



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

TIPOLOGIES:

- **BREAK DANCE SOLO:** Male – Female
- **BREAK DANCE COUPLE:** Two (2) dancers: one (1) Male and one (1) Female
- **BREAK DANCE DUO:** Two (2) dancers: both Males or both Females
- **BREAK DANCE SMALL-GROUP:** Between three (3) and seven (7) dancers
- **BREAK DANCE FORMATION:** Between eight (8) and twenty four (24) dancers
- **BREAK DANCE PRODUCTION:** More than 24 Dancers

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 kinds 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. A practitioner of this dance is called a b-boy, b-girl, or breaker. Although the term "breakdance" is frequently used to refer to the dance, "b-boying" and "breaking" 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".
- ↘ 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.



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:
 - ✓ **JUNIOR:** All dancers from the age of fourteen (**14**) to the age of sixteen (**16**) (Solo – Duo – Couples – Small Groups – Formations - Production);
 - ✓ **ADULT:** All dancers from the age of seventeen (**17**) (Solo – Duo – Couples – Small Groups – Formations - Production);
- Having reached the age limit for each category, dancers pass to the older category automatically.
- Music piece must be in accordance with the following requirements:
 - ✓ Duration and pace limits respected for each category;
 - ✓ Visibly exposing dancer's: Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category;
- Who fail to comply following rules:
 - ✓ **Dancer without start number;**
Will be penalized of 5 (five) points.
- Who fail to comply following rules:
 - ✓ **Music over/under time limit;**
 - ✓ **Invalidate the space of other dancers;**
Will be penalized of 10 (Ten) points.
- Who fail to comply following rules:
 - ✓ **Dancers who use scenography or set (Stage Decoration);**
 - ✓ **Use of accessories and props;**
 - ✓ **Dancers who don't enter on the stage after third call;**
Will be entered on last place.
- Dancers are allowed to perform acrobatic and gymnastic elements.
Execution of acrobatic elements is optional and should not influence adjudication.
- **The judgment expressed by the Judges is the summatory of multiple parameters, differentiated according to the typology. The differentiation according to the typology is as follows:**
SOLO:
 - ✓ The parameter **Interpretation** is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his/her body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancer's ability to smoothly continue his/her dance after 'stop', 'pause' or other figures;
 - ✓ The parameter **Technique** is expressed by: execution of movements in accordance with music pace, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space (in finals the whole dance-floor) with its horizontals, verticals and diagonals;
 - ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.**DUO/COUPLES:**
 - ✓ **Interpretation+ Synchronism** are expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures, associated together similarity and body movements of both dancers (legs shoulder and upper body);
 - ✓ **Technique** is expressed by: 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;

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

SMALL GROUPS/FORMATIONS/PRODUCTION:

- ✓ **Interpretation+ Synchronism** are expressed by: dancers' ability to follow the rhythm and musical melody and express them through their body motion; ability to apply adequate movements and technical elements in accordance with music as well as dancers' ability to smoothly continue their dance after 'stop', 'pause' or other figures, associated together similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision when executing patterns;
 - ✓ **Technique** is expressed by: 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;
 - ✓ **Artistic Impression and Choreography** is expressed by: dancers' initial and final presentation (dancers' entry and exit 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.
- 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**, according to appropriate rules that concern execution of Competition.



BREAK DANCE SOLO

(Male – Female)

- Having reached the age limit for each category, dancers pass the older category automatically.
- Duration of music pieces must be as follow:

Preliminaries and Semi-finals (Federation Music)

- ✓ **JUNIOR – ADULT:** Track duration **1':00"**
- ✓ **JUNIOR – ADULT:** Track duration from **1':00"** to **1':15"**

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- There can be no more than four (4) dancers performing on a dance-floor in preliminaries and no more than three (3) in semi-finals;
- In the case when a dancer lacks his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Dancers must demonstrate the knowledge acquired to the Jury, through technique of dance, music interpretation, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or Styles) used and appropriate clothing.
- In Final, in order to present dance technique and choreography, a dancer is expected to use the whole available space;

EVALUATION

- ✓ **INTERPRETATION** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points



BREAK DANCE COUPLE **(Male and Female)**

- Break Dance Couple is composed of two (2) dancers where one (1) is male and the other one is female.
- In the case of a couple from mixed age categories (eg. one (1) Youth and one (1) Junior), the couple must participate in the older category;
- They may participate in several dance categories (eg. couples/duos etc.).
- Duration of music pieces must be as follow:

Preliminaries and Semi-finals (Federation Music)

- ✓ **JUNIOR – ADULT:** Track duration **1':15"**
- ✓ **JUNIOR – ADULT:** Track duration from **1':15"** to **1':30"**

Final (Own Music)

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- There can be no more than three (3) Couples performing on a dance-floor in preliminaries and no more than two (2) in semi-finals;
- In the case when a couple lacks his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Couples must demonstrate the knowledge acquired to the Jury, through technique of dance + synchronization, music interpretation, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- In Final, in order to present dance technique and choreography, a Couple is expected to use the whole available space.

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points



BREAK DANCE DUO **(Both Males or Both Females)**

- Break Dance Duo is composed of two (2) dancers where both of them are males or both are females.
- In the case of a couple from mixed age categories (eg. one (1) Youth and one (1) Junior), the duo must participate in the older category;
- They may participate in several dance categories (eg. duos/couples etc.).
- Duration of music pieces must be as follow:

Preliminaries and Semi-finals (Federation Music)

- ✓ **JUNIOR – ADULT:** Track duration **1':15"**
- ✓ **JUNIOR – ADULT:** Track duration from **1':15"** to **1':30"**

Final (Own Music)

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- There can be no more than three (3) Duos performing on a dance-floor in preliminaries and no more than two (2) in semi-finals;
- In the case when a Duo lacks his/her own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Duos must demonstrate the knowledge acquired to the Jury, through technique of dance + synchronization, music interpretation, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- In Final, in order to present dance technique and choreography, a Duo is expected to use the whole available space.

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** **from three (3) to Thirty (30) points**
- ✓ **TECHNIQUE** **from two (2) to Twenty (20) points**
- ✓ **CHOREOGRAPHY** **from one (1) to Ten (10) points**

PENALTIES

- ✓ **FALL** **Five (5) points**



BREAK DANCE SMALL GROUPS

(Between three (3) and Seven (7) dancers)

- Small-group is composed of minimum number of **three (3)** and maximum number of **seven (7)** dancers.
- Small-groups registered in Youth – Junior – Adult categories may include dancers from younger age groups;
- In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 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;
- **Two (2) dancers are allowed to be nominated and perform in two (2) or more small-groups;**
- **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- **Eight (8) dancers are allowed to be nominated and perform in two (2) or more production.**
- Duration of music pieces must be as follow:

Preliminaries, Semi-finals and Final (Own Music)

- ✓ **JUNIOR – ADULT:** Track duration from **2':00"** to **2':30"**

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- Preliminaries, semi-finals and finals are held with only one (1) Small Group performing on a dance-floor at time;
- In the case when a Small Group lacks its own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Small Group must demonstrate the knowledge acquired to the Jury, through technique of dance + synchronization, music interpretation, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- In order to present dance technique and choreography, a small-group is expected to use the whole available space.

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

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BREAK DANCE FORMATION

(Between Eight (8) and Twenty four (24) dancers)

- Formation is composed of minimum number of **eight (8)** and maximum number of **twenty four (24)** dancers.
- Formation registered in Youth – Junior – Adult categories may include dancers from younger age groups;
- In the age category Mini there can be one (1) dancer who is ten (10) years old;
- 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;
- **Two (2) dancers are allowed to be nominated and perform in two (2) or more small-groups;**
- **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- **Eight (8) dancers are allowed to be nominated and perform in two (2) or more production.**
- Duration of music pieces must be as follow:

Preliminaries, Semi-finals and Final (Own Music)

- ✓ **JUNIOR – ADULT:** Track duration from **2':30"** to **4':00"**

EXECUTION OF COMPETITION

- Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- Preliminaries, semi-finals and finals are held with only one (1) Formation performing on a dance-floor at time;
- In the case when a Formation lacks its own music in a final, Federation Music will be used;
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- Formations must demonstrate the knowledge acquired to the Jury, through technique of dance + synchronization, music interpretation, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- In order to present dance technique and choreography, a Formation is expected to use the whole available space.

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

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BREAK DANCE PRODUCTION

(More than Twenty four (24) dancers)

- ↘ Production is composed of more than **twenty four (24)** dancers.
- ↘ Production registered in Youth – Junior – Adult categories may include dancers from younger age groups;
- ↘ In the age category Mini there can be one (1) dancer who is ten (10) years old;
- ↘ 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;
- ↘ **Two (2) dancers are allowed to be nominated and perform in two (2) or more small-groups;**
- ↘ **Four (4) dancers are allowed to be nominated and perform in two (2) or more formations.**
- ↘ **Eight (8) dancers are allowed to be nominated and perform in two (2) or more production.**
- ↘ Duration of music pieces must be as follow:

Preliminaries, Semi-finals and Final (Own Music)

- ✓ **JUNIOR – ADULT:** Track duration from **3':00"** to **5':00"**

EXECUTION OF COMPETITION

- ↘ Depending on number of participants, each category would start from preliminaries, semi-finals or finals respectively;
- ↘ Preliminaries, semi-finals and finals are held with only one (1) Production performing on a dance-floor at time;
- ↘ In the case when a Production lacks its own music in a final, Federation Music will be used;
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTIC AND MOVEMENTS

- ↘ Productions must demonstrate the knowledge acquired to the Jury, through technique of dance + synchronization, music interpretation, expressiveness with a fluid and elegant sequence of movements agile, swift and coordinated in complete agreement with the music style (or styles) used and appropriate clothing.
- ↘ In order to present dance technique and choreography, a Production is expected to use the whole available space.

EVALUATION

- ✓ **INTERPRETATION + SYNCHRONISM** from three (3) to Thirty (30) points
- ✓ **TECHNIQUE** from two (2) to Twenty (20) points
- ✓ **ARTISTIC IMPRESSION + CHOREOGRAPHY** from one (1) to Ten (10) points

PENALTIES

- ✓ **FALL** Five (5) points

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