

## DISCO-HUSTLE / DISCO-SWING / DISCO-FOX

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**Definition:** Disco Fox is known and named as Disco Hustle, Swing Fox, Disco Swing, Rock Fox in different regions. Both a Slow and a Fast dance is required. Technique and improvisation ~~are highly important in the Slow Round,~~ and overall agility and partnership dynamics are highly evaluated ~~in the Fast Round.~~

**Categorie:** Couples

**Age Divisions:** see in General Provisions, Book 2, 3.4 Age Division.

1. **Music:** Organizer's music in all rounds EXCEPT the final round of Discofox Show, where dancers may use their own choice of music. ~~music. The intro part of the organizer's music shouldn't be longer than 20 seconds. The music should end in a slow fade-out after a short louder part.~~
2. **Duration of Performance:** 1:30 minutes, to conform to the end of the musical phrase, in all rounds EXCEPT the final round of Discofox Show. Music chosen for Discofox Show final round performances must be **1:30** minutes but must not exceed 2 minutes 15 seconds.
  1. Tempo 30 – 35 bars per minute in the Fast (BPM 120-140)
  2. Tempo: 20 – 24 bars per minute in the Slow (BPM 80-96)
  3. Tempo: Free in the Discofox Show
3. **Accepted 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. 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.
4. **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.
5. ~~**Poses, Drops and Lines:** Poses and drops and lines are allowed. These figures should not dominate the performance.~~
6. **Acrobatic Figures and Lifts:** In every round except the final show acrobatic figures and lifts are not allowed. In the Final Show there is no limit of the number of Acrobatic figures and lifts.  
~~NOTE 1: Also lifts are not allowed, only in the final when the couples are dancing alone lifts are permitted.~~
7. **Format 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 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 minute Discofox Fast. ~~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 depending of 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 Discofox Fast before the Discofox Slow is commenced - 1 minute 30 seconds Fast dance each heat, then 1 minute 30 seconds Discofox Slow dance each heat.
  - d. The Adjudicators mark the qualified couples in each Fast and Slow dance separately.
  - e. In all following qualifying rounds, including the semi-final there will be no presentation dance in the beginning of the round.
8. **Hope Round:** The Organizer has to run a "Hope round" as a mandatory regulation. There will be no opening round in the hope round. **When Discofox JACK & JILL is part of the competition, Hope round is not obligatory.**
9. **Final Round:** Couples will dance three dances in the final. Discofox Fast all together for 1 minute 30 seconds. All couples will then dance the Discofox Slow together for 1 minute 30 seconds. In the Discofox Show each couple will perform alone 2 minutes to 2 minutes 15 seconds. 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 Discofox Solo Show is obligatory. The Adjudicators place the couples in order of merit for each dance separately. The placing in the final will be determined by using the Skating System over all 3 dances.
10. **Stage Props and Scenic Background:** forbidden

### 3.15.2 DISCOFOX JACK & JILL (J&J)

#### Discofox J&J Categories are Couple, Solo Leader and Solo Follower

Jack & Jill will be danced only in the Adults and Adults II division.

The partnership will be divided by random and will change in every dance/ final round. The dancers (~~male and female leader and follower~~) can enroll one by one, ~~not as a couple~~. 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.

1. **Music:** see rules of Discofox
2. **Duration:** see rules of Discofox
3. **Characteristics and movement:** see rules of Discofox
4. **Acrobatic figures and lifts:** see rules of Discofox
5. **Hold:** see rules of Discofox
6. **Format of 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 main focus has to be lead and follow.
7. **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 has to be at least 30 min.
8. **Placement:** 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).

In Green colour – polishing, clarifications

In Red colour – rule changes

In Blue colour – second version of rule changes

## AGE DIVISIONS

The following age divisions will be used in all IDO Events in **COUPLE**:

AGE DIVISION	AGE RANGE (years of birth listed below are for competition year 2022)
Mini Kids	7 and under (born in 2015, 2016,...)
Children	12 and under (born in 2010, 2011, ...)
Junior 1 Junior 2	13 – 14 (born in 2008, 2009) 15 – 16 (born in 2006, 2007)
Adult 1 Adult 2	17 and over (born in 2005, 2004, 2003...) 31 and over (born in 1991 and before)
Senior	50 and over Couple Dance (born in 1972, 1971, 1970, ...)

The rules of the 2-year span is applicable – not in adults 2.

On occasion an Organizer may run a competition for Mini Kids, Senior's and/or Adult 2.

It is not possible to compete in the same discipline and category in two different age divisions during one calendar year.

**Example:** A couple competing in Salsa Adult 2 competition cannot compete in Salsa Adult competition in one year, but can compete in Bachata Adult competition.

In Mini Kids division Championship title cannot be given. The highest title is Mini Kids Dance Star.

Adult 2 shall be at least 31 and over in the year of competition and where applicable in all disciplines, no exceptions.

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. It is not possible to compete in one discipline and one category in two different age divisions at the same competition event.

**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.

## DETERMINING ONE'S AGE DIVISION

A competitor's age division is determined by his or her year of birth as it falls within the calendar year of the competition.

- a. For **Couples**, the eldest partner's date of birth determines the age division. A partner no more than two years younger than the lower age limit may dance in an older division, but the age span cannot exceed **two** years.

**Example:** One dancer is **12** and one is **14**, they may dance in the **Junior 1** Division but if the younger dancer is only **11** they may not.

One dancer is 14 and one is 16 they may dance in the Junior 2 Division, but if the younger dancer is only 13 they may not. (AGM 2019, Implementation 1.1.2020)

**NOTE 1:** While younger dancers may dance 'up' a division, the reverse is not possible and older dancers may not dance 'down' a division.

**NOTE 2:** A younger dancer who dances 'up' a division as outlined under the rules, such as a child of **12** dancing in the **Junior 1** Duo division, **MUST** dance in that age division in that category for the remainder of the competition year. He or 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. 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. Dancers are permitted to dance in 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** 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.

The Organizer has the right to establish a Children's Divisions under age 7, as long as it runs in conjunction with a Children's Competition ages **12** and under. This will be called "Mini Kids"

## REPLACEMENT OF A DANCER DURING A COMPETITION

Dancer in SOLO, DUO and COUPLES cannot be replaced as their enrolments and titles are personal.

## GENERAL COSTUME RULES FOR ALL AGE DIVISIONS

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 color except tan or flesh color. When transparent material is used to cover these areas, it must be lined with non-transparent material.

### a) 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 back side (see pictures 2 and 3). 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 centimeters (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. 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.

### b) 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.

## GENERAL RULES GOVERNING MAKE-UP, MOVEMENTS AND THEMES

- a) Make-up and costume have to be age and gender appropriate, and they must suit the discipline in which they are used. Make-up and costume 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.
- b) 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.
- c) If religious or political symbols are used as decoration and/or 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 jewelry should not be worn

unless it is a part of the costume.

- d) All dancers and coaches should be aware that if the Chairperson of Adjudicators gives a warning for an infraction of the above rules (governing costumes, make-up, movements and themes), the infraction should be removed immediately. If the warned competitor(s) repeats the infraction in the next round, they will be penalized.

### **SPECIAL RULES FOR THE CHILDREN'S DIVISION**

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

Children should be encouraged to dress as children and not like teens 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 as long as they do not distort the age of the child.

Costume materials that suggest sexual, deviate, sadomasochistic or other adult themes are prohibited in the children's 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 division may never appear nude or in a costume implying nudity. Therefore, flesh, nude, tan, beige, or bone-colored 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 colored material. At all Performing Arts events MALE dancers in the CHILDREN'S division must have their torso covered with cloth material.

### **SPECIAL RULES FOR THE JUNIORS' DIVISION**

In addition to all the general costume, make-up, movement and theme rules, the following applies in the juniors' division:

The special rules for the children's division (above) also apply in the junior division. Juniors should always be dressed age-appropriately, and their image should be that of a junior and not that of an adult.

### **SPECIAL RULES FOR THE ADULTS' DIVISION**

All the general rules governing costumes, make-up, movements and themes apply in the adults' 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.