



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

TYPOLOGY:

- **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 twenty four (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 Lofting. Some of the following are the basic steps for the dance style House:
- ↘ **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 break dance 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 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', 'Set up', 'Tip-Tap-Toe', 'Scribble foot', 'Criss-cross', 'Heel-Toe', 'Rodger Rabbit', 'The Skate' and many more. ([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 popularised 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 favour 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 favour 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.

- ✦ It is expected that dancers' performance is not a sequence of micro-movements with little co-ordination but a smooth sequence of both fluid, fast and co-ordinated steps supported by good technique, expressiveness and an adequate 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.
- ✚ Dancers' age is considered with referral to the calendar year (1st January - 31st December). Dancers who participate in Ranking Competition that starts in October will be considered with referral to the following calendar year (which means one (1) year older). Age categories are divided as follows:
 - ✓ **MINI:** All dancers from the age of six (6) to the age of nine (9) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **YOUTH:** All dancers from the age of ten (10) to the age of thirteen (13) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **JUNIOR:** All dancers from the age of fourteen (14) to the age of sixteen (16) (Solo – Duo – Couple – Small Group – Formation - Production).
 - ✓ **ADULT:** All dancers from the age of seventeen (17) (Solo – Duo – Couple – Small Group – Formation - Production).
- ✚ Having reached the age limit for each category, dancers pass to the older category automatically.
- ✚ Only **House** music must be used. The music piece must be in accordance with the following requirements:
 - ✓ Duration and pace limits respected for each category.
 - ✓ Visibly exposing dancers': Start Number, Nationality, Name of a Club/School, Title of the Presentation, Duration, Name and Surname, Discipline as well as Age and Dance Category.
- ✚ Dancers/ Groups who fail to respect the rules will be subject to the following penalties:
 - ✓ **Dancers/groups performing without a start number**
 - ✓ **Dancer's Fall**
Will be given five (5) points penalty.
- ✚ Dancers/ Groups:
 - ✓ **Whose music duration is over/under the permitted time limit**
 - ✓ **Who invade other dancers' space while performing**
Will be given ten (10) points penalty.
- ✚ Dancers/Groups who commit the following:
 - ✓ **Use set (stage decorations)**
 - ✓ **Use music different than House**
 - ✓ **Fail to appear on stage after being called for the third time**
Will be given the last place classification penalty.
- ✚ 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 dancers/groups will be classified in the last place. Execution of acrobatic elements is optional and should not influence adjudication.
- ✚ Overall mark given by the Adjudicators is calculated as the sum of marks for each parameter. The parameters, in order of importance, are 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: 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.

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

DUO/COUPLE:

- ✓ The parameter **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. The parameter is also expressed by similarity of figures and body movements of both dancers (legs, shoulders and upper body) in elements performed simultaneously.
- ✓ The parameter **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.
- ✓ The parameter **Choreography** is expressed by: distribution of figures and movements in accordance with dance context, costumes and originality of music.

SMALL GROUP/FORMATION/PRODUCTION:

- ✓ The parameter **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. The parameter is also expressed by similarity of figures and body movements of all dancers (legs, shoulders and upper body) in elements performed simultaneously and timing and precision when executing patterns.
 - ✓ The parameter **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.
 - ✓ The parameter **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**, in accordance with the appropriate Competition Execution regulations

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HOUSE SOLO (Male – Female)

- House Solo is an individual presentation by either a male or a female dancer.
- 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 group, and vice versa, for example Mini Male --> Mini Female, Youth Male --> Youth Female etc.
- Duration of music pieces must be as follows:

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.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on music interpretation, dance technique, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In finals, in order to present their dance technique and choreography, dancers is expected to use the whole available space.

EVALUATION

✓ **TECHNIQUE**

✓ **INTERPRETATION**

✓ **CHOREOGRAPHY**

From Three (3) to Thirty (30) points

From Two (2) to Twenty (20) points

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 a male and the other one is a female.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the couple must participate in the older category.
- In categories where there are less than three (3) couples registered to perform couple categories will be joined with duo categories within the same age group, and vice versa, for example Mini Couple --> Mini Duo, Youth Couple --> Youth Duo etc.
- Mini dancers 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.
- Dancers may participate in several dance categories (eg. couples/duos etc).
- Duration of music pieces must be as follows:

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 couples lack their own music in a final, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In finals, in order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Supports 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 other partner's head. Any irregularity in this respect will result in the couple being classified in the 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.
- If dancers represent mixed age categories (eg. one is Youth and the other one is Junior), the duo must participate in the older category.
- In categories where there are less than three (3) duos registered to perform duo categories will be joined with couple categories within the same age group, and vice versa, for example Mini Duo --> Mini Couple, Youth Duo --> Youth Couple etc.
- Mini dancers 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.
- Dancers may participate in several dance categories (eg. duos/couples etc).
- Duration of music pieces must be as follows:

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 duos lack their own music in a final, Federation Music will be used.
- Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that dancers build their choreography focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In finals, in order to present their dance technique and choreography, each couple is expected to use the whole available space.
- Supports 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 other partner's head. Any irregularity in this respect will result in the duo being classified in the last place.**

EVALUATION

- ✓ **TECHNIQUE + SYNCHRONISM**
- ✓ **INTERPRETATION**
- ✓ **CHOREOGRAPHY**

From Three (3) to Thirty (30) points
From Two (2) to Twenty (20) points
From One (1) to Ten (10) points

PENALTIES

- ✓ **FALL**

Five (5) points



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

- Small Group is composed of a minimum number of **three (3)** and a 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 one (1) 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 productions.**
- Duration of music pieces must be as follows:

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 a time.
- In the case when small groups lack their own music, Federation Music will be used.
- Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that groups build their choreography focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In order to present their dance technique and choreography, each small group is expected to use the whole available space.
- Supports 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 other partner's head. Any irregularity in this respect will result in the small-group being classified in the 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 a minimum number of **eight (8)** and a 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 one (1) 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 productions.**
- ↘ Duration of music pieces must be as follows:

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 a time.
- ↘ In the case when formations lack their own music, Federation Music will be used.
- ↘ **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- ↘ It is expected that groups build their choreography focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- ↘ In order to present their dance technique and choreography, each formation is expected to use the whole available space.
- ↘ Supports 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 other partner's head. Any irregularity in this respect will result in the formation being classified in the 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 one (1) 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 productions.**
- Duration of music pieces must be as follows:

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 a time.
- In the case when productions lack their own music, Federation Music will be used.
- **Competition Director**, whenever necessary, may apply modifications to the execution of the competition.

CHARACTERISTICS AND MOVEMENTS

- It is expected that groups build their choreography focusing on dance technique and synchronism, music interpretation, expressiveness combined with fluid sequence of movements and strong link between their choreography, music and costumes.
- In order to present their dance technique and choreography, each production is expected to use the whole available space.
- Supports 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 other partner's head. Any irregularity in this respect will result in the production being classified in the 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

