



2026

# TECHNICAL RULES

DISCIPLINE:

**HIP-HOP**



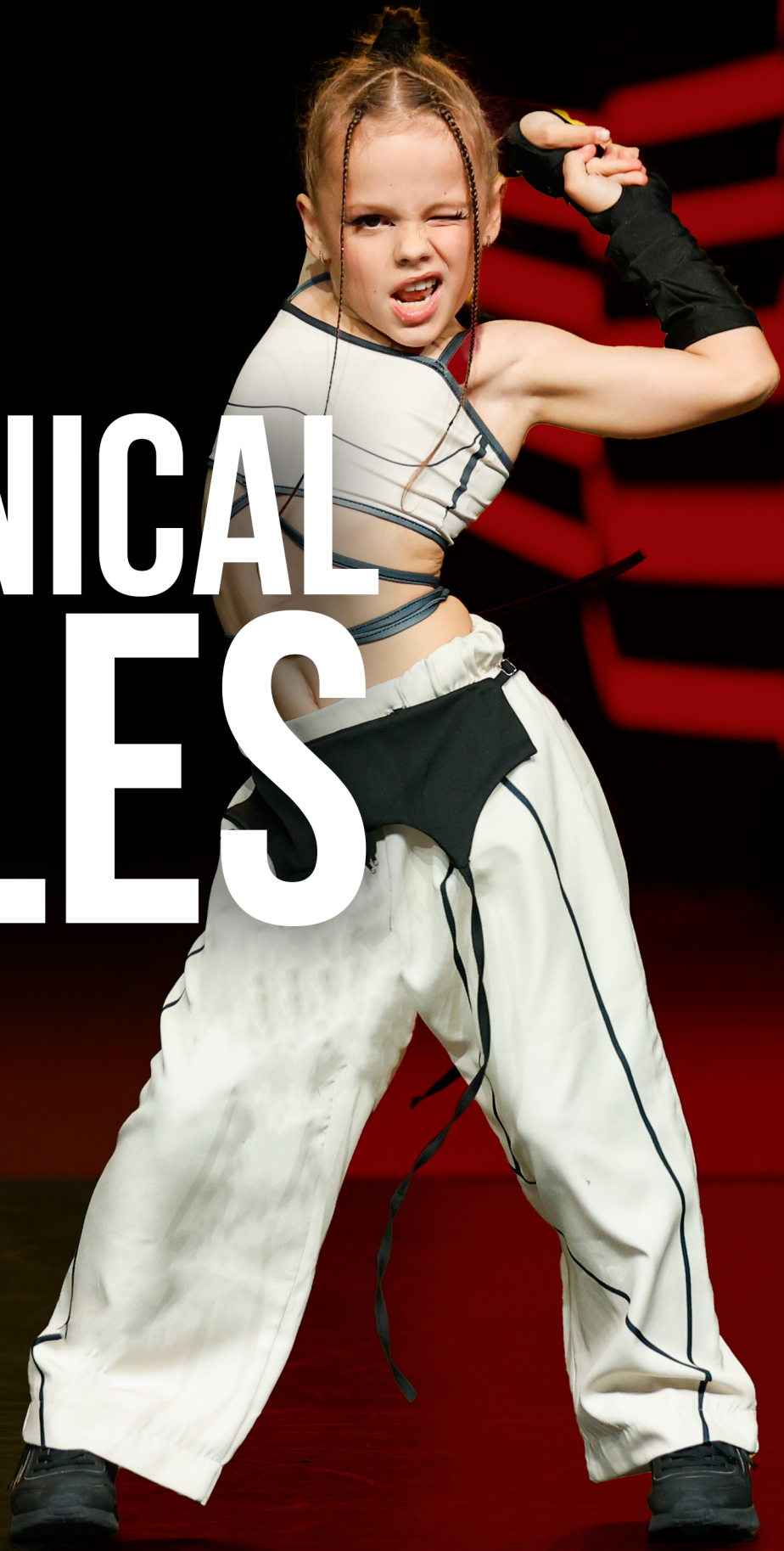
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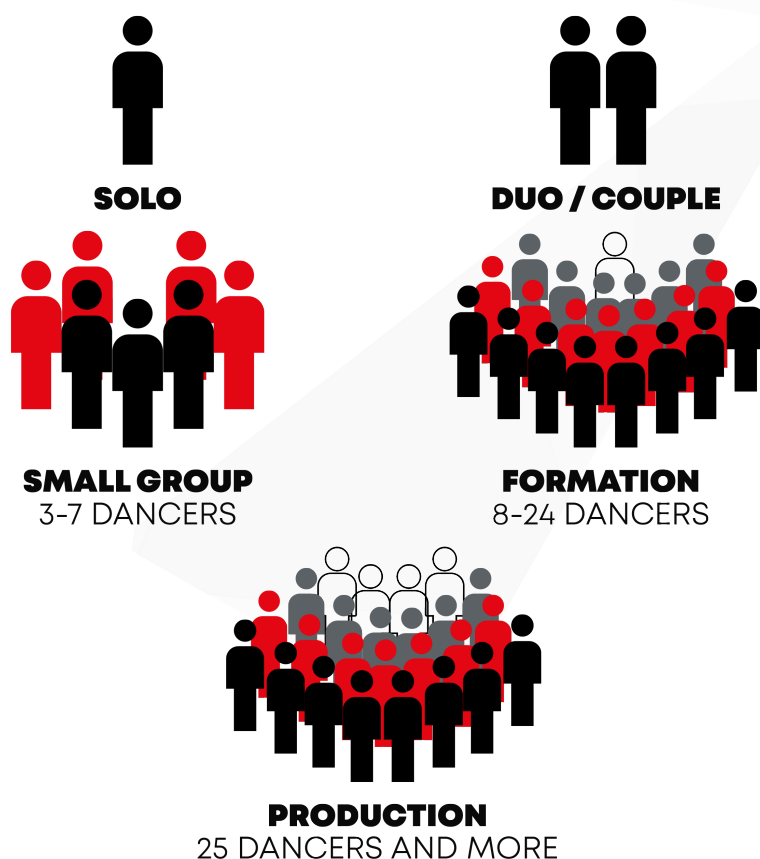
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# TYPOLGY



# AGE DIVISIONS

## AGE DIVISIONS IN SOLO, DUO AND COUPLE

<b>MINI</b>	<b>UP 9 Y.O.</b>
<b>YOUTH *</b>	<b>10-13 Y.O</b>
<b>YOUTH 1</b>	<b>10-11 Y.O</b>
<b>YOUTH 2</b>	<b>12-13 Y.O</b>
<b>JUNIOR</b>	<b>14-16 Y.O.</b>
<b>ADULT</b>	<b>17 Y.O. AND OVER</b>

## AGE DIVISIONS IN SMALL GROUP, FORMATION AND PRODUCTION

<b>MINI</b>	<b>UP 9 Y.O.</b>
<b>YOUTH</b>	<b>10-13 Y.O</b>
<b>JUNIOR</b>	<b>14-16 Y.O.</b>
<b>ADULT</b>	<b>17 Y.O. AND OVER</b>

\*Division into Youth 1 and Youth 2 is possible only if there is a sufficient number of registered participants.

Dancer's age is considered with reference to the calendar year (January 1st - December 31st). Dancers who participate in Ranking Competitions that start in October will be considered with reference to the following calendar year (which means one (1) year older). Having reached the age limit for each Age Division, dancers pass to the older Age Division automatically.

# PENALTIES

Dancers who fail to respect the Rules will be subject to the following penalties:

PENALTIES	DESCRIPTION
<b>5 points</b>	<ul style="list-style-type: none"> <li>- Performing without a start number;</li> <li>- Failure to comply with the requirement to perform for the entire duration of the designated music track (penalty applied by the Adjudicators);</li> <li>- Dancer's fall causing an interruption of the performance, lasting less than one musical bar;</li> <li>- Whose music duration is over/under the permitted time limit (small groups, formations, productions);</li> <li>- Whose music tempo is faster or slower than required (small groups, formations, productions).</li> </ul>
<b>10 points</b>	<ul style="list-style-type: none"> <li>- Dancer's fall causing an interruption of the performance, lasting more than one musical bar;</li> <li>- Who invade other dancers' space while performing.</li> </ul>
<b>Last place</b>	<ul style="list-style-type: none"> <li>- Use of stage decorations;</li> <li>- Use of props;</li> <li>- Use of accessories that are not a part of costume;</li> <li>- Use of music different than hip-hop;</li> <li>- Dancer's fall that causes the performance to stop completely or results in the dancer leaving the stage early;</li> <li>- Failure to appear on stage after being called for the third time;</li> <li>- Dancers of <b>MINI Age Division</b> who perform lifts and supports where one partner's hips are above the other partner's head.</li> </ul>



# MUSIC REQUIREMENTS

Only Hip-Hop music must be used. Hip-Hop as a genre of music is characterized by specific rhythmic and stylistic components that allow it to be clearly identified as Hip-Hop music, including:

- kick drum;
- snare drum;
- hi-hats;
- bassline;
- samples;
- melodic and harmonic elements;
- percussion all organized within a defined rhythmic and metronomic structure.

The essence of Hip-Hop music lies in a distinctive groove primarily created through the unique interaction of kick, snare, and hi-hat patterns.

- **Music tempo 84 – 120 bpm** (beats per minute);

ROUND	MUSIC DURATION				
	SOLO	DUO/COUPLE	SMALL GROUP	FORMATION	PRODUCTION
Preliminaries	Up to 1':00"	Up to 1':00"	2':00" - 3':00"	3':00" - 5':00"	3':00" - 5':00"
Semi-final					
Final					
	Federation' music		Own music		

# TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

Hip-hop is a range of street dance styles performed to hip hop music or that have evolved as part of hip hop culture.

The technical foundation of hip-hop is based on a range of social dances that emerged at different times since the inception of hip-hop and which are commonly classified into old school, middle school and new school dances.

Hip-hop dance techniques blend foundational grooves, isolations, multiplication combined with wide range of hip-hop moves and well-coordinated movements of multiple body parts.

Hip-hop moves were inspired by complex rhythms and the down-to-earth movement style of African dancing. Music and movement came together to form a new art. Some of the basic hip hop party dances are: «Smurf», «The Prep», «Reebok», «The Wop», «Cabbage patch», «Happy feet», «The Fila», «Criss-cross», «Party machine», «Sponge Bob», «Running man», «Roger rabbit», «Steve Martin», «Burt Simpson», «Pepper seed», «BK bounce», «Butterfly», «Monastery», «C-Walk», «Bankhead bounce», «Walk-it-out», «Harlem shake», «ATL Stomp», «Tone Whop», «Wrecking shop», «Chicken noodle soup», «Jerking», «Get lite», «Bucking», «Jooking» and many others.



# TECHNIQUES, CHARACTERISTICS AND MOVEMENTS

Some new school dance styles that affected for the further development of hip-hop dance are: **Krumping, Flexing, Jerkin', Jookin', Turfing, Litefeet** etc. Today, hip-hop dancers actively use the following concepts in their performances:

- Trace;
- Thread;
- Manipulations;
- Waving;
- Toyman;
- Shaking;
- Chest work;
- Hips work etc.

The style combines both the "battle" (dance battle), and the "dance party" (party dances) philosophies. The main aspect that unites these social dancing is a "groove". Dancers might find their own style and their own character but "groove" and hip-hop philosophy remain unchanged.

Based on the historical development of the hip-hop style, the demonstration of dancers' ability to improvise to the music during the performance is encouraged. It is expected that dancers (Solo, Duo / Couple, Small Group, Formation, Production) build their performances focusing on dance technique, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.

All dancers are required to perform for the entire duration of the designated music track.

In Finals, to present their performances, each dancer (Solo, Duo / Couple, Small Group, Formation, Production) is expected to use the whole available space.

## RESTRICTIONS



**Stage Decorations, Props, Accessories.** Use of stage decorations **is prohibited**. Use of props **is prohibited**. Accessories **are permitted if they are part of the costume**. When using accessories, dancers must wear them throughout the entire performance. They can be used, but cannot be thrown away or placed on the floor.



**Acrobatic and Gymnastic Elements, Lifts and Supports.** Acrobatic and gymnastic elements **are permitted**. Lifts and Supports **are permitted** (with restriction in MINI Age Division).

### MINI Age Division restrictions:

Dancers **are not allowed** to execute lifts and supports where one partner's hips are above the other partner's head.

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

# JUDGING CRITERIA

Overall mark given by the Adjudicators is calculated as the sum of marks for each criterion. The criteria, in order of importance, are as follows:

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
<b>Solo</b>	<b>TECHNIQUE</b>	<b>1-30</b>	<b>Technique</b> is expressed by: execution of movements in accordance with music tempo, execution of technical elements, movements and figures (position, elegance, timing, balance and body control) and use of the whole personal and general space with its horizontals, verticals and diagonals.
	<b>INTERPRETATION</b>	<b>1-20</b>	<b>Interpretation</b> is expressed by: dancer's ability to follow the rhythm and musical melody and express them through his / her body motion; an 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' and 'pause'.
	<b>CHOREOGRAPHY</b>	<b>1-10</b>	<b>Choreography</b> is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

# JUDGING CRITERIA

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
<b>Duo/ Couple/ Small group/ Formation/ Production</b>	<b>TECHNIQUE + SYNCHRONISM</b>	<b>1-30</b>	<b>Technique + Synchronism</b> 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 dancefloor) with its horizontals, verticals and diagonals. The parameter is also expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body) in elements performed simultaneously.
	<b>INTERPRETATION</b>	<b>1-20</b>	<b>Interpretation</b> 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' and 'pause'.
	<b>ARTISTIC IMPRESSION + CHOREOGRAPHY</b>	<b>1-10</b>	<b>Artistic Impression + Choreography</b> is expressed by: dancers' initial and final presentation (dancers' entry and exit from the dancefloor); 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.

Costumes of participants in accordance with IDF Dress Code Regulations. During Competition teachers, group leaders and team / club leaders are strictly prohibited to ask any explanations from the Adjudicators. All explanations, information or complaints may be discussed with the Competition Director, in accordance with the appropriate Competition Execution regulations.



# EXECUTION OF COMPETITION

## **HIP-HOP SOLO (Male – Female)**

Hip-hop Solo is an individual presentation by either a male or a female dancer. Participants may compete only within their designated Age Division.

In categories where there are less than three (3) dancers registered to perform female categories will be joined with male categories within the same Age Division, and vice versa, for example: Mini Male → Mini Female, Youth Male → Youth Female etc. 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 dancefloor in preliminaries and no more than three (3) in semi-finals.

Finals are held with only one (1) dancer performing on a dancefloor at a time.

## **HIP-HOP DUO (Both males or both females) / HIP-HOP COUPLE (Male and Female)**

Hip-Hop Duo is composed of two (2) dancers where both of them are males or both are females.

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

This discipline features a single category for Duos and Couples.

If dancers represent mixed Age Divisions (e.g. one is Youth and the other one is Junior), the Duo / Couple must participate in the older Age Division.

Each dancer can participate in one or more Duo / Couple, but in different Age Divisions. Dancers of Mini Age Division are allowed to partner up and dance with Youths, Youth dancers may partner up with either Minis or Juniors, Juniors may partner up with Youths or Adults and Adults may partner up with Juniors.

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

There can be no more than three (3) Duo / Couple performing on a dancefloor in preliminaries and no more than two (2) in semi-finals.

# EXECUTION OF COMPETITION

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

## **HIP-HOP FORMATION (Between eight (8) and twenty-four (24) dancers)**

## **HIP-HOP PRODUCTION (Twenty-five (25) dancers and more)**

Hip-Hop Small Groups / Formations / Productions registered in Youth – Junior – Adult Age Divisions may include dancers from younger Age Divisions.

All clubs are allowed to nominate more than one (1) choreographed piece in same category, so long as with different dancers.

One or more dancers may be nominated and perform both in small groups, formations and productions.

Dancers are allowed to be nominated and perform in two (2) or more Small Groups / Formations / Productions but only in different Age Divisions.

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 / Formation / Production performing on a dancefloor at a time.

**Competition Director, whenever necessary, may apply modifications to the execution of the competition.**

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