



2026 TECHNICAL RULES

DISCIPLINE:
HOUSE



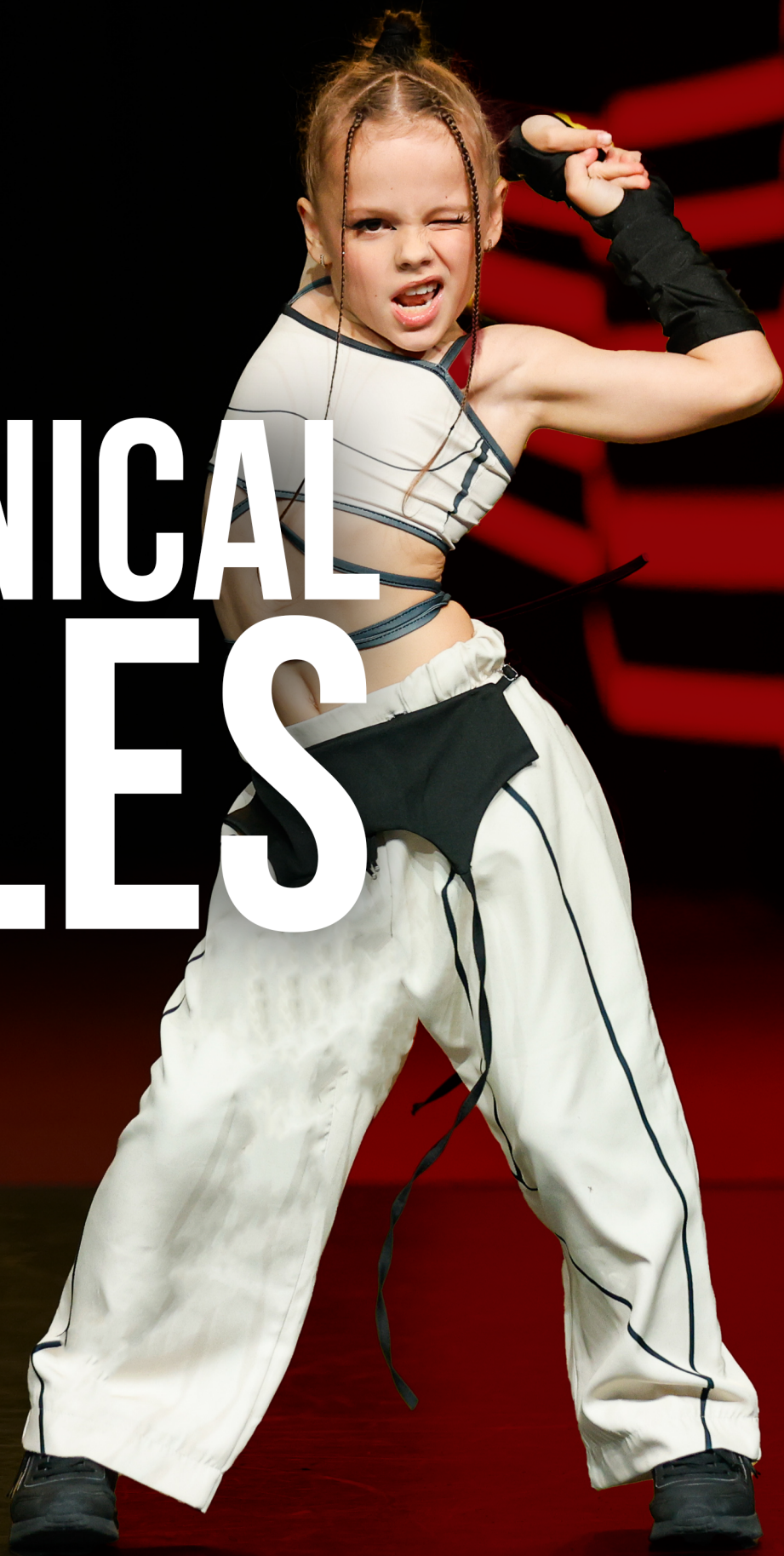
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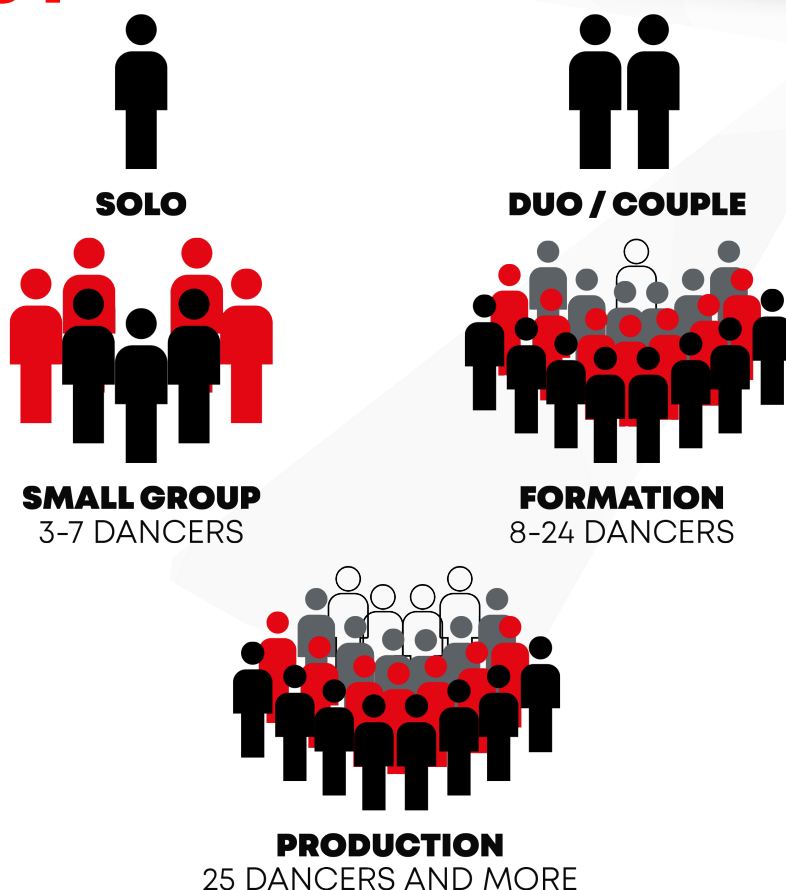
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TYPOLGY



AGE DIVISIONS

AGE DIVISIONS IN SOLO, DUO AND COUPLE

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

AGE DIVISIONS IN SMALL GROUP, FORMATION AND PRODUCTION

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

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

MUSIC REQUIREMENTS

Only **House** music must be used.

House music is a style of electronic dance music that originated in Chicago, Illinois, United States in the early 1980`s.

House music 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.

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. 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 origins from a Chicago nightclub called The Warehouse which existed from 1977 to 1982, famous of disco style music played by the club's resident DJ, Frankie Knuckles

- **Music tempo 120 – 136 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

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, Lofting and Footwork: **Jacking** – The original style of House Dance; jacking comes from Chicago. 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.

Lofting – The oldest of the House styles; it refers to the acrobatic floor-work, similar to breaking but much softer, fluid and sensual. Lofting 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 center of gravity through space. Some of House Dance basic party dances are as follows: "Stomping", "Loose leg", "The Train", "Farmer", "Swirl", "Jack in the box", "Salsa step", "Salsa hop", "Sidewalk", "Cross walk", "Crossroad", "Set up", "Tip-Tap-Toe", "Scribble foot", "Criss-cross", "Heel-Toe", "Rodger Rabbit", "The Skate" and many others. Based on the historical development of the house dance, 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 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.

RESTRICTIONS



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
Solo	TECHNIQUE	1-30	Technique 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.
	INTERPRETATION	1-20	Interpretation 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'.
	CHOREOGRAPHY	1-10	Choreography is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

JUDGING CRITERIA

CATEGORIES	CRITERIA	POINTS	DESCRIPTION
Duo/ Couple/ Small group/ Formation/ Production	TECHNIQUE + SYNCHRONISM	1-30	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 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.
	INTERPRETATION	1-20	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' and 'pause'.
	ARTISTIC IMPRESSION + CHOREOGRAPHY	1-10	Artistic Impression + Choreography 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

HOUSE SOLO (Male – Female)

House 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.

HOUSE DUO (Both males or both females) / HOUSE COUPLE (Male and Female)

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

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

EXECUTION OF COMPETITION

HOUSE SMALL GROUP
(Between three (3) and seven (7) dancers)

HOUSE FORMATION
(Between eight (8) and twenty-four (24) dancers)

HOUSE PRODUCTION
(Twenty-five (25) dancers and more)

House 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.