



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

TIPOLOGIES:

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



HISTORY OF HOUSE

- ↘ House is a group of club dance styles primarily danced to house music that have roots in the clubs of Chicago and New York. House Dance incorporates movements from many other sources such as: capoeira, tap, jazz, bebop, salsa, hip-hop, breaking etc. It includes a variety of techniques and sub-styles such as: skating, stomping, and shuffling. There are three basic constituents which lie in the basis of House: Jacking, Footwork and Loffing. Some of the following are the basic steps for the dance style House:
- ↘ **Jacking** – The original style of House Dance; jacking comes from Chicago and incorporates body undulations akin to African dance. Jacking involves moving the torso forward and backward in a rippling motion, as if a wave were passing through it. This movement is repeated and sped up to match the beat of a song. This technique is considered the most important movement in House dancing because it is the foundation that initiates more complex movements and footwork.
- ↘ **Loffing** – The oldest of the House styles; it refers to the acrobatic floor-work, similar to break dance but much softer, fluid and sensual. Loffing is all about being smooth and controlled. Dancers dance 'through' the beat rather than on it.
- ↘ **Footwork** – A combination of different basic steps and their variations and rhythmic interpretations. All footwork in House dancing is said to initiate from the way the jack moves the centre of gravity through space. Some of House Dance basic steps are as follows:
 - ✓ "Stomping", "Loose leg», «The Train», «Farmer", "Swirl" and "Jack in the box", "Salsa step", «Salsa hop», "Side walk", "Cross walk", "Crossroad "and" Set up ", " Tip-Tap-Toe ", " Scribble foot ", " Criss-cross ", " Heel-Toe ", " Rodger Rabbit ", " The Skate "and many others ([http:// vk.com/topic-36490966_26639123](http://vk.com/topic-36490966_26639123))
- ↘ House music is a style of electronic dance music that originated in Chicago, Illinois, United States in the early 1980s. It was initially popularized in mid-1980s discothèques catering to the African-American, Latino American, and gay communities; first in Chicago, then in other US cities such as Detroit, New York City, Los Angeles and Miami. It then reached Europe before becoming infused in mainstream pop and dance music worldwide since the early to mid-1990s. House is strongly influenced by elements of soul and funk-infused varieties of disco. House generally mimics disco's percussion, especially the use of a prominent bass drum on every beat, but may feature a prominent synthesizer bassline, electronic drums, electronic effects, funk and pop samples, and reverb- or delay-enhanced vocals. Tempo of the House music ranges between 118 and 135 Bpm, with the most standard one being close to 130 Bpm. The common element of House is a prominent kick drum on every beat (also known as a four-on-the-floor beat), usually generated by a drum machine or a sampler. The kick drum sound is augmented by various kick fills and extended dropouts. The drum track is filled out with hi-hat cymbal-patterns that nearly always include a hi-hat on quaver off-beats between each kick, and a snare drum or clap sound on beats two and four of every bar. This pattern derives from so-called "four-on-the-floor" dance drumbeats of the 1960s and especially from the 1970s disco drummers. Producers commonly layer sampled drum sounds to achieve a more complex sound, and they tailor the mix for large club sound-systems, de-emphasizing lower mid-range frequencies (where the fundamental frequencies of the human voice and other instruments lie) in favor of bass and hi-hats. Producers use many different sound-sources for bass sounds in House, from continuous, repeating electronically-generated lines sequenced on a synthesizer, such as a Roland SH-101 or TB-303, to studio recordings or samples of live electric bassists, or simply filtered-down samples from whole stereo recordings of classic funk tracks or any other songs. House bass-lines tend to favor notes that fall within a single-octave range, whereas disco bass-lines often alternated between octave-separated notes and would span greater ranges. Some early house productions used parts of bass lines from earlier

disco tracks. For example, producer Mark "Hot Rod" Trolan copied bass-line sections from the 1983 Italo disco song "Feels Good (Carrots & Beets)" (by Electra featuring Tara Butler) to form the basis of his 1986 production of "Your Love" by Jamie Principle. Frankie Knuckles used the same notes in his more famous 1987 version of "Your Love", which also featured Principle on vocals. Electronically-generated sounds and samples of recordings from genres such as jazz, blues, disco, funk, soul and synth pop are often added to the foundation of the drum beat and synth bass line. House songs may also include disco, soul-style, or gospel vocals and additional percussion such as tambourine. Many house mixes also include repeating, short, syncopated, staccato chord-loops that are usually composed of 5-7 chords in a 4-beat measure. Techno and trance, which developed alongside house, share this basic beat infrastructure, but they usually eschew house's live-music-influenced feel and Black or Latin music influences in favor of more synthetic sound-sources and approach. There are different theories concerning the etymology of the "house music" term. One of the most popular ones says that it originates from a Chicago nightclub called The Warehouse which existed from 1977 to 1982, famous for disco style music played by the club's resident DJ, Frankie Knuckles.

- 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:
 - ✓ **MINI:** All dancers from the age of six (**6**) to the age of nine (**9**) (Solo – Duo – Couples – Small Groups – Formations - Production);
 - ✓ **YOUTH:** All dancers from the age of ten (**10**) to the age of thirteen (**13**) (Solo – Duo – Couples – Small Groups – Formations - Production);
 - ✓ **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.
- Beats per minute of music pieces must be as follows:
 - ✓ **MINI - YOUTH – JUNIOR - ADULT: 28 – 35 BPM**
- Music piece may represent only and exclusively the style of **House** and 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 time limit;**
 - ✓ **Music over/under Beats per minute (BMP);**
 - ✓ **Invade 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 use any other sort of music different than House;**
 - ✓ **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, 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 entered on last place. 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 **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 **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 **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

DUO/COUPLES:

- ✓ **Technique+ Synchronism** 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 associated together similarity and body movements of both dancers (legs shoulder and upper body);
- ✓ **Interpretation** is 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,
- ✓ **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music;

SMALL GROUPS/FORMATIONS/PRODUCTION:

- ✓ **Technique+ Synchronism** 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 associated together similarity of figures and body movements of all dancers (legs, shoulders and upper body) and timing and precision when executing patterns;
 - ✓ **Interpretation** is 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,
 - ✓ **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.

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HOUSE 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)

- ✓ **MINI – YOUTH – JUNIOR – ADULT: Track duration 1':00"**

Final (Own Music)

- ✓ **MINI – YOUTH – 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

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

PENALTIES

- ✓ **FALL** **Five (5) points**



HOUSE COUPLE

(Male and Female)

- House 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)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration 1':15"

Final (Own Music)

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

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.
- Support and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the partner's head. Any irregularity in this respect will result in the Couple being on last place.**

EVALUATION

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

PENALTIES

- ✓ **FALL** Five (5) points



HOUSE DUO

(Both Males or Both Females)

- House 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)

- ✓ **MINI – YOUTH – JUNIOR – ADULT:** Track duration 1':15"

Final (Own Music)

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

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.
- Support and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the partner's head. Any irregularity in this respect will result in the Duo being on last place.**

EVALUATION

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

PENALTIES

- ✓ **FALL** Five (5) points



HOUSE 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)

- ✓ **MINI – YOUTH – 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.
- Support and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the partner's head. Any irregularity in this respect will result in the Small Group being on last place.**

EVALUATION

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

PENALTIES

- ✓ **FALL** Five (5) points



HOUSE 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)

- ✓ **MINI – YOUTH – 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.
- Support and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the partner's head. Any irregularity in this respect will result in the Formation being on last place.**

EVALUATION

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

PENALTIES

- ✓ **FALL** Five (5) points

HOUSE 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)

- ✓ **MINI – YOUTH – 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.
- ↘ Support and lifts are not considered acrobatic and gymnastic elements and can be performed. **In Mini category dancers are not allowed to execute lifts and supports where the centre of body mass of one of the partners is above the partner's head. Any irregularity in this respect will result in the Production being on last place.**

EVALUATION

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

PENALTIES

- ✓ **FALL** Five (5) points

