



## **IDO SLOW Disco Rules – approved in March 2024**

**Book 3, section 2, under 2.9 IDO DISCO SLOW - (TEST competitions)**

### **IDO Disco SLOW**

The categories of IDO Disco Slow are: Solo Male /Female.

Age Divisions see in General Provisions in Street Dance Disciplines.

#### **1. Music**

The music used must be SLOW MUSIC.

**68 – 72** beats per minute (beat based music without change of the rhythm)

The tempo in the final must be the same for all the finalists.

#### **2. Characteristics and Movement:**

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.

#### **3. Acrobatic Movements**

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. Gymnastic lines (gymnastic tricks) are not allowed.

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.

Acrobatic moves will not always improve a dancer's score and may even detract from the score if they are not performed technically correctly.

#### **4. Forbidden movements**

Obscene or suggestive movements are not allowed.

All movements must be age appropriate.

**5. Musicality**, rhythm, breaks, feeling for music and its interpretation, dance variety and originality will be highly evaluated

#### **6. Procedure of Competition**

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 sec (presentation) 12-15 dancers in a heat on the floor.**

1 min. (Spot) 5-6 dancers on the floor.

30 sec. (last presentation) 12-15 dancers on the floor.

In the **semifinal** the dancers will dance 3 times:

30 sec (presentation) all semifinalists on the floor.

1 min. (Spot) 2 dancers on the floor.

30 sec (last presentation) all semifinalists on the floor.

In the **final** round the dancers will dance 3 times:

30 sec (presentation) all finalists on the floor.

1 min. (Spot) 1 dancer on the floor.

30 sec (last presentation) all finalists on the floor.

## **7. Costumes and Make up**

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 (listed in Book 2, under 3.13).

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 down to the dance floor are not allowed (lower quality and not well fixed decorations are not allowed).

Make up rules must be age appropriate and must follow GENERAL rules listed in BOOK 2, point 3.13, in 2 a) and 3.