



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES
DISCIPLINE:
BREAK DANCE BATTLE**

TIPOLOGY:

- **BREAK DANCE BATTLE 1 vs 1: Male or Female**
- **BREAK DANCE BATTLE 2 vs 2: : two (2) dancers against two (2) dancers; no gender ratio rule applies**

HISTORY OF BREAK DANCE

- ↘ **B-boying or breaking**, also called **breakdancing**, is a style of [street dance](#) that originated among Black and Puerto Rican youths in New York City during the early 1970s. The dance spread worldwide due to popularity in the media, especially in regions such as the United Kingdom, Japan, Germany, France, Russia and South Korea. While diverse in the amount of variation available in the dance, b-boying consists of four types of movement: *toprock*, *downrock*, *power moves*, and *freezes*. B-boying is typically danced to [hip-hop](#), [funk music](#), and especially [breakbeats](#), although modern trends allow for much wider varieties of music along certain ranges of tempo and beat patterns. Break dancer is called a b-boy, b-girl, or breaker. Although the term "breakdance" is frequently used to refer to the dance, it is the "b-boying" and "breaking" which are the original terms. These terms are preferred by the majority of the pioneers and most notable practitioners. The terminology used to refer to b-boying (break-boying) changed after promotion by the mainstream media. Although widespread, the term "breakdancing" is looked down upon by those immersed in hip-hop culture. Purists consider "breakdancing" an ignorant term invented by the media that connotes exploitation of the art is used to sensationalize breaking. The term "breakdancing" is also problematic because it has become a diluted [umbrella term](#) that incorrectly includes [popping](#), [locking](#), and [electric boogaloo](#), which are not styles of "breakdance", but are [funk styles](#) that were developed separately from breaking in California. The dance itself is properly called "breaking" according to rappers such as [KRS-One](#), [Talib Kweli](#), [Mos Def](#), and [Darryl McDaniels](#) of [Run-DMC](#). The terms "b-boy" (break-boy), "b-girl" (break-girl), and "breaker" are the original terms used to describe the dancers. The original terms arose to describe the dancers who performed to [DJ Kool Herc](#)'s breakbeats. DJ Kool Herc is a [Jamaican-American](#) DJ who is responsible for developing the foundational aspects of hip-hop music. The obvious connection of the term "breaking" is to the word "[breakbeat](#)", but DJ Kool Herc has commented that the term "breaking" was slang at the time for "getting excited", "acting energetically" or "causing a disturbance". Most breaking pioneers and practitioners prefer the terms "b-boy", "b-girl", and/or "breaker" when referring to these dancers. For those immersed in hip-hop culture, the term "breakdancer" may be used to disparage those who learn the dance for personal gain rather than for commitment to the culture. B-boy London of the New York City Breakers and filmmaker Michael Holman refer to these dancers as "breakers". Frosty Freeze of the Rock Steady Crew says, "we were known as b-boys", and hip-hop pioneer [Afrika Bambaataa](#) says, "b-boys, [are] what you call break boys... or b-girls, what you call break girls. In addition, co-founder of [Rock Steady Crew](#) Santiago "Jo Jo" Torres, Rock Steady Crew member Marc "Mr. Freeze" Lemberger, hip-hop historian [Fab 5 Freddy](#), and rappers [Big Daddy Kane](#) and [Tech N9ne](#) use the term "b-boy".
- ↘ It is expected that dancers' performance is not a sequence of micro-movements with little co-ordination but a smooth sequence of both fluid, fast and co-ordinated steps supported by good technique, expressiveness and an adequate costume.



COMMON RULES

- For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.
- Dancer's age is considered with referral to the calendar year (1st January - 31st December). Dancer who participates in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means one (1) year older) and age category are divided as follow:
 - ✓ **NEW GENERATION:** All dancers upto the age of eleven (**11**) (defined by calendar year) (**only 1vs 1**);
 - ✓ **RISING STARS:** All dancers from the age of twelve (**12**) to the age of fifteen (**15**) (defined by calendar year) (**1 v 1 only**).
 - ✓ **STARS:** Dancers of any age (1 v 1 - 2 v 2).
- The event is staged using live music played by a DJ. Duration of music pieces is between 40 and 60 seconds for each dancer/dancers.
- The competition is run in two rounds.
 - ✓ **Round 1 - Qualifier (Selection):** dancers present 30-40 sec long solo performance which is a qualifier (selection) to participate in the battles.
 - ✓ **Round 2 - Battles:** dancers who went through the qualifiers are partnered up with their opponents. The draw is made on random basis.
- **Pre-condition – appropriate code of conduct. Any signs of an inappropriate behaviour including touching the opponents or demonstrating abusive gestures are prohibited. Violation of this rule will result in an immediate disqualification. The organisers reserve their right to host the qualifying rounds at their discretion.**
- Depending on number of participants, each category would consist of one or more qualifying rounds.
- In break dance battles dancers are expected to improvise rather than present a pre-made choreographic composition.
- In 2 v 2 battles pre-choreographed pieces can be used in interactions.
- Competition Director, whenever necessary, may apply modifications to execution of the Competition;
- All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.
- During Competition teachers, group leaders and team/club leaders **are strictly prohibited** to ask any explanations from the **Adjudicators**. All explanations, information or complaints may be discussed with the **Competition Director**, in accordance with the appropriate Competition Execution regulations.