



**INTERNATIONAL
DANCE
FEDERATION
TECHNICAL RULES**

**DISCIPLINE:
HIP HOP**

SECTION 1

CATEGORIES:

- *HIP HOP SOLO: (Male – Female)*
- *HIP HOP COUPLE (two (2) dancers: one (1) Male and one (1) Female)*
- *HIP HOP DUO (two (2) dancers: both Males or both Females)*
- *HIP HOP SMALL-GROUP (between three (3) and seven (7) dancers)*
- *HIP HOP FORMATION (between eight (8) and twenty four (24) dancers)*

SECTION 2

HIP HOP SOLO

(Solo Male – Solo Female)

1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. AGE CATEGORIES

- 2.1 Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9); (defined by calendar year);
 - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13); (defined by calendar year);
 - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16); (defined by calendar year);
 - **ADULT:** All dancers from the age of seventeen (17); (defined by calendar year);
- 2.2 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 1 (one) year older);
- 2.3 Having reached the age limit for each category, dancers pass to the older category automatically.

3. MUSIC DURATION

- 3.1 Duration of music pieces must be as follows:
- Preliminaries and Semi-finals (Federation Music)**
- **MINI:** Track duration 1'.00" - 24 - 30 Bpm
 - **YOUTH:** Track duration 1'.00" - 24 - 30 Bpm
 - **JUNIOR:** Track duration 1'.00" - 24 - 30 Bpm
 - **ADULT:** Track duration 1'.00" - 24 - 30 Bpm
- Finals (Own Music)**
- **MINI:** Track duration from 1'.00" to 1'.15" - 24 - 30 Bpm
 - **YOUTH:** Track duration from 1'.00" to 1'.15" - 24 - 30 Bpm
 - **JUNIOR:** Track duration from 1'.00" to 1'.15" - 24 - 30 Bpm
 - **ADULT:** Track duration from 1'.00" to 1'.15" - 24 - 30 Bpm
- 3.2 In finals dancers use their own Hip Hop music piece which must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration limits for each category; **no exceptions will be respected;**
 - Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

- 3.3 Use of set (stage decorations) and music pieces other than Hip Hop is forbidden. Accessories and props can be used. In the case when the rule is not respected, the dancer will be immediately disqualified;
- 3.4 Dancers are allowed to perform acrobatic and gymnastic elements, including the ones typical for Break Dance. There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI". In the case when the rule is not respected, the dancer will be immediately disqualified.
Execution of acrobatic elements is optional and should not influence adjudication.
- 3.5 In the case music duration and music pace (Bpm) limits are not respected the dancer will be **immediately disqualified**.

4. EXECUTION OF COMPETITION

- 4.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 4.2 There can be no more than five (5) dancers competing on a dance-floor in preliminaries and no more than four (4) in semi-finals;
- 4.3 In the case when a dancer lacks his/her own music in a final, Federation music will be used;
- 4.4 **Competition Director, whenever necessary**, applies modifications to execution of the Competition.

5. CHARACTERISTICS

- 5.1 Hip Hop as a dance style origins from Hip Hop music and culture and street dance techniques as *B-boying* (Breakdance), *Locking*, *Popping* and *Uprock*. *B-boying* is considered as a main Hip Hop stream because it was created together with other Hip Hop styles as *Dj'ing*, *Writing* and *Mc'ing*. *Uprock*, *Locking* and *Popping* developed in the same period but in different places. However, they are considered as important as *B-boying*. The Hip Hop trend known as Old School is nothing else than a Hip Hop stream that was undergoing constant evolution through the 70's and 80's accompanied by Funk and Old School Rap. In the 90's Hip Hop music started to get more and more different from Funk, with slower, harder and more aggressive musical pieces. Changes in music brought changes in dance style. New School with new Hip Hop styles such as New Style, Krumping and House had developed followed by other styles such as: Harlem Shake, Snap dancing, Blood Walk, Clown Walk, Heel Toe, Booty Popping, 1-2 Step, Shoulder Lean, Hoola Hoop, Chicken Noodle Soup, Jigging, Tone Wop and Freaking. **In IDF Hip Hop, Break Dance and House exist as separate disciplines regulated by separate rules.** Hip Hop music is counted as 4/4;
- 5.2 In a choreographed piece one can notice that very often each part of dancer's body moves in a different way from the others. Moves are very often performed at the same time or some parts of dancer's body are isolated from the others. In order to

prepare the best presentation dancers need to consider the following moves:

- **UNILATERAL MOVES:** one-sided moves; moves where only one (1) side of dancer's body (one limb: one leg or one arm is moving).
- **BILATERAL MOVES:** moves where two limbs (both arms and/or both legs) are moving at the same time;
- **BILATERAL SYMMETRIC MOVES:** moves where both limbs execute the same activity at the same time;
- **BILATERAL ASSYMMETRIC MOVES:** moves where at the same time both limbs execute different activities;
- **SAME SIDE MOVES:** moves where limbs of the same side of dancer's body perform activity at the same time (eg. right arm and right leg);
- **OPPOSITE MOVES:** moves where opposite limbs perform activities at the same time (eg. right arm and left leg);

5.3 Dancer shows his/her preparation through execution of the choreographed piece that should not be a sequence of micro-movements without coordination but a smooth sequence of both fluid, fast and coordinated steps supported with good technique, body motion expressiveness and a proper costume.

6. EVALUATION AND PENALTIES

6.1 Evaluation is expressed in points, from one (1) to thirty (30). Adjudicators consider the following components:

- **TECHNIQUE** from one (1) to fifteen (15) points
- **INTERPRETATION** from one (1) to ten (10) points
- **CHOREOGRAPHY** from one (1) to five (5) points

6.2 The parameter **Technique** is expressed by: execution of chosen style/s, execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;

6.3 The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion as well as the ability to apply adequate movements and technical elements in accordance with music;

6.4 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;

6.5 **Every mistake is penalised with the following deductions:**

- **LOSS OF BALANCE** from zero (0) to five (5)
- **FALL** from zero (0) to ten (10)
- **TIMING MISTAKES** from zero (0) to fifteen (15)
- **BANNED ELEMENTS** **Disqualification**

6.6 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones;

7. BEHAVIOURAL NORMS FOR DANCERS

- 7.1** In order to present dance technique and choreography, a dancer should use her/his own personal and general space;
- 7.2** Dancer must not approach the Adjudicators while performing. In order to visualise dancer's space dance-floor will be appropriately marked;
- 7.3** Dancer's start number needs to be clearly visible;
- 7.4** Costume needs to be appropriate to music and choreography;
- 7.5** During Competition dancers are prohibited to chew chewing gum;
- 7.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

8. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 8.1** 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**, according to appropriate rules that concern execution of Competition.

SECTION 3

HIP HOP COUPLE (Male and Female)

1. INTRODUCTION

- 1.1** For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. HIP HOP COUPLE

- 2.1** Hip Hop Couple is composed of two (2) dancers where one (1) is male and the other one is female.

3. AGE CATEGORIES

- 3.1** Age categories are divided as follows:

- **MINI:** All dancers from the age of six (**6**) to the age of nine (**9**) (defined by calendar year);
- **YOUTH:** All dancers from the age of ten (**10**) to the age of thirteen (**13**) (defined by calendar year);
- **JUNIOR:** All dancers from the age of fourteen (**14**) to the age of sixteen (**16**); (defined by calendar year);
- **ADULT:** All dancers from the age of seventeen (**17**) (defined by calendar year);

- 3.2** 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 1 (one) year older);
- 3.3** Having reached the age limit for each category, dancers pass to the older category automatically;
- 3.4** In the case when a couple is composed of dancers representing mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category;
- 3.5** All dancers may only participate in one age category. However, they may participate in several dance categories (eg. couples/duos etc.);

4. MUSIC DURATION

4.1 Duration of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- **MINI:** Track duration **1'.00" - 24 - 30 Bpm**
- **YOUTH:** Track duration **1'.00" - 24 - 30 Bpm**
- **JUNIOR:** Track duration **1'.00" - 24 - 30 Bpm**
- **ADULT:** Track duration **1'.00" - 24 - 30 Bpm**

Finals (Own Music)

- **MINI:** Track duration from **1'.15" to 1'.30" - 24 - 30 Bpm**
- **YOUTH:** Track duration from **1'.15" to 1'.30" - 24 - 30 Bpm**
- **JUNIOR:** Track duration from **1'.15" to 1'.30" - 24 - 30 Bpm**
- **ADULT:** Track duration from **1'.15" to 1'.30" - 24 - 30 Bpm**

4.2 In finals dancers use their own Hip Hop music piece which must be in accordance with the following requirements:

- Recorded only and exclusively on CD;
- Containing only 1 (one) good quality music piece on each CD;
- In accordance with duration limits for each category; **no exceptions will be respected;**
- Visibly exposing couple's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category;

4.3 **Use of set (stage decorations) and music pieces other than Hip Hop is forbidden.** Accessories and props can be used. In the case the rule is not respected, the couple will be immediately **disqualified;**

4.4 Dancers are allowed to perform acrobatic and gymnastic elements, including the ones typical for Break Dance. There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI". In the case when the rule is not respected, the couple will be immediately disqualified.

Execution of acrobatic elements is optional and should not influence adjudication.

4.5 In the case when music duration and music pace limits (Bpm) are not respected, the couple will be immediately disqualified.

5. EXECUTION OF COMPETITION

5.1 Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;

5.2 There can be no more than four (4) couples performing on a dance-floor at time in preliminaries and semi-finals;

5.3 In finals there can be only one (1) couple performing on a dance-floor at time;

5.4 In the case when a couple lacks its own music in a final, Federation music will be used;

5.5 Competition Director, whenever necessary, applies modifications to execution of the Competition.

6. CHARACTERISTICS

- 6.1** Hip Hop as a dance style origins from Hip Hop music and culture and street dance techniques as *B-boying* (Breakdance), *Locking*, *Popping* and *Uprock*. *B-boying* is considered as a main Hip Hop stream because it was created together with other Hip Hop styles as *Dj'ing*, *Writing* and *Mc'ing*. *Uprock*, *Locking* and *Popping* developed in the same period but in different places. However, they are considered as important as B-boying. The Hip Hop trend known as Old School is nothing else as a Hip Hop stream that was undergoing constant evolution through the 70's and 80's accompanied by Funk and Old School Rap. In the 90's Hip Hop music started to get more and more different from Funk, with slower, harder and more aggressive musical pieces. Changes in music brought changes in dance style. New School with new Hip Hop styles such as New Style, Crumping and House have developed followed by other styles such as: Harlem Shake, Snap dancing, Blood Walk, Clown Walk, Heel Toe, Booty Popping, 1-2 Step, Shoulder Lean, Hoola Hoop, Chicken Noodle Soup, Jigging, Tone Wop and Freaking. In IDF Hip Hop, Break Dance and House exist as separate disciplines regulated by separate rules. Hip Hop music is counted as 4/4;
- 6.2** In a choreographed piece one can notice that very often each part of dancer's body moves in a different way from the others. Moves are very often performed at the same time or some parts of dancer's body are isolated from the others. In order to prepare the best presentation dancers need to consider the following moves:
- **UNILATERAL MOVES:** one-sided moves; moves where only one (1) side of dancer's body (one limb: one leg or one arm is moving);
 - **BILATERAL MOVES:** moves where two limbs (both arms and/or both legs) are moving at the same time;
 - **BILATERAL SYMMETRIC MOVES:** moves where both limbs execute the same activity at the same time;
 - **BILATERAL ASSYMMETRIC MOVES:** moves where at the same time both limbs execute different activities;
 - **SAME SIDE MOVES:** moves where limbs of the same side of dancer's body perform activity at the same time (eg. right arm and right leg);
 - **OPPOSITE MOVES:** moves where opposite limbs perform activities at the same time (eg. right arm and left leg);
- 6.3** A couple shows its preparation through execution of the choreographed piece that should not be a sequence of micro-movements without coordination but a smooth sequence of both fluid, fast and coordinated steps supported with good technique, body motion expressiveness and proper costumes.

7. EVALUATION AND PENALTIES

- 7.1 Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
- **TECHNIQUE** from one (1) to fifteen (15) points
 - **INTERPRETATION** from one (1) to ten (10) points
 - **SYNCHRONISM** from one (1) to ten (10) points
 - **CHOREOGRAPHY** from one (1) to five (5) points
- 7.2 The parameter **Technique** is expressed by: execution of chosen style/s, execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;
- 7.3 The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion as well as the ability to apply adequate movements and technical elements in accordance with music;
- 7.4 The parameter **Synchronism** is expressed by: similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.5 The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;
- 7.6 **Every mistake is penalised with the following deductions:**
- **LOSS OF BALANCE** from zero (0) to five (5)
 - **FALL** from zero (0) to ten (10)
 - **TIMING MISTAKES** from zero (0) to fifteen (15)
 - **BANNED ELEMENTS** **Disqualification**
- 7.7 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1 In order to present dance technique and choreography, a couple should use its own personal and general space;
- 8.2 Couple must not approach the Adjudicators while performing. In order to visualise dancers' space dance-floor will be appropriately marked;
- 8.3 Couple's start number needs to be clearly visible;
- 8.4 Costumes need to be appropriate to music and choreography;
- 8.5 During Competition dancers are prohibited to chew chewing gum;
- 8.6 During Competition dancers are strictly prohibited to ask any explanations from the Adjudicators or the Competition Director.

9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 9.1 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**, according to appropriate rules that concern execution of Competition.

SECTION 4

HIP HOP DUO

(Male and Female)

1. INTRODUCTION

- 1.1 For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. HIP HOP DUO

- 2.1 Hip Hop Duo is composed of two (2) dancers where one (1) is male and the other one is female.

3. AGE CATEGORIES

- 3.1 Age categories are divided as follows:

- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year)
- **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
- **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
- **ADULT:** All dancers from the age of seventeen (17) (defined by calendar year);

- 3.2 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 1 (one) year older);

- 3.3 Having reached the age limit for each category, dancers pass to the older category automatically;

- 3.4 In the case when a duo is composed of dancers representing mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category;

- 3.5 All dancers may only participate in one age category. However, they may participate in several dance categories (eg. couples/duos etc.).

4. MUSIC DURATION

- 4.1 Duration of music pieces must be as follows:

Preliminaries and Semi-finals (Federation Music)

- **MINI:** Track duration 1'.00" - 24 - 30 Bpm
- **YOUTH:** Track duration 1'.00" - 24 - 30 Bpm
- **JUNIOR:** Track duration 1'.00" - 24 - 30 Bpm
- **ADULT:** Track duration 1'.00" - 24 - 30 Bpm

Finals (Own Music)

- **MINI:** Track duration from 1'.15" to 1'.30" - 24 - 30 Bpm
- **YOUTH:** Track duration from 1'.15" to 1'.30" - 24 - 30 Bpm
- **JUNIOR:** Track duration from 1'.15" to 1'.30" - 24 - 30 Bpm
- **ADULT:** Track duration from 1'.15" to 1'.30" - 24 - 30 Bpm

- 4.2** In finals dancers use their own Hip Hop music piece which must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration limits for each category. **No exceptions will be respected;**
 - Visibly exposing duo's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline, Age and Dance Category.
- 4.3 Use of set (stage decorations) and music pieces other than Hip Hop is forbidden.** Accessories and props can be used. In the case when the rule is not respected, the duo will be immediately **disqualified**;
- 4.4** Dancers are allowed to perform acrobatic and gymnastic elements, including the ones typical for Break Dance. There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI". In the case when the rule is not respected, the duo will be immediately disqualified.
- Execution of acrobatic elements is optional and should not influence adjudication.
- 4.5** In the case music duration and music pace (Bpm) limits are not respected the duo will be immediately disqualified.

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** There can be no more than four (4) duos performing on a dance-floor at time in preliminaries and semi-finals;
- 5.3** In finals there can be only one (1) duo performing on a dance-floor at time;
- 5.4** In the case when a duo lacks its own music in a final, Federation music will be used;
- 5.5** Competition Director, whenever necessary, applies modifications to execution of the Competition.

6. CHARACTERISTICS

- 6.1** Hip Hop as a dance style origins from Hip Hop music and culture and street dance techniques as *B-boying* (Breakdance), *Locking*, *Popping* and *Uprock*. *B-boying* is considered as a main Hip Hop stream because it was created together with other Hip Hop styles as *Dj'ing*, *Writing* and *Mc'ing*. *Uprock*, *Locking* and *Popping* developed in the same period but in different places. However, they are considered as important as B-boying. The Hip Hop trend known as Old School is nothing else as a Hip Hop stream that was undergoing constant evolution through the 70's and 80's accompanied by Funk and Old School Rap. In the 90's Hip Hop music started to get more and more different from Funk, with slower, harder and more aggressive musical pieces. Changes in music brought changes in dance style. New School with new Hip Hop styles such as New Style, Crumping and House have developed followed by other styles such as:

Harlem Shake, Snap dancing, Blood Walk, Clown Walk, Heel Toe, Booty Popping, 1-2 Step, Shoulder Lean, Hoola Hoop, Chicken Noodle Soup, Jigging, Tone Wop and Freaking. In IDF Hip Hop, House and Break Dance exist as separate disciplines regulated by separate rules. Hip Hop music is divided as 4/4;

- 6.2** In a choreographed piece one can notice that very often each part of dancer's body moves in a different way from the others. Moves are very often performed at the same time or some parts of dancer's body are isolated from the others. In order to prepare the best presentation dancers need to consider the following moves:
- **UNILATERAL MOVES:** one-sided moves; moves where only one (1) side of dancer's body (one limb: one leg or one arm is moving);
 - **BILATERAL MOVES:** moves where two limbs (both arms and/or both legs) are moving at the same time;
 - **BILATERAL SYMMETRIC MOVES:** moves where both limbs execute the same activity at the same time;
 - **BILATERAL ASSYMMETRIC MOVES:** moves where at the same time both limbs execute different activities;
 - **SAME SIDE MOVES:** moves where limbs of the same side of dancer's body perform activity at the same time (eg. right arm and right leg);
 - **OPPOSITE MOVES:** moves where opposite limbs perform activities at the same time (eg. right arm and left leg);
- 6.3** A duo shows its preparation through execution of the choreographed piece that should not be a sequence of micro-movements without coordination but a smooth sequence of fluid, fast and coordinated steps supported with good technique, body motion expressiveness and proper costumes.

7. EVALUATION AND PENALTIES

- 7.1** Evaluation is expressed in points, from one (1) to forty (40). Adjudicators consider the following components:
- **Technique** from one (1) to fifteen (15) points
 - **Interpretation** from one (1) to ten (10) points
 - **Synchronism** from one (1) to ten (10) points
 - **Choreography** from one (1) to five (5) points
- 7.2** The parameter **Technique** is expressed by: execution of chosen style/s, execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) as well as use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;
- 7.3** The parameter **Interpretation** is expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion as well as ability to apply adequate movements and technical elements in accordance with music;
- 7.4** The parameter **Synchronism** is expressed by: similarity of figures and body movements of both dancers (legs, shoulders and upper body);
- 7.5** The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;

7.6 Every mistake is penalised with the following deductions:

- **LOSS OF BALANCE** from zero (0) to five (5)
- **FALL** from zero (0) to ten (10)
- **TIMING MISTAKES** from zero (0) to fifteen (15)
- **BANNED ELEMENTS** **Disqualification**

7.7 All dancers wearing vulgar and/or provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1** In order to present dance technique and choreography, a duo should use its own personal and general space;
- 8.2** Duo must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 8.3** Duo's start number needs to be clearly visible;
- 8.4** Costumes need to be appropriate to music and choreography;
- 8.5** During Competition dancers are prohibited to chew chewing gum;
- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 9.1** 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**, according to appropriate rules that concern execution of Competition.

SECTION 5

HIP HOP SMALL-GROUP **(between three (3) and seven (7) dancers)**

1. INTRODUCTION

- 1.1** For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. HIP HOP SMALL-GROUP

- 2.1** Small-group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.

3. AGE CATEGORIES

- 3.1** Age categories are divided as follows:

- **MINI:** All dancers from the age of six (**6**) to the age of nine (**9**) (defined by calendar year);
- **YOUTH:** All dancers from the age of ten (**10**) to the age of thirteen (**13**) (defined by calendar year);
- **JUNIOR:** All dancers from the age of fourteen (**14**) to the age of sixteen (**16**) (defined by calendar year);
- **ADULT:** All dancers from the age of seventeen (**17**) (defined by calendar year);

- 3.2** Small-groups registered in Youth – Junior – Adult categories may include dancers from younger age group;

- 3.3** In the age category Mini there can be one (1) dancer who is ten (10) years old;

- 3.4** All clubs are allowed to nominate more than 1 (one) choreographed piece; one or more dancers may be nominated and perform both in small-groups and formations;

- 3.5** **One or more dancers are not allowed to be nominated and perform in two (2) or more small-groups;**

- 3.6** **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

4. MUSIC DURATION

- 4.1** Duration of music pieces must be as follows:

- **MINI:** Track duration from 2'.00" to 2'.30" - **24 - 30 Bpm**
- **YOUTH:** Track duration from 2'.00" to 2'.30" - **24 - 30 Bpm**
- **JUNIOR:** Track duration from 2'.00" to 2'.30" - **24 - 30 Bpm**
- **ADULT:** Track duration from 2'.00" to 2'.30" - **24 - 30 Bpm**

- 4.2** Small-group uses its own music piece which must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration limits for each category; **no exceptions will be respected**;
 - Visibly exposing small-group's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Discipline, Age and Dance Category.
- 4.3 Use of set (stage decorations) and music pieces other than Hip Hop is forbidden.** Accessories and props can be used. In the case when the rule is not respected, the small-group will be **immediately disqualified**;
- 4.4** Dancers are allowed to perform acrobatic and gymnastic elements, including the ones typical for Break Dance. There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety level MINI". In the case when the rule is not respected, the small-group will be immediately disqualified.
Execution of acrobatic elements is optional and should not influence adjudication.
- 4.5** In the case music duration and music pace (Bpm) limits are not respected the small-group will be **immediately disqualified**.

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** In preliminaries, semi-finals and finals there can be only one (1) small-group performing on a dance-floor at time;
- 5.3** In the case when a small-group lacks its own music in a final, Federation music will be used;
- 5.4** Competition Director, whenever necessary, applies modifications to execution of the Competition.

6. CHARACTERISTICS

- 6.1** Hip Hop as a dance style origins from Hip Hop music and culture and street dance techniques as B-boying (Breakdance), Locking, Popping and Uprock. B-boying is considered as a main Hip Hop stream because it was created together with other Hip Hop styles as Dj'ing, Writing and Mc'ing. Uprock, Locking and Popping developed in the same period but in different places. However, they are considered as important as B-boying. The Hip Hop trend known as Old School is nothing else as a Hip Hop stream that was undergoing constant evolution through the 70's and 80's accompanied by Funk and Old School Rap. In the 90's Hip Hop music started to get more and more different from Funk, with slower, harder and more aggressive musical pieces. Changes in music brought changes in dance style. New School with new Hip Hop styles such as New Style, Crumping and House have developed followed by other styles such as: Harlem Shake, Snap dancing, Blood Walk, Clown Walk, Heel Toe, Booty Popping, 1-2 Step, Shoulder Lean, Hoola Hoop, Chicken Noodle Soup, Jigging, Tone Wop and Freaking. In IDF Hip Hop, Break Dance and House exist as separate disciplines regulated by separate rules. Hip Hop music is counted as 4/4;

- 6.2** In a choreographed piece one can notice that very often each part of dancer's body moves in a different way from the others. Moves are very often performed at the same time or some parts of dancer's body are isolated from the others. In order to prepare the best presentation dancers need to consider the following moves:
- **UNILATERAL MOVES:** one-sided moves; moves where only one (1) side of dancer's body (one limb: one leg or one arm is moving);
 - **BILATERAL MOVES:** moves where two limbs (both arms and/or both legs) are moving at the same time;
 - **BILATERAL SYMMETRIC MOVES:** moves where both limbs execute the same activity at the same time;
 - **BILATERAL ASSYMMETRIC MOVES:** moves where at the same time both limbs execute different activities;
 - **SAME SIDE MOVES:** moves where limbs of the same side of dancer's body perform activity at the same time (eg. right arm and right leg);
 - **OPPOSITE MOVES:** moves where opposite limbs perform activities at the same time (eg. right arm and left leg);
- 6.3** A small-group shows its preparation through execution of the choreographed piece that should not be a sequence of micro-movements without coordination but a smooth sequence of both fluid, fast and coordinated steps supported with good technique, body motion expressiveness, artistry and proper costumes.

7. EVALUATION AND PENALTIES

- 7.1** Evaluation is expressed in points, from one (1) to hundred (100). Adjudicators consider the following components:
- **Technique** from one (1) to forty (40) points
 - **Interpretation** from one (1) to thirty (30) points
 - **Synchronism** from one (1) to twenty (20) points
 - **Artistic Impression and Choreography** from one (1) to ten (10) points
- 7.2** The parameter **Technique** is expressed by: execution of movements in accordance with music pace and execution of technical elements, movements and figures (position, elegance, timing, balance and body control);
- 7.3** The parameter **Interpretation** is expressed by: dancers' ability to follow the **rhythm and musical melody and express them through their body motion** as well as the ability to apply adequate movements and technical elements in accordance with music;
- 7.4** The parameter **Synchronism** is expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body) as well as timing and precision of executing and changing patterns;
- 7.5** The parameter **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit to and from the dance-floor); distribution of figures and movements in accordance with dance context; use of space with its horizontals, verticals and diagonals; originality of music piece and costumes and their accordance with musical and choreographic context as well as variation of patterns.

7.6 Every mistake is penalised with the following deductions:

- **LOSS OF BALANCE** from zero (0) to five (5)
- **FALL** from zero (0) to ten (10)
- **TIMING MISTAKES** from zero (0) to fifteen (15)

7.7 All dancers wearing provocative costumes will be penalised. This rule applies to all categories with minor tolerance to the inferior ones.

8. BEHAVIOURAL NORMS FOR DANCERS

- 8.1** In order to present dance technique and choreography, the small-group must use the whole available space;
- 8.2** Small-group must not approach the Adjudicators while performing. In order to visualise dancers' space a dance-floor will be appropriately marked;
- 8.3** Small-group's start number needs to be clearly visible;
- 8.4** Costumes need to be appropriate to music and choreography;
- 8.5** During Competition dancers are prohibited to chew chewing gum;
- 8.6** During Competition dancers **are strictly prohibited** to ask any explanations from the **Adjudicators** or the **Competition Director**.

9. BEHAVIOURAL NORMS FOR TEACHERS - GROUP LEADERS - TEAM/CLUB LEADERS

- 9.1** 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**, according to appropriate rules that concern execution of Competition.

SECTION 6

HIP HOP FORMATION

(between eight (8) and twenty four (24) dancers)

1. INTRODUCTION

- 1.1** For all the situations not mentioned in these regulations, decisions will be made by the RESTRICTED TECHNICAL COMMITTEE and the IDF GENERAL SECRETARY.

2. HIP HOP FORMATION

- 2.1** Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.

3. AGE CATEGORIES

- 3.1** Age categories are divided as follows:
- **MINI:** All dancers from the age of six (6) to the age of nine (9) (defined by calendar year);
 - **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (defined by calendar year);
 - **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (defined by calendar year);
 - **ADULT:** All dancers from the age of seventeen (17) (defined by calendar year);
- 3.2** Formations registered in Youth – Junior – Adult categories may include dancers from younger age group;
- 3.3** In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 3.4** All clubs are allowed to nominate more than 1 (one) choreographed piece;
- 3.5** One or more dancers may be nominated and perform both in small-groups and formations;
- 3.6** **One or more dancers are not allowed to be nominated and perform in two (2) or more small-groups;**
- 3.7** **One or more dancers are not allowed to be nominated and perform in 2 (two) or more formations.**

4. MUSIC DURATION

- 4.1** Duration and pace of music pieces must be as follows:
- **MINI:** Track duration from 2'.30" to 4'.00" - 24 - 30 Bpm
 - **YOUTH:** Track duration from 2'.30" to 4'.00" - 24 - 30 Bpm
 - **JUNIOR:** Track duration from 2'.30" to 4'.00" - 24 - 30 Bpm
 - **ADULT:** Track duration from 2'.30" to 4'.00" - 24 - 30 Bpm

- 4.2** Formation uses its own music piece which must be in accordance with the following requirements:
- Recorded only and exclusively on CD;
 - Containing only 1 (one) good quality music piece on each CD;
 - In accordance with duration limits for each category; **no exceptions will be respected**;
 - Visibly exposing formation's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Discipline, Age and Dance Category;
- 4.3 Use of set (stage decorations) and music pieces other than Hip Hop is forbidden.** Accessories and props can be used. In the case when the rule is not respected, the formation will be **immediately disqualified**;
- 4.4** Dancers are allowed to perform acrobatic and gymnastic elements, including the ones typical for Break Dance. There are no restrictions regarding the acrobatic elements executed by Youth, Junior or Adult dancers; all acrobatic elements may be performed. Dancers who participate in Mini age category are allowed to perform only the gymnastic and acrobatic elements described in the IDF Technical Booklet "Safety Level MINI". In the case when the rule is not respected, the formation will be immediately disqualified.
- Execution of acrobatic elements is optional and should not influence adjudication.
- 4.5** In the case when music duration and music pace (Bpm) limits are not respected, the formation will be **immediately disqualified**.

5. EXECUTION OF COMPETITION

- 5.1** Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- 5.2** In preliminaries, semi-finals and finals there can be only one (1) formation performing on a dance-floor at time;
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6. CHARACTERISTICS

- 6.1** Hip Hop as a dance style origins from Hip Hop music and culture and street dance techniques as *B-boying* (Breakdance), *Locking*, *Popping* and *Uprock*. *B-boying* is considered as a main Hip Hop stream because it was created together with other Hip Hop styles as *Dj'ing*, *Writing* and *Mc'ing*. *Uprock*, *Locking* and *Popping* developed in the same period but in different places. However, they are considered as important as B-boying. The Hip Hop trend known as Old School is nothing else as a Hip Hop stream that was undergoing constant evolution through the 70's and 80's accompanied by Funk and Old School Rap. In the 90's Hip Hop music started to get more and more different from Funk, with slower, harder and more aggressive musical pieces. Changes in music brought changes in dance style. New School with new Hip Hop styles such as New Style, Crumping and House have developed followed by other styles such as: Harlem Shake, Snap dancing, Blood Walk, Clown Walk, Heel Toe, Booty Popping, 1-2 Step, Shoulder Lean, Hoola Hoop, Chicken Noodle Soup, Jigging, Tone Wop and Freaking. In IDF Hip Hop, Break Dance and House exist as separate disciplines regulated by separate rules. Hip Hop music is counted as 4/4;

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