and over	Belly Dance / Oriental, Flamenco, Couple Dance
<i>The rules of the 3-year span is applicable – not in Adults 2 and SENIOR.</i>		

- (18) On occasion, an Organizer may host a competition for Mini Kids, Senior's and/or Adult 2.

- (19) It is not possible to compete in the same discipline and category in 2 (two) different age divisions during 1 (one) calendar year. Example: A couple competing in Salsa Adult 2

competition cannot compete in Salsa Adult competition in 1 (one) year, but can compete in Bachata Adult competition.

- (20) It is not possible to compete in 1 (one) discipline and 1 (one) category in 2 (two) different age divisions at the same competition. Example: If a dancer competes in Disco Mini Kids solo he/she cannot compete in Disco Children Solo category, but can compete in Disco Children Formation.
- (21) Adult 2, groups and formations, may be in any of IDO's disciplines at the discretion of the Organizer. Adult 2 shall be at least 31 and over in the year of competition and where applicable in all disciplines, no exceptions.

Determining one's age division

- (22) For Duos or Couples, the eldest partner's date of birth determines the age division. A partner no more than 3 (three) years younger than the lower age limit may dance in an older division, but the age span cannot exceed 3 (three) years. Example: *One dancer is 11 years old and one is 14, they may dance in the Junior 1 Division, but if the younger dancer is only 10, they may not.* Another example: *One dancer is 13 years old and one is 16 they may dance in the Junior 2 Division, but if the younger dancer is only 12 years old, they may not.*
- (23) While younger dancers may dance 'up' a division, the reverse is not possible and older dancers may not dance 'down' a division. A younger dancer who dances 'up' a division, such as a child of 12 years old dancing in the Junior 1 Duo division, must dance in that age division in that category for the remainder of the competition year. He/she may not dance in the Children's division with a different partner, but he or she could dance in the younger (children's) division in Trios, Crew, Groups, Teams, or Formations.
- (24) Once a dancer has chosen to move up an age level in a specific category, such as Tap Duo or Jazz Duo, he/she must remain in that age division until the end of year and not move back.
- (25) Dancers are permitted to dance in 2 (two) specific age divisions only under the following conditions: A dancer cannot dance in both Junior 2 Show Dance Duo and Adult Show Dance Duo, i.e. two different age divisions of the same discipline and category. However he/she may remain in the same age division of all other specific categories, until they reach their next age level. Example: *A child age 12 years old or 11 may dance in Junior 1 Show Dance Duo and still participate in all Children categories Show Dance Solo, Disco Dance Duo, Hip Hop Group, Tap Formation but not Children Show Dance Duo.*
- (26) In Trio, Groups, Teams, Crews and Formations a dancer no more than 3 (three) years younger than the lower age limit may dance in an older division. This rule shall apply to all Age Divisions of Trio, Groups, Teams, Crews or Formations, except the Adult 2 and Senior Division, with the following restriction: Not more than 50% of the dancers in the Trio, Group, Team, Crew or Formation can be 3 (three) years or less younger than the actual age division. The age of all other dancers in the Trio, Group, Team, Crew or Formation must fall within the specified age range.
- (27) While younger dancers may dance 'up' a division, the reverse is not possible and older dancers may not dance 'down' a division. Once a dancer has chosen to move up an age level in a specific category, he/she must remain in that age division until the end of year and not move back.

(28) Dancers are permitted to dance in 2 (two) specific age divisions only under the following conditions: A dancer cannot dance in both the Junior Show Dance Group and in the Adult Show Dance Group, a dancer may not dance in both Junior Hip Hop Formation and Adult Hip Hop Formations, i.e. two different age divisions of the same discipline and category. However, he/she may remain in the same age division of all other specific categories, until they reach their next age level. Example: *A child age 12 years old or 11, may dance in Junior Show Dance Group and still participate in all Children categories Show Dance Solo, Disco Dance Duo, Hip Hop Group, Tap Formation but not Children Show Dance Group.*

Number of Entries per Nation (EPN) Championships and Cups

(29) The number of competitors will be proposed by the Organizer and confirmed by the IDO Chairperson of the Sport Committee.

Wild Card and Defending Champion

(30) The Organizing NMO may enrol one additional dancer/s from their own city, region or country in each discipline, category and age division.

(31) Defending Champion:

- A soloist who wins a World Championship title is entitled to defend that championship title, in the same discipline, in the first following championship. If their age range changes they may defend the title in the next higher age division.
- A duo or couple who wins a World Championship title is entitled to defend that championship title, in the same discipline in the first following championship. If one or more of the duo's age range changes, they may defend the title in the next higher age range.
- In the case of trio, groups and formations, it is the team name that defends the title. The dancers in the trio, group and formation may change but they must all be within the rule regarding age. A trio, group or formation cannot advance to the next age level when defending a championship title.
- Continental Championships will use the same rules as those above governing World Championships.
- The first, second and third place winners of any IDO Couple Dance World Cup Competition will be granted the right to an additional entry of NMO in the next IDO Couple Dance World Championship featuring the same discipline.

Dance Disciplines

(32) IDO Events may be organized for the following dance disciplines:

- Performing Arts disciplines: Show Dance, Jazz Dance, Tap Dance, Acrobatic Dance, Ballet, Modern and Contemporary Dance, Bollywood, Character–Ethnic–Folk, Belly Dance/Oriental, Show Belly Dance/Oriental Show, Folk Belly Dance/Oriental Folk, Flamenco/Flamenco Fusion, Light Dance Show, Performing Arts Improvisation
- Street Dance disciplines: Breaking/Break Dance, Hip Hop, Hip Hop Solo and Crew Battle / **All Style Battles**, Disco Dance, Popping, Disco Dance Free Style, Street Dance Show, Disco Show, Disco Slow
- Couple Dances disciplines: Argentine Tango, Salsa, Merengue, Bachata, Caribbean Dances, Jitterbug, Couple Dance Formations, Disco Hustle/Disco Swing/Disco Fox, Salsa Rueda de

Casino, Caribbean Show, Jack & Jill, West Coast Swing, Synchro Dance, Latin Show, Latin Style.

II.B. IDO EVENTS – Bidding Procedure

- (1) Application for an IDO Event shall adhere following guidelines:
 - If an IDO NMO or an individual /organization / institution in cooperation with the IDO NMO wish to organize an IDO Event, they should follow the IDO Competition Bidding procedure (Appendix 2). Any oral or spoken agreement between individuals / organizations / institutions and IDO Officials will not be binding or official.
 - Events should be applied for at least 24 months (2 years) in advance, but exceptions due to special circumstances may be granted by the IDO Presidium.
 - Upon receiving the bidding forms the Competition Managing Committee will select and propose the most suitable organizer to IDO Presidium, who has the right to grant the event.
 - Unless special circumstances exist, Events will not be granted later than 6 (six) months before the Event.
 - The Event Contract must then be signed by the Organizer and the IDO NMO in the country where the Event is to be held.
 - If the contract, including all applicable fees, is not returned by the date specified in the reminder, the IDO Presidium may cancel the event.
 - The Supervisor will take up contact with the Organizer to assist in organizing the event.
 - The Organizer must open up a website as soon as possible but no later than six (6) months before the event, with all necessary information published. Organizer website for an official IDO competition has to be at minimum in English.
- (2) The following code should be used in determining the Official Status of all Events on the website:
 - Applied: The potential Organizer has made official Application but not yet paid the fee nor signed the contract.
 - Official: The Organizer has signed the contract, paid the necessary fees and has been granted official recognition by IDO.
- (3) Any bid to organize an IDO World or Continental Championship or Cup must have the full support of the IDO NMO. If other official bodies within the country, such as government, local council, or others will be part of the Potential Organizer, they should also sign the 'IDO Organizer Application Form for the IDO Bidding Process'.
- (4) To become eligible potential organizer for Games, Championship and Cups, those entities must have experience in organizing a lower level – other IDO events (ranking, licensed and festival).
- (5) To make a bidding, the NMO must send a filled out and signed IDO Organizer Application Form for the IDO Bidding Process 'by email.
- (6) It must be understood and agreed to by the NMO that if the IDO Competition Managing Committee accepts its bid then the NMO must cover all responsibilities regarding the organizing of the Event and will be liable for all costs associated with the Event.
- (7) Choice of Venue: In addition to the physical requirements of the venue, it is important that the venue has been checked by an IDO licensed Supervisor or IDO Presidium member that has been delegated by the IDO Chairperson of the Sport Committee. All costs (travel, hotel and per diem) must be paid by the NMO or Organizer that is applying for the IDO event. When necessary the Organizer that is bidding for an Event should organize a meeting with the sports

hall management, Municipality representative, representative of NMO etc. It is in discretion of the Organizer to inform the IDO Chairperson of the Sport Committee as well as the Supervisor of how many days they need an IDO official to be present. All additional days need to be paid as well.

- (8) Event Organization: Efforts must be made to provide the highest quality of services to participants, officials and the public throughout the Event, starting from the arrival of competitors and officials at the airport, providing immediate and trouble-free entry into the host country, arranging transportation to their accommodation sites, implementing a system of accreditation for access to essential locations, organizing transport from accommodation sites to the venue, offering catering facilities at the hotel and venue, providing medical services, and furnishing information and services to the public for maximum enjoyment of the event.

II.C. IDO EVENTS – the Organizer, Team Captains, Moderators, Dancers, Officials

The Organizer

- (1) The Organizer has full financial responsibility for the Contracted Event (Games, Championship, Cups) and also has full responsibility of obeying and enforcing all IDO Internal Acts.
- (2) The NMO is also responsible that the Organizer adheres to the contract and the IDO Rules as specified in the IDO Internal Acts. Therefore, the IDO NMO will always countersign the IDO Event Contract.
- (3) It is the responsibility of the NMO to make certain of the ethical and financial background of the Organizer.
- (4) An Organizer who wishes to use a benefactor's name in conjunction with any IDO Event must submit a written request to IDO seeking permission to do so. The IDO Presidium has the right to approve or deny such requests, as well to demand payment.
- (5) The Organizer receives the income from tickets, merchandising, catering, sponsors, donors, partners and the start fees. Sponsoring and / or TV licenses or rights are negotiable with the IDO, through IDO Chairperson of the Sport Committee.
- (6) The Organizer must engage IDO licensed moderator, making sure that he/she speak and understand the English language fluently and are familiar with common terms of a well-run competition.
- (7) The Organizer must observe the following rules regarding the Official IDO Logo:
 - must be printed on all material concerning the competition, including all text, announcements, advertisements, publicity, program books, etc.;
 - must be visually presented at the competition site to promote the IDO (i.e. flag);
 - must be printed or superimposed on a white background without interference of a different colour.
 - it can never be altered, changed or embellished without the express consent of IDO.

- (8) The Organizer is obligated to send a tentative schedule, which was prior checked and approved by the nominated IDO Supervisor for that specific competition, to be posted on the official IDO Website at least 6 (six) months prior to the first competition day. Once the tentative schedule by days and disciplines is published, the disciplines on the official schedule cannot be changed.
- (9) The deadline for the enrolments needs to be at least 6 (six) weeks prior to the first competition date. In special cases it can be prolonged by the approval of IDO Chairperson of the Sport Committee.
- (10) The official schedule has to be published on the official IDO Website within 3 (three) days after the deadline of the enrolments. Once published the official schedule cannot be changed. The Chairperson of Adjudicators and the Supervisor have the right to amend the schedule whenever it is necessary. The Organizer must immediately inform all the Team Captains of all changes of the schedule and announce it during the competition.
- (11) The Organizer of an IDO event cannot serve in any official capacity in the same event he/she is organizing (i.e. Chairperson of Adjudicators, Scrutineer, Supervisor, Adjudicator).
- (12) No one officiating at an Event as a Supervisor, Chairperson of Adjudicators, Adjudicator, Mock Adjudicator, Scrutineer, Moderator, IDO official representative is allowed to compete during the same Event.

Duties and Responsibilities of Team Captains

- (13) For every IDO Event, all participating countries should appoint an IDO Team Captain for each IDO Championship and Cup who should be informed by the NMO about the competition and the team, and be knowledgeable about IDO events. The NMO will enrol the name of the IDO Team Captain in DIES.
- (14) An IDO Team Captain can be:
 - The national IDO representative of the country,
 - A choreographer, teacher, studio owner etc. of one team taking care of all dancers of the country,
 - A parent taking care of all dancers of the country,
 - An older dancer taking care of all dancers of the country,
 - Someone else of the delegation taking care of all dancers of the country.
- (15) The IDO Team Captain - appointed by the NMO by DIES before the event - will get 1 (one) free pass to be able to get to the dressing rooms, dance floor and necessary rooms to assist the dancers.
- (16) The IDO Team Captain's duties, at arrival to the Event:
 - They must speak English and if not they are required to have an interpreter with them who can speak and read English fluently.
 - They will receive the DIES Chart with all dancers enrolled from the NMO before departure from own country to the event.
 - To receive all information necessary from the NMO regarding the DIES Chart.
 - To check the enrolment and start lists of the Organizer.
 - To enrol the dancers at the event, cancel the missing ones, do changes, add late entries (if the Organizer accepts them).

- To check the updated official lists together with the IDO representative and the Organizer.
- To collect all start numbers, accreditations, banderols (wrist bands), and tickets for the dancers from the Organizer at Check-in. To inform Organizer about time of arrival of separate groups (especially in case of accommodation ordered and organized by Organizer). To provide Organizer (if needed) with contact information / mobile of every participating group of competitors from his/her country in the event.
- To collect the "free passes" at Check-in.
- To hand over the missing music to the Check-in or DJ (only music which was not submitted through DIES); when requested, to help with arrangements for rehearsals (fill in list of rehearsals for his competitors if asked by Organizer to do so).
- If the IDO annual license fee has not been paid, the Team Captain must pay together with the start fees to the Organizer. If payment is made via bank transfer, the Team Captain must provide a copy of bank transfer.

(17) The IDO Team Captain's duties, during the Event:

- To check the lists of qualified dancers for the next rounds and be sure the dancers are prepared.
- To inform Check-in about possible changes, cancellations (in case of illness, injury during competition).
- To collect the diplomas and music of the dancers not qualified to the next round.
- To be available when something happens and her/his team members have to be informed about a re-dance, a time change, a "whatever" and especially about possible problems because of warnings or even disqualifications.
- To contact the IDO Supervisor and/or the Organizer if there is any problem, which may affect competition.
- To file a complaint or, better still, solve the problem together with the IDO Supervisor.
- To observe the time schedule and inform the dancers about any changes.
- To be available by mobile at any time during the whole event.
- To fill in competition and place of that IDO event into the dancers IDO Licence Books.

Rules for Moderators at IDO World / Continental Championships and Cups

(18) Moderator engaged for the Event adheres the following guidelines:

- Avoids damaging comments or remarks made against good sportsmanship, dance technique, IDO or dance in general.
- Respect all participants of the Event regardless their age, gender, sexual orientation, skin colour, nationality, physical ability etc.
- Keeps all topics within good taste.
- Will cooperate with the IDO representatives, including but not limited to Supervisor, Scrutineer and the Chairperson of Adjudicators.
- Will cooperate with the IDO secretariat, the IDO press manager or company to promote IDO and its aims in the best way possible.

(19) The Supervisor has the right to remove moderator if his/her performance is not appropriate.

(20) In all rounds, except the finals, in disciplines where own and organizers music is used, only the start number, the given name of the dancers and the title (when needed) is announced. Example of the announcement: *"Start number 5, Mary, title of the performance: Showgirl"*.

- (21) In the children division - when a dancer is not present - the moderator can use the given name, surname and country (reason: Children do not always understand English language) to call her/him on the floor. Example of the announcement: *"Start number 5, Mary Smith from USA"*
- (22) In the final rounds for solo and duo performance, the moderator can announce the start number, given name and surname, title of the performance (when needed) and the country of origin. Example of the announcement: *"Start number 5, Mary Smith from USA, the title of the performance: Showgirl"*
- (23) In the final rounds for trios, groups, teams, crews and formations, the moderator can announce the starting number, name of the group, title of the performance (when needed) and the country of origin. Example of the announcement: *"Start number 5, USA national team, the title of performance: Showgirls"* or *"Start number 5, Eclipse from USA, the title of performance: Showgirls"*.

Requirements for Participating Dancers in an IDO Event

- (24) Dancers representing a country in an International IDO Competition must reside in or be a citizen of the country being represented.
- (25) Participation in Continental Championships or Cups requires residency or citizenship of the dancers on the respective continent. For the participation in World Championships or World Cups the NMO may elect dancers from either continent or both continents.
- (26) A dancer can only represent one (1) country at an event in a calendar year regardless of status – dual passport/dual citizenship, refugee status, residence in another country, etc.
- (27) Specific conditions that must be met to represent a country:
To represent a country, a dancer must prove that he or she has resided in that country for at six (6) months.
Upon receipt of a written request from the "new" IDO NMO, together with the following documents:
- Proof of studying in the »new« country (School, University)
 - Proof of work (contract and a letter from the employer)
 - Proof of an address (permanent or temporary for full six (6) months in the »new« country) from the Municipality
 - Proof of registration and paid yearly registration fee to the new IDO NMO
 - An e-mail from the IDO NMO of the country of birth that there are no open disputes with the athlete and IDO NMO.
 - If the dancer is a minor, a signed statement from the parents that they approve the representation of the »new« country
- The application will be reviewed on a case-to-case system by the Sub-Committee. The final decision is in the discrepancy of the IDO Presidium and is valid for 1 calendar year.
- (28) A citizen of one country who resides in another country may be eligible to represent either country. However, once a dancer has declared which country he or she will represent, the IDO Presidium must approve any subsequent changes. Any change back may only be made after a 12 (twelve) months period from the last event that he/she competed at.

(29) In the case of dual/ multiple nationality, the dancer is free to choose which country he/she wants to represent. If a dancer wants to change his/her representation to his/her second nationality, **the IDO Presidium must be asked in written form**; the specific application conditions apply **(as explained in the above section)**. Any change back may only be made after a 12 (twelve) months period from the last event that he/she competed at.

(30) During a competition, a replacement of dancer/dancers can be done in case of an injury or otherwise incapacitated (severe illness of the dancer, death or severe injury to a family member, stolen costume or shoes, transportation problems, etc.) upon approval of Chairperson of Adjudicators and Supervisor.

- Not more dancer than 1 (one) in trio / groups / crews / team can be changed,
- maximum of 3 (three) in formations / productions can be changed,
- In case of more dancers the dancers needs to fulfil all the enrolment conditions set by the organization (in this case IDO registration and the starting fee need to be paid to the Organizer). When the dancer that is injured is taken out of the competition, the substitute needs to dance all consequent rounds of the category until the end of the competition.
- Dancers in Solo, Duo and Couples cannot be replaced as their enrolments and titles are personal.

Installing of an IDO Flag at a Competition to Represent a Country

(31) The IDO Presidium can decide that in special cases as:

- when an IDO NMO that represents the country fails to meet international standards for conduct,
- when there are special conditions that the dancer cannot represent his/her country as their political identity is not clearly defined (i.e. refugee situation),
- when there is a higher political dispute between IDO and IDO NMO,
- when IDO has proof of mismanagement and corruption of IDO NMO,

IDO flag may be used for representing competitors at the official IDO Games, Championships and Cups.

Documentation to be submitted when applying as a refugee to represent a »new« country or dancing under the IDO flag:

- Scan of documents proving refugee status in the »new« country
- Scan of passport
- Scan of a temporary address in the »new« country

If the athlete is a minor, a signed statement from the parents that they approve the athlete to represent the »new« country.

Decision of the IDO Presidium must be solved case by case and event by event. The decision is valid only for 1 (one) event per case.

III.A. IDO RANKING COMPETITIONS

(1) "IDO Grand Prix" (IDO Ranking competition title) are Sport-for-All events open to all dancers, regardless their dance knowledge and experiences. Four (4) IDO Grand Prix editions are organized annually, results will be counted into the IDO Ranking.

(2) Dancers with the IDO licence may qualify ("wild card") to the next year World Championship if they are ranked in the highest IDO ranking places (as defined below under paragraph "Ranking List"). First ten best ranked dancers for Street Department, first five best ranked

dancers for Performing Arts department and ten best ranked dancers for Couple dance Department will be considered to receive the – “Wild card”.

- (3) This “wild card” is not counted to the NMO quota of participation in the World Championship.
- (4) Bidding procedures, regulations and rules for an IDO Ranking competition are same as the bidding for IDO Championships and Cups.
- (5) IDO Ranking competitions must comprise the following titles:
 - IDO (official IDO logo) Grand Prix, or
 - IDO (official IDO logo) Grand Prix of *(name of the city, country)*
 Any Games, Championship and Cups cannot be Ranking competitions. All other titles or names of the competition must be published as sub-titles.
- (6) The competition fee for all IDO ranking competitions are listed in the financial book. In case the potential Organizer is applying for more event titles the competition fee is an additional costs added to the existing competition fee as a new competition contract.
- (7) Ranking List regulations:
 - Only competitions of the Adults age division for solo, duo, couples and groups are counted in the ranking.
 - The ranking list is published each year and is the actual list of the eligible participating at the IDO World Championships in that year in the dance discipline(s) ranked. All competitions after this date are counting for the following year.
 - There are no limits to EPN per country – and since the event is open to anyone, it is important to respect results (ranking).
 - The annually published IDO-ranking list includes all dancers, regardless of their IDO registration status. Non-IDO dancers will receive points and appear on the published ranking list, but they will not be eligible to receive a 'wild card' until they are registered by their IDO NMO.
- (8) Points:

Title of Competition	Competition factor (CF)	Number of dancers / dance groups (NF)	Number of Countries (NCF)	International IDO adjudicators (AF)
Grand Prix	70	Real number of competitors	3 per participating country in this discipline	• 5 points for IDO international adjudicators from 0-3 countries • 10 points for IDO adjudicators from 4-5-6 countries • 15 points for IDO adjudicators from 7 and more countries
The points will be given as following: $POINTS = (CF + NF + NCF + AF) / \text{place in the competition}$ Competition: Grand Prix of Country name: 56 competitors from 6 countries with IDO adjudicators from 5 countries CF = 70 NF = 56 NCF = $6 \times 3 = 18$ AF = 10 TOTAL: 154 POINTS 1st place gets $154/1 = 154$ points, 2nd place gets $154/2 = 77$ points, ... 56th place gets $154/56 = 2,75$ points				

- (9) First three places receive a medal following these Rules & Regulations. The organizer may give additional medals to lower-ranked positions that shall not be the same colour as the first three places, and shall be smaller size.
- (10) Only IDO disciplines, age divisions and categories shall be considered for ranking competitions. IDO Presidium has discretion to decide to add a new discipline to support the development.
- (11) All Ranking competitions must be organized in accordance with rules and regulations in this paragraph above.

III.B. IDO LICENSED COMPETITIONS

- (1) Any organization, company, corporation, institution or individual that organizes Dance Sport Competitions in Dance disciplines administrated by the IDO but are normally not involved in IDO activities, can apply to have such Dance competitions licensed by the IDO under the following conditions:
 - The Organizer must be approved by the Chairperson of the Sport Committee.
 - All events must have an IDO Supervisor. IDO Supervisor will be reimbursed as specified in the Financial Book.
 - The rules & regulations that are used for the competition may be IDO rules & regulations and if so, it should be stated, and clearly published, at the Organizer's website and otherwise where suitable. If rules & regulations other than IDO are used, such rules & regulations including how much the enrolment fee is, must be announced and clearly published at the Organizer's website.
 - The titles granted at any Licensed Competitions cannot be the same as any titles utilized by IDO; such titles shall be confirmed by IDO Chairperson of the Sport Committee.
 - The date of the competition must not collide or interfere with any official IDO events for the same or similar disciplines, such as World and Continental Championships, along with World and Continental Cups. The final determination will be made by the IDO Presidium.
 - The Organizer shall pay the license fee to IDO.
 - The Organizer shall brand the event with IDO visual identity.
- (2) If the above standing is fulfilled, the IDO will support the competition by:
 - Allowing IDO dancers to enrol for the competition.
 - Allowing IDO Adjudicators to judge the competition.
 - Appointing Supervisor to supervise.
 - Announce and advertise the competition at the IDO website, and encourage participation.

III.C. IDO FESTIVALS

- (1) IDO Festivals are defined as Sport-for-All events and non-competitive events, including concerts, performances, workshops, lectures and other related events.
- (2) The purpose of a Festival is to bring dancers of the world together, to present their skills and special dance traditions and national pride to an interested audience and public.
- (3) An IDO Festival must have an IDO Supervisor as an official observer.

- (4) The rules & regulations governing an IDO Festival are up to the discretion of the Organizer.
They must be published visibly in the Organizer's website.

BOOK 2

I. RULES GOVERNING COSTUMES

A. GENERAL COSTUME RULES FOR ALL AGE DIVISION

Costume must be age appropriate, and they must suit the discipline in which they are used. Costume may never be offensive to the public or other competitors.

Costumes must cover the intimate parts of the dancer's body during the whole performance. Intimate parts: buttocks, bust and pubic areas (see picture #1)

The intimate parts of the body must be covered with non-transparent material of any colour except tan or flesh colour. When transparent material is used to cover these areas, it must be lined with non-transparent material.

If religious or political symbols are used as costume, they must suit the theme and choreography in which they are used. Such symbols must always be in good taste, and they may never be offensive to the public or other competitors. Personal jewellery should not be worn unless it is a part of the costume.

A1. LOWER BODY

Buttock: The buttock is defined as the area from the crease between the leg and bottom up to the hip line across the body.

Hip line: panties top line (how low). Straight horizontal line, top of line between buttocks muscles (interlineal line) must not be visible.

Panty Line: panties bottom line (how high). The panties' hip line should be high enough to completely cover the vertical crease between the buttocks.

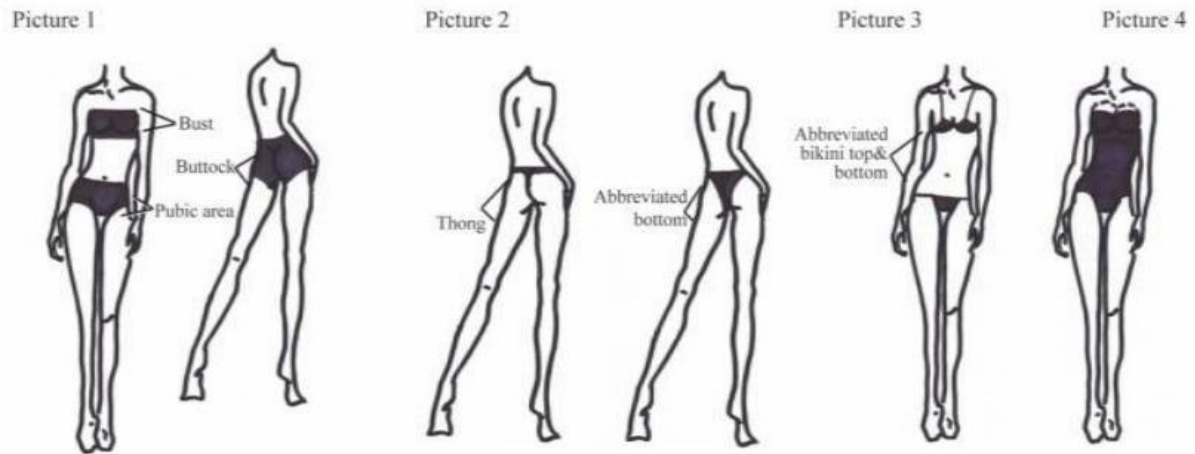
The panties should cover the entire buttock in the backside. In the front, the panty line should follow the line between the body and flexed leg. The distance from the hip line to the panty line should be at least 5 cm (2 inches) when measured from the side (see picture #1).

Abbreviated bikini bottoms, thongs, thong appliqués and any shorts imitating a thong look are prohibited in both males' and females' costumes (see picture #2 and #3). The dancers should make sure their costumes fit properly, as ill-fitting shorts or panties can wedge or otherwise expose the buttock in a way that is prohibited.

It is recommended that all male dancers wear a men's dance belt underneath their costume. A costume consisting only of a men's dance belt is prohibited.

A2. UPPER BODY

Abbreviated bikini tops, tube tops and tank tops are prohibited in all age divisions (see pictures #3 and #4). Female dancers: Exposing the breasts beyond what is shown in picture #4 is prohibited. Male dancers: Male dancers are allowed to perform bare-chested.



A3. ASSISTIVE TECHNOLOGY

If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer use an elastic band to hold them in place around the head.

If hearing aids must be worn, the dancer should ensure they are fastened securely.

B. SPECIAL COSTUME RULES FOR THE CHILDREN'S AGE DIVISION

In addition to all the general costume rules for all age division, the following applies in the children's age division:

It is obligatory for children to dress as children and not like junior and adults.

Costume materials that suggest sexual, deviate, sadomasochistic or other adult themes are prohibited in the children's age division.

Costumes made entirely from see-through materials are prohibited, but the same material may be used for sleeves and to cover legs (for example: Aladdin-style pantaloons and sleeves).

Dancers in the children's age division may never appear nude or in a costume implying nudity. Therefore, flesh, nude, tan, beige, or bone-coloured bodysuits, leotards, tops and pants may not be used in a way that implies nudity. Net, lace or any such material may never be used to cover the intimate parts of the body unless lined with a non-nude coloured material.

C. SPECIAL COSTUME RULES FOR THE JUNIOR AGE DIVISION

In addition to all the general costume rules for all age division, the following applies in the junior division:

It is obligatory for junior to dress as junior and not like adults.

Costume materials that suggest sexual, deviate, sadomasochistic or other adult themes are prohibited in the junior's age division.

Costumes made entirely from see-through materials are prohibited, but the same material may be used for sleeves and to cover legs (for example: Aladdin-style pantaloons and sleeves).

Dancers in the junior's age division may never appear nude or in a costume implying nudity. Therefore, flesh, nude, tan, beige, or bone-coloured bodysuits, leotards, tops and pants may not be used in a way that implies nudity. Net, lace or any such material may never be used to cover the intimate parts of the body unless lined with a non-nude coloured material.

D. SPECIAL COSTUME RULES FOR THE ADULT AGE DIVISION

In addition to all the general costume rules for all age division, the following applies in the adult age division:

Adult dancers should bear in mind that they are the ones setting the trend for the younger dancers, who look up to them and seek inspiration from them. This is why it is very important to be dressed in good taste.

E. ADDITIONAL COSTUME RULES FOR PERFORMING ARTS DISCIPLINES ONLY

Tan or flesh coloured materials may be used to cover the intimate parts of the body in the junior and adult age division, if it suits the theme of the performance and if it is not sexually suggestive in any way. However, a costume consisting only of flesh-coloured panties and a bra is not allowed.



It is possible to wear costumes/bodies/leotards with a classic (higher) cut leg line, in all age divisions. When wearing a classic cut leg line; opaque tights are mandatory - either skin coloured or coloured.

Male dancers in the children's age division must have their torso covered with cloth material.

II. RULES GOVERNING MAKE-UP, MUSIC, MOVEMENTS AND THEMES

A. GENERAL RULES GOVERNING MAKE-UP, MUSIC, MOVEMENTS AND THEMES

Make-up must be age appropriate and must suit the discipline in which it is used. Make-up may never be offensive to the public or other competitors.

Music must also be appropriate for the age division of the dancer/s. Explicit sexual lyrics and guttural sounds are prohibited. All dancers must be aware of the lyrics in the music they use.

Teachers and choreographers should pay close attention to age appropriateness when choosing themes for children and juniors, making a special effort to avoid sexually inviting moves, morbid themes, brutal fighting, killing, etc.

If religious or political symbols are used as decoration, they must suit the theme and choreography in which they are used. Such symbols must always be in good taste, and they may never be offensive to the public or other competitors. Personal jewellery should not be worn unless it is a part of the costume.

B. SPECIAL MAKE-UP, MUSIC, MOVEMENTS AND THEMES RULES FOR THE CHILDREN'S AGE DIVISION

In addition to all the general make-up, music, movement and theme rules, the following applies in the children's age division:

It is obligatory for children to appear as children and not like junior and adults.

Make-up should be used to bring out the features of the face or to portray a character. Hair should be neat, under control unless it is being used to portray a character, animal, rag doll, etc. Hair extensions, pieces or wigs should be of the kind commonly used by children. Hair extensions, falls, ponytails and wigs may be used if they do not distort the age of the child.

C. SPECIAL MAKE-UP, MUSIC, MOVEMENTS AND THEMES RULES FOR THE JUNIOR AGE DIVISION

In addition to all the general make-up, movement and theme rules, the following applies in the junior age division:

It is obligatory for junior to appear as junior and not like adults.

Make-up should be used to bring out the features of the face or to portray a character. Hair should be neat, under control unless it is being used to portray a character, animal, rag doll, etc. Hair extensions, pieces or wigs should be of the kind commonly used by junior. Hair extensions, falls, ponytails and wigs may be used if they do not distort the age of the child.

III. RULES VIOLATION PROTOCOL

All dancers and coaches should be aware that if the Chairperson of Adjudicators gives a warning for an infraction of the above rules (under paragraph I. and II.), the infraction should be removed immediately.

If the warned competitor(s) repeats the infraction in the next round, they will be penalized.

IV. GUIDELINE AND SPECIAL RULINGS FOR THE ADJUDICATORS

An Adjudicator should always be very careful when commenting or deducting points for visual things that they personally do not like. It is not Adjudicators' duty to Adjudicator morality; Adjudicators' job is to Adjudicator talent. If the costume, theme, choreography, and presentation are offensive to Adjudicators' personal taste, he/she may take that consideration into his/her mind when marking but a better method would be to bring what is offensive him/her to Chairperson and let him/her make ruling on how it should be handled.

Rulings by the Chairperson: If a chairperson finds inappropriate costuming, grooming, music, gestures, or otherwise offensive behaviour by the dancer they may give a warning to correct the situation and subsequently penalize or disqualify the dancer/s if the Supervisor and Organizer agree.

Total Image: The total image that a dancer creates should be within the limits of good taste and not be offensive to anyone in the audience.

Note: Inappropriate music, theme, choreography, costume, or total image may result in point loss, and gross misuse or abuse in these areas may result in disqualification.

BOOK 3

DANCE DISCIPLINES

PRODUCTION					
Definition:		Production is a special IDO discipline covering all possible IDO Departments and disciplines. A Production is defined as an elaborate theatrical presentation, dominated by dance, which may include any IDO discipline or any combination thereof, using a story, theme, or concept. Since its primary purpose will be to entertain, it is under the jurisdiction and administration of the Performing Arts Department. Although all IDO disciplines will compete against each other in this category, specific rules as outlined under each discipline will be adhered to unless otherwise specified in the rules that follow.			
Category:		Production			
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)		ALL age divisions			
		There will be no age restrictions, and all ages will compete against one another. No dancer will be represented in more than one Production at any event.			
Number of dancers:		Production	25 or more At least 25 dancers minimum, with no maximum, are allowed in this category. However, it is the producer of the production’s responsibility to make sure the stage or dance floor is large enough to accommodate the number of dancers one wishes to present.		
Music:		Competitors dance to their own music. All types of music may be used if it is not offensive to the public or IDO. Music containing inappropriate or offensive lyrics will not be permitted. Live music may be used if the musicians are part of the Production being presented. LIVE MUSIC:			

		- Musicians are not counted as participants unless they also dance in the routine. - The Organizer must be advised by email prior to 4 weeks preceding the event. The email MUST explain all necessary details. Once approved, the participant must adhere to the agreement. - All equipment must be brought in and set-up by the Dancers and/or Musicians. - Set-up must be done quickly and in a quiet, non-disruptive manner. - The set-up and break down of all equipment must not take more than 5 minutes. - Live music AND recorded music can be mixed. In this case, the house system of the Organizer can be used if the entrant can cue the sound engineer of the house system for starts and stops of the recorded music. <i>For example:</i> If the entry uses amplified live music there can be two different systems. a. House system – for CD and/or up to 2 microphones for vocals only. b. Additional portable amplification system supplied by the entrant for live music/vocals c. Both systems may be mixed for live music AND recorded music - <i>Suggested live music:</i> Vocals, brass, woodwinds, strings, drums and percussion, bass, keyboards. Full size pianos or organs will not be allowed.
Tempo:		No limit
Duration of performance / Time limits:	Production	Minimum: 5 min; Maximum: 8 min There will be a total of 5 minutes to set up and 5 minutes to break down scenic sets, backdrop and stage props. All set ups and breakdowns must be made by stagehands provided by the school, club or group presenting the Production.
Characteristics and Movements:	This category will be open to all or any combination of dance disciplines and styles under the auspices of the IDO. Theatrical effects such as fog, laser lighting, magic and illusions may be presented, without restriction, provided they are not hazardous to the performers, stagehands or audience.	
Routine:	No dancer shall compete against him or herself A Production may include solo, duo, and ensemble performers as long as solo and duo performers do not dominate the performance.	
Allowable Figures and Movements:	Both lifts and/or acrobatic movements are allowed, as long as they do not threaten the well-being of the dancers.	
Lifts:	Permitted	
Acrobatic Movements:	Permitted	

Scenic or Stage Props:	Permitted	
Hand Props:	Permitted	
Floor Props:	Permitted	
Lip-sync:	Permitted	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	For Mini kids and Children following rules and restrictions are not applicable when competing in Productions. All elements carried out/performed are on their own risk: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Toe work - Pointe work Liquids or other substances that can litter, damage or make the dance floor/stage unsafe, may not be used. Both fire and working weapons are not permitted.	
Evaluation:	2 D	
Procedure of Competition:	Qualifications round:	2 D system
	Finals:	Placement system
	In 2-D (Production) system the Adjudicators assign a numerical score to each start number in two (2) dimensions, with a minimum of ten (10) points and maximum of one hundred (100) points from each Adjudicator. Every Adjudicator must assign the points as follows: • 1st dimension: Technique, Musicality and Dance Ability (5-50 points) • 2nd dimension: Interpretation, Presentation, Costume, and Entertainment (5-50 points) If there are seven (7) or more Productions enrolled, the total number of points assigned by Adjudicators will determine the selection of the three (3) best Productions advancing to the final.	
Placement:	As per the IDO Rules	
Other Relevant Information:	Responsibility of the Organizer: It is the Organizer’s responsibility to provide normal stage amenities as out- lined in the IDO Rules Book. The Organizer must provide equal opportunity for all productions. It is the full responsibility of the school, club, group or independent entry to supply all special effects, as well as the necessary stagehands for proper and safe operation. It is also their responsibility to check with the Organizers to make sure all special effects are allowed in the auditorium or competition facility.	

I.PERFORMING ARTS Dance Disciplines

SHOW DANCE		PERFORMING ARTS			
Definition:	Show dance does not have an own dance technique. Show dance is based in the broadest sense on Ballet, Jazz and/or Modern and Contemporary dance techniques. Even though it is not a must, it is possible to use any variety of these Performing Arts dance disciplines in the composition of the show. Other dance disciplines/techniques (e.g. Disco Dance, Hip-Hop, Popping, Breaking, Tap Dance etc.) and even artistic sports like acrobatics and gymnastics can also be incorporated but should not control / cannot dominate the routine, because the evaluation is under the IDO Performing Arts umbrella.				
	Show Dance also allows the use of different theatrical effects. Show Dance must always have a concept by having a guideline, a story or a visible concept to entertain, attract, touch and/or send a message to the audience. There must be a title of the Show. The concept, story, theme, or idea must be fully understandable and be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative and original. The piece must have “Show Value”.				
Category:	Solo Male	Duo* Female-Female	Group	Formation	Production
	Solo Female	Duo* (Male-Female, Male-Male)			
* The dancer must only be represented in either two females, two males or male/female in any given competition. Duo category is divided only in ADULT age division In all other age divisions DUO – any gender combination of 2 dancers.					
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Mini Kids	7 and under 8 and under from 1 st January 2026			
	Children	12 and under			
	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	The rules of the 3-year span is applicable – not in Adults 2.				
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
	Production	25 or more			
Music:	Competitors dance to their own music.				
Tempo:	No limit				
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec			
	Formation (mini kids)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec			

Characteristics and Movements:	Unique dance discipline using technique and movements of different PA dance styles and disciplines.
Routine:	No dance routine shall be performed in more than one discipline (the same routine cannot be performed in both a Jazz and Show Dance). No dancer shall compete against him or herself A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.
Lifts:	Permitted (except Children and MINI Kids age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children and Mini Kids age divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children and Mini Kids age division, all acrobatics must be performed without any physical support of dancer/dancers. Acrobatic movements will be evaluated under show criteria and must never dominate and must be in harmony with the idea or theme.
Gymnastic lines:	If modern gymnastic movements dominate a performance a significant reduction of points in the technique dimension should be expected.
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Any allowed scenic backgrounds and props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Permitted. Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Permitted. Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.

Clothing / Costume:	Not allowed to change costume during competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round. See more in General Rules in Book 2	
Footwear:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Lip-sync:	Permitted.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Mini kids and Children age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids Age Divisions.	
Evaluation:	4 D Musicality, variety of dance and patterns, originality, total performance and individual choreography will be evaluated. It is very important to present harmony of idea, music, dance, choreography, costume and props in the presentation, as the entire image will be used in evaluating the performance. Groups and formations will be judged as a whole performance. Solo, duo or ensemble parts may be performed, but must not dominate.	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	<u>IDO Show Dance compared with IDO Jazz and Modern and Contemporary</u> The evaluation difference between Show Dance and the other IDO Performing Arts disciplines Jazz and/or Modern and Contemporary first lays in the judging system, as there is a greater emphasis to the presentation by using the 4 D System (the additional Show dimension). As is written in the definition of Show Dance, it's essential to create a Show based on a concept by having a guideline, a story or a visible concept to entertain, attract, touch and/or send a message to the audience. This will be evaluated with the 4th dimension and differentiates it from a Jazz and/or Modern and Contemporary piece/competition where you can also do it this way but will not get a separate evaluation with the 4th dimension. While the focus in the Jazz and/or Modern and Contemporary disciplines is on their respective techniques and styles, Show Dance can also take the liberty	

	of mixing, softening or reinventing all techniques and styles from them and through other dance styles to form a choreography. Show Dance not only needs dancers and a choreographer, but it also needs a director (who doesn't always have to be the same person as the choreographer).
--	--

JAZZ DANCE		PERFORMING ARTS			
Definition:	Jazz Dance styles: - <u>Primitive</u>: This dance form stemmed from early African Folk Dances that were done by slaves brought to America from Africa, West Indies, Cuba, Panama and Haiti. - <u>Early</u>: Originated via the music of the late 1800s and early 1900s. Dances included the Two-Step or Cakewalk, and later became the Grizzly Bear, Bunny Hug, Turkey Trot, and Texas Tommy. This evolved into the fast music and dances of the 1920's, the One-Step, Lindy Hop, Charleston and Black Bottom. - <u>Musical Comedy / Theatre Jazz</u>: These forms of Jazz became very popular via movies / theatre during the 1930s and 1940s. Many dance forms were incorporated in Musical Comedy Jazz. Ballet with "On Your Toes", and Modern Dance in "Oklahoma" and "Brigadoon". During the 1950s and 1960s, dance became an integral part of telling the story in Musical Theatre, as illustrated in musicals such as "Flower Drum Song", "Destry Rides Again", "West Side Story" and "Seven Brides for Seven Brothers". In 1978, the musical "Dancing" showed that the songs and books were secondary to the dancing; in fact, they are almost non-existing. - <u>Contemporary</u>: Primarily performed to music of the day, it began in the late 1950s to the music of Contemporary Jazz musicians like Dizzy Gillespie, Art Tatum and Dave Brubeck. - <u>Today's Jazz Dance</u>: This discipline may be danced using many different styles and tempos, using themes based on Afro-Cuban, Oriental, Spanish or other national themes. It may be performed as a character, such as Cowboy, Sailor, Clown, etc. It may also be abstract in nature. Lyrical Jazz, performed to such music as Bette Midler's "Wind Beneath My Wings", may be included in Jazz Dance Discipline. (Contemporary Ballet should not be confused with Jazz Dance and may not compete in this discipline. Other contemporary styles such as Hip-Hop, Disco, Break Dance and Electric Boogie may be incorporated, but must never control / dominate Jazz Dance performances.) - <u>Lyrical Jazz</u>: Lyrical Jazz is a fusion dance style that blends Jazz and Ballet technique. It combines the classical lines and technical aspects of ballet with the freedom, fluidity, and musicality of jazz. It relies heavily on the dancer's connection with the music and challenges choreographers and dancers to use movement to interpret music and /or song lyrics and express emotion.				
Category:	Solo Male Solo Female	Duo (any gender combination of two dancers)	Group	Formation	Production

Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under 8 and under from 1st January 2026
	Children	12 and under
	Junior 1 (in solo, duo)	13 – 14
	Junior 2 (in solo, duo)	15 – 16
	Junior (group, formation)	13 – 16
	Adult 1	17 and over
	Adult 2	31 and over
	<i>The rules of the 3-year span is applicable – not in Adults 2.</i>	
Number of dancers:	Solo	1
	Duo	2
	Group	3-7
	Formation	8-24
	Production	25 or more
Music:	Competitors dance to their own music. The music choice can also be acapella (no music), but the beginning and ending of performance must be marked with clear audible sound (beep).	
Tempo:	No limit	
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec
	Formation (mini kids)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec
Characteristics and Movements:	Jazz Dance is a multi-faceted art form. The above-mentioned types of Jazz Dance are examples of what is permissible in this category. The entire routine must consist of Jazz work. Jazz technique, turns, jumps isolations, stretch, as well as use of port de bras, legs, and upper body. Timing and rhythm will be considered in the marking.	
Routines:	No dance routine shall be performed in more than one discipline (the same routine cannot be performed in both a Jazz and Show Dance). No dancer shall compete against him or herself A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.	
Lifts:	Permitted (except Mini and Children age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Permitted with limitation. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures.	

	Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In Jazz Dance limited acrobatics is allowed if a body part is touching the floor, or a dancer in duo / group / formation has a partner support. (Junior and Adult Age Division) Acrobatics should not dominate the routine. In Children and Mini Kids age division, all acrobatics must be performed without any physical support of dancer/dancers.
Gymnastic lines:	Not allowed
Scenic or Stage Props:	Any items such as a scenic background, back drop, tree or other such prop, used to create a scene or embellish the stage are not permitted. Cumbersome scenic props are not permitted. Any allowed props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Permitted Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.). All hand props such as canes, umbrellas, handbags, briefcases, mirrors, flags, etc., may be used if they are an integral part and used throughout the routine. They may be set down on the floor if it remains part of the routine and picked up when leaving the stage at the end of the routine. Hand props can never be used as floor props; dancer(s) cannot enter the stage with an umbrella, set it on the floor, dance entire routine without utilizing the umbrella and then pick it up at the end of the routine and leave the stage.
Floor Props:	Permitted Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Necessary floor props such as a chair, stool, box, ladder, etc., may be carried on by a dancer in one trip, but must be an integral part of the routine and utilized throughout the entire performance. Items used to decorate or embellish the stage are not permitted. The dancer must carry the floor prop off the stage at the end of the routine. Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	In Jazz is not allowed to change costume during competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round. All costume accessories, such as hats, scarves, gloves, belts, etc., may be worn if they are an integral part of the costume. They may be taken off, exchanged or discarded, but not left to litter the stage. Meaning, the dancer cannot leave

	the stage at the end of the routine leaving clothing behind. If a dancer discards or drops a scarf on the stage, they must pick it up and take it off when they leave. See more in General Rules in Book 2	
Footwear:	Depending on the style of the Jazz routine and the floor conditions, footwear, or lack of footwear, is left to the decision of the performer.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Lip-sync:	NOT permitted.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Mini kids and Children age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids Age Divisions.	
Evaluation:	3 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	<u>IDO Jazz dance compared with IDO Modern and Contemporary dance</u> Jazz Dance is primarily based on the different Jazz techniques, diverse, highly expressive and energetic performance based, and entertaining, but Modern dance is varied and self-expressive and based on the individual dancer and their purpose for moving. Jazz dance and Modern dance are judged using the 3 D system (Technique-Composition-Image). Specific rules apply for Jazz dance vs Modern dance, for example backdrops, lip sync and acrobatic lines are not permitted in Jazz dance. A Jazz dance routine can be based on the pure technique of the dance discipline and may contain a story or a theme. Choreography is musically driven with an emphasis on polyrhythm and improvisation. Dependent on preserving historical roots of the discipline while leaving room for innovation. Whereas the primary focus of Modern and contemporary dance is the need to encourage dancers and choreographers to use their emotions and moods to design their own steps and routines. It is free and experimental with a deliberate use of gravity. <u>IDO Jazz dance compared with IDO Show dance</u>	

	Jazz Dance is primarily based on the different Jazz techniques and is judged using the 3 D system (Technique- Composition-Image). Show Dance can be based on a single or a combination of the following IDO disciplines: Modern & Contemporary, Jazz dance, Ballet. Other IDO dance disciplines (Disco Dance, Hip-Hop, Popping, Breaking, Tap, etc.) can be used as long they do not dominate the routine. Show dance is judged using the 4 D system (4th dimension = Show). Specific rules apply for Jazz dance vs Show dance, for example backdrops and lip sync are not permitted in Jazz dance. A Jazz dance routine can be based on the pure technique of the dance discipline and may contain a story or a theme. Whereas the primary focus of Show Dance is the need to make a Show by having a guideline, story or visible concept to entertain, attract, touch and/or send a message to the audience. It is up to the choreographer's discretion which discipline a jazz routine is best suited, either Jazz dance or Show dance for that IDO competition year.
--	--

TAP DANCE			PERFORMING ARTS		
Definition:	Form and style of dance that uses the sounds of tap shoes striking the floor as a form of percussion				
Category:	Solo Male Solo Female	Duo (any gender combination of two dancers)	Trio (any gender combination of three dancers)	Group	Formation
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (trio, group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	<i>The rules of the 3-year span is applicable – not in Adults 2.</i>				
Number of dancers:	Solo	1			
	Duo	2			
	Trio	3			
	Group	4-7			
	Formation	8-24			
	Production	25 or more			
Music:	Competitors dance to their own music. The music must not contain pre-recorded taps. Personal amplification devices are not permitted. Jingle taps, double taps, or double clagues are not permitted. The dancer’s taps and the music must be clearly audible to the audience and adjudicators.				

No more than 30 seconds of a cappella or tacet (silence) may be used in any one routine. The absence of music must occur within the music and not at the beginning or end. "Stop Time" is an open part of a measure of music, not played but silent, with some notes being played. "A Capella" is an open phrase of multiple measures in length, but completely absent (silent) of any/all music. NOTE: Music must be played at the beginning and end of the music and the "A Capella" must be no longer than 30 seconds. <u>Live music during Junior and Adult Groups:</u> - This is a separate category and cannot be mixed with other categories. - Musicians are not counted as participants unless they also dance in the routine. The ages of the musicians are not relevant unless they are also dancers. - The Organizer must be advised by email 4 weeks prior to the event. The email must explain all necessary details. Once approved, the participant must adhere to the agreement. - All equipment must be brought in and set up by the Dancers and/or musicians. - Set up must be done quickly and in a quiet, non-disruptive manner. - The set up and break down of the musical equipment and portable amplification must not take more than 3 minutes. - Live music and recorded music can be mixed. In this case, the house system of the Organizer can be used if the entrant can cue the sound engineer of the house system for starts and stops of the recorded music. - Example: If the entry uses amplified live music there can be two different systems: - o House system for CD and/or up to 2 microphones for vocals only. - o The entrant may supply additional portable amplification system for live music/vocals. - o Both systems may be mixed for live music AND recorded music - Suggested live music: Vocals, brass, woodwinds, strings, drums, percussion, bass and keyboards may be used to make music. Full size pianos or organs will not be allowed		
Tempo:	No limit	
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Trio	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec
	Formation (mini kids)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec
Characteristics and Movements:	Although the primary emphasis should be on the harmonious blend of the dancer's footwork (sound), many variables exist. All forms of tap will compete against each other, such as: Rhythm, Hoofing, Buck and Wing, Waltz Clog, Military, Precision Kick Line, Latin, and Musical Theatre.	
Routine:	No dancer shall compete against him or herself.	

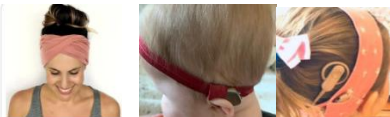
	A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.
Allowable Figures and Movements:	Not applicable
Forbidden Figures:	Not applicable
Lifts:	Permitted (except Children and MINI Kids age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.
Pyramids:	Not applicable
Throws:	Not applicable
Acrobatic Movements:	Permitted if integral part of the routine. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling, and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In Children and Mini Kids age divisions, acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children and Mini Kids age division, all acrobatics must be performed without any physical support of dancer/dancers.
Gymnastic lines:	If modern gymnastic movements dominate a performance a significantly reduction of points in the technique dimension should be expected.
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo, Trio and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.

Clothing / Costume:	Not allowed to change costume during a performance or competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round. See more in General Rules in Book 2		
Footwear:	Tap shoes		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.		
Facial Expression:	Age appropriate, facial expression should be applicable to the dance, theme and emotional presentation of the piece.		
Lip-sync:	Permitted		
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2		
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Mini kids and Children age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. Dark themes, costumes, and music are not permitted in the Children and Mini Kids Age Divisions. Toe work (dancing on pointe) for longer than one beat of music in Children and MINI Kids age division is not permitted. (The definition of this being dancing or standing on the tips of the toes in weight-bearing steps on one or both feet.)		
Evaluation:	3 D		
Procedure of Competition:	Qualifications round:	Each performance dances alone.	
	Semi-Finals:	Each performance dances alone.	
	Finals:	Each performance dances alone.	
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>		
Placement:	As per the IDO Rules		
Other Relevant Information:	The dancer’s taps and the music must be clearly audible to the audience and adjudicators. NOTE: The Organizer must make sure the stage has adequate floor microphones and speakers to make this possible.		

ACROBATIC DANCE				PERFORMING ARTS	
Definition:					
Category:	Solo Male	Duo (any gender combination of two dancers)	Group	Formation	
	Solo Female				
Age Division:	Mini Kids	7 and under	8 and under from 1 st January 2026		

(age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under
	Junior 1 (in solo, duo)	13 – 14
	Junior 2 (in solo, duo)	15 – 16
	Junior (group, formation)	13 – 16
	Adult 1	17 and over
	Adult 2	31 and over
	<i>The rules of the 3-year span is applicable – not in Adults 2.</i>	
Number of dancers:	Solo	1
	Duo	2
	Group	3-7
	Formation	8-24
	Production	25 or more
Music:	Competitors dance to their own music. No dancer shall compete against him or herself.	
Tempo:	No limit	
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec ; Maximum: 2 min 15 sec
	Duo	Minimum: 1 min 45 sec ; Maximum: 2 min 15 sec
	Group	Minimum: 2 min 30 sec ; Maximum: 3 min 00 sec
	Formation	Minimum: 2 min 30 sec ; Maximum: 4 min 00 sec
	Formation (mini kids)	Minimum: 2 min 30 sec ; Maximum: 3 min 00 sec
	Formation (children)	Minimum: 2 min 30 sec ; Maximum: 3 min 00 sec
	Production	Minimum: 5 min 00 sec ; Maximum: 8 min 00 sec
Characteristics and Movements:	Acrobatic dance shall include many techniques, such as tumbling, balancing, contortions, and aerial tricks without hands and controlled movement, as well as acrobatic elements, static elements, jumps, hand support elements, turns, rolls, walkovers and saltos, all of which should be connected with dance movement and dance combinations. The emphasis is on strength, stretch, control and ease of movement, no matter what technique is being used. Dance and Acrobatics should be in the same proportion (approximately half and half). Aerial tricks are iconic elements in this kind of dance, they are allowed in all age divisions except Mini Kids. In Mini Kids age division, all tricks are allowed if a body part is touching the floor. Recommended groups of elements: - Flexibility elements / balances (intended figure shall be executed to show strength and control) - Gymnastics rolls / acrobatic skills - Jumps & Leaps - Turns It is forbidden to choreograph an acrobatic dance routine based on Aerobic and sport Rock' n 'Roll elements. Groups (3-7 dancers) and Formations (8-24 dancers): The choreography utilizes the full floor coverage with multiple formations/pictures, levels, partnering being presented. Transitions are	

	smooth and continuous while dancers maintain a high caliber of dance technique throughout performance.
Routine:	No dance routine shall be performed in more than one discipline (the same routine cannot be performed in both a Acrobatic Dance and Show Dance). No dancer shall compete against him or herself. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.
Lifts:	Permitted (except Mini Kids age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one hand-hold are not considered as a lift. In Children age division performed lifts should reflect the real age and physical ability of dancer/dancers.
Pyramids:	Pyramid is element of artistic, power and plastic acrobatics. It is a group position when dancers supporting each other form complex figures. While performing a pyramid, intended figure shall be fixed to show strength and control. In Children age division performed pyramids should reflect the real age and physical ability of dancer/dancers.
Throws:	In Children's age division different throws of one dancer by another are not allowed.
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score, and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Mini Kids age divisions acrobatics are allowed if a body part is touching the floor.
Gymnastic lines:	Permitted with a limit of 4 continuous tricks.
Contacts:	
Scenic or Stage Props:	Not permitted.
Hand Props:	Not permitted.
Floor Props:	Not permitted.
Clothing / Costume:	Age appropriate See more in General Rules in Book 2
Footwear:	Optional and left to the discretion of the performer and according to the information of the Organizer about the dance floor surface that will be used at the competition.
Decorative elements:	Not permitted (including earrings, piercing in nose, tongue, navel, face skin etc.). Exception: stresses on the dress and temporary tattoos. All accessories, for example hair accessories, shall be tight, and, if possible, soft and flat. It is recommended if using rhinestone or beading that they are affixed to costumes as recommended by the stone manufacturer to avoid coming off onto the dance floor.

Eye Glasses and Hearing Aids:	Not permitted. If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer have an elastic holding them on/around head (<i>example picture</i>):  HEARING AIDS: If hearing aids must be worn, dancer shall fasten them properly. Example, see Ear Gear Hearing Aid Accessories  Use of O-ring and clip under headband
Hairstyle and Make-up:	The gymnastic hairstyle is recommended. Long hair shall be fastened and taken away from face. 16 Gymnastics Hairstyles – Braids  16 Gymnastics Hairstyles – Buns 
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Mini kids age division all categories, except for production: - Elements, stands on head are not allowed; - Movements where most of weight is carried by another dancer are not allowed; - Any kind of jumps from the props at the height of more than 1 meter are not allowed. Dark themes, costumes, and music are not permitted in the Children and Mini Kids Age Divisions. In Mini Kids age division is forbidden: - To perform supports/lifts higher than dancers' height as well as different throws from hands of other dancer except in the adult division. - To fall on the knees, stomach and back from the jumping position.

	- To perform the same acrobatic element more than three times in a row/consecutive (variations are allowed i.e. performance of different forms of the element. Example: cartwheel, one hand cartwheel, cartwheel with transition to the floor, elbow cartwheel etc.). - To perform headstand (head balance). Dancers are not allowed to perform tricks/elements that they have not been fully trained for or tricks/elements that are above their level/expertise. Physical development, core strength and age of each individual dancer should be taken into consideration by the trainer.	
Evaluation:	Musicality, variety and difficulty of moves, acrobatic and dance elements performed technically correct, originality of composition as well as harmony of concept, music, choreography and acrobatic/dance elements will be highly evaluated. Aspects and features that are evaluated for Acrobatic Dance include: - flawless technique as both a dancer and acrobat - fluidity, seamless transitions into and out of tricks, technical excellence in extension - stretched knees, feet, elbows - height of jumps - floor work incorporated - extension and flexibility - visual pictures, theme, costuming, artistry concept, variety of tricks and dance, transitions, age appropriate, authenticity, original thought, creativity, uniqueness, appropriate difficulty level for dancer. Appropriate choice of music.	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

BALLET - (open) CLASSICAL			PERFORMING ARTS		
Definition:					
Category:	Solo* Male	Duo (any gender combination of two dancers)	Group	Formation	
	Solo* Female				
	<i>*Ballet has two sections in the SOLO category in all the age divisions: (a) the Repertoire section and (b) the Classical ballet section. Dancers may enter both sections at the competitions or only one. The choice is theirs.</i>				
Age Division: (age range is defined by formula:	Mini Kids	7 and under 8 and under from 1 st January 2026			
	Children	12 and under			
	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			

Event year – age = allowed born year)	Adult 1	17 and over
	Adult 2	31 and over
	<i>The rules of the 3-year span is applicable – but not in Adults 2.</i>	
Number of dancers:	Solo	1
	Duo	2
	Group	3-7
	Formation	8-24
Music:	Competitors dance to their own music. Suggested music - of a classical nature. Repertoire music cannot be used.	
Tempo:	No limit	
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec
	Formation (mini kids)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
Characteristics and Movements:	Classical Ballet is the most formal of the ballet styles; it adheres to traditional ballet technique. There are variations relating to area of origin, such as Russian ballet, French ballet, British ballet and Italian ballet. The Vaganova method, named after Agrippina Vaganova and the Cecchetti method, named after Enrico Cecchetti, are Russian and Italian respectively and derive from the original French method. Classical ballet is best known for its unique features and techniques, such as pointe work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities. This discipline must be performed using the Classical Ballet Technique and style and may be performed in soft ballet slippers or Pointe shoes. Although choreography may be of a modern nature, it may not deviate from what is commonly known as Classical Ballet. Lyric, Modern and Modern Jazz pieces may not be performed in this discipline. Adult Division (all female dancers) – must dance en pointe. Choice of en pointe or demi pointe in Junior. En pointe is not allowed in the Children's age division.	
Routine:	No dancer shall compete against him or herself. No dance routine shall be performed in more than one discipline (the same routine cannot be performed in both a Modern and Ballet event). A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.	
Choreography	No music, theme or costume from repertoires may be used in the classical section – in solo, duo, groups, formations (ONLY OWN choreography is allowed).	
Special Rules:		
Lifts:	Permitted (except for Children's age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person.	

	Jumps in one handhold are not considered as a lift. Any lifts used must remain in the Classical Ballet tradition, and may include drop-falls, supported turns, and jumps resulting in catches. However, all dances are in a constant evolution and growth., so experimental and original choreography is encouraged.	
Acrobatic Movements:	Not permitted.	
Scenic or Stage Props:	Stage Props must be carried by the dancer in one trip. Stagehands / assistants are not allowed to carry props for the dancer. Cumbersome scenic props are not permitted. Hand props are anything carried with hands and not part of costume (cane, flag, flower...) Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.	
Clothing / Costume:	Not allowed to change costume during competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round, unless asked by Chairperson or Supervisor due to a costume warning. See more in General Rules in Book 2	
Footwear:	Adult female must be en pointe, in all Categories solo, duo, groups, and formations. Junior dancers may be en pointe or demi pointe. Children and Mini Kids cannot dance en pointe. Ballet slippers are recommended, no bare feet.	
Eyeglasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	For specific rules regarding Hair and Make-up, see: “Rules Governing Costumes, Make-up, Movements, and Themes” in Book 2	
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed in all Age Divisions. Applicable in Mini kids and Children age division all categories - Head stands are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work is not allowed. - Dark themes, costumes, and music are not allowed.	
Evaluation:	3 D System	
	Qualifications round:	Each performance dances alone.

Procedure of Competition:	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	Prior to the competition, if you have any questions regarding the Ballet Rules, please contact the Chairperson of the Ballet Committee at Tinadartnall@gmail.com	

BALLET - REPERTOIRE		PERFORMING ARTS
Definition:		
Category:	Solo* Male	
	Solo* Female	
	<i>*Ballet has two sections in the SOLO category in all the age divisions: (a) the Repertoire section and (b) the Classical ballet section. Dancers may enter both sections at the competitions or only one. The choice is theirs.</i>	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under 8 and under from 1st January 2026
	Children	12 and under
	Junior 1	13 – 14
	Junior 2	15 – 16
	Adult	17 and over
Number of dancers:	Solo	1
Music:	Competitors must dance to their own choice of Repertoire music. The specific Repertoire piece must be used as the “Title”. I.e. “Swan Lake Act 3” It must be very clear which repertoire and from which act, as it will give clarity as to the style and interpretation.	
Tempo:	No limit	
Duration of performance / Time limits:	Solo REPERTOIRE	No set time limits on REPERTOIRE SOLOS, as they are all choreographed with a great variety of length in time (usually no longer than 2:15 min)
Characteristics and Movements:	Repertoire is a catalog of classical ballets that has been passed down for generations. Repertoire can reference the entire ballet dance or variations of it. Learning these dances helps preserve both the traditional ballet form and the history of classical ballet. Though ballet has evolved over time, ballet repertoire is what sustains the origins of classical ballet. In addition to technical movements, there are three main elements to a classical ballet performance: narrative, emotion, and character In Junior and Adult Division (all female dancers) – must dance en pointe. En pointe is not allowed in Children’s age division.	

Routine:	No dance routine shall be performed in more than one discipline (the same routine cannot be performed in both a Modern and Ballet event). No dancer shall compete against him or herself A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.
Repertoire:	Any repertoire can be performed. (<i>male dancers should choose from male repertoire, and females should choose from female repertoire</i>) As there are many variations of the same repertoire, it is advised that no major changes should be made to the repertoire selected. No repertoires may be danced in the classical ballet sections. Enrolment must be accompanied with the name of repertoire number (<i>see under MUSIC</i>).
Acrobatic Movements:	Not permitted.
Scenic or Stage Props:	Stage Props must be carried by the dancer in one trip. Stagehands / assistants are not allowed to carry props for the dancer. Cumbersome scenic props are not permitted.
Hand Props:	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	Not allowed to change costume during competition (from one round to the next), unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round, unless asked by Chairperson or Supervisor due to costume warning. The costume for REPERTOIRES must be in the correct style and theme of the selected Repertoire but the detail does not have to be exactly the same. This is because the different Ballet Companies do add their own “flair” and “interpretation.” It is best to stay as close as possible to the ORIGINAL COSTUME.
Footwear:	Junior and Adult female dancers must be en pointe in the Repertoire solo. Children and Mini Kids cannot dance en pointe. Ballet slippers are recommended, no bare feet.
Eyeglasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Hairstyle and Make-up:	For specific rules regarding Hair and Make-up, see: “Rules Governing Costumes, Make-up, Movements, and Themes” in Book 2

Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed in all Age Divisions. Applicable in Mini kids and Children age division in all categories: - Head stands are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work is not allowed. - Dark themes, costumes, and music are not allowed.
Evaluation:	2 D – technique (level and ability of classical technique & strong musicality), artistic (interpretation, presentation, costume and emotional execution)
Procedure of Competition:	Qualifications round: Each performance dances alone.
	Semi-Finals: Each performance dances alone.
	Finals: Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per the IDO Rules
Other Relevant Information:	Prior to the competition, if you have any questions regarding the Ballet Rules, please contact the Chairperson of the Ballet Committee at Tinadartnall@gmail.com

MODERN AND CONTEMPORARY DANCE		PERFORMING ARTS
Definition:	Modern dance is an artistic form with many styles that has undergone development over a relatively long period of time. Modern dance is a more relaxed, free style of dance in which choreographer's uses emotions and moods to design their own steps, in contrast to ballet's structured code of steps. It has a deliberate use of gravity, whereas ballet strives to be light and airy. The development of modern dance was the logical consequence of the dancing styles that existed at the start of the 20th century, when the modern dancers of that period attempted to break free from established ballet forms, which they considered to be stiff, strict, and restrictive, therefore they started searching for new trends and techniques to give dance a new direction. This dance discipline involves using modern dancing techniques that were created for the most part during the first half of the 20th century by renowned dance teachers and choreographers, (e.g. Martha Graham, José Limon, Alvin Ailey, Merce Cunningham, Lester Horton and a host of others on the American continent, and Kurt Jooss, Mary Wigman, Hanya Holm, and many others in Europe). Since all dance remains in a constant state of movement and development, this does not mean that we must only use the aforementioned techniques in their original forms. On the contrary, it is also about using contemporary trends in modern dance techniques that either goes back to the foundations established by the previously mentioned teachers and choreographers, or we	

	can use totally new, experimental, and/or original concepts for modern dance. Contemporary dance brings new information about body and how the body works, offers new quality of movement, new shapes of body in area, brings new composition process, and space for experiment.				
Category:	Solo Male	Duo (any gender combination of two dancers)	Group	Formation	
	Solo Female				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	The rules of the 3-year span is applicable – not in Adults 2.				
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
	Production	25 or more			
Music:	Competitors dance to their own music. The music choice can also be “A capella” (no music), but the beginning and ending of performance must be marked with clear audible sound (beep). Every Modern and Contemporary performance can have a title, but it is not mandatory.				
Tempo:	No limit				
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec			
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec			
Characteristics and Movements:	The entire routine must consist of modern dance techniques and current trends and should correspond with age divisions and the movement skills of the dancers. Contemporary Ballet should not be confused with Modern Dance and may not compete in this discipline. Other contemporary styles such as Hip-Hop, Disco, Break Dance and Electric Boogie may be incorporated, but must never control / dominate Modern dance performances. The main point of assessment for this discipline will be the level of the dance movements carried out, as well as the theme and story line. The story, the building of a plot, is possible, but not so much emphasized here as, for example, for Show dance. It is primarily about pictures, moods. In Modern Dance, a story, theme, idea or concept may be used but must always be in good taste for children, junior, and adult situations, but human				

	situations, especially those dealing with intimate or personal relationships should be acceptable to viewing of all ages.
Routine:	No dancer shall compete against him or herself No dance routine shall be performed in more than one discipline. Example: the same routine cannot be performed in both a Jazz and Show Dance, nor can a Modern piece be performed in both a Modern and Ballet event. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.
Lifts:	Permitted (except Children age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Permitted, but should only be used to enhance the routine. Modern and Contemporary Dance should not look like an acrobatic dance routine. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In Children age division, all acrobatics must be performed without any physical support of dancer/dancers.
Gymnastic lines:	Not permitted (multiple gymnastic moves, travelling from corner to corner). Modern and Contemporary Dance should not look like an acrobatic dance routine.
Scenic or Stage Props:	Permitted, to the extent that the stage setting for the choreography does not overshadow the dance itself. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Backgrounds are not permitted. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Permitted Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Permitted Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.

	Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.	
Clothing / Costume:	Not allowed to change costume during competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round. Aesthetic, tasteful and age division appropriate See more in General Rules in Book 2	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Lip-sync:		
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Children age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children Age Divisions.	
Evaluation:	3 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	<u>IDO Show Dance compared with IDO Jazz and Modern / Contemporary</u> The evaluation difference between Show Dance and the other IDO Performing Arts disciplines Jazz and/or Modern and Contemporary first lays in the judging system, as there is a greater emphasis to the presentation by using the 4 D System (the additional Show dimension). As is written in the definition of Show Dance, it's essential to create a Show based on a concept by having a guideline, a story or a visible concept to entertain, attract, touch and/or send a message to the audience. This will be evaluated with the 4th dimension and differentiates it from a Jazz and/or Modern and Contemporary piece/competition where you can also do it this way but will not get a separate evaluation with the 4th dimension.	

BOLLYWOOD		PERFORMING ARTS					
Definition:	Although Bollywood dance has its origins in Traditional Indian dance, it is made up of many differing dance styles including Indian Classical, Bhangra, Arabic, Folk, Tribal, Latino, Hip Hop, Street Dance, “Michael Jackson”, and many others. In Bollywood there must be a contrast of dance styles and movement, depending on the music. It is important to use Lip Sync and Mime, to encourage enactment of some of the lyrics. This discipline must apply technique, grace, speed, style, versatility, body isolation, spatial awareness, energy, facial expression, and emotion, whether solo, towards a partner, or within a group. Many Bollywood dancers are also actors, so these skills need to be shown.						
Category:	Solo Male Solo Female	Duo (any gender combination of two dancers)	Group	Formation			
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1st January 2026				
	Children	12 and under					
	Junior 1 (in solo, duo)	13 – 14					
	Junior 2 (in solo, duo)	15 – 16					
	Junior (group, formation)	13 – 16					
	Adult 1	17 and over					
	Adult 2	31 and over					
	Production	All ages					
	<i>The rules of the 3-year span is applicable – not in Adults 2.</i>						
Number of dancers:	Solo	1					
	Duo	2					
	Group	4-7					
	Formation	8-24					
	Production	25 or more					
Music:	Competitors dance to their own music.						
Tempo:							
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec					
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec					
	Trio	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec					
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec					
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec					
	Formation (mini kids)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec					
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec					
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec					

Characteristics and Movements:	It is expected to see much Indian dance influence, including Hand Gestures, Postures, Head Slides, Classical moves in arms, legs, feet, knee squats, etc., even within very Modern pieces.
Routine:	No dance routine shall be performed in more than one discipline. Example: The same routine cannot be performed in both Bollywood and Show Dance, nor can a Modern piece be performed in both a Modern and Ballet event. No dancer shall compete against him or herself. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.
Allowable Figures and Movements:	
Forbidden Figures:	
Lifts:	Permitted (except Children and Mini Kids age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In Children and Mini Kids age divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children and Mini Kids age division, all acrobatics must be performed without any physical support of dancer/dancers.
Gymnastic lines:	
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.

	Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.	
Clothing / Costume:	Age appropriate See more in General Rules in Book 2	
Footwear:		
Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Facial Expression:	This is a very important part of Bollywood, so all parts of the face need to be worked. Eyes especially play an important part. Within this section, it is expected to see Lip Sync, as well as many different emotions.	
Lip-sync:		
Hairstyle and Make-up:	Make up must always be maintained and must respect age. See more in General Rules in Book 2	
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Children and Mini Kids age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids age divisions.	
Evaluation:	3 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

CHARACTER / FOLK DANCE / ETHNIC DANCE		PERFORMING ARTS
Definition:	Character Dance pertains to dances portraying characters from traditional Ballets, Opera, Broadway style Musical Theatre, TV or Video. The range of characters is very broad and may include: The Wolf from Peter and the Wolf, Little Red Riding Hood, a Bird, Dog, Cat, Flower, Butterfly, Animal, Sailor, Nurse, Religious Preacher, Pauper, Prince or Shirley Temple. Costuming, music and dance movements must be appropriate to the character being presented.	

	Folk and Ethnic Dance: These disciplines must be Traditional Dances of any Nationality, passed down from generation to generation, and may include Polonaise, Polynesian, American Indian, Highland Fling, Flamenco, Japanese Candle Dance, Hindu, Tarantella, African, etc. Traditional / authentic costuming and music is expected and will be used in the total evaluation.				
Category:	Solo Male Solo Female	Duo (any gender combination of two dancers)	Group	Formation	Production
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under 8 and under from 1 st January 2026			
	Children	12 and under			
	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
<i>The rules of the 3-year span is applicable – not in adults 2.</i>					
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
	Production	25 or more			
Music:	Competitors dance to their own music.				
Tempo:	No limit				
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec			
	Formation (mini kids)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec			
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec			
Characteristics and Movements:					
Routine:	No dancer shall compete against him or herself No dance routine shall be performed in more than one discipline. Example: The same routine cannot be performed in both Ethnic Dance and Show Dance, nor can a Modern piece be performed in both a Modern and Folk event. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.				

Allowable Figures and Movements:	
Forbidden Figures:	
Lifts:	Permitted (except Children and Mini Kids age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In Children and Mini Kids age divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children and Mini Kids age division, all acrobatics must be performed without any physical support of dancer/dancers.
Gymnastic lines:	
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	Age appropriate See more in General Rules in Book 2
Footwear:	
Decorative elements:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head.

	If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Children and Mini Kids age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids age divisions.	
Evaluation:	3 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

CHILDREN ORIENTAL DANCE			PERFORMING ARTS		
Definition:	Oriental dance: based on the classical style Raqs Sharqi and includes or may consist of elements of Oriental folk dances and styles.				
Category:	Solo Female	Duo Female	Group	Formation	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			

Music:	Oriental classic music is allowed. Musical accompaniment: classical instrumental work with possible accompaniment of vocals (only children’s lyrics or children vocals). Modern or pop versions of music may be used if the dance and image created conform to the principles.		
Tempo:			
Duration of performance / Time limits:	Solo	Preliminaries, 1/8, 1/16, etc. Organizer’s music	1 min all together – 1 min improvisation in a group of 4-6, 1 min all together 10-12
		1/4 and semi-finals Own music	1:00 – 1:30 min
		Final Own music	1:45 – 2:15 min
	Duo	Preliminaries, semi-finals	1:00 – 1:30 min
		Final	1:45 – 2:15 min
	Groups	Preliminaries, semi-finals	1:30 – 2:00 min
		Final	2:00 – 3:00 min
	Formation	Preliminaries, semi-finals	1:30 – 2:00 min
		Final	2:00 – 3:00 min
Characteristics and Movements:	In Duo, Group, Formation it is possible to use solo dance but only four bars.		
Routine:	No dance routine shall be performed in more than one discipline. No dancer shall compete against him or herself.		
Allowable Figures and Movements:			
Forbidden Figures:	In the Children’s Age Division, it is forbidden the extensively executed shimmy movement in standing and walking positions is allowed not more than 4 bars.		
Lifts:	Not permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.		
Acrobatic Movements:	Not permitted.		
Scenic or Stage Props:	Not Permitted.		
Hand Props:	It is forbidden to use props or accessories except of canes, finger cymbals, and “conventional veils” (carried by the dancer(s) in one trip) Veils that have been made into “wings” using rods are permitted if they are not the focus of the choreography and are used for dramatic effect at the beginning or end of the piece.		

	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Not permitted Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.
Clothing / Costume:	Costume may consist of: - Special integral dress. - Long skirt and traditional or stylized top over a tricot. - Pantaloon or leggings worn with a long skirt. - Children should be encouraged to dress like children and not like teens and adults. - Dancers in the children's division may never appear nude, so that costume should be integral and must not distort body natural for this age. - Children are allowed to dance in a sleeveless costume. Limits: - Rather shallow neckline (not allowed deep decollete). - Covered shoulders (costume must have sleeves of any length). - Slit must not be higher than knee. - All dancers in the Children division must have their torso covered (allowed net or lace, but not skin colored). Prohibited: - Costumes made entirely from see-through materials, but the same material may be used for decoration elements, sleeves and to cover legs. - Costumes made of skin-colored materials or costumes implying nudity. Intimate parts of body (bust, buttock and pubic area) must be covered with cloth materials or must have a lining (not skin colored).
Footwear:	
Decorative elements:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Hairstyle and Make-up:	It is prohibited to use make up. Children's hair must be age appropriate and not distort the age of the child.
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Children and Mini Kids age division all categories: - Elements, stands on head are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids age divisions. In the Children's Age Division, it is forbidden: - to use a parter - use sharp cutting devices (knives, swords, etc.), if they are not fake
Evaluation:	

Procedure of Competition:	Qualifications round:	See under Duration of Performance
	Semi-Finals:	See under Duration of Performance
	Finals:	See under Duration of Performance
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

CHILDREN ORIENTAL FOLK DANCE			PERFORMING ARTS		
Definition:	Arabic folk dance reflects the national features, traditions, habits, music, costume and history of a peoples’ society living in a particular place, region or country. It is the cultural property of all people of a given territory. Dance name/title (oriental folk) should consist of a specific dance name, not only the name of the country. (e.g. Iraqi hacha, Moroccan Chaabi, Moroccan regada...).				
	Recommended dance styles: Saidi, Khaleegy, Nubian, Dabke, Ghawazee, Haggallah, Falaahii, Baladi Shaabi (used only for children vocals), Muashahat, Bandari, Simsimiya (Bambuti), - Bedouin				
	Not recommended for children Style: Moroccan, Iraqi, Tunisian (because there are movements of after wedding ceremony), Algerian, Iranian, Shamadan, Eskandarani, ritual dances and other dances of Arabian culture and territorial countries in North Africa, Middle East and Persian Gulf.				
Category:	Solo Female	Duo Female	Group	Formation	
	Children male dancers are only allowed to compete Group and Formations.				
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			

Music:	Competitors dance to their own music. Folkloric dances must be performed using music of the nationality being represented, in a corresponding costume and contain characteristic movements, manners, and themes of that specific folk genre. In any round it is imperative that the performer's music be the only piece of music on the recording. The duration of the piece should be in accordance with the rules of specific category and age division. It is the responsibility of the performer or a representative of the performer to provide the person who is responsible for the sound well in advance, but at an appropriate time, with the recording indicating the number and name of the performer. For the Oriental folk dance discipline only Oriental folk music is allowed.		
Duration of performance / Time limits:	Solo	Preliminaries	1:00 – 1:30 min
		semi-finals, final	1:45 – 2:15 min
	Duo	Preliminaries, semi-finals	1:00 – 1:30 min
		Final	1:45 – 2:15 min
	Groups	Preliminaries, semi-finals	1:45 – 2:15 min
		Final	2:00 – 3:00 min
	Formation	Preliminaries, semi-finals	1:45 – 2:15 min
		Final	2:00 – 3:00 min
Characteristics and Movements:	In Duo, Group, Formation it is possible to use solo dance but only four bars. It is forbidden to use movements and choreographic techniques from other dance styles, such as jazz, modern, ballet, hip-hop, and other modern dance styles, as well as gymnastic elements.		
Routine:	No dance routine shall be performed in more than one discipline. No dancer shall compete against him or herself. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.		
Forbidden Figures:	In the Children's Age Division, it is forbidden the extensively executed shimmy movement in standing and walking positions is allowed not more than 4 bars.		
Lifts:	Not permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.		
Acrobatic Movements:			
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s).		

	Cumbersome scenic props are not permitted. Oriental stage props or accessories must belong to the dancing style. For example: Sticks for Saidi, etc. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	Costume must correspond to the chosen dance style. Limits: - Rather shallow neckline (not allowed deep décolleté). - Covered shoulders (costume must have sleeves of any length). - Slit must not be higher than knee. - All dancers in the children division must have their torso covered (allowed net or lace, but not skin colored). Prohibited: - Costumes made entirely from see-through materials, but the same material may be used for decoration elements, sleeves and to cover legs. - Costumes made of skin-colored materials or costumes implying nudity. Intimate parts of body (bust, buttock and pubic area) must be covered with cloth materials or must have a lining (not skin colored). See more in General Rules in Book 2
Footwear:	
Decorative elements:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Hairstyle and Make-up:	It is prohibited to use make up. Children's hair must be age appropriate and not distort the age of the child. See more in General Rules in Book 2
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Children and Mini Kids age division all categories: - Elements, stands on head are not allowed.

	- Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. Dark themes, costumes, and music are not permitted in the Children and Mini Kids age divisions. In the Children's Age Division, it is forbidden: - use sharp cutting devices (knives, swords, etc.), if they are not dummy Use a parter is allowed in Oriental Folk discipline, if it is required by the image	
Evaluation:	3 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	Shaabi and Baladi can be danced in both classical and folk. The judges in this case evaluate which technique is used (classic or folk), costume, image all in 3D. Competitors in Oriental Folk Dance should provide the Organizer the dance style, they will perform.	

CHILDREN ORIENTAL SHOW DANCE				PERFORMING ARTS	
Definition:	Oriental Show Dance choreography with compulsory show element may incorporate any form of dance, however Oriental Dance original technique and music predominates.				
	Various dances, styles and fusions of fantasy styles like flamenco oriental and others are welcome. There must be a development of the plot (introduction, culmination, finale).				
Category:	Solo Female	Duo Female	Group	Formation	
	Children male dancers are only allowed to compete Group and Formations.				
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Mini Kids	7 and under 8 and under from 1 st January 2026			
	Children	12 and under			
		The rules of the 3-year span is applicable			
	Solo	1			

Number of dancers:	Duo	2	
	Group	3-7	
	Formation	8-24	
Music:	Competitors dance to their own music. Musical accompaniment can be any kind of music.		
Tempo:	no limit		
Duration of performance / Time limits:	Solo	Preliminaries	1:00 – 1:30 min
		semi-finals, final	1:45 – 2:15 min
	Duo	Preliminaries, semi-finals	1:00 – 1:30 min
		Final	1:45 – 2:15 min
	Groups	Preliminaries, semi-finals	1:45 – 2:15 min
		Final	2:00 – 3:00 min
	Formation	Preliminaries, semi-finals	1:45 – 2:15 min
		Final	2:00 – 3:00 min
Characteristics and Movements:	In Duo, Group, Formation it is possible to use solo dance but only four bars. It is forbidden to use movements and choreographic techniques from other dance styles, such as jazz, modern, ballet, hip-hop, and other modern dance styles, as well as gymnastic elements.		
Routine:	No dance routine shall be performed in more than one discipline. No dancer shall compete against him or herself. Competitors in Oriental Show should provide the Organizer with the title of their performances. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.		
Forbidden Figures:	In the Children’s Age Division, it is forbidden the extensively executed shimmy movement in standing and walking positions is allowed not more than 4 bars.		
Lifts:	Not permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.		
Acrobatic Movements:			
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Stage props and scenery may be used if the competitors themselves put the objects in place during a single visit to the stage and remove them without the help of non-performers.		

	Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Allowed to use oriental props and appropriate accessories (two veils, Isis wings, saber (just dummy), vases, etc.) and any type of costume. Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	Costume can be of any type, but it must correspond to general limits of children's costumes Permitted: - Mini skirts and shorts if they are required by the image. In this case, the costume must fit to cover the intimate parts of the dancer's body (buttock and pubic area) during the performance. Prohibited: - Costume materials that suggest sexual, deviate, sadomasochistic, or other adult themes, - Deep neckline, - All dancers in the children's division must have their torso covered (allowed net or lace materials, but not skin colored), - Costumes made entirely from see-through materials, but the same material may be used for decorative elements, sleeves or to cover legs, - Costumes made of skin-colored materials or costumes implying nudity. See more in General Rules in Book 2
Footwear:	
Decorative elements:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Hairstyle and Make-up:	It is possible to use make-up in Oriental Show Dance discipline to bring out the features of the face or to portray a character, it is permitted to use light make up, if it is required by the theme. Children's hair must be age appropriate and not distort the age of the child. See more in General Rules in Book 2
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed.

	Applicable in Children and Mini Kids age division all categories: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids age divisions. In the Children's Age Division, it is forbidden: - use sharp cutting devices (knives, swords, etc.), if they are not dummy Use a parter is allowed in Oriental Show discipline, if it is required by the image	
Evaluation:	4 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

BELLY DANCE / ORIENTAL				PERFORMING ARTS	
Definition:	Improvising in drum solo and Raqs Sharqi with organizers music. Belly dance/oriental is based on the classical style Raqs Sharqi and includes or may consist of elements of Oriental folk dances and styles, but they should not dominate.				
Category:	Solo Female	Duo	Group	Formation	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Senior. Seniors may compete in Adult 2.</i>				
Number of dancers:	Solo	1			
	Duo	2			

	Group	3-7		
	Formation	8-24		
Music:	Competitors dance to their own music, except in Solo preliminaries, 1/8, 1/16 etc. For the Oriental classic dance discipline only, <u>Oriental classic</u> music is allowed. Musical accompaniment: classical instrumental work with possible accompaniment of vocals. Modern or pop versions of music may be used if the dance and image created conform to the principles.			
Tempo:				
Duration of performance / Time limits:	Solo	Preliminaries 1/8, 1/16, etc. - ORGANIZER'S MUSIC	1 minute (Improvising in Drum solo together in a group of 10 to 12) 1 minute Drum solo in a group 4 to 6 1 minute (Raqs Sharqi in a group of 10 to 12)	
		¼ and ½ Final, competitors own music	1:45 – 2:15 min	
		Final – own music	2:00 – 3:00 min	
	Duo	Preliminaries, semi-finals	1:00 – 1:30 min	
		Final	1:45 – 2:15 min	
	Groups	Preliminaries, semi-finals	1:30 – 2:00 min	
		Final	2:00 – 3:00 min	
	Formation	Preliminaries, semi-finals	1:45 – 2:15 min	
		Final	2:30 – 4:00 min	
	In Duo, Group, Formation categories all dancers must stay on the dance floor during the whole performance from the beginning of composition until the end. All dancers must be ready to dance 30 minutes before their start time and they must give their music to the sound engineer at least 60 minutes prior to the start time.			
	Characteristics and Movements:	Oriental competitive dance is performed using strictly the technique and movements of the oriental dance . The traditional oriental dance consists mainly of movements such as shimmy, waves, hip work, chest work, belly waves, dynamic steps "highway", "chaînés "(chaîné turns), and so on.		

	In Duo, Group, Formation it is possible to use solo dance but only for four bars.
Routine:	No dance routine shall be performed in more than one discipline. No dancer shall compete against him or herself.
Allowable Figures and Movements:	It is possible to add movements from another style, for example waltz, if there is a waltz rhythm in the composition of the dance; or ballet movements are possible if muwashahat music is inserted in the choreographic composition. Such insertion of movements is possible in a minimal amount to emphasize the rhythm. But it is important not to forget that these movements are not oriental and may be minimally present in the composition.
Forbidden Figures:	
Lifts:	Not permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.
Pyramids:	
Throws:	
Acrobatic Movements:	Not permitted.
Gymnastic lines:	It is not permitted to use gymnastic jumps, falls on the floor and similar movements to enhance the visual effect.
Contacts:	
Scenic or Stage Props:	NOT Permitted.
Hand Props:	It is forbidden to use props or accessories except for canes, finger cymbals, and "conventional veils". Veils that have been made into "wings" by using rods are permitted if they are not the focus of the choreography and are used for dramatic effect at the beginning or end of the piece.
Floor Props:	NOT permitted Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	Solo Juniors, Seniors: costume may be changed for each round, but it is not mandatory. Adult 1 and Adults 2 – 1/4 final and semi-finals can be the same choreography. Final must be a new choreography and costume. The dancer's choreography and image must coincide with the age division in which they are competing. Costume Limits: - Costume must cover all the intimate parts of a dancer during all the performance. The intimate parts are bust, buttock, and the pubic area.

	- Intimate parts must be covered with cloth materials of any color (except skin color and tan materials). In case of using lace materials, the costume must have a not see-through lining. - In case of using skin-colored materials to cover intimate parts, the costume must not imply nudity. So, these parts must be decorated with lace, strass etc. - The costume must fit in way to cover intimate parts of dancer during all the performance. - It is recommended that all male dancers wear a man's dance belt underneath their costume. A costume consisting only of a man's dance belt is prohibited. Male dancers are allowed to perform bare-chested. Possible to use integral dress or special bra with a skirt (with or without belt). Upper body: - Forbidden to use open bra. - The distance between the bra cups should not be more than 5 cm. Lower body: - Lower part of costume should be a skirt (slit skirt or simple skirt). - Fitting the lower part of the costume should ensure the cover of the vertical line of the buttocks. - Buttocks and Pubic area must be covered with cloth material. - In case of the lower part of the costume (skirt) made with see-through or lace materials, the intimate parts must be covered with special panties. - The panties should cover the entire buttock in the back. In the front, the panty line should follow the line between the body and the flexed leg. The distance from the hip line to the panty line should be at least 5 centimeters (2 inches) when measure from the side (pants must cover buttocks and pubic area). - Abbreviated bikini bottoms, thongs, thong appliqués and any shorts imitating a thong look are prohibited. The dancers should make sure their costumes fit properly, as ill-fitting shorts or panties can wedge or otherwise expose the buttock in a way that is prohibited. - The panties must have the same color as the costume. Panties made with skin colored, lace or net materials are forbidden. - A dance costume should not be associated with a beach suit and/or underwear. - In case of a slit skirt, the slit should start not higher than at 10 cm from the iliac bones. Costume and image: - Juniors: Juniors should always be dressed age-appropriately and their image should be that of a junior and not that of an adult. Therefore, these elements are not recommended: "adult" costumes; high slits; see-through or skin-colored materials. - Adults: Adult dancers should bear in mind that they are the ones setting the trend for the younger dancers, who look up to them and seek inspiration from them. This is why it is very important to be dressed in a good taste.
--	--

	- Seniors: When choosing a costume for Seniors, should be considered the physiological characteristics, as well as the moral component of the image of dancers of “elegant” age. Therefore, these elements are not recommended: high slits; see-through or net materials. See more in General Rules in Book 2	
Footwear:		
Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	It is forbidden to use an open flame, liquids or other substances that may leave the floor wet, damage the stage surface or make it unsafe. It is forbidden to use live animals.	
Evaluation:		
Procedure of Competition:	Qualifications round:	See under Duration of Performance
	Semi-Finals:	See under Duration of Performance
	Finals:	See under Duration of Performance
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	Re-dance is possible in the following: Re-dance live with compulsory music, paper re-dance, and re-dance for the 1st place in the final round (only for competitors in tie for the 1st place). Notes for the Organizers When organizing a Belly Dance event, it is necessary to: - Ensure that the dance surface is kept clean. - It is the Organizer’s responsibility to ensure that during the preliminaries for the Adult categories the compulsory music is changed for each heat so that all competitors have equal opportunity for improvising. - After the semi-final results have been announced for the age divisions Adult 1 and Adults 2 a break of at least 15 minutes should be provided so the finalists may change their costumes and music be prepared for the final. - Provide videotaping of the semi-final and final rounds for the age divisions Adult 1 and Adults 2 category to check that the rules have been followed regarding the mandatory change of costume and choreography.	

FOLK BELLY DANCE/ORIENTAL FOLK		PERFORMING ARTS
Definition:	Oriental Folk Dance reflects the national features, traditions, habits, music, costume and history of a peoples’ society living in a particular place, region or country. It is the cultural property of all people of a given territory. Dance name/title (oriental folk) should consist of a specific dance name, not only the name of the country. (e.g.Iraqi hacha, Moroccan Chaabi, Moroccan regada...)	

	Dance styles: - Saidi - Alexandrian - Khaleegy - Nubian - Dabke - Ghawazee - Haggallah - Shamadan - Falaahii - Bedouin - Moroccan - Tunisian - Algerian - Iranian - and other dances of Arabian culture and territorial countries in North Africa, Middle East and Persian Gulf. Competitors in Oriental Folk Dance should provide the Organizer the dance style they will perform.				
Category:	Solo Female Solo Male	Duo	Group	Formation	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
	<i>The rules of the 3-year span is applicable, NOT in Adults 2 and Senior. Seniors may compete in Adult 2.</i>				
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
Music:	Competitors dance to their own music. Folkloric dances must be performed using music of the particular nationality being represented, in a corresponding costume and contain characteristic movements, manners, and themes of that specific folk genre.				

	In any round it is imperative that the performer's music be the only piece of music on the recording. The duration of the piece should be in accordance with the rules of specific category and age division. It is the responsibility of the performer or a representative of the performer to provide the person who is responsible for the sound well in advance, but at an appropriate time, with the recording indicating the number and name of the performer. For the Oriental folk dance discipline only Oriental folk music is allowed.		
Tempo:			
Duration of performance / Time limits:	Solo		All rounds 1:45 – 2:15 min
	Duo	Juniors1, 2 Adults 2 Seniors	All rounds 1:45 – 2:15 min
		Adults 1	Preliminaries, semi-finals 1:45 – 2:15 min
		Adults 1	Final 2:00 – 3:00 min
	Groups		Preliminaries, semi-finals 1:45 – 2:15 min
			Final 2:00 – 3:00 min
	Formation		Preliminaries, semi-finals 1:45 – 2:15 min
			Final 3:00 – 4:00 min
Characteristics and Movements:	In Duo, Group, Formation it is possible to use solo dance but only four bars. It is forbidden to use movements and choreographic techniques from other dance styles, such as jazz, modern, ballet, hip-hop, and other modern dance styles, as well as gymnastic elements.		
Routine:	No dancer shall compete against him or herself. No dance routine shall be performed in more than one discipline. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.		
Allowable Figures and Movements:			
Forbidden Figures:			
Lifts:	Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person.		
Acrobatic Movements:			
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted.		

	Oriental stage props or accessories have to belong to the particular dancing style e.g. an original Shamadan (it is not allowed to switch on the candles), sticks for Saidi, a pitcher for Tunisian. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Permitted Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Permitted Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	In all the rounds a dancer must perform the same choreography. The costume should completely correspond to the chosen style. When choosing a costume design, one should follow the general restrictions: - Costume must cover all the intimate parts of a dancer during all the performance. The intimate parts are: bust, buttock, pubic area; - Intimate parts must be covered with cloth materials of any colour (except skin colour and tan materials). In case of using lace materials, the costume must have a not see-through lining; - In case of using skin coloured materials to cover intimate parts, the costume must not imply nudity. So, these parts must be decorated with lace, strass etc.; - The costume must fit in way to cover intimate parts of dancer during all the performance; - It is recommended that all male dancers wear a men's dance belt underneath their costume. A costume consisting only of a men's dance belt is prohibited. Male dancers are allowed to perform bare-chested. Costume and image: - Juniors: Juniors should always be dressed age-appropriately and their image should be that of a junior and not that of an adult. Therefore, these elements are not recommended: "adult" costumes; high slits; see-through or skin coloured materials. - Adults: Adult dancers should bear in mind that they are the ones setting the trend for the younger dancers, who look up to them and seek inspiration from them. This is why it is very important to be dressed in a good taste. - Seniors: When choosing a costume for Seniors, should be considered the physiological characteristics, as well as the moral component of the image of

	dancers of “elegant” age. Therefore, these elements are not recommended: high slits; see-through or net materials. See more in General Rules in Book 2	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	It is forbidden to use an open flame, liquids or other substances that may leave the floor wet, damage the stage surface or make it unsafe. It is forbidden to use live animals.	
Evaluation:	3 D	
Procedure of Competition:	Qualifications round:	
	Semi-Finals:	
	Finals:	
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i> <i>Dancer's Number:</i> <i>- For dancers in the folk category it is not necessary to affix their assigned number to their costume.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	Re-dance is possible in following: paper re-dance and re-dance for the 1st place in the final round (only for competitors in tie for the 1st place). Notes for the Organizers When organizing a Belly Dance event it is necessary to: - Ensure that the dance surface is kept clean.	

SHOW BELLY DANCE/ ORIENTAL SHOW				PERFORMING ARTS	
Definition:	Oriental Show dance choreography with compulsory show element may incorporate any form of dance, however Belly Dance original technique and music predominates.				
	Various dances, styles and fusions of fantasy styles like flamenco oriental, Tribal, oriental tango, gothic and others are welcome. There must be a development of the plot (introduction, culmination, finale).				
Category:	Solo Female	Duo	Group	Formation	
	Solo male				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			

	Senior	50 and over	
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Senior. Seniors may compete in Adult 2.</i>		
Number of dancers:	Solo	1	
	Duo	2	
	Group	3-7	
	Formation	8-24	
Music:	Competitors dance to their own music. Musical accompaniment can be any kind of music. Competitors in Show BELLY DANCE/Oriental Show should provide the Organizer the title of their show.		
Tempo:	No limit		
Duration of performance / Time limits:	Solo		
		All rounds	1:45 – 2:15 min
	Duo	Junior 1, Junior 2, Adult 2, Senior all rounds	1:45 – 2:15 min
		Adult 1 Preliminaries, semi-finals	1:45 – 2:15 min 2:00 – 3:00 min
		Adult 1 Final	
	Groups	Preliminaries, semi-finals	1:45 – 2:15 min
		Final	2:00 – 3:00 min
	Formation	Preliminaries, semi-finals	1:45 – 2:15 min
		Final	3:00 – 4:00 min
Characteristics and Movements:	In Duo, Group, Formation it is possible to use solo dance but only four bars.		
Routine:	No dance routine shall be performed in more than one discipline. No dancer shall compete against him or herself. In all the rounds a dancer must perform the same choreography. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.		
Allowable Figures and Movements:			
Forbidden Figures:			
Lifts:	Permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person.		

	Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Permitted.
Gymnastic lines:	
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Stage props and scenery may be used if the competitors themselves put the objects in place during a single visit to the stage and remove them without the help of non-performers. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Allowed to use oriental props and appropriate accessories (two veils, Isis wings, saber, vases, knives, etc.) and any type of costume. Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Permitted Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	Costume can be of any type, but it must comply with the general rules of costumes, including all the restrictions: - Costume must cover all the intimate parts of a dancer during all the performance. The intimate parts are bust, buttock, and the pubic area. - Intimate parts must be covered with cloth materials of any color (except skin color and tan materials). In case of using lace materials, the costume must have a not see-through lining. - In case of using skin-colored materials to cover intimate parts, the costume must not imply nudity. So, these parts must be decorated with lace, strass etc. - The costume must fit in way to cover intimate parts of dancer during all the performance. - It is recommended that all male dancers wear a man's dance belt underneath their costume. A costume consisting only of a man's dance belt is prohibited. Male dancers are allowed to perform bare-chested. Costume and image:

	- Juniors: Juniors should always be dressed age-appropriately and their image should be that of a junior and not that of an adult. Therefore, these elements are not recommended: “adult” costumes; high slits; see-through or skin-colored materials. - Adults: Adult dancers should bear in mind that they are the ones setting the trend for the younger dancers, who look up to them and seek inspiration from them. This is why it is very important to be dressed in a good taste. - Seniors: When choosing a costume for Seniors, should be considered the physiological characteristics, as well as the moral component of the image of dancers of “elegant” age. Therefore, these elements are not recommended: high slits; see-through or net materials. See more in General Rules in Book 2	
Footwear:		
Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Facial Expression:		
Lip-sync:		
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	It is forbidden to use an open flame, liquids or other substances that may leave the floor wet, damage the stage surface or make it unsafe. It is forbidden to use live animals.	
Evaluation:	4 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i> <i>Dancer's Number:</i> - For dancers in the show category it is not necessary to affix their assigned number to their costume.	
Placement:	As per the IDO Rules	
Other Relevant Information:	Re-dance is possible in the following: Paper re-dance and re-dance for the 1st place in the final round (only for competitors in tie for the 1st place). Notes for the Organizers When organizing a Belly Dance event, it is necessary to: - Ensure that the dance surface is kept clean.	

FLAMENCO		PERFORMING ARTS
Definition:	Description of Flamenco puro dance style Flamenco puro is an authentic, folk Spanish dance, which can be represented as one of the following puro styles:	

	- Alegria - Caracoles - Romera - Mirabras - Solea and others.... Flamenco puro technique consist of: - turns of the hands, - tap of the legs, - claps of the hands, - turns in the technique of flamenco puro, - clicks, - claps on to the body, - knowledge of structure of the dance Structure of the Flamenco puro dance: - Salida – entrance at the stage. - Letra – when the singers start to sing. - Llamada – small taps, accent in legs for show all that after will start a new part of the dance. - Remate – accents in the legs or claps before singer starts to sing or after, when singer keep calm. - Silencio – very softly melody in the music, and very flexible and sensitive movement in the body and the arms of the dancer. - Falseta – guitar solo in the music, and not very difficult movements of the dances. - Subida – when the tempo starts to be faster and faster, and dancers start to tap with a speed of the music. - Final normally it the last part of the dance, when one flamenco puro style goes over to another one. Example: Tientos (slow dance) will finish Tangos (very active and quick dance style).				
Category:	Solo Male	Duo (any gender	Group	Formation	Production
	Solo Female	combination of two dancers)			
	<i>Solo: performers represent one dance on a competition. Use of additional subjects is allowed. Participation in dance of supernumeraries or dancers of the second plan is forbidden.</i> <i>Formation: The dance-group represents one number in any direction of flamenco, with additional subjects, or without them.</i>				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1st January 2026		
	Children	12 and under			
	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
	<i>The rules of the 3-year span is applicable – not in Adults 2 and SENIOR.</i>				
Number of dancers:	Solo	1			
	Duo	2			

	Group	3-7
	Formation	8-24
	Production	25 or more
Music:	Competitors dance to their own music. Duo: The first round will be organizer's music to Sevillanas. The duo can choose one of the 4 parts of the Sevillanas. Duo: The second round for those who have passed to the next round then do a performance to music of their own choice. Group: Sevillanas may be used in Small Group.	
Tempo:	No limit	
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 3 min 00 sec
	Duo	Minimum: 1 min 45 sec; Maximum: 3 min 00 sec
	Group - first round	Minimum: 2 min 30 sec; Maximum: 3 min 30 sec
	Group - final round	Minimum: 2 min 30 sec; Maximum: 4 min 30 sec
	Formation – first round	Minimum: 2 min 30 sec; Maximum: 3 min 30 sec
	Formation – final round	Minimum: 2 min 30 sec; Maximum: 5 min 00 sec
	Formation – children	Minimum: 3 min 00 sec; Maximum: 4 min 00 sec
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec
Characteristics and Movements:	Most of the dance must be traditional Flamenco, danced to Flamenco music. Deviations can only be minor.	
Routine:	No dance routine shall be performed in more than one discipline. Example: The same routine cannot be performed in both a Jazz and Show Dance, nor can a Modern piece be performed in both a Modern and Ballet event. No dancer shall compete against him or herself. A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.	
Allowable Figures and Movements:		
Forbidden Figures:		
Lifts:	Permitted (except Children and Mini Kids age division). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In Children and Mini Kids age divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine.	

	In Children and Mini Kids age division, all acrobatics must be performed without any physical support of dancer/dancers.
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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.
Hand Props:	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.). Hand props may be used such as castanets, fans, Bolero hats and canes.
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery.
Clothing / Costume:	Solo: Performers dance in any flamenco dress. Dance may be performed in trousers if that is demanded by staging. Additional accessories are allowed. Duo – first round: Costumes should be identical for both dancers (i.e. identical style, color, quantity of frills on a skirt, etc.). Additional accessories are allowed. Duo – second round: Costumes of dancers can be either in identical style or differ in their details. For example, an identical style of top, different skirts, different breed of a dress. Absolutely different dresses are forbidden. Dresses should be one style. Accessories are allowed. Group and Formation - Dresses should be presented in one style. Distinctions in details of a dress are possible. Additional accessories are allowed. Use of man's suits, at presentation of dance by girls, is allowed. The costume must fit the type of dance they are doing. See more in General Rules in Book 2
Footwear:	
Decorative elements:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Lip-sync:	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed.

	Applicable in Children and Mini Kids age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids age divisions.	
Evaluation:	3 D	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

LIGHT SHOW DANCE (test rules for test competitions)				PERFORMING ARTS	
Definition:	Light Dance Show in the broadest sense is based on any dance technique. All IDO dance disciplines can be incorporated. Ballroom, Latin, or Rock 'n' Roll are excluded and cannot be performed.				
Category:	Solo Male	Duo	Group	Formation	
	Solo Female				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under 8 and under from 1 st January 2026			
	Children	12 and under			
	Junior 1 (in solo, duo)	13 – 14			
	Junior 2 (in solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
		<i>The rules of the 3-year span is applicable – not in Adults 2.</i>			
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
	Production	25 or more			
Music:	Competitors dance to their own music.				
Tempo:					
	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			

Duration of performance / Time limits:	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Group	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min 00 sec
	Formation (mini kids)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Formation (children)	Minimum: 2 min 30 sec; Maximum: 3 min 00 sec
	Production	Minimum: 5 min 00 sec; Maximum: 8 min 00 sec
Characteristics and Movements:		
Routine:	No dancer shall compete against him or herself. No dance routine shall be performed in more than one discipline (the same routine cannot be performed in both a Jazz and Show Dance).	
Allowable Figures and Movements:		
Forbidden Figures:		
Lifts:	Permitted (except Children and Mini age divisions). Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Jumps in one handhold are not considered as a lift.	
Pyramids:		
Throws:		
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children and Mini Kids age divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children and Mini Kids age division, all acrobatics must be performed without any physical support of dancer/dancers. Acrobatic movements will be evaluated under show criteria and must never dominate and must be in harmony with the idea or theme. If modern gymnastic movements dominate a performance a significantly reduction of points in the technique dimension should be the consequence.	
Gymnastic lines:	If modern gymnastic movements dominate a performance a significantly reduction of points in the technique dimension should be the consequence.	
Contacts:		
Scenic or Stage Props:	Permitted. However, Stage Props must be carried by the dancer(s) in one trip. Stagehands / assistants are not allowed to carry props for the dancer(s). Cumbersome scenic props are not permitted. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo, Duo and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to	

	take it off the stage. 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. Lighting in the hall during the performance: the organizer is obliged to provide a complete shutdown of the general light in the hall to create the necessary blackout on the stage, allowing the dancers to demonstrate the full scope of the show with light and other instruments. Scene equipment and additional instruments: The cloth of the scene should be black. Each light performance has its own nuances. The organizer must offer participants an accredited company at the event to install additional devices used in the show: ultraviolet lamps, screen min 6x8 meters, laser guns, smoke machines, projectors. Participants pay extra fee for these services in accordance with the proposed rates and according to their applications no later than 3 weeks before the competition. The scene must be equipped with the necessary number of sockets. To control the light, all instruments and equipment, the official representative of the participants must be next to the master of the light or stage administrator before, during and after the performance. The organizer and all the services involved should have a detailed script of the dancers' performance.
Hand Props:	Hand Props are anything carried with the hands and not part of the costume (bells, flags, cane, umbrella, etc.).
Floor Props:	Floor Props are the same, objects set on the floor (chairs, stairs, ladders, tables, etc.). Scenic Backgrounds and Backdrops (scenic curtains or flats – scenery). Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe cannot be used. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music, which the dancer plugs into an electric socket – props, may be used but must be powered by battery. Light on the costumes powered only by battery wearing under the clothes of the dancer.
Clothing / Costume:	Not allowed to change costume during a performance or competition, unless it is ordered because of an infraction of the Costume Rules. It will also not be allowed to change the music or choreography in the next or final round. See more in General Rules in Book 2
Footwear:	
Decorative elements:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head.

	If hearing aids must be worn, dancer shall fasten them properly.	
Lip-sync:	Permitted.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Jumping from the stage when somebody is waiting to catch the dancer is not allowed. Applicable in Mini kids and Children age division all categories, except for production: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed. - Pointe work Dark themes, costumes, and music are not permitted in the Children and Mini Kids Age Divisions.	
Evaluation:	Musicality, variety of dance and patterns, originality, total performance, and individual choreography will be evaluated. It is important to present harmony of idea, music, dance, choreography, light, costume, and props in the presentation, as the entire image will be used in evaluating the performance. Groups and formations are evaluated as a whole. Solo, duo or ensemble parts may be performed, but must not dominate.	
Procedure of Competition:	Qualifications round:	Each performance dances alone.
	Semi-Finals:	Each performance dances alone.
	Finals:	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	All Light Dance Show presentations shall be based on a concept, story, theme, or idea. There must be a title of the Show. The concept, story, theme, or idea must be fully understandable and will be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative, and original. The piece must have “Show Value”, as explained in the Judging Procedures. In Light Dance Show the Show Dance scoring system is used. The only criteria which should be added – “The quality, variety, complexity, and continuity of light show during the performance. Integrating the light show into the overall concept of the performance”.	

PA IMPROVISATION		PERFORMING ARTS			
Definition:	Dance improvisation on previously unannounced music and interpretation the music through dance.				
Category:	Solo				

Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under
	Junior	13 – 16
	Adult	17 and over
Number of dancers:	Solo	1
Music:	Music of each round and heat is chosen randomly with an approved playlist from the Performing Arts Department. The music selection will be different tempos and styles such as Lyrical Jazz, Modern Jazz, Funky Jazz, Pop, etc., in each presentation in every round. Music must be age appropriate for all ages. Different music should be played for each round and heat.	
Tempo:	No limit	
Duration of performance / Time limits:	Solo	1:00 minute (each round, every dancer dances a one-minute presentation three times)
Characteristics and Movements:	Performing Arts improvisation gives solo dancers the opportunity to develop freely on previously unannounced music and to interpret music through dance. Interpretation should be in the sense of a PA dance, reduced to their own physicality without a fixed choreography/routine. It should mainly be based on the specific Performing arts techniques and variations of Ballet, Jazz, Modern & Contemporary.	
Routine:	No dancer shall compete against him or herself.	
Allowable Figures and Movements:		
Forbidden Figures:		
Acrobatic Movements:	Permitted, but only during the main (second) presentation. They do not always improve the dancer's performance and can result in a lower evaluation if not performed technically correct. It should not dominate the performance. The Performing Arts improvisation should not look like an acrobatic dance routine. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In Children age divisions acrobatics are allowed if a body part is touching the floor.	

Gymnastic lines:	Not permitted.
Scenic or Stage Props:	Not permitted.
Hand Props:	Not permitted.
Floor Props:	Not permitted.
Clothing / Costume:	Only simple black dancewear appropriate for the dancer's body shape is allowed in this discipline. Detailed movement should be visible. It is recommended that no skirts, frills, wide trousers/pants or baggy t-shirts are worn. No extras on the costume/ dancewear (glitter, stones, accessories etc.) are allowed. Skin-colored tights can be added as a supplement. Costumes/dancewear must be age appropriate, fit properly, and must always be in good taste. The start number of a dancer must be clearly presented on the front side of the costume. Costume/dancewear and clothing articles may NOT be thrown away during or at the end of the performance. Dancers are not allowed to change their costume/dancewear during a performance or during a competition, unless it is ordered because of an infraction of the Costume Rules. See more in General Rules in Book 2
Footwear:	It is possible to dance barefoot, or in socks or jazz shoes. Shoes that could damage the dance floor cannot be worn and are prohibited.
Decorative elements:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Lip-sync:	
Hairstyle and Make-up:	age appropriate See more in General Rules in Book 2
Prohibitions / Safety:	Forbidden elements in Children age divisions: - Elements, stands on head are not allowed. - Pointe work.
Evaluation:	Preliminary^{ies} and Semifinal: Crossing system Final: Placement The decision and evaluation of an Adjudicator is based on: - dancer's ability to convert music into movements on the spot without using fixed choreography/routine (improvisation) - using technical skills according to music - an attracting/capturing presentation
Procedure of Competition:	Preliminary rounds: Opening and closing presentation: The dancers can be divided into several heats with up to 12 dancers if necessary. Main presentation: The dancers can be divided into heats up to 4.
	Semi-Finals: Opening and closing presentation: The dancers can be divided into two heats with up to 8 dancers if necessary.

		Main presentation: The dancers can be divided into heats up to 2.
	Finals:	Opening and closing presentation: The dancers will all dance together. Main presentation: The dancers will dance alone, one by one.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:	Dancers will compete according to the order of their start numbers Each round should be redesigned by the dancers and the music should be re-interpreted. Dancers should not copy their presentation from round to round but improvise to the music which they listen to in the moment of their presentation. The competition consists of preliminary rounds, semi-final, and the final round. Each round starts with an opening presentation, followed by main presentation, and ends with a closing presentation.	

II. STREET DANCE/URBAN DISCIPLINES

BREAKING		STREET DANCE		
Definition:				
Category:	Solo Male (B-Boys)	2 vs 2 (any	Crews	
	Solo Female(B-Girls)	gender combination of two dancers)		
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children (solo, duo, crew)	12 and under		
	Junior 1 (in solo, 2 vs 2)	13 – 14		
	Junior 2 (in solo, 2 vs 2)	15 – 16		
	Junior (crews)	13 – 16		
	Adult 1 (solo, duo, crew)	17 and over		
		<i>The rule of the 3-year span is applicable, not in Adults 2.</i>		
Number of dancers:	Solo	1		
	2 vs 2	2		
	Crew	3-7		
Music:	Competitors (Solo, 2 vs 2) dance to the Organizer’s music. Crews must use their own music in the first round. Organizer’s music in Break Dance Style will be used in the final round.			
Tempo:	No restriction			
Duration of performance / Time limits:	Solo	Around 40 sec per entry		
	2 vs 2	Around 40 sec per entry		
	Crew	First round (show): 150 – 180 seconds. In case that the music is too long or short the crew will be disqualified. The Battle for 3rd place will last about 5 – 10 minutes. The Battle for 1st place 10 – 15 minutes, according to the Supervisors decision. The last minute will be announced.		
	<i>In each discipline when the Organizer’s music is used the dancers must dance the full time limit. In case that they do not dance the full time limit, a warning will be issued. If a dancer/s do not perform in any of the required minutes (first, solo/presentation and final minute) this absence will result in a direct disqualification (D). NOTE: In special cases when the dancers/s cannot continue the competition the dancer/s will be marked as the last place in the round the dancer/s had performed in.</i>			

Characteristics and Movements:	See under Allowable Figures and Movements
Routine:	No dancer shall compete against him or herself.
Allowable Figures and Movements:	Solo, typical break elements: Crown, Head spin, Backspin, Turtle, Helicopter, Windmill, Bailey Windmill, Uprock, Freeze, Sixstep, One Hand Up, Swipe, Atomic, Flair, Holoback, Traxx, 99, variable footwork, etc., including different variations of these figures, elements and movements. Keen 'breaks' (stopping of movement), isolations, breaking movements, plus acrobatic movements in various combinations are all expected aspects of Break Dance routines. Technical difficulty of performed elements, joining of elements (flowing acrobatic movements melding into one another), originality, etc. are all highly important, and the entire presentation will be evaluated. It is important to show more than two different figures and elements. Figures danced twice are only counted once. If repeated, the best attempt of the two will be marked. Crew, typical breaking elements: Same as for Breaking Solos, plus: Acrobatics should have some style continuation. Choreography for the exhibition to the crew's own music must be a clear performance of a crew, not just a demonstration of unrelated solo performances. Musicality, difficulty of movements and figures, originality and team variability will all be highly evaluated. Synchronized movements, shadow standing, mirror positions and smooth transitions of these components from one into another, along with choreographic variability and work with space will also be evaluated. All typical elements of Breaking/Break Dance should be performed – Styles - Pop Locking – Power moves – Popping.
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life. Dancers are not allowed to perform tricks/elements that they have not been fully trained for or tricks/elements that are above their level/expertise. Physical development, core strength and age of each individual dancer should be taken into consideration by the trainer
Lifts:	Permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's division. Exception: Jumps in one handhold are not considered as a lift.
Pyramids:	
Throws:	
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers.
Gymnastic lines:	
Scenic or Stage Props:	Permitted. Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing

	articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may not be thrown away during the performance. For Crews it is allowed to use props. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event.	
Hand Props:	NOT permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	NOT Permitted Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:		
Evaluation:	Crew: If one crew disturbs another team's performance or endangers another team's safety, W/D procedure will be used.	
Procedure of Competition:	Solo	Preselection: according to the starting list, 4 dancers come onto the floor (4 corners) and each dancer performs 1 entry (around 40 sec.), then the judges give their points Qualification: If there are 18 dancers or more in the 1st round, Adjudicators should qualify the best 16. Battles: The best 16 competitors fight in "battles" one by one in a "knock-out-system" – 2 entries per dancer, if needed (in case of tie) one more entry per dancer. If there are 10 to 17 competitors in the 1st round, Adjudicators will qualify only 8 dancers.
	2 vs 2	Preselection: one entry per dancer Battles: 2 entries per "team" alternately – solo parts and/or routines are possible
	Crew	First round is a show of crews who will dance to their own music. The Adjudicators will evaluate and select the four best crews.

		If there are more than 8 crews in the 1st=preliminary round, the Supervisor together with a Chairperson of Adjudicators may decide to ask for additional crosses for crew/crews on the next position after 4 best crews (cross means placement). The final 'battle' portion of each contest shall consist of individual performances of dancers from the competing crews in which each dancer must dance his or her solo part at least one time, and the crew's performance will be evaluated as a whole performance. All other rules are as outlined under Breaking Solo.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

HIP HOP			STREET DANCE		
Definition:					
Category:	Solo Male Solo Female	Duo (any gender combination of two dancers)	Group	Formation	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
	Junior 1 solo, duo	13 – 14			
	Junior 2 solo, duo	15 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Junior group, formation	13 - 16			
	<i>The rule of the 3-year span is applicable, not in Adult 2.</i>				
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
Music:	Solos, Duos and Groups dance to the Organizer’s music, Formation dance to their own music.				

	The music in Hip Hop Formation shall be real Hip Hop music with a clear Hip Hop beat but without restriction in tempo. Only 30 secs. may be out of Hip Hop music.	
Tempo:	Solo/duo/group 27-28 bars per minute / 108-112 beats per minute (downbeat, more groove) In solo third minute/presentation: 90-100 beats per minute (downbeat, more groove)	
Duration of performance / Time limits:	Solo	1 minute
	Duo	1 minute
	Group	1 minute 30 seconds
	Formation	Minimum: 2 min 30 secs.; Maximum: 3 min
	<i>In each discipline when the Organizer's music is used the dancers must dance the full time limit. In case that they do not dance the full time limit, a warning will be issued. If a dancer/s do not perform in any of the required minutes (first, solo/presentation and final minute) this absence will result in a direct disqualification (D). NOTE: In special cases when the dancers/s cannot continue the competition the dancer/s will be marked as the last place in the round the dancer/s had performed in.</i>	
Characteristics and Movements:	Hip Hop includes different new dance styles, such as Hype Dance, New-Jack-Swing, Jamming, etc., adding creative elements such as stops, jokes, flashes, swift movements, etc. Some Popping movements can be performed but should not dominate. Hip-Hop is mostly danced on the eighth notes with a typical bounce or jumping action (New-Jack-Swing).	
Routine:	No dancer shall compete against him or herself	
Allowable Figures and Movements:	In duo both dancers should dance together, not only for themselves or one by one. Their performance should include synchronized steps such as Follow the Leader, shadow and mirror design, as well as patterns and dancing the same steps. A mixture of all possibilities is important.	
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life.	
Lifts:	Not permitted, except in Junior, Adult 1, and Adult 2 formation. Lifts are defined as movements and/or figures in which both feet of one dancer are off the floor and such figures and/or movements are performed with the help and/or physical support of another person. Lifts are not permitted in all Children's and Mini Kids divisions. Exception: Jumps in one handhold are not considered a lift.	
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children and Mini Kids divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children and Mini age divisions, all acrobatics must be performed without any physical support of a dancer, dancers.	

Scenic or Stage Props:	Not permitted. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event.	
Hand Props:	Not permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or a direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.	
Clothing / Costume:	Clothing articles such as hats, coats, sweaters, masks, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may NOT be thrown away during the performance. See more in General Rules in Book 2	
Footwear:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on around head. If hearing aids must be worn, the dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Forbidden elements for Mini kids and Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Toe work - Pointe work	
Evaluation:	Solo, duo groups : Preliminary and Semifinal: Crossing system Final: Placement Formation: 3 D Groups will be judged as a "whole." Solo parts may be performed but must not control and/or dominate. Groups: Musicality, (rhythm, breaks), dance variety and originality, together with well-done and well-performed stage and individual choreography, will be highly evaluated. Formations will be judged as a "whole." Solo parts may be performed but must not dominate. It is very important to present harmony of music, dance and costume, which should underline the special Hip-Hop character.	
Procedure of Competition:	Solo and Duo	In each round solo and duo dancers perform three (3) times. Each group of competitors begins and ends with

		a one-minute performance dancing together in each round. Second presentation: Preliminaries: No more than six (6) solos, no more than three (3) duos Semi-finals: No more than two (2) solos, duos Finals: Each act appears alone.
	Groups	Groups perform once in each round. Groups dance two groups at a time in all rounds up to the final round. In the final round, each group dances alone.
	Formation	Each formations perform alone in each round.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

HIP HOP BATTLE /ALL STYLE BATTLE				STREET DANCE	
Definition:					
Category:	Solo	Crews			
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Children	12 and under			
	Junior 1 (solo)	13 – 14			
	Junior 2 (solo)	15 – 16			
	Junior (crew)	13 – 16			
	Adult 1	17 and over			
		The rule of the 3-year span is applicable			
Number of dancers:	Solo	1			
	Crew	3-7			
Music:	Organizer’s music in different Hip Hop styles, except Crews which use their own music in the first round (organizer’s music will be used from second round). In the following Battles 2 entries in random Styles. Hip Hop Solo Battles/All Style Battles music schedule preselection:				

	1. Always new style 2. Different style (Dancehall, R&B, House, Locking, Popping) 3. Different style (Dancehall, R&B, House, Locking, Popping) 4. Always Hip Hop old school Hip Hop Solo Battles / All Style Battles music schedule in semifinal and final: 1. Always new style 2. Different styles (Dancehall, R&B, House, Locking, Popping) 3. Always Hip Hop old school	
Tempo:	No restrictions, but very different because of the different styles.	
Duration of performance / Time limits:	Solo	always 40 seconds
	Crew	150-180 seconds (2:30 – 3:00 minutes) in first round (Show). The Battle for 3rd place will have up to 5 entries (different styles). The Battle for 1st place will have up to 7 entries (different styles).
	<i>In each discipline when the Organizer's music is used the dancers must dance full time limit. In case that they do not dance the full time limit, a warning will be issued. If a dancer/s do not perform in any of the required minutes (first, solo/presentation and final minute) this absence will result in a direct disqualification (D). NOTE: In special cases when the dancer/s cannot continue the competition the dancer/s will be marked as the last place in the round the dancer/s had performed in.</i>	
Characteristics and Movements:	Different dance styles must be presented according to music being played	
Routine:	No dancer shall compete against him or herself.	
Allowable Figures and Movements:		
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life.	
Lifts:	Not permitted, except in Junior, Adult 1 Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's division. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Permitted, including those typical of Breaking, but should not control and/or dominate the performance. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures.	

	Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer or dancers.	
Scenic or Stage Props:	Not permitted, except in Hip Hop battle Crews (Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may not be thrown away during the performance). Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event.	
Hand Props:	Not permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or a direct disqualification. Using electrical devices such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.	
Clothing / Costume:	See more in General Rules in Book 2	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on around head. If hearing aids must be worn, the dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Toe work - Pointe work	
Evaluation:	If one crew disturbs another crew's performance or endangers another crew's safety, W/D procedure will be used.	
Procedure of Competition:	Solo	In the preselection maximum of 4 dancers perform their styles (each 40 seconds): – New Style – diff. Style – diff. Style – HipHop Old School In the following Battles 2 entries in random Styles.

		In Semifinal and Final 3 entries: – New Style – diff. Style – HipHop Old School Qualification: If there are 18 dancers or more in the 1st round, Adjudicators should qualify the best 16. If there are more than 50 dancers enrolled the best 32 dancers will be qualified and continue in battles. If there are less dancers enrolled, the organizer holds the right to have battle with 16 qualified dancers. If there are 10 to 17 competitors in the 1st round, Adjudicators will qualify only 8 dancers. If there are less than 10 competitors in the 1st round, Adjudicators will qualify only 4 dancers, one of each class and then there are only 2 battles (A1/D4 and B2/C3); followed by battles of the winners of previous 2 battles (one battle for 1st place and one battle for 3rd place).
	Crew	First round is a show of crews who will dance to their own music. The Adjudicators will evaluate and select the four best crews. Only the 4 best crews will battle to the Organizer 's music (3rd against 4th and 1st against 2nd). If there are more than 8 crews in the 1st preliminary round, a Supervisor together with a Chairperson of Adjudicators may decide to ask for additional crosses for crew/ crews on the next position after 4 best crews (cross means placement). If the time frame allows, Organizer Chairperson and Supervisor can decide, to use the big spider (as Solos), so there go 8 or 16 crews into the battles. Based on the first-round results, the Chairperson of Adjudicators will determine the order of "battles" between 1st - 2nd ranked crews and the 3rd - 4th ranked crews. If there is no clear majority in the hip hop battles (crossed arms), one more round (one entrance of each) will be done. After the additional round (entrance), Adjudicators must clearly decide about their choice, showing the hand

		to the dancer/crew they would like to see as a winner. Adjudicators must use the given Adjudicators sheet to see who they would like in the next round. The Adjudicators then show the hand to a dancer/crew following the judging sheet. The Chairperson and Scrutineer control the showing of hands.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

POPPING			STREET DANCE		
Definition:					
Category:	Solo	Duo (any gender combination of two dancers)			
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
	Junior 1	13 – 14			
	Junior 2	15 – 16			
	Adult 1	17 and over			
		The rule of the 3-year span is applicable			
Number of dancers:	Solo	1			
	Duo	2			
Music:	Competitors dance to the Organizer’s music.				
Tempo:	Solo: free tempo (no limits) Duo: 31-32,5 bars p.m. (124-130 bpm)				
Duration of performance / Time limits:	Solo	1 minute - 3 presentations in each round			
	Duo	1 minute - 3 presentations in each round			
	In each discipline when the Organizer’s music is used the dancers must dance the full time limit. In case that they do not dance the full time limit, a				

	<i>warning will be issued. If a dancer/s do not perform in any of the required minutes (first, solo/presentation and final minute) this absence will result in a direct disqualification (D). NOTE: In special cases when the dancers/s cannot continue the competition the dancer/s will be marked as the last place in the round the dancer/s had performed in.</i>
Characteristics and Movements:	
Routine:	No dancer shall compete against him or herself.
Allowable Figures and Movements:	Typical Movements and Techniques: Sharp electric movements that flow into waves, isolations, robot, pantomime elements, popping, animation, electric shock, walking, puppet, ticking, locking, etc. It is important to show more than two different techniques and movements.
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life.
Lifts:	Permitted in Junior and Adult Duos. Lifts are defined as movements and/or figures in which both feet of one dancer are off the floor and such figures and/or movements are performed with the help and/or physical support of another person. Lifts are not permitted in all Children's and Mini Kids divisions. Exception: Jumps in one handhold are not considered a lift.
Pyramids:	
Throws:	
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children and Mini Kids divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In the Children age division, all acrobatics must be performed without any physical support of a dancer or dancers.
Scenic or Stage Props:	Permitted, such as hats, masks, glasses, sunglasses/image glasses etc. may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may NOT be thrown away during the performance. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event.
Hand Props:	NOT permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, etc. and other non-clothing articles). NO requisites!!
Floor Props:	NOT permitted. Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.

	Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.	
Clothing / Costume:	See in General Rules in Book 2	
Footwear:		
Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Forbidden elements for Mini kids and Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Toe work - Pointe work	
Evaluation:	Preliminary and Semifinal: Crossing system Final: Placement	
Procedure of Competition:		In each round solo and duo dancers perform three (3) times. Each group of competitors begins and ends with a one-minute performance dancing together in each round. Second presentation in each round: Preliminaries: No more than six (6) solos, no more than three (3) duos Semi-finals: No more than two (2) solos, duos Finals: Each act appears alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

DISCO DANCE				STREET DANCE	
Definition:					
Category:	Solo Male Solo Female	Duo Female-Female Male-Female Male-Male	Group	Formation	
<i>Adult division duo is divided in two categories: Duo female-female Duo male-female or Duo male-male.</i>					

	<i>The dancer must only be represented in either two females, two males or male/female in any given competition.</i>	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under 8 and under from 1st January 2026
	Children	12 and under
	Junior 1 (solo)	13 – 14
	Junior 2 (solo)	15 – 16
	Junior (group, formation)	13 – 16
	Adult 1	17 and over Disco SOLO dancers are divided in 2 age divisions: - 17-20 (YOUTH) - 21 and over (Adults DD)
	Adult 2	31 and over
	<i>The rule of the 3-year span is applicable, not in Adults 2.</i>	
Number of dancers:	Solo	1
	Duo	2
	Group	3-7
	Formation	8-24
Music:	Solo, Duo, Group: Organizer's music. Formation: on their own music.	
Tempo:	Solo, Duo, Group: 34-35 bars per minute (136-140 beats per minute). Formation: 30-38 bars per minute (120-152 beats per minute); However, it is allowed to be out of this tempo range and music character for a maximum of 30 seconds. Competitors are not allowed to change their own music during the competition from one to another round.	
Duration of performance / Time limits:	Solo	The first presentation is 30 sec, then 1 min, last presentation 1min
	Duo	The first presentation is 30 sec, then 1 min, last presentation 1min
	Group	1 min 30 sec
	Formation	Minimum: 2 min 30 sec; Maximum: 3 min
	<i>In each discipline when the Organizer's music is used the dancers must dance the full time limit. In case that they do not dance the full time limit, a warning will be issued. If a dancer/s do not perform in any of the required presentations (first, solo/presentation and final minute) this absence will result in a direct disqualification (D).</i> <i>NOTE: In special cases when the dancers/s cannot continue the competition the dancer/s will be marked as the last place in the round the dancer/s had performed in.</i>	
Characteristics and Movements:	Disco Dance movements must dominate all performances. The dance is free, and all styles of disco dancing are permitted. It is not necessary to present a story or a "show" in Formation performances.	
Routine:	No dancer shall compete against him or herself.	

Allowable Figures and Movements:	Slides, leaps, jumps, kicks, spins and pirouettes. Floor figures such as splits, back and bump spins are allowed but should be kept to a minimum. Long running jumps moving across the floor must not exceed four steps at a time. Duos: Both performers should dance together, not only for themselves or one by one. Their performance should include synchronized steps such as Follow the Leader, shadow and mirror designs, as well as pattern work and dancing as one. A mixture of all possibilities is important. In the first and last presentation of Disco Dance DUO the dancers are not allowed to perform jumps over in duos (each other). In formation jumps must be performed without help.
Forbidden Figures:	The following elements are not allowed in Mini Kids division: jump over in duos, split jumps into the floor and combination of elements using extreme back flexibility. <i>See more under Prohibitions/Safety</i>
Lifts:	NOT permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	NOT permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures.
Gymnastic lines:	NOT permitted.
Contacts:	
Scenic or Stage Props:	NOT permitted. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event.
Hand Props:	NOT permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)
Floor Props:	NOT permitted Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.
Clothing / Costume:	Clothing is of one's own choice but must fit properly and always be in good taste and following Code of Ethics. Dancers are not allowed to change their costume during a performance or during competition, unless it is ordered because of an infraction of the Costume Rules. Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may not be thrown away during the performance. See more in General Rules in Book 2
Footwear:	

Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Forbidden elements for Mini kids and Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Toe work - Pointe work	
Evaluation:	Solo, duo groups : Preliminary and Semifinal: Crossing system Final: Placement Formation: each round 3 D, and placement in the final Solo, Duo, Group: Musicality, (rhythm, breaks), dance variety and originality will be highly evaluated. Formation: Musicality, dance variety and originality, synchronization, together with well-done and well-performed, stage and individual choreography, will be highly evaluated. It is very important to present harmony of idea, music, dance and costume. Formations will be judged as a “whole.” Solo parts may be performed but should not dominate.	
Procedure of Competition:	Solo, Duo	In each round the dancers perform three (3) times. Each group of competitors begins with 30 seconds and ends with a one-minute performance dancing together in each round. Preliminaries: No more than six (6) solos, no more than three (3) duos, and two (2) groups. Semi-finals: No more than two (2) solos, duos, groups. Finals: Each act appears alone.
	Group	Groups dance two groups at a time in all rounds up to the final round. In the final round, each group dances alone.
	Formation	In each round each formation dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

DISCO DANCE FREE STYLE		STREET DANCE
Definition:		
Category:	Solo Male	
	Solo Female	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Junior 1	13 – 14
	Junior 2	15 – 16
	Adult 1	17 and over
Number of dancers:	Solo	1
Music:	Competitors dance on Organizer's music.	
Tempo:	33-35 bars per minute (132-140 beats per minute).	
Duration of performance / Time limits:	Solo	The first presentation is 30 sec, then 1 min, last presentation 1min
	<i>In each discipline when the Organizer's music is used the dancers must dance full time limit. In case that they do not dance full time limit, warning will be issued. If a dancer/s do not perform in any of the required minutes (first, solo/presentation and final minute) this absence will result in a direct disqualification (D). NOTE: In special cases when the dancers/s cannot continue the competition the dancer/s will be marked as the last place in the round the dancer/s had performed in.</i>	
Characteristics and Movements:	The dance is free, and all kinds of movements are permitted, but Disco Dance steps and movements must dominate.	
Routine:	No dancer shall compete against him or herself.	
Allowable Figures and Movements:		
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life.	
Acrobatic Movements:	Permitted.	
	Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures.	

	Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. Acrobatic Movements should be an integral part of Disco Dance Free Style performances but should not control and/or dominate the routine. The dance and acrobatic movements performed should be joined together smoothly and must be in harmony with the music. Compulsory Elements: Turning rounds, jumps, looseness and flexibility. <i>NOTE:</i> Acrobatic movements and/or figures are NOT permitted in the opening or final presentation in each round.	
Gymnastic lines:		
Scenic or Stage Props:	NOT permitted. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event.	
Hand Props:	NOT permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	NOT permitted. Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or a direct disqualification.	
Clothing / Costume:	Dancers are not allowed to change their costume during a performance or during competition, unless it is ordered because of an infraction of the Costume Rules. See more in General Rules in Book 2	
Footwear:		
Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	See <i>NOTE</i> under Acrobatic Movements	
Evaluation:	Preliminary and Semifinal: Crossing system Final: Placement	
Procedure of Competition:	Solo	In each round the dancers perform three (3) times. Each group of competitors begins with 30 seconds and ends with a one-minute performance dancing together in each round. Preliminaries and semifinals: No more than two (2) solos Finals: Each dancer appears alone.

	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per the IDO Rules
Other Relevant Information:	

STREET DANCE SHOW			STREET DANCE		
Definition:					
Category:	Solo Male	Duo (any gender combination of two dancers)	Group	Formation	
	Solo Female				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
	Junior 1 solo/duo	13 – 14			
	Junior 2 solo/duo	15 – 16			
	Junior groups/formations	13 - 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
		The rule of the 3-year span is applicable, not in Adults 2.			
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
Music:	Dancers dance to their own music. No limits. Music genre needs to support the choreography that must be done 100% in street disciplines as presented in the rulebook.				
Tempo:	No limit				
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 secs.; Maximum: 2 min 15 secs.			
	Duo	Minimum: 1 min 45 secs.; Maximum: 2 min 15 secs.			
	Group	Minimum: 2 min 30 secs.; Maximum: 3 min			
	Formation (children)	Minimum: 2 min 30 secs.; Maximum: 3 min			
	Formation (all other age divisions)	Minimum: 2 min 30 secs.; Maximum: 4 min			
Characteristics and Movements:	Performed technique must be within character of dance technique that is listed in the rules under IDO Street dance department: Hip Hop, Disco Dance, Breaking, Popping in solo, duo, Hip Hop, Breaking, Popping in groups, formations (NO Disco Dance).				

	The performance presented by dancers can be done using the listed techniques as they decide so: either in a pure version or as a mix. Example: The solo/duo performance that is being presented only in Hip hop dance technique will be equally adjudicated as a performance that mixes Hip Hop and Disco Dance. All pieces must have a show case, theme or idea that must be clearly visible throughout the whole performance.
Routine:	No dancer shall compete against himself A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.
Allowable Figures and Movements:	
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life.
Lifts:	Permitted in Junior and Adult 1, Adult 2 age divisions. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's and Mini Kids divisions. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children and Mini Kids divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Any floor gymnastic combinations that are composed of more than three (3) acrobatic elements should be kept to a minimum.
Gymnastic lines:	
Scenic or Stage Props:	Permitted. Stage and hand props are permitted when carried by the dancers in one trip. Any stage props used may be held or worn by the dancers during the performance. Stagehands / assistants are not allowed to carry props for the dancer(s). Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may NOT be thrown away during the performance. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo and Duo entries and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up

	and 45 seconds to take it off the stage. 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. This rule applies to all Street dance show disciplines. Dancers must carry the props in one trip, on and off. One solid piece must not exceed the dimensions of a standard door (200x80 cm). In case of a larger size prop, the team must contact the Organizer prior to the event (no later than 14 days before the beginning of the competition).	
Hand Props:	Permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Permitted. Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on around head. If hearing aids must be worn, the dancer shall fasten them properly.	
Costume Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Forbidden elements for Mini kids and Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed (jumps from props can be equally dangerous as lifts). - Break Acrobatics are not allowed (head spins, head slides). - Toe work - Pointe work	
Evaluation:	4 D Musicality, variety of dance and dance patterns, originality, together with a well-done and well performed stage and individual/original choreography will be highly evaluated. It is very important to present harmony of idea, music, dance, choreography, costumes and props. Presentation and the entire image will be evaluated. The dancers in the Group dance together. The Group will be evaluated as a "whole." Solo parts may be performed but should not dominate. The dancers in the Formation dance together. Formations will be evaluated as a "whole." Solo parts may be performed but should not dominate.	
Procedure of Competition:	All rounds	Each performance dances alone.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	

Placement:	As per the IDO Rules
Other Relevant Information:	

DISCO SHOW		STREET DANCE			
Definition:					
Category:	Group	Formation			
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
	Junior	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
		The rule of the 3-year span is applicable, not in Adult 2.			
Number of dancers:	Group	3-7			
	Formation	8-24			
Music:	Dancers dance to their own music. No limits. Music genre needs to support the choreography that must be done 100% in Disco disciplines as presented in the rulebook.				
Tempo:					
Duration of performance / Time limits:	Group	Minimum: 2 min 30 secs.; Maximum: 3 min			
	Formation (children)	Minimum: 2 min 30 secs.; Maximum: 3 min			
	Formation (all other age divisions)	Minimum: 2 min 30 secs.; Maximum: 4 min			
Characteristics and Movements:	Performed technique must be within character of dance technique that is listed in the rules under IDO Street dance department: Disco Dance and Disco Free Style. All pieces must have a show case, theme or idea that must be clearly visible throughout the whole performance.				
Routine:	No dancer shall compete against him or herself A piece of choreography using the same costume and music may be performed only once at any competition. Example: If performed as a formation, it may not be performed as a group, duo or solo.				

Allowable Figures and Movements:	
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life.
Lifts:	Permitted in Junior and Adult1, Adult 2 age divisions. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's and Mini Kids divisions. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Permitted. Any floor gymnastic combinations that are composed of more than three (3) acrobatic elements should be kept to a minimum. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children and Mini Kids divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers.
Gymnastic lines:	
Scenic or Stage Props:	Permitted. Stage and hand props are permitted when carried by the dancers in one trip. Any stage props used may be held or worn by the dancers during the performance. Stagehands / assistants are not allowed to carry props for the dancer(s). Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may NOT be thrown away during the performance. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event. Scenic backgrounds and floor props must take no longer than 15 seconds to set up and 15 seconds to carry it away in Solo and Duo entries and 25 seconds in Group entries. Formations will be allowed 45 seconds to set up and 45 seconds to take it off the stage. 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. This rule applies to all Street dance show disciplines. Dancers must carry the props in one trip, on and off. One solid piece must not exceed the dimensions of a standard door (200x80 cm). In case of bigger size of props, the team needs to contact the Organizer prior to the event (no later than 14 days before the beginning of the competition).

Hand Props:	Permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Permitted. Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor/stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.	
Clothing / Costume:	See in General Rules in Book 2	
Footwear:		
Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Age appropriate See more in General Rules in Book 2	
Prohibitions / Safety:	Forbidden elements for Mini kids and Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed (jumps from props can be equally dangerous as lifts). - Break Acrobatics are not allowed (head spins, head slides). - Toe work - Pointe work	
Evaluation:	4 D Musicality, variety of dance and dance patterns, originality, together with a well-done and well performed stage and individual/original choreography will be highly evaluated. It is very important to present harmony of idea, music, dance, choreography, costumes and props. Presentation and the entire image will be evaluated. The dancers in the Group dance together. Group will be evaluated as a "whole." Solo parts may be performed but should not dominate. The dancers in the Formation dance together. Formations will be evaluated as a "whole." Solo parts may be performed but should not dominate.	
Procedure of Competition:	All rounds	Each performance dance alone
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	

Other Relevant Information:	
------------------------------------	--

DISCO SLOW		STREET DANCE			
Definition:					
Category:	Solo				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Mini Kids	7 and under	8 and under from 1 st January 2026		
	Children	12 and under			
	Junior 1	13 – 14			
	Junior 2	15 – 16			
	Adult 1	17 and over			
Number of dancers:	1				
Music:	Dancers dance to the Organizer’s music. The music must be slow music. (beat based music without change of the rhythm). The tempo in the final must be the same for all the finalists.				
Tempo:	68-72 beats per minute				
Duration of performance / Time limits:		3 presentations in all rounds (30 seconds, 1 minute, 30 seconds)			
		See more under Procedure of Competition			
Characteristics and Movements:	Dance technique should be based and inspired by Disco dance style and presented in slow version, using poses, freezes, stops, spins, slides, leaps, jumps, pirouettes. Floor figures such as splits, back and bump spins are allowed but should be kept to a minimum. Long running steps and jumps moving across the floor must not exceed four steps at a time. In IDO Disco Slow elegance and harmony of movements are appreciated. Disco Slow dance should be neither modern nor (fast) disco, it should be a new and specific style. All movements in IDO Disco Slow competitions should be safe and cannot endanger the health of any of the dancers.				

	Dancers should dance at an adequate distance from a judge, leaving the judges their own space.
Routine:	No dancer shall compete against him or herself
Allowable Figures and Movements:	All movements must be age appropriate.
Forbidden Figures:	Elements and figures that, according to the dancer's ability, are too difficult or that could lead to injuries or loss of life.
Acrobatic Movements:	Permitted. Acrobatic movements are allowed, but only acrobatics in which a body part is touching the floor. Acrobatics can only be performed in the second (1 min.) presentation of the final round (when maximum 1 dancer is dancing). In all selection rounds, including the opening and final presentations of semifinal round, acrobatic movements are not allowed. The acrobatic movements should not dominate. Acrobatic Movements should be an integral part of Disco Slow performances. The dance and acrobatic movements performed should be joined together smoothly and must be in harmony with the music. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner. In all disciplines where applicable, in Children and Mini Kids divisions acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer or dancers. Any floor gymnastic combinations that are composed of more than three (3) acrobatic elements should be kept to a minimum.
Gymnastic lines:	Not permitted.
Scenic or Stage Props:	NOT permitted Permitted. Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, but may not be thrown away during the performance. Cumbersome scenic props are not permitted in any dance, category, style or division at any IDO Event.
Hand Props:	NOT permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)
Floor Props:	NOT permitted Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket - props may be used but must be powered by battery.

Clothing / Costume:	Clothing is of one's own choice, should be suitable for the age division of the dancer, must fit properly and always be in good taste and follow Code of Ethics and General costume rules. Dancers are not allowed to change their costume during a performance or during competition, unless it is ordered because of an infraction of the Costume Rules. The glass trimmings in costume, including beads and all other materials and decorations which can be dangerous when falling to the dance floor are not allowed (lower quality and not well fixed decorations are not allowed). See more in General Rules in Book 2	
Footwear:		
Decorative elements:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Make up rules must be age appropriate and must follow the general rules. See more in General Rules in Book 2	
Prohibitions / Safety:	Forbidden elements for Mini kids and Children age divisions: - Elements, stands on head are not allowed. - Break Acrobatics are not allowed (head spins, head slides). - Toe work - Pointe work Obscene or suggestive movements are not allowed.	
Evaluation:	Preliminary and Semifinal: Crossing system Final: Placement Musicality, rhythm, breaks, feeling for music and its interpretation, dance variety and originality will be highly evaluated	
Procedure of Competition:	Preliminaries	The dancers will dance all the selection rounds, 3 presentations, their number may be variable (12 -15 dancers per round) will depend on the size of the stage. In the qualification rounds: 30 secs. (presentation) 12-15 dancers in a heat on the floor. 1 min. (Spot) 5-6 dancers on the floor. 30 secs. (last presentation) 12-15 dancers on the floor.
	Semi-finals	In the semifinal the dancers will dance 3 times: 30 secs. (presentation) all semifinalists on the floor. 1 min. (Spot) 2 dancers on the floor. 30 secs. (last presentation) all semifinalists on the floor.
	Final	In the final round the dancers will dance 3 times: 30 secs. (presentation) all finalists on the floor. 1 min. (Spot) 1 dancers on the floor. 30 secs. (last presentation) all finalists on the floor.

	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per the IDO Rules
Other Relevant Information:	

III. COUPLE DANCE DISCIPLINES

ARGENTINE TANGO		COUPLE DANCE
Definition:	Argentine Tango is a discipline that contains Tango Salon (Tango, Vals and Milonga) and the Tango Escenario.	
Category:	Couples	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Adult 1 (Couples)	17 and over
	Adult 2 (Couples)	31 and over
	Senior (Couples)	50 and over
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Senior, both dancers have to be over 31/50 for Adults 2/Seniors.</i>	
Number of dancers:	Couple	2
Music:	The music, selected from the repertoire of the great Argentine Tango orchestras, must respect the competition times and must have a similar duration for all the couples participating in the different rounds of the competition. The difficulty of the musical pieces will be similar within the same round of the competition and will increase between the different rounds of competition. Tango Escenario: The dancers use their own music, taken from the repertoire of traditional or modern Tango orchestras.	
Tempo:	Tango: 30-35 bars per minute. Vals: 62-72 bars per minute. Milonga: 38-58 bars per minute.	
Duration of performance / Time limits:	Tango	The musical pieces will be danced entirely and will have a maximum duration of 2:50 min in the qualifying rounds and semi-final rounds and 3:15 min in the final.
	Vals	The musical pieces will be danced entirely and will have a maximum duration of 2:50 min in the qualifying rounds and semi-final rounds and 3.15 min in the final.
	Milonga	The musical pieces will be danced entirely and will have a maximum duration of 2:50 min in the qualifying rounds and semi-final rounds and 3:15 min in the final.
	Tango Escenario	The musical pieces will be danced entirely and will have a maximum duration of 3:15 min. If longer, they will be terminated in accordance with the end of the musical phrase.
Characteristics and Movements:	Tango, Vals and Milonga are three social dances based on the connection of the couple through an embrace. Improvisation in the music is an identifying element; the couple's movements should express the capacity for improvisation and coherence with the music. Dancers should avoid	

	mandatory combinations or choreography. Dancers must follow the Line of Dance (LOD) and go around the dance floor in a counterclockwise direction. Once in a closed embrace, couples will no longer be able to separate until the end of the music, considering that the position is considered correct when the body of one of the two partners is contained in the embrace of the other. All movements must be carried out within the space determined by the couple's embrace, without invading or disturbing the space of the surrounding couples and without creating an obstacle in the dance round. Tango: all the structures and elements are that characteristic of social Tango, different types of walks, ochos, different types of turn, barridas, sacadas, enroques, lapices, boleos, ganchos, adornos, etc., which will be improvised according to the rhythmic and melodic characteristics of the musical piece. The Tango cannot be danced only on the regularity of the rhythmic accompaniment but must be danced on its melodic characteristics, respecting the pauses. Vals: all the structures and elements of the Tango must be adapted to the musical characteristics of the Vals. Milonga: all the structures and elements of the Tango will be adapted to the musical characteristics of the Milonga. Small jumps are accepted as part of the cheerful nature of this dance.
Hold:	No separation in Tango, Vals, Milonga.
Routine:	No dancer shall compete against him or herself
Lifts:	Tango, Vals and Milonga: Lifts and breaking of the embrace are not allowed. Tango Escenario: Lifts, breaking of the embrace and combinations of any type of element are allowed. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person.
Acrobatic Movements:	Permitted only in Escenario. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.
Scenic or Stage Props:	Not Permitted. Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may not be thrown away during the performance
Hand Props:	Permitted only in Escenario. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)

Floor Props:	NOT permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Evaluation:	Each of the three different dances, Tango, Vals and Milonga, contributes equally to the overall placing of the dancers. The judgment for each couple will be determined by using the Skating System. All couples in the final must also dance a Tango Escenario, which will be adjudicated as an additional dance. In the event of a tie between couples, the placing in the Tango Escenario will have the higher (decisive) value. X'ing System and Placement System in the Final Round	
Procedure of Competition:	Qualifying rounds:	a. In the qualifying round all the couples will be seen by the jury in a presentation Tango, danced entirely and lasting a maximum of 2:50 min. If necessary, the Chairperson will divide the participating couples into two or more groups. b. The couples will thereafter be divided into heats. The number of couples in the same heat depends on the size of the dance floor but must not exceed 6 couples. In each heat, the couples must perform an entire Tango, an entire Vals and an entire Milonga, lasting a maximum of 2:50 min each. c. The adjudicators judge the qualified couples in each of the 3 dances separately. d. In all following qualifying rounds, including the semi-final, there will be no presentation dance at the beginning of the round.
	Semi-final round:	a. The couples selected in the qualifying round will participate in the semi-final round. b. The couples will be divided into heats. The number of couples who will dance in the same heat depends on the size of the dance floor but must not exceed 6 couples. c. In each heat, the couples must perform an entire Tango, an entire Vals and an entire Milonga, lasting a maximum of 2.50 minutes each. d. The adjudicators judge the couples separately in each of the 3 dances.
	Final round:	a. The couples selected in the semi-final round will participate in the final. b. The couples will be divided into heats. The number of couples who will dance in the same round depends on the size of the dance floor but must not exceed 6 couples.

	c. In each heat, the couples must perform an entire Tango, an entire Vals and an entire Milonga, lasting a maximum of 3:15 min each. In the event of a tie, a play-off Tango will be danced, lasting a maximum of 3.15 minutes. After a mandatory break of at least 5 min, each couple will dance a Tango Escenario with their own music, lasting a maximum of 3:15 min. d. The adjudicators judge the couples separately in each of the 4 dances. e. The placing in the final will be determined using the Skating System on the 4 dances.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per the IDO Rules.
Other Relevant Information:	

SALSA					COUPLE DANCE	
Definition:						
Category:	Solo male Solo female	Duo	Couples	Groups	Formation	
	In the Adult age division, Duo is divided into the following categories: Duo Male, Duo Female, Duo Male/Female. Formation is only in the Adult age division.					
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Children	12 and under				
	Junior 1 (solo, duo, couples)	13 – 14				
	Junior 2 (solo, duo, couples)	15 – 16				
	Junior (group, formation)	13 – 16				
	Adult 1	17 and over				
	Adult 2	31 and over				
	Senior	50 and over				
	The rules of the 3-year span is applicable, not in Adults 2 and SENIOR . Both dancers must be over 31/50 in Adults 2/Seniors.					
Number of dancers:	Solo	1				
	Duo	2				
	Couples	2				
	Groups	3-7				
	Formation	8-24				
Music:	Solo, Duo:					

	Organizers music in Preliminaries and Semi Final. Organizers music and music of the dancer own choice in the Final. Couples: Organizer's music in preliminaries and semi-final, Organizer's music OR music of the dancer's choice in the final solo performance. Groups, Formations: In all rounds, music of the dancer's choice. In each heat within a round, the same music must be used. The music can and should change from round to round, but the heats should have the same music. Note: This is not relevant if there is a time reduction in the first round and a longer one in the next round. The first part up to the time limit must be the same; the other one is already new.	
Tempo:	Solo, Duo: 48-55 bar per minute (192-220 beat per minute) Couples: 50-52 bars per minute (200-208 beats per minute) Groups, Formations: no restriction.	
Duration of performance / Time limits:	Solo, Duo	In all rounds, except the final, the duration of performance should be 1 minute 30 sec., to conform to the end of musical phrase. In the Final round, the dancers may use music of their own choice, or Organizers music, but must be at least 2 minutes to the end of musical phrase but must not exceed 2 minutes 15 seconds.
	Couples	In all rounds except the final, the length of performance should be 1:30 minutes long, to conform to the end of the musical phrase. In the final round, the couple may use music of their choice or the Organizer's music, which must be 2 minutes of music to the end of the musical phrase but must not exceed 2 minutes 15 seconds.
	Groups	Minimum: 2 min 30 sec; Maximum: 3 min
	Formations	Minimum: 2 min 30 sec; Maximum: 4 min
Characteristics and Movements:	Salsa Solo / Duo is an off shoot of Mambo and Salsa, so can be danced on the "1" or "2". This style must show good body isolation, together with clean fast footwork - some of which uses every beat, half beat, and quarter beat of the Bar – so syncopation is important. When danced by a male dancer, we expect to see slick, clean, strong footwork, and good subtle isolation. When danced by a female dancer, while like Male, it should be more feminine in its approach, with possibly more body work. In all Duos we need to see good synchronization, good "question & answer" type moves, good contact (although not in hold) and musical interpretation in between the 2 dancers. No acrobatic moves or lifts will be allowed in any round. Couples: Salsa is of Latin-American origin but has been developing in different ways the last 10 years. There are four main styles of Salsa. The Salsa Cuban style, the Salsa Puerto Rico/New York style (Street Mambo), the L-A style and the Columbian (Cali) style. The Cuban style of Salsa is more rotating than the Puerto Rico/ New York style (Street Mambo) and the L-A style is known to include more show figures. All three styles are ac-	

	accepted. Salsa basic is a two times three-step pattern taken during 8 beats of music, in a quick, quick, slow – quick, quick, slow rhythm. It is allowed to break on the 1st and 3rd beat in the bar or the 2nd and 4th beat in the bar. What is important is to keep the consistence of the breaking. If one starts on breaking on 1 or 3 one must continue to break on 1 or 3 and not travel on to break on 2 and 4 suddenly. Salsa is a very popular club dance in that it allows the dancers much freedom to interpret the music using movements and elements from many different Latino dances. Salsa means, “Sauce”, and the dancers should depict a very hot and spicy interaction with each other. The Salsa basics involve clever hand and arm movements as well as changes of handhold while maintaining the flowing movements and which are all typical of the dance. Groups, Formation: same as in Solo, Duo and Couples.
Hold:	Duo: not permitted. (This means, that there is also no contact between the dancers. Not only classical dance hold is forbidden, also the contact in which way ever. Salsa Duo means dancing side by side or dancing a step and the other dancer is reacting) Couples: Permitted. The main part of the performance should be danced with a hold. Groups, Formations: no restriction.
Routine:	No dancer shall compete against him or herself.
Lifts:	Duo: not permitted. Couples: not permitted. Only in the final in the solo performance in Adults and Junior Division they are allowed. Groups, Formation: permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children’s age divisions. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Solo, Duo: Not permitted. Couples: Acrobatic figures are forbidden in Adults and Junior division only allowed in the final when the couples are dancing alone (it is proposed to allow an acrobatic figure). Acrobatic figures are forbidden in Children’s divisions. Groups, Formation: permitted. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures (This is also a solo hand wheel in Salsa).

	Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Not permitted, only in Couple Category in the solo show (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed.	
Evaluation:	X'ing System and Placement System in the Final Round	
Procedure of Competition:	Solo, Duo	Format Qualifying Rounds: a. In the opening round all dancers shall be seen by the Adjudicators in a presentation dance for 1 minute. In the case if the floor will be too crowded, the presentation dance could be divided in two or more groups. b. The dancers will thereafter be divided into heats. Number of solos or duos in the same heat is depending on the size of the dance floor but should not exceed 6 solos / duos. The Chairperson of Adjudicators gives a signal when all Adjudicators are ready, but each heat will never last longer than 1 minute 30 seconds. c. In the opening round, all dancers shall than be seen by the Adjudicators in a closing dance for 30 seconds according to the same rules as for the presentation dance. Format Final Round: is danced according to the one dance system. a. All dancers in the final dance 1 minute overview. b. All dancers dance their solo performance one by one and can chose their own music not exceeding 2 minutes. c. All dancers in the final dance 1 minute closing overview. d. The Adjudicators will place the dancers in order of merit.

		e. The Skating System will be used to find the places of the dancers. In all categories the dancers should show good Floor Craft. It is not allowed to invade other dancers space. This will be considered when being seen by the Adjudicators.
	Couples:	Format Qualifying Rounds: a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 minute. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be divided in two or more groups. b. The couples will thereafter be divided into heats. Number of couples or duos in the same heat is depending on the size of the dance floor but should not exceed 6 couples. Each heat will last 1 minute 30 seconds. c. In the opening round, all couples shall than be seen by the Adjudicators in a closing dance for 60 seconds according to the same rules as for the presentation dance. d. In all following qualifying rounds, including the semi-final there will be no presentation dance in the beginning or closing dance at the end of the round. Format Final Round: In the Final the Show is added a. All couples will dance together for 1 minute Salsa. b. Each couple will dance the solo Show number with organizer's music or music of their own choice, not exceeding 2 minutes 15 seconds. c. All couples in the final dance 1 minute closing overview. d. The Adjudicators will place the couples in order of merit. e. The Skating System will be used to find the places of the couples.
	Groups, Formations	If the Organizer, Chairperson and Supervisor agree, Groups and Formations can be combined in one competition.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO rules	
Other Relevant Information:		

SALSA RUEDA DE CASINO		COUPLE DANCE
Definition:		
Category:	Teams	Formation
	<i>Teams and Formations dancing together.</i>	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under
	Junior (group, formation)	13 – 16
	Adult 1	17 and over
	Adult 2	31 and over
	Senior	50 and over
	<i>The rules of the 3-year span is applicable, not in Adults 2 and SENIOR.</i>	
Number of dancers:	Teams, Formations	4-24
Music:	Organizers or own music is used in all rounds. Either the same music or 2/3 different tracks and then shuffled around. In each heat within a round, the same music must be used. The music can and should change from round to round, but the heats should have the same music. Note: This is not relevant if there is a time reduction in the first round and a longer one in the next round. The first part up to the time limit must be the same; the other one is already new.	
Tempo:	No restrictions, but the character of the music must be in the typical Salsa rhythm marked by the “claves”.	
Duration of performance / Time limits:	Teams and Formations	Minimum: 2:30 – 3:00 min
Characteristics and Movements:	The caller of the Rueda teams and formations must call out the figures. Musicality (rhythm / breaks, etc.), dance variety and originality, performance of stage and individual choreography, use of space, etc. will all be highly evaluated. It is very important to present harmony of music, dance and costume, which should all work together to emphasize the special Salsa Rueda de Casino character.	
Hold:	Permitted. Most of the performance must be in some kind of dance hold, couple wise. Groups will be adjudicated. Solo parts may be performed but must not dominate.	
Lifts:	Permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children’s age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Acrobatic Movements are permitted, but movements where body turns / pivots on its horizontal axis are not allowed. Splits, kicks and other flashy tricks are permitted, but must not dominate. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers.	

	Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.
Scenic or Stage Props:	Not permitted.
Hand Props:	Permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed.
Evaluation:	X'ing System and Placement System in the Final Round
Procedure of Competition:	All rounds The Rueda teams are dancing one by one. <i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per IDO Rules
Other Relevant Information:	Each group consists of 2 - 12 couples that dance together in one or more circles. Other types of formation work may be used, such as lines, stationary dancing and dividing the Rueda circle into smaller groups but must not dominate the performance.

MERENGUE					COUPLE DANCE	
Definition:						
Category:	Solo male Solo female	Duo	Couples			
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under				
	Junior 1 (solo, duo, couples)	13 – 14				
	Junior 2 (solo, duo)	15 – 16				
	Adult 1	17 and over				
	Adult 2	31 and over				
	Senior	50 and over				

	<i>The rules of the 3-year span is applicable, not in Adults 2 and SENIOR.. Both dancers must be over 31/50 in Adults 2/Seniors.</i>	
Number of dancers:	Solo	1
	Duo	2
	Couples	2
Music:	Organizer's music in preliminaries and semi-final, Organizer's music OR music of the dancers' choice in the final. In each heat within a round, the same music must be used. The music can and should change from round to round, but the heats should have the same music. Note: This is not relevant if there is a time reduction in the first round and a longer one in the next round. The first part up to the time limit must be the same; the other one is already new.	
Tempo:	30 - 34 bars per minute in 4/4 time signature / 60 - 68 bars per minute in 2/4 time signature	
Duration of performance / Time limits:	Solo, Duo, Couples	In all rounds except the final, the length of performance should be 1:30 minutes long, to conform to the end of the musical phrase. In the final round, the couple may use music of their choice or the Organizer's music, which must be 2 minutes of music to the end of the musical phrase but must not exceed 2 minutes 15 seconds.
Characteristics and Movements:	Merengue is a Latin-American Spot Dance and does not move along the Line of Dance (LOD). Steps are quite compact, and Latin hip movement, at times quite staccato, is used throughout. A slight counter sway is often used to compliment the Latin hip movement. The basic action is like a marching rhythm, but many other rhythms, including syncopations, slows, etc., may be used in interpreting the music. Merengue is a club dance, and the couples should focus on one another to create an earthy and sensual feeling with close, intricate rotational movements coupled with an almost playful teasing interaction with one another.	
Hold:	Couple Category: Permitted in the. The main part of the performance should be danced with a hold. Duo: Not permitted	
Lifts:	Not permitted. Only in the final in the solo performance in Adults, Senior and Junior Couples Division they are allowed. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Not permitted. Only in the final round, when couples perform alone, it is proposed to allow an acrobatic figure. Acrobatic figures are forbidden in Children's divisions.	

	Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Not permitted. Only in the solo show in the Couple Dance Category permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Evaluation:	X'ing System and Placement System in the Final Round	
Procedure of Competition:	Solo, Duo	Format Qualifying Rounds: a. In the opening round all dancers shall be seen by the Adjudicators in a presentation dance for 1 minute. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be divided in two or more groups. b. The dancers will thereafter be divided into heats. Number of solos or duos in the same heat is depending on the size of the dance floor but should not exceed 6 solos / duos. The Chairperson of Adjudicators gives a signal when all Adjudicators are ready, but each heat will never last longer than 1 minute 30 seconds. c. In the opening round, all dancers shall than be seen by the Adjudicators in a closing dance for 30 seconds according to the same rules as for the presentation dance. Format Final Round: is danced according to the one dance system. a. All dancers in the final dance 1 minute overview. b. All dancers dance their solo performance one by one and can chose their own music not exceeding 2 minutes. c. All dancers in the final dance 1 minute closing overview.

		d. The Adjudicators will place the dancers in order of merit. e. The Skating System will be used to find the places of the dancers. 9. In all categories the dancers should show good Floor Craft. It is not allowed to invade other dancers space. This will be considered when being seen by the Adjudicators.
	Couples:	Format Qualifying Rounds: a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 minute. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be divided in two or more groups. b. The couples will thereafter be divided into heats. Number of couples or duos in the same heat is depending on the size of the dance floor but should not exceed 6 couples. Each heat will last 1 minute 30 seconds. c. In the opening round, all couples shall than be seen by the Adjudicators in a closing dance for 60 seconds according to the same rules as for the presentation dance. d. In all following qualifying rounds, including the semi-final there will be no presentation dance in the beginning or closing dance at the end of the round. Format Final Round: In the Final the Show is added a. All couples will dance together for 1 minute Salsa. b. Each couple will dance the solo Show number with organizer's music or music of their own choice, not exceeding 2 minutes 15 seconds. c. All couples in the final dance 1 minute closing overview. d. The Adjudicators will place the couples in order of merit. e. The Skating System will be used to find the places of the couples.
		<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per IDO Rules.	
Other Relevant Information:		

BACHATA				COUPLE DANCE	
Definition:					
Category:	Solo male	Duo	Couples	Groups	Formations
	Solo female				
Formations will be held only in Adult age division.					
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Children	12 and under			
	Junior 1 (solo, duo, couples)	13 – 14			
	Junior 2 (solo, duo, couples)	15 – 16			
	Junior (group)	13 – 16			
	Adult 1 (solo, duo, couples, groups, formations)	17 and over			
	Adult 2 (solo, duo, couples, groups)	31 and over			
	Senior (solo, duo, couples, groups)	50 and over			
The rules of the 3-year span is applicable, not in Adults 2 and Seniors . Both dancers have to be over 31/50 in Adults 2/Seniors.					
Number of dancers:	Solo	1			
	Duo	2			
	Couples	2			
	Groups	4-8 (2-4 couples)			
	Formations	8-24 (4-12 couples)			
Music:	Solo, Duo, Couples: Organizer's music in preliminaries and semi-final, Organizer's music OR music of the dancers" choice in the final.				
	Groups, Formations: In all rounds, music is of the dancer's own choice.				
	In each heat within a round, the same music must be used. The music can and should change from round to round, but the heats should have the same music. Note: This is not relevant if there is a time reduction in the first round and a longer one in the next round. The first part up to the time limit must be the same; the other one is already new.				
Tempo:	Solo, Duo, Couples: 28 - 32 bars per minute in a 4/4 time signature (112-128 beats per minute) Groups, Formations: nor restrictions				
Duration of performance / Time limits:	Solo, Duo, Couples	In all rounds except the final, the length of performance should be 1:30 minutes long, to conform to the end of the musical phrase. In the final round, the couple may use music of their choice or the Organizer's music, which must be 2 minutes of music to the end of the musical phrase but must not exceed 2 minutes 15 seconds.			
	Groups	Minimum: 2 min 30 sec; Maximum: 3 min			

	Formations	Minimum: 2 min 30 sec; Maximum: 4 min
Characteristics and Movements:	Bachata is of Caribbean origin and does not move along the Line of Dance (LOD). The basic action is a flowing rather slow, romantic and passionate movement. Steps are composed by a 3-step moving pattern and a lifting/tilting hip moment with no weight transference on 4. The 4th beat is a hip action (lift, drop), counted “and 4”, and NOT a weight transference of “in place, in place” - rather like a Cha-Cha action/timing, which should only be used as a Variation, and not the basic A slight counter sway is often used to compliment the Latin hip movement. There are also many other rhythms, including syncopations, slows and quick’s etc., may be used in interpreting the music. Bachata is a club dance, and the couples should focus on one another to create an earthy and sensual feeling using close, intricate rotational movements coupled with an almost playful teasing interaction with one another.	
Hold:	Couples: Permitted. The main part of the performance should be danced with a hold. Duo: Not permitted. Groups, Formations: no restriction	
Routine:	No dancer shall compete against him or herself.	
Lifts:	Duo, Couples: Not permitted. Only in the final in the solo performance in Adults, Senior and Junior Couples Division they are allowed. Groups, Formations: Permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children’s age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Solo, Duo, Couples: Not permitted. Only in the final round in Couple Category, when couples perform alone, it is proposed to allow acrobatic figures. Groups, Formations: Permitted. Acrobatic figures are forbidden in Children’s divisions. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer’s score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Not permitted. Only permitted in the show of the Couple Category. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.	

	Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.	
Evaluation:	X'ing System and Placement System in the Final Round	
Procedure of Competition:	Solo, Duo, Couples	Format Qualifying Rounds: a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 minute. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be divided in two or more groups. b. The couples will thereafter be divided into heats. Number of couples or duos in the same heat is depending on the size of the dance floor but should not exceed 6 couples. The Chairperson of Adjudicators gives a signal when all Adjudicators are ready, but each heat will never last longer than 1 minute 30 seconds. c. In the opening round, all couples shall than be seen by the Adjudicators in a closing dance for 60 seconds according to the same rules as for the presentation dance. Final Round: is danced according to the one dance system a. All couples in the final dance 1 minute overview. b. All couples dance their solo performance one by one and can chose their own music not exceeding 2 minutes and 15 seconds. c. All couples in the final dance 1 minute closing overview. d. The Adjudicators will place the couples in order of merit. e. The Skating System will be used to find the places of the couples.
	Groups, Formations	If the Organizer, Chairperson and Supervisor agree, Groups and Formations can be combined in one competition.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per IDO Rules	
Other Relevant Information:		

CARIBBEAN DANCES		COUPLE DANCE
Definition:	The Caribbean Dances are Salsa, Bachata and Merengue. Caribbean Dance is a multidisciplinary dance form where each of the three (3) dances holds equal importance in determining the overall rankings of the dancers. Each dance is individually assessed, and couples are placed using the Skating System. In the final round, all couples are required to perform a medley comprising at least two (2) of the three (3) dances in the discipline. All three (3) dances may be used, but no other dances are permitted in these medleys. The Caribbean Show Medley will be evaluated as an additional dance based on its own merits. In case of a tie between couples, the performance in the Caribbean Show Medley will carry greater weight in determining the final rankings.	
Category:	Couples	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under
	Junior 1 (couples)	13 – 14
	Junior 2 (couples)	15 – 16
	Junior (group, formation)	13 – 16
	Adult 1	17 and over
	Adult 2	31 and over
	Senior	50 and over
	<i>The rules of the 3-year span is applicable, not in Adults 2 and SENIOR. Both have to be over 31/50 in Adults 2/Seniors.</i>	
Number of dancers:	Couples	2
Music:	Organizer's music in preliminaries and semi-final, Organizer's music OR music of the dancers' choice in the final. In each heat within a round, the same music must be used. The music can and should change from round to round, but the heats should have the same music. Note: This is not relevant if there is a time reduction in the first round and a longer one in the next round. The first part up to the time limit must be the same; the other one is already new.	
Tempo:	Salsa: 50-52 bars per minute (200-208 beats per minute) Bachata: 28 - 32 bars per minute in 4/4 time signature (112-128 beats per minute) Merengue: 30 - 34 bars per minute in 4/4 time signature / 60 - 68 bars per minute in 2/4 time signature	
Duration of performance / Time limits:	Couples	In all rounds, including the final, performances should be precisely 1 minute and 30 seconds in duration to align with the conclusion of the musical phrase. In the final round in the Caribbean Show solo medley, the couple may use music of their choice or the Organizer's music, which must be 2 minutes of music to the end of the musical phrase without surpassing 2 minutes and 15 seconds.

Characteristics and Movements:	It is very important that the movements and step combinations are in perfect harmony with the rhythm and character of the music throughout each dance. Bachata is of Caribbean origin and does not move along the Line of Dance (LOD). The basic action is a flowing rather slow, romantic and passionate movement. Steps are composed by a 3-step moving pattern and a lifting/tilting hip moment with no weight transference on 4. The 4th beat is a hip action (lift, drop), counted “and 4”, and NOT a weight transference of “in place, in place” - rather like a Cha-Cha action/timing, which should only be used as a Variation, and not the basic. A slight counter sway is often used to compliment the Latin hip movement. There are also many other rhythms, including syncopations, slows and quick’s etc. that may be used in interpreting the music. Bachata is a club dance, and the couples should focus on one another to create an earthy and sensual feeling with close, intricate rotational movements coupled with an almost playful teasing interaction with one another. Salsa is of Latin-American origin but has been developing in different ways the last 20 years. There are four main styles of Salsa. The Salsa Cuban style, the Salsa Puerto Rico/New York style (Street Mambo), the L-A style and the Columbian (Cali) style. The Cuban style of Salsa is more rotating than the Puerto Rico/ New York style (Street Mambo) and the L-A style is known to include more show figures. All three styles are accepted. Salsa basic is a two times three-step pattern taken during 8 beats of music, in a quick, quick, slow – quick, quick, slow rhythm. It is allowed to break on the 1st and 3rd beat in the bar or the 2nd and 4th beat in the bar. What is important is to keep the consistence of the breaking. If one starts on breaking on 1 or 3 one must continue to break on 1 or 3 and not travel on to break on 2 and 4 suddenly. Salsa is a very popular club dance in that it allows the dancers much freedom to interpret the music using movements and elements from many different Latino dances. Salsa means, “Sauce”, and the dancers should depict a very hot and spicy interaction with each other. The Salsa basics involve clever hand and arm movements as well as changes of handhold while maintaining the flowing movements and which are all typical of the dance. Merengue is a Latin-American Spot Dance and does not move along the Line of Dance (LOD). Steps are quite compact, and Latin hip movement, at times quite staccato, is used throughout. A slight counter sway is often used to compliment the Latin hip movement. The basic action is like a marching rhythm, but many other rhythms, including syncopations, slows, etc., may be used in interpreting the music. Merengue is a club dance, and the couples should focus on one another to create an earthy and sensual feeling with close, intricate rotational movements coupled with an almost playful teasing interaction with one another.
Hold:	Permitted. The main part of the performance should be danced with a hold. Order of dances: a. Salsa

	b. Bachata c. Merengue	
Routine:	No dancer shall compete against him or herself.	
Lifts:	Not permitted. Only in the final in the solo performance in Adults and Junior category they are allowed. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Not permitted. Only in the final Caribbean show, when couples perform alone, it is proposed to allow an acrobatic figure. Acrobatic figures are forbidden in Children's divisions. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Not permitted. Only permitted in the final Caribbean show. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed.	
Evaluation:	X'ing System and Placement System in the Final Round and Skating over the 3 dances.	
Procedure of Competition:	Qualifying Rounds	a. In the opening round in Salsa all couples shall be seen by the Adjudicators in a presentation dance for 1 minute. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be divided in two or more groups.

		b. The couples will thereafter be divided into heats. Number of couples or duos in the same heat is depending on the size of the dance floor but should not exceed 6 couples. Each heat will never last longer than 1 minute 30 seconds. c. All couples must perform each dance before the next dance is commenced. Note: All together 1 min Salsa, then Salsa 1:30 each heat, then Bachata each heat, then Merengue each heat. d. The Adjudicators mark the qualified couples in each of the 3 dances separately.
	Final Round	All couples will dance together in each dance (1:30 min all together Salsa, 1:30 min all together Bachata, 1:30 min all together Merengue followed by Caribbean Show one by one) prior to each couple performing the Caribbean Show Medley as a solo. The Adjudicators place the couples in order of merit for each dance separately. The placing in the final will be found by using the Skating System over 4 dances: Salsa, Bachata, Merengue and Caribbean Show.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:		
Other Relevant Information:		

CARIBBEAN SHOW				COUPLE DANCE	
Definition:	Combination of Caribbean dances such as Salsa, Bachata, Merengue with show elements (story, idea, theme, message, visible concept).				
Category:	Solo male Solo female	Duo	Group	Formation	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (solo, duo)	13 – 14			
	Junior 2 (solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both dancers have to be over 31/50 in Adults 2/Seniors.</i>				
Number of dancers:	Solo	1			
	Duo	2			

	Group	3-7
	Formation	8-24
Music:	Any type of Latino inspired music of the competitor's choice.	
Tempo:	Not defined	
Duration of performance / Time limits:	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Groups	Minimum: 2 min 30 sec; Maximum: 3 min
	Formations	Minimum: 2 min 30 sec; Maximum: 4 min
Characteristics and Movements:	We are looking for some of the many original Latino-Caribbean dance style performances , to any type of music, such as Salsa, Bachata, Merengue, Son, or any other type of Latino inspired music of the competitor's choice. Costumes may be Carnival, African, Futuristic, Street, Caribbean, or any combination of those styles and other styles suitable to the dance or dances being performed. Exhibitions may be in any one form, or a combination of two or more different styles, and may include theatrical movements.	
Forbidden Figures:	No other figures (which are recognized as figures which are used at International Latin American dance competitions) can be danced. During the performance the technique of IDO Latino-Caribbean dances (Salsa, Bachata, Merengue, and Argentine Tango) must dominate. When this rule is broken it is considered as "obvious wrong discipline". Note: Be aware that Caribbean Show is not International Latin-American dance like WDSF or WDC style; it is pure Latino-Caribbean style.	
Lifts:	Permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Permitted. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Permitted. Permitted if the dancers can bring it to the stage in one go.	
Hand Props:	Permitted	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.	

	Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.
Clothing / Costume:	Clothing should not be like what is used in International Latin American competition dancing.
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.
Evaluation:	Musicality, variety of dance and patterns, originality, total performance and individual choreography will be evaluated. It is very important to present harmony of idea, music, dance, choreography, costume and props in the presentation, as the entire image will be used in evaluating Caribbean Show Team performances. In all age divisions and in all categories of the Caribbean Show, the title of the show is obligatory and must be announced by the moderator and shown on the starters list. 4 D System
Procedure of Competition:	All competitors dance their solo performance one by one. <i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per IDO Rules.
Other Relevant Information:	Caribbean dances & rhythms: Pachanga, Rumba(afro), Salsa, Bolero, Chachacha*, Changüi, Danzón, Guaguancó, Guajira, Guaracha, Habanera, Mambo, Afro Rhythms, Merengue, Punta, Punto cubano, Son cubano, Son montuno, Timba, Cumbia, Cumbión, Paeáito, Gaita, Paseo sabanero, Son Sabanero, Bullerengue, Mapalé, Maestranza, Puya, Porro tapao, Porro palitiao, Fandango, Parrandí, Sambapalo, Pajarito, Chandé, Garabato, Tambora, Pilón, Paseo vallenato, Son vallenato, Puya vallenata, Merengue vallenato, Canción Vallenata, Paseol, Abozao, Sexteto, Son Negro, Son Palenque, Lumbalú, Chalupa, Merengue, Pompo, Currulao, Patacoré, Berejú, Aguabajo, Makerule, Pango (also Pangora), Andarele (also Amanecer), Madruga, Tiguarandó, Saporondó, Calipso Chocoano, Tamborito Chocoano, Juga, Caramba, Pregón, Bunde (also Chigualo), Alabao, Salve, Arrullao, Villancico, Romance, Danza, Contradanza, Polkas, Mazurka, Jotas, Makerule, Bambuco, Torbellino, Guabina, Rajaleña, Sanjuanero, Guaneña, Bunde tolimense, Caña, Cañabrava, Vueltas antioqueñas, Fandanguillo criollo, Pasillo, La Danza, Danza criolla, Música guasca, Bunde, Pasillo, Joropo, Galerón llanero, Zumba-que-zumba, Pasaje, Seis, Merengue, Vallenato, Joropo, Gaita, Balie de Tambor, La Changa / Changa Tuki, Tamborera, Bambuco Andino, Calipso Guayanes, Aguinaldo (Xmas), Champeta, Calypso, Reggae, Reggeaton, Vals Criollo, Currulao, Bambuco, Tamborito, Tamborera, Murga Panameña, Bolero Criollo, Salsa Criolla, Décimas, Pasaje, Bachata.

LATIN SHOW		COUPLE DANCE			
Definition:					
Category:	Solo male Solo female	Duo	Group	Formation	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children		12 and under		
	Junior 1 (solo, duo)		13 – 14		
	Junior 2 (solo, duo)		15 – 16		
	Junior (group, formation)		13 – 16		
	Adult 1		17 and over		
	Adult 2		31 and over		
	Senior		50 and over		
The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both have to be over 31/50 in Adults 2/Seniors.					
Number of dancers:	Solo		1		
	Duo		2		
	Group		3-7		
	Formation		8-24		
Music:					
Tempo:	Not defined				
Duration of performance / Time limits:	Solo		Minimum: 1 min 45 sec; Maximum: 2 min 15 sec		
	Duo		Minimum: 1 min 45 sec; Maximum: 2 min 15 sec		
	Groups		Minimum: 2 min 30 sec; Maximum: 3 min		
	Formations		Minimum: 2 min 30 sec; Maximum: 4 min		
Characteristics and Movements:	We are looking for the International Latin American dance style performances and only choreographies based on International Latin American dance style Samba, Cha-Cha, Rumba, Paso Doble and Jive are accepted. Music can be authentic Latin music or any other type of Latin-inspired music of the competitor’s choice. Costumes may be Carnival, African, Futuristic, Street, Caribbean. Exhibitions may be in any one form, or a combination of two or more different styles, and may include theatrical movements.				
Lifts:	Permitted.				
	Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children’s age divisions. Exception: Jumps in one handhold are not considered as a lift.				
Acrobatic Movements:	Permitted.				

	In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.
Scenic or Stage Props:	Permitted. Permitted if the dancers can bring it to the stage in one go.
Hand Props:	Permitted.
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.
Clothing / Costume:	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.
Evaluation:	Musicality, variety of dance and patterns, originality, total performance and individual choreography will be evaluated. It is very important to present harmony of idea, music, dance, choreography, costume and props in the presentation, as the entire image will be used in evaluating Latin Show Team performances. In all age divisions and in all categories of the Latin Show, the title of the show is obligatory and must be announced by the moderator and shown on the starters list. 4 D System
Procedure of Competition:	All competitors dance their solo performance one by one. <i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per IDO Rules.
Other Relevant Information:	

LATIN STYLE			COUPLE DANCE		
Definition:					
Category:	One Dance Solo male One Dance Solo female	One Dance Duo	Group	Formation	
	In Adults division One Dance Duo will be divided in One Dance Duo mixed, One Dance Duo female and One Dance Duo male.				
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Children	12 and under			
	Junior 1 (solo, duo)	13 – 14			
	Junior 2 (solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
		The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both have to be over 31/50 in Adults 2/Seniors.			
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
Music:	In each round, the Solo or Duo Dances with Organizer’s music. In each round, the Group or Formation dances alone, with its own music.				
Tempo:	Samba:	50-52 Bar per min	100-104 Beats per min		
	Cha-Cha:	30-32 Bar per min	120-128 Beats per min		
	Rumba:	25-27 Bar per min	100-108 Beats per min		
	Paso Doble:	60-62 Bar per min	120-124 Beats per min		
	Jive:	42-44 Bar per min	168-176 Beats per min		
Duration of performance / Time limits:	Solo, Duo	For the first qualification round (Excluding the direct 1/8 final, ¼ final, semifinal, and final), the first presentation is one (1) minute - Paso Doble's first presentation till the 1st highlight , then one minute and 30 seconds ± 10 seconds (1.20”-1.40”) . - Paso Doble's presentation till the 2nd highlight , and the last presentation is one (1) minute - Paso Doble's presentation till the 1st highlight . For the other rounds, the direct 1/8 final, ¼ final semifinal and final included , the duration of the music is 1 minute 30 seconds ± 10 seconds (1.20”-1.40”). Paso Doble's presentation, till the 2nd highlight			
	Groups	Minimum: 2 min 30 sec; Maximum: 3 min 30 sec			
	Formation	Minimum: 2 min 30 sec; Maximum: 3 min 30 sec			

Characteristics and Movements:	For both <i>Solos</i> and <i>Duos</i>, dancers must choose the discipline in which to compete (Samba, Cha-Cha, Rumba, Paso Doble, Jive). They must dance strictly in the <i>International Latin American Competition Style/Technique</i>. Duos must dance <i>synchronized</i> or <i>symmetrical</i>. Attention: it is not a “<i>couple dance</i>”, and their performance must start in a “<i>side by side</i>” position. The maximum distance in Duo must be 2 m throughout the performance. Groups and Formation must use a minimum of three (3) of the five (5) dances at least 20 sec each, in any order they like. They must dance strictly in <i>International Latin American Competition Style/Technique</i>. as well. They can have an <i>introduction</i> and/or <i>ending</i> of 15” with free choreography. They must change lines and shapes and use the whole space on stage. Attention: it is not a “<i>Synchro Dance</i>” performance. They can dance a part of their performance without music (once and a maximum of 10 sec). If this choice acapella (no music) is at the performance’s beginning or the ending, it must be marked with a clear audible sound (beep). This time is included in the duration of the performance. It’s not allowed a choreographed <i>entrance</i> and/or <i>exit</i> on stage. All the members of the teams must be on stage and must dance the whole performance.
Routine:	No dancer shall dance against him or herself.
Allowable Figures and Movements:	We are looking for some of the many <i>International Latin American Competition Style/Technique</i> dance style performances to <i>International Latin American Competition Style/Technique</i> such as Samba, Cha-Cha, Rumba, Paso Doble, and Jive.
Lifts:	Not permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children’s age divisions. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Not permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer’s score and could even detract from the score if they are not performed in a technically correct manner.
Contacts:	Duo: Not permitted. Groups, Formations: Permitted.
Scenic or Stage Props:	Not permitted.

Hand Props:	Not permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Clothing / Costume:	Costumes must follow the “ <i>General Rules</i> ” governing Costumes. Costumes must fit the type of <i>International Latin American Competition Style/Technique</i> that the dancers are doing and should underline the special <i>Latin Dress Code Fashion</i> . Dancers are not allowed to change their costumes during a performance or during the competition unless it is ordered because of an infraction of the costume rules.	
Footwear:	Shoes must fit the type of <i>International Latin American Competition Style/Technique</i> that the dancers are doing and should underline the special <i>Latin Dress Code Fashion</i> .	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Allowed for all group ages, but must follow the “General Rules”	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed.	
Evaluation:	JUDGING SYSTEM FOR SOLO & DUO: X’ing System and Placement System in the Final Round JUDGING SYSTEM FOR GROUP & FORMATION: 3-D System	
Procedure of Competition:	Solo, Duo	In the <i>first qualification round</i> , the dancers (<i>Solos</i> and <i>Duos</i>) perform three (3) times. Each group of competitors begins and ends with a one (1) minute overlooking round. In the <i>overlooking round</i> , up to 24 <i>Solos</i> or 12 <i>Duos</i> compete together at the same time. First, in the beginning, the dancers must perform all in the “ <i>big groups heats</i> ” with up to 24 <i>Solos</i> or 12 <i>Duos</i> in every heat and then all the “ <i>normal group heats</i> ” with up to 12 <i>Solos</i> or 6 <i>Duos</i> in every heat, and at the end again all the “ <i>big groups heats</i> ” with up to 24 <i>Solos</i> or 12 <i>Duos</i> in every heat. In the other rounds, dancers perform only once. The number of dancers on the floor, from preliminaries to the semifinal included is 12 <i>Solos</i> or 6 <i>Duos</i> . Minimum 5, maximum 8 <i>Solos</i> or <i>Duos</i> dancing together in the final round.

	The competition will begin with the first dance (Samba) and follow through all rounds of that dance until the final. For example: First Round → Second Round → Semifinal → Final (Samba) After the final, there will be an award ceremony for Samba. The dancers will get medals. Next, the competition will continue with the second dance (e.g., Cha-Cha), again starting from the first round and continuing to the final, followed by another award ceremony. This structure will repeat for all five dances (Samba, Cha-Cha, Rumba, Paso Doble, Jive). At the end of the event, there will be a final award ceremony for: Only the overall top 3 dancers across all five dances, who will receive trophies
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per IDO Rules
Other Relevant Information:	

SYNCHRO DANCE				COUPLE DANCE	
Definition:					
Category:	Duo	Group	Formation		
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (duo)	13 – 14			
	Junior 2 (duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
<i>The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both have to be over 31/50 in Adults 2/Seniors.</i>					
Number of dancers:	Duo	2			
	Group	3-7			
	Formation	8-24			
Music:	Duo: Organizers music (the music will be published at least 2 months before the event)				

	Groups and Formation: The group itself selects the music. Any musical rhythms are accepted. All musical rhythms are allowed and will compete in the Synchro Dance competition.	
Tempo:	No restriction.	
Duration of performance / Time limits:	Duo	1 min 30 sec
	Group	Minimum: 2 min 30 sec; Maximum: 3 min
	Formation	Minimum: 2 min 30 sec; Maximum: 4 min
Characteristics and Movements:	The fundamental element of the discipline is to dance side by side in synchronization; therefore, all dancers must execute their movements and figures at the same time and in the same direction, maintaining their alignment throughout the performance. (The last 15-20 seconds may incorporate free alignment as a finale to the performance.)	
Routine:	No dancer shall compete against him or herself.	
Lifts:	Not permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Not permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures.	
Contacts:	Not permitted.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Not permitted	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Prohibitions / Safety:	- Pointe work in all IDO disciplines. Removal of articles of clothing or accessories during the exhibition or while entering or exiting the floor. This discipline is not a "couple" dance and partnering is not permitted at any time during the performance.	
Evaluation:	X'ing System and Placement System in the Final Round	
Procedure of Competition:	Duo	Qualifying Rounds: In the qualifying rounds in Synchro duos there are dancing maximum 12 duos at

		the same time on the floor. In the final there are dancing all 6 finalist duos together on the floor.
	Group, Formation	The Synchro groups and formations are dancing one by one to their own music throughout all rounds including the final. The Cross system is used in qualifying rounds and placing in order of merit in the final.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO rules	
Other Relevant Information:		

DISCO FOX		COUPLE DANCE			
Definition:	Disco Fox is known and named as Disco Hustle, Swing Fox, Disco Swing, and Rock Fox in different regions. Both a Slow and a Fast dance is required. Technique and improvisation and overall agility and partnership dynamics are highly evaluated.				
Category:	Couples				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (couples)	13 – 14			
	Junior 2 (couples)	15 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both have to be over 31/50 in Adults 2/Seniors.</i>				
Number of dancers:	Couples	2			
Music:	Organizer’s music in all rounds except the final round of Disco Fox Show, where dancers may use their own choice of music. music.				
Tempo:	Fast tempo: 30 – 35 bars per minute (BPM 120-140) Slow tempo: 20 – 24 bars per minute (BPM 80-96) Disco Fox Show tempo: Free				
Duration of performance / Time limits:	Couples	1 minute presentation dance in the beginning of the competition that is not evaluated. 1:30 minutes, to conform to the end of the musical phrase, in all rounds except the final round of Disco Fox Show. Music chosen for Disco Fox Show final round performances must be 2:00-2:30 min.			
Characteristics and Movements:	The characteristic of the dance is basically stationary. Although the couple can move with walks and turns across the floor. Most of the time it is				

	danced in double or one handhold in every variation like cross handhold, right in right hand or others. Disco Fox Style must be shown. Basic Steps and Rhythms: It consists of basic steps and basic step variation which are in the rhythm 12 X. X can be 3, &3, a3, 3&, 3a. Examples are: 1 2 & 3, 1 2 3&, 1 2 a3. Any combination of those counts, like 1& 2& 3 are allowed as variations of the basic step.
Hold:	The main part of all the performances must be danced with a hold.
Allowable Figures and Movements:	Wrap figures, spin turns, pivot turns, throw outs, let go and catch again actions are the main characteristics of the dance. Natural hip movements are accepted. Posing as over sways, leans, checks, drops, lines and points are allowed but must not dominate the performance.
Forbidden Figures:	It is not allowed to dance a choreography or figures that are recognized as figures which could be used at International Latin American dance competitions for more than 4 bars.
Lifts:	In every round except the final show lifts are not allowed. In the Final Show there is no limit of the number of lifts. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Not permitted. Only in the final show, there is no limit of the number of Acrobatic figures. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.
Scenic or Stage Props:	Not permitted. Only in the final Show when the couples are dancing alone, they are allowed. (Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – props may be used but must be powered by battery.)
Hand Props:	Not permitted. Only in the final Show when the couples are dancing alone, they are allowed.

	(such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted.	
Clothing / Costume:	Costumes must cover the intimate parts of the dancer's body during the whole performance (for more detailed information see IDO General rules)	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.	
Evaluation:	In Qualifying rounds Couples will be qualified to the next round by dancing both Fast dance and Slow dance. The Cross - System, will be used. The Adjudicators mark the qualified couples in each Fast and Slow dance separately. In the Final Round the Adjudicators place the couples in order of merit for each dance (Slow, Fast, Show) separately. The placing in the final will be determined by using the Skating System over all 3 dances.	
Procedure of Competition:	Qualifying rounds	a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 min Disco Fox Fast. b. The couples will thereafter be divided into heats. The number of couples in the same heat is depending on the size of the dance floor but should not exceed 6 couples. c. All couples must perform Disco Fox Fast before the Disco Fox Slow is commenced – 1 minute 30 seconds Fast dance each heat, then 1 minute 30 seconds Disco Fox Slow dance each heat. d. In all following qualifying rounds, including the semi-final there will be no presentation dance in the beginning of the round.
	Hope round	The Organizer must run a "Hope round" as a mandatory regulation. There will be no opening round in the hope round. When Disco Fox JACK & JILL is part of the competition, Hope round is not obligatory.
	Final round	Couples will dance three dances in the final. Disco Fox Fast all together for 1 minute 30 seconds. All couples will then dance the Disco Fox Slow together for 1 minute 30 seconds. In the Disco Fox Show each couple will perform alone 2:00 – 2:15 min. In case of direct final, 1 minute presentation Slow dance is added in the beginning of the final. At least a 20-minute break after finishing the first 2 dances before starting Disco Fox Solo Show is obligatory.
Placement:	As per the IDO Rules	
Other Relevant Information:		

WEST COAST SWING		COUPLE DANCE			
Definition:					
Category:	Couples				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (couples)	13 – 14			
	Junior 2 (couples)	15 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
		<i>The rules of the 3-year span is applicable, not in Adults 2 and SENIOR.</i>			
Number of dancers:	Couples	2			
Music:	Organizer’s music in all rounds except the final round of West Coast Swing Solo Show, where dancers may use their own choice of music.				
Tempo:	Fast dance tempo: 26 – 31 bars per minute (BPM104-124) Slow dance tempo: 22 – 25 bars per minute (BPM 88-100) West Coast Swing Solo Show tempo: Free				
Duration of performance / Time limits:	Couples	1:30 minutes, to conform to the end of the musical phrase, in all rounds except the final round of West Coast Swing Solo Show. Music chosen for West Coast Swing Solo Show final round performances must be 2:00 – 2:15 min.			
Characteristics and Movements:	West Coast Swing is a social dance which is part of the Swing dance family. West coast swing is a "slot" dance, which means that the woman travels forward and back along a single straight line on the floor, with the man moving off and onto her line. Although there are turning figures, they keep the woman on her line of dance. As done in the West Coast Swing community, the end of patters typically is an "Anchor step" and not a "Coaster step". The follower is discouraged from moving forward under her own power at the end of the pattern. Instead, she hangs out until the leader remembers to lead. Depending on the style lots of turns or lots of footwork are part of the dance. Syncopations are common. The man stays pretty much on one place while the woman moves back and forth in a slot. Therefore, it's the woman's movements that are emphasized. West Coast Swing is developed from the Lindy Hop. West Coast Swing is a living dance, still evolving. It follows the music trends of each decade and adjusts to accommodate new dance styles. In the 1970s it adopted some of the styles of Disco and the Hustle. Now, it can be danced to most of the music played on the radio today and incorporates many dance elements of Hip Hop and Jazz. Figures begin with two walking steps, followed by two triple steps (or a triple step, two walks and another triple, in 8- count figures). The second triple step is generally danced in place ("anchor step") its main purpose is to re-establish physical tension between the partners, generally achieved by leaning slightly back. Dancers should				

	avoid using obvious choreography but rather improvisation, which is the true heart of the West Coast Swing so that it is possible to adjust the steps to the music.	
Hold:	Permitted. The main part of the performance should be danced with a hold.	
Lifts:	Not permitted. Only in the final solo performance in Adults and Junior's category are allowed. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Not permitted. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted. Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may NOT be thrown away during the performance.	
Hand Props:	Not permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – props may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Procedure of Competition:	Qualifying rounds	Couples will be qualified to the next round by dancing both Fast West Coast Swing and Slow West Coast Swing.

		The Cross - System, will be used. The total number (Fast and Slow) determines which couples are qualified to the next round. a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 min Fast dance. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be divided in two or more groups. b. The couples will thereafter be divided into heats. Number of couples in the same heat is depending on the size of the dance floor but should not exceed 6 couples. The Chairperson gives a signal when all Adjudicators are ready. c. All couples must perform Fast dance before the Slow dance is commenced - 1 minute 30 seconds Fast West Coast Swing each heat, then 1 minute 30 seconds Slow West Coast Swing each heat. d. The Adjudicators mark the qualified couples in each Fast and Slow West Coast Swing separately. e. In all following qualifying rounds, including the semi-final there will be no presentation dance in the beginning of the round.
	Final round	Couples will dance three dances in the final. Fast West Coast Swing all together for 1 minute 30 seconds. All couples will then dance the Slow West Coast Swing together for 1 minute 30 seconds. In case of direct final, 1 minute presentation Fast West Coast Swing is added in the beginning of the final. In the West Coast Swing Solo Show each couple will perform alone 2:00 – 2:15 min. At least a 5 min break after finishing the first 2 dances before starting West Coast Swing Solo Show is obligatory. The Adjudicators place the couples in order of merit for each dance separately. The placing in the final will be found by using the Skating System over all 3 dances.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

JITTERBUG		COUPLE DANCE			
Definition:					
Category:	Couples				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (couples)	13 – 14			
	Junior 2 (couples)	15 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
		<i>The rules of the 3-year span is applicable, not in Adults 2 and SENIOR. Both have to be over 31/50 in Adults 2/Seniors.</i>			
Number of dancers:	Couples	2			
Music:	Organizer’s music in all rounds except the final round of Jitterbug Solo Show, where dancers may use their own choice of music. Music and style for Jitterbug must be from the time 1930's to 1960's.				
Tempo:	Fast Jitterbug tempo: 46 – 48 bars per minute (184 – 192 bpm) Slow Jitterbug tempo: 27 – 28 bars per minute (108 – 112 bpm) Jitterbug Solo Show tempo: Free				
Duration of performance / Time limits:	Couples	1:30 minutes, to conform to the end of the musical phrase, in all rounds except the final round of Jitterbug Solo Show. Music for Jitterbug Solo Show final round must be at least 2 minutes but not exceed 2 minutes 15 seconds.			
Characteristics and Movements:	Jitterbug is a social dance and is part of the Swing dance family. It has a long tradition and is originated in America. There is a well-documented literature how to perform the dance. Acrobatics, lifts, separations and jumps are allowed and encouraged but should be connected to the musical phrase.				
Hold:	Permitted. The main part of the performance should be danced with a hold.				
Allowable Figures and Movements:	A mix of steps and movements taken from other Swing dances such as Boogie-Woogie, Be Bop, Lindy Hop, Bugg, West and East Coast Swing, etc. Dancers should avoid using obvious choreography but rather improvisation, which is the true heart of the Jitterbug so that it is possible to adjust the steps to the music.				
Forbidden Figures:	No.				
Lifts:	Permitted only in the final solo performance. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children’s age divisions. Exception: Jumps in one handhold are not considered as a lift.				
Acrobatic Movements:	Permitted. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age				

	division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.		
Scenic or Stage Props:	Not permitted.		
Hand Props:	Permitted only in the Show round. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)		
Floor Props:	Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – props may be used but must be powered by battery.		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.		
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.		
Evaluation:	Musicality, variety of dance and patterns, originality, total performance and individual choreography will be evaluated. It is very important to present harmony of idea, music, dance, choreography, costume and props in the presentation, as the entire image will be used in evaluating Latin Show Team performances. In all age divisions and in all categories of the Latin Show, the title of the show is obligatory and must be announced by the moderator and shown on the starters list.		
Procedure of Competition:	<table border="1"> <tr> <td>Qualifying rounds</td><td> Couples will be qualified to the next round by dancing both Fast Jitterbug and Slow Jitterbug. The Cross - System, will be used to determine which couples qualify for the next round. The number of crosses from both dances will be added. a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 min Fast Jitterbug. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be Divided in two or more groups. b. The couples will thereafter be divided into heats. The number of couples in the same heat is dependent </td></tr> </table>	Qualifying rounds	Couples will be qualified to the next round by dancing both Fast Jitterbug and Slow Jitterbug. The Cross - System, will be used to determine which couples qualify for the next round. The number of crosses from both dances will be added. a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 min Fast Jitterbug. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be Divided in two or more groups. b. The couples will thereafter be divided into heats. The number of couples in the same heat is dependent
Qualifying rounds	Couples will be qualified to the next round by dancing both Fast Jitterbug and Slow Jitterbug. The Cross - System, will be used to determine which couples qualify for the next round. The number of crosses from both dances will be added. a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 min Fast Jitterbug. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be Divided in two or more groups. b. The couples will thereafter be divided into heats. The number of couples in the same heat is dependent		

		upon the size of the dance floor but should not exceed 6 couples. The Chairperson gives a signal when all Adjudicators are ready. c. All couples must perform Fast Jitterbug before the Slow Jitterbug is commenced – 1 minute 30 seconds Fast Jitterbug each heat, then 1 minute 30 seconds Slow Jitterbug each heat. d. The Adjudicators mark the qualified couples in each Fast and Slow Jitterbug separately. e. In all following qualifying rounds, including the semi-final there will be no presentation dance in the beginning of the round.
	Final round	Couples will dance three dances in the final. Slow Jitterbug all together for 1 minute 30 seconds. All couples will then dance the Fast Jitterbug together for 1 minute 30 seconds. In case of direct final, 1 minute presentation Slow Jitterbug dance is added in the beginning of the final. In the Jitterbug Solo Show each couple will perform alone 2 minutes to 2 minutes 15 seconds. At least a 5-minute break after finishing the first 2 dances before starting Jitterbug Solo Show is obligatory. The Adjudicators place the couples in order of merit for each dance separately. The placing in the final will be by using the Skating System over all 3 dances.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules	
Other Relevant Information:		

COUPLE DANCE TEAMS and FORMATIONS					COUPLE DANCE
Definition:					
Category:	Teams	Formation			
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior (teams, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
	The rules of the 3-year span is applicable, not in Adults 2 and SENIOR.				
Number of dancers:	Teams	4-8			
	Formations	10-24			
Music:	In all rounds music of the teams / formations is of their own choosing.				

Tempo:	No restriction.	
Duration of performance / Time limits:	Teams	Minimum: 2 min 30 sec; Maximum: 3 min
	Formations	Minimum: 2 min 30 sec; Maximum: 4 min
Characteristics and Movements:	Choreographies of couple dances. Competitors can perform any dance style or dance technique of IDO couple dance disciplines - Salsa, Merengue, Jitterbug, West Coast Swing, Disco Fox, Salsa Rueda de Casino, Latino show, Latin Style, Bachata, Argentine Tango, Milonga and Tango Vals. The use of space on the floor, choreography, total image, and stay in time with the music, interpretation of the music, performed movements and patterns will all be evaluated. Permitted and recommended figures and movements are in accordance with description of IDO couple dance disciplines.	
Hold:	Most of the performance must be in some kind of dance hold, couple wise.	
Routine:	No dancer shall compete against him or herself.	
Lifts:	Permitted Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Permitted In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Permitted.	
Floor Props:	Not Permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Evaluation:	X'ing System and Placement System in the Final Round	
Procedure of Competition:		

	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per IDO Rules.
Other Relevant Information:	

JACK & JILL (West Coast Swing and Disco Fox)		COUPLE DANCE
Definition:	During the last years the Jack & Jill system is more and more familiar in the West Coast and Disco Fox scene. In both dances the character of the dance is specified by the lead and following of the two partners.	
Category:	Couples	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Adult 1	17 and over
	Adult 2	31 and over
	<i>The rules of the 3-year span is applicable, not in Adults 2.</i>	
Number of dancers:	Solo Leader	1
	Solo Follower	1
	Couples	2
Music:	West Coast Swing Jack & Jill: Organizer's music in all rounds except the final round of West Coast Swing Solo Show, where dancers may use their own choice of music. Disco Fox Jack & Jill: Organizer's music in all rounds except the final round of Disco Fox Show, where dancers may use their own choice of music. music.	
Tempo:	West Coast Swing Jack & Jill Fast dance tempo: 26 – 31 bars per minute (BPM104-124) West Coast Swing Jack & Jill Slow dance tempo: 22 – 25 bars per minute (BPM 88-100) West Coast Swing Jack & Jill Solo Show tempo: Free Disco Fox Jack & Jill Fast tempo: 30 – 35 bars per minute (BPM 120-140) Disco Fox Jack & Jill Slow tempo: 20 – 24 bars per minute (BPM 80-96) Disco Fox Show Jack & Jill tempo: Free	
Duration of performance / Time limits:	West Coast Swing Jack & Jill	1:30 minutes, to conform to the end of the musical phrase, in all rounds except the final round of West Coast Swing Solo Show. Music chosen for West Coast Swing Solo Show final round performances must be 2 minutes but not exceed 2 minutes 15 seconds.
Characteristics and Movements:	West Coast Swing is a social dance which is part of the Swing dance family. West coast swing is a "slot" dance, which means that the woman travels forward and back along a single straight line on the floor, with the man moving off and onto her line. Although there are turning figures, they keep the woman on her line of dance. As done in the West Coast Swing community, the end of patters	

	typically is an "Anchor step" and not a "Coaster step". The follower is discouraged from moving forward under her own power at the end of the pattern. Instead, she hangs out until the leader remembers to lead. Depending on the style lots of turns or lots of footwork are part of the dance. Syncopations are common. The man stays pretty much on one place while the woman moves back and forth in a slot. Therefore, it's the woman's movements that are emphasized. West Coast Swing is developed from the Lindy Hop. West Coast Swing is a living dance, still evolving. It follows the music trends of each decade and adjusts to accommodate new dance styles. In the 1970s it adopted some of the styles of Disco and the Hustle. Now, it can be danced to most of the music played on the radio today and incorporates many dance elements of Hip Hop and Jazz. Figures begin with two walking steps, followed by two triple steps (or a triple step, two walks and another triple, in 8- count figures). The second triple step is generally danced in place ("anchor step") its main purpose is to re-establish physical tension between the partners, generally achieved by leaning slightly back. Dancers should avoid using obvious choreography but rather improvisation, which is the true heart of the West Coast Swing so that it is possible to adjust the steps to the music. Disco Fox: The characteristic of the dance is basically stationary. Although the couple can move with walks and turns across the floor. Most of the time it is danced in double or one handhold in every variation like cross handhold, right in right hand or others. Wrap figures, spin turns, pivot turns, throw outs, let go and catch again actions are the main characteristics of the dance. Natural hip movements are accepted. Posing as over sways, leans, checks, drops, lines and points are allowed but must not dominate the performance. Disco Fox Style must be shown. Basic Steps and Rhythms: It consists of basic steps and basic step variation which are in the rhythm 12 X. X can be 3, &3, a3, 3&, 3a. Examples are: 1 2 & 3, 1 2 3&, 1 2 a3. Any combination of those counts, like 1& 2& 3 are allowed as variations of the basic step.
Hold:	Permitted. The main part of the performance should be danced with a hold.
Routine:	No dancer shall compete against him or herself
Lifts:	West Coast Swing Jack & Jill: Not permitted. Only in the final solo performance in Adults and Junior's category are allowed. Disco Fox Jack & Jill: In every round except the final show lifts are not allowed. In the Final Show there is no limit of the number of lifts. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.

Acrobatic Movements:	Disco Fox Jack & Jill: In every round except the final show acrobatic figures are not allowed. In the Final Show there is no limit of the number of Acrobatic figures. West Coast Swing: Not Permitted Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures.	
Scenic or Stage Props:	Not permitted. Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may NOT be thrown away during the performance.	
Hand Props:	Not permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – props may be used but must be powered by battery.	
Clothing / Costume:		
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.	
Evaluation:		
Procedure of Competition:	West Coast Swing Jack & Jill	The partnership will be divided by random and will change in every round. The dancers (male and female) can enroll one by one, not as a couple. E.g. in the first round the partners will be set together by random (computer) or the girls draw numbers from a basket which is connected to the number of the boys. If there are more girls than boys, the boys must dance twice. The same numbers of girls and boys are getting to the next round. E.g. 10 boys, 13 girls are in the first round, 6 girls and 6 boys will get to the next round. The draw must be after each round. During the qualifying rounds the judging of the leader and follower will be divided. Only in the final they will be judged as a couple Qualifying Rounds: There will be a slow and a fast round in the qualifying round. Both dances will be danced with the same

	partner. About 50% of the higher number (leader or followers) and the same number of the lower number will be qualified for the next round. Each dancer will be evaluated by him/herself. The focus is to lead and follow. Final Round: In the final round the couples will dance together slow, fast and a show. For the show part the couple can choose their own music. The break between the last dance of the qualifying round and the final must be at least 20 min. The placement will be done by skating system, each dance (slow, fast show) will be evaluated, and the overall counting done also by skating will show the placement.
Disco Fox Jack & Jill	The partnership will be divided by random and will change in every dance/ final round. The dancers (leader and follower) enroll one by one. Leader and follower can be a male or female, each dancer can enroll to the only one position (leader or follower, not both). During the qualifying rounds the judging of the leaders and followers will be divided. Only in the final they will be judged also as a couple. Qualifying rounds: There will be a fast and slow round in the qualifying rounds. Dancers will dance with different partners. About 50% of the higher number (leader or followers) and the same number of the lower number will be qualified for the next round. Each dancer will be evaluated by him/herself. The focus is to lead and follow. Final round: In the final round the dancers will perform in couples (chosen randomly) and will dance together fast, slow and a one-by-one fast show. For the show part the couple can choose their own music. The break between the last dance of the qualifying rounds and the final must be at least 30 min.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	Disco Fox Jack & Jill: The placement will be done by skating system, each dance (fast, slow, fast show) will be evaluated separately, and the overall counting done also by skating will show the placement in solos (fast and slow dance) and couples (fast show).
Other Relevant Information:	

MEDLEY MUSIC SOLO			COUPLE DANCE		
Definition:					
Category:	Solo male				
	Solo female				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1	13 – 14			
	Junior 2	15 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
Number of dancers:	Solo	1			
Music:	In each round, the Solo Dances with the Organizer’s Medley music.				
Tempo:	Samba:	50-52 Bar per min	100-104 Beats per min		
	Cha-Cha:	30-32 Bar per min	120-128 Beats per min		
	Rumba:	25-27 Bar per min	100-108 Beats per min		
	Paso Doble:	60-62 Bar per min	120-124 Beats per min		
	Jive:	42-44 Bar per min	168-176 Beats per min		
Duration of performance / Time limits:	Solo	The duration of the music for all rounds (final included) is: For Medley 1 : 1 minute 45 seconds ± 5 seconds (1.40”-1.50”) Cha-Cha 13-15 Bars (26-30”). Rumba 17-20 Bars (41-48”) and Samba 28-31 Bars (34-37”), precisely in this order. For Medley 2 : 1 minute 30 seconds ± 5 seconds (1.25”-1.35”) Paso Doble 43-45 Bars (42-47”) till the 1 st highlight and Jive 30-32 Bars (43-48”), precisely in this order.			
Characteristics and Movements:	For both Medleys , dancers must choose the discipline in which to compete Medley 1 (Cha-Cha, Rumba, Samba), Medley 2 (Paso Doble, Jive). They must dance strictly in the International Latin American Competition Style/Technique .				
Routine:	No dancer shall compete against him or herself				
Allowable Figures and Movements:	We are looking for some of the many International Latin American Competition Style/Technique dance style performances to International Latin American Competition Style/Technique such as Samba, Cha-Cha, Rumba, Paso Doble, and Jive.				
Lifts:	(Solo): Not permitted.				
	Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person.				
	Lifts are not permitted in all Children’s age divisions. Exception: Jumps in one handhold are not considered as a lift.				
Acrobatic Movements:	Not permitted. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age				

	division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Not permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – props may be used but must be powered by battery.	
Clothing / Costume:	Costumes must follow the “General Rules” governing Costumes. Costumes must fit the type of International Latin American Competition Style/Technique that the dancers are doing and should underline the special Latin Dress Code Fashion. Dancers are not allowed to change their costumes during a performance or during the competition unless it is ordered because of an infraction of the costume rules.	
Footwear:	Shoes must fit the type of International Latin American Competition Style/Technique that the dancers are doing and should underline the special Latin Dress Code Fashion .	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Allowed for all group ages, but must follow the “General Rules”	
Prohibitions / Safety:		
Evaluation:	JUDGING SYSTEM FOR MEDLEY 1 & MEDLEY 2: X'ing System and Placement System in the Final Round They will be used, with three (3) independent and depending judgments (cross or placing) during the performance, one by each dance of Medley 1. They will be used, with two (2) independent and depending judgments (cross or placing) during the performance, one by each dance of Medley 2.	
Procedure of Competition:	Solo	The number of dancers on the floor from preliminaries to the semifinal included could be 12 Solos (maximum 14 Solos)

	Minimum 5, maximum 8 <i>Solos</i> dancing together in the final round.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per the IDO Rules
Other Relevant Information:	