



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

TIPOLOGIES:

- **POPPING SOLO:** Male – Female
- **POPPING COUPLE:** Two (2) dancers: one (1) Male and one (1) Female
- **POPPING DUO:** Two (2) dancers: both Males or both Females

HISTORY OF POPPING

- In the 1960's during the music revolution with all the changes in the music business a dance called "The Robot" was created from dancers influenced from watching movies with Robots. This dance was made famous from a dancer named Bill "The Robot" Williams of the Lockers crew. It was a part of the dance called Locking at the time. In the mid 70's in Fresno California a young dancer named Sam Solomon created a dance called Electric Boogaloo. Today this dance is called Boug Style Popping and was perfected from him and his brother Pete (Later on known as Popping Pete) and later on moves were added from the rest of the members of Sam's crew (The Electric Boogaloos). Sam thought that he had created a new style of Locking from watching the Lockers on a T.V show called Soul Train and inspired by Bill "The Robot". He even named his 1st crew "Electric Boogaloo Lockers". The name Boogaloo actually means dance and Sam heard his uncle one day saying "Yeah Boy! Do that Boogaloo!" After that Sam was known as Boogaloo Sam and the crew as Electric Boogaloos. Boogaloo is characterized by fluidity use of every part of the body, rolling the hips, knees and head. The style is a combination of "The Robot" and the smooth isolations of mime. Popping was created by dancers wanting to look tough like gangsters in Los Angeles and Oakland when they danced. Popping is characterized by jerky movements resulting from flexing the muscles at parts of the body. When dancers Popped they would mutter "Pop, Pop" every time they flexed so it became known as Popping. Hitting is a term used when flexing the muscles harder and sudden as if trying to scare somebody. At the same time dancers watching the waves down at the beach and imitating them with there body movements were creating a dance called Waving. Electro was an effect they gave to Waving when they moved the waves through the body as if they caught some electricity. Inspired by the game Tetris, the Tetris system was created having the arms and hand movement fall in places like the bricks in the game. Later on Tetris connected with the King Tut system that reminded Egyptian dancing like in the hieroglyphics and influenced by cartoons like Looney Toons forming the system called Tutting. Toy-man system of moves was inspired by play mobile figures and action figures that were out on the market having the body imitate the toy figure moves. Sliding and Gliding give the illusion that the dancer's feet are floating on the surface and sometimes looks like ice skating. Scarecrow is a part of Popping that reminds exactly what its name implies dancing with the arms out like a scarecrow. Air Posing is an exaggeration of breathing in and out making shapes at the same time. Crazy Legs created by Popping Pete has the legs moving at a different direction from the body and finally look like they re-attach themselves to the direction that the body is going. Strutting has the body breaking one movement towards a spot to many smaller movements and with the Strobing effect it makes it look like there is a strobe light on the dancer at the time. Spiderman is a style imitating the movements of the legendary comic hero when he is going up a building attached on the wall like a spider. Related styles: Animation, Animatronics, Boogaloo, Bopping, Crazy legs, Dime stopping, Floating, Gliding and sliding, Miming, Puppet, Robot/botting, Scarecrow, Strobing, Struttin, Ticking, Toyman, Tutting/King, Tut, Waving, Isolation. All these dances, styles and systems combined with Electric Boogaloo otherwise known as Boug Style Popping under the term "Popping". The Electric Boogaloos made Popping famous all over the world starting from the T.V show Soul Train following the Lockers footsteps and taking it into stage performance shows all over the globe.
- 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:
 - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couple);
 - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couple);
 - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couple);
- 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;**
 - ✓ **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 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;
- ✚ 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.



POPPING 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)

- ✓ **YOUTH - JUNIOR – ADULT:** Track duration **1':00"**
- ✓ **Final (Own Music)**
- ✓ **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 music interpretation, technique of dance, 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



POPPING COUPLE

(Male and Female)

- Popping 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"

Final (Own Music)

- ✓ 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 music interpretation + synchronization, technique of dance, 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



POPPING DUO

(Both Males or Both Females)

- Popping 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)

- ✓ **YOUTH - JUNIOR – ADULT:** Track duration **1':15"**
- ✓ **Final (Own Music)**
- ✓ **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 music interpretation + synchronization, technique of dance, 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**

