

## Rules and more explanations

**Performing Arts Improvisation** has been a successful PA dance discipline (with different names and various rules) in some European, American and African IDO nations for years. The focus lays on the direct implementation of the music by the dancer. With non-distracting clothes, everything is concentrated on the base/essence of dancing. A fixed choreography is not necessary or required.

This reduction makes a competition system possible in which several dancers can dance on the floor at the same time to a given music they don't know prior to the performance. This gives many dancers the opportunity to take part in the competition without choreographic preparation. Dancers and audience love this pure and spontaneous dancing to various pieces of music.

Because of the restrictions in footwear and costumes some IDO disciplines like for example Tap, Folklore and Oriental are obviously out BUT still it's not forbidden if they reduce themselves and follow the requirements. Of course everybody's welcome.

Here are the rules and explanations for the promotional competitions (on request of the organizer in Zakopane IDO adds junior 1 only for this competition). In **red** you will find the official rules, in **blue** you'll see some explanations.

### **Performing Arts Improvisation (short: PA Impro)**

**Because of the specified rules, some PA disciplines are automatically not involved. Additionally, the new discipline should be presented in connection with the Ballet/Jazz/Modern & Contemporary/Show Dance Championships or other IDO events.**

### **Categories**

Solo

**No gender splitting, as it's not necessary for this kind of dance discipline.**

### **Age Divisions**

Junior 1, Junior 2, Adult **(possible other age divisions may be added in future)**

### **Duration of each performance**

1:00 minute (Each round, every dancer dances a one minute presentation three times)

### **Music/Tempo**

Music of each round and heat is chosen randomly with an approved playlist from the PA Department. The music selection can be/should be fast, slow, lyrical, excessive and much more (each mood). It has to be age appropriate. The tempo should vary.

**The music should be selected by the PA department or a special music working group inside the department. Not by the organizer.**

**The choice must meet all the above mentioned criteria and great variety of music each cut on 1 minute base. At the venue, each heat and round can be chosen randomly from the computer.**

**The dancer's quality should be shown by the way they improvise and use technique, doesn't matter if the music is fast or slow.**

### **Characteristics and Movement:**

PA improvisation gives solo dancers the opportunity to develop freely on previously unannounced music and to shape it in dance, in order to interpret it 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.

**Experiences in Poland and Germany showed that dancers appreciate this kind of competition as nobody has to learn any routines. It's all about the FEELING of music in connection with abilities of Ballet/Jazz or Modern & Contemporary dance technique/s.**

### **Competition procedure**

Dancers will compete according in order of their start numbers which have to be presented clearly on the costume's front side. Different music should be played for each round and heat. Each round should be redesigned by the dancers and the music should be re-interpreted. Dancers shouldn't 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.

Each round starts with an opening presentation, followed by main presentation, ends with a closing presentation.

### **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-final:**

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.

### **Final:**

Opening and closing presentation:

The dancers will all dance together.

Main presentation:

The dancers will dance alone, one by one.

**There might me a similarity to the Disco-slow (or whatever name) competition system, but Improvisation in the PA also has a long tradition. Important to know is that the focus lays on PA techniques.**

### **Costumes/Props**

Only tight black dancewear is allowed in this discipline. No extras on the costume (glitter, stones, accessories etc.) are allowed. Skin-colored tights can be added as a supplement.

Costumes must be age appropriate, have to fit properly and must always be in good taste.

They have to follow the Code of Ethics and the general costumes rules.

Dancers are not allowed to change their costume during a performance or during a competition, unless it is ordered because of an infraction of the Costume Rules.

To dance barefoot, in socks or jazz shoes is obligatory. Shoes that could damage the dance floor cannot be worn and are prohibited.

Props are not allowed.

**The reduction on black dancewear without any other additions underlines the focus on the improvisation, technique and image of the dancer. Dancers appreciate this reduction as it concentrates everything on their feelings and used techniques for the specific song which was chosen.**

### **Acrobatic Movements:**

Acrobatic movements are allowed, but only during the main presentation. It doesn't have to dominate the performance. Gymnastic lines (gymnastic tricks) are not allowed. The PA improvisation should not look like an acrobatic dance routine.

Acrobatics for Children follow the General rules in the PA.

**The experience showed that the dancers very rarely try to upgrade their improvisations with spectacular acrobatics and tricks. We won't leave it out**

completely because some use it instinctively as the music gives them the feeling for it. That's the way it should be with improvisation.

### **Evaluation**

Preliminaries and Semi final: Crossing system, optional point system

Final: 3D (exchange Composition with the **C**apability to Improvise)

**As always, the adjudicators should have the 3D system in their minds when they use the crossing system in the preliminaries and the semi final.**

### **Judging:**

Adjudicators should be licensed in any of the PA disciplines: Ballet, Jazz, Modern & Contemporary, Show Dance.

Samples of impro in the Americas and Europe:

[https://www.youtube.com/embed/9lJshp\\_LCuw?autoplay=1&FORM=VIRE9&PC=NMcTS](https://www.youtube.com/embed/9lJshp_LCuw?autoplay=1&FORM=VIRE9&PC=NMcTS)

<https://www.youtube.com/watch?v=9jnXly8sQVM>

[https://www.youtube.com/watch?v=L5\\_nD-lpv0Y](https://www.youtube.com/watch?v=L5_nD-lpv0Y)

<https://onedrive.live.com/?authkey=%21AEmdQLj1DEIOM70&id=4A501D8D8EBAB5C0%2120275&cid=4A501D8D8EBAB5C0>