

2017

IDS URBAN DANCE RULES



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Index

	Page Number
1. Introduction	3
2. Clarification	4
3. Right To Participate	4
4. Format & Categories	4
5. Age Groups	5
6. Solo	7
7. Duo	8
8. Small Team	11
9. Team	13
10. General Rules	15
11. Penalties	16
12. Disqualification Process	16
13. Safety	17
14. IDS Ranking System	18
15. IDS Competitions Format: HEATS	18
16. IDS Competition Format: BATTLES	20
17. Floor Dimensions	21
18. Music	22
19. Clothing	23
20. Props	23
21. Acrobatics	24
22. Lifts	24
23. Substitutes	25
24. Competition Format Guide	26

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1. Introduction

IDS will use the reference “URBAN STREET DANCE” simply to identify this dance division.

This rule set “URBAN DANCE” applies only to Hip Hop / Street Dance Styles competitions for national and international events run by IDS or any national Member Body. Some rules / regulations may not apply to local competitions, but would apply to Country Qualifiers.

For other dances or dancesport school league please refer to the designated rule set.

All rules sets can be downloaded from the IDS website or requested by email to info@dancesport-international.org

IDS Rules have been devised to provide fairness, equal opportunity, clarity and transparency for all members and athletes.

While we do not wish to restrict anyone from being creative, the rules contained within the IDS rule set are devised with fairness and safety as two most paramount objectives.

The IDS Rule set is reviewed on a six monthly basis, and is revised if required on an annual basis.

New rules can be announced but can only be introduced and take effect on 1st of January of any new year, unless specifically stated.

All IDS members shall be informed of any new rules, changes in rules or other alterations.

As the disciplines / dance-forms within the rule book vary and each dance-form may have specific requirements, the general rules will apply at all times unless an explicit exception is made in the chapter of the relevant dance-form.

2. Clarification

Throughout the world different names have been given to the same sort of dances that have started in clubs, on the street and events. They can be referred to as urban dance, street dance, streetdance, street styles, hip hop which causes confusion.

There are many styles in this division. To aid you and to clarify the styles please refer to the IDS “IDS Urban Dance”. This is an enlightening informative and educational document.

3. Right To Participate

Any person who wishes to participate at an IDS official or affiliated event must be a full member of the IDS. Only the Board of the IDS can authorise the participation at an IDS official or affiliated event of any athletes not being a full member of the IDS.

4. Format and Categories

What are the IDS Competition Section Formats?

- SOLO FEMALE
- FEMALE BATTLE 1v1
- SOLO MALE
- MALE BATTLE 1v1
- MIXED SOLO BATTLE
- DUO FEMALE (Female - Female)
- DUO MALE (Male - Male)
- DUO MIXED (Female - Male)
- SMALL TEAM (3-4 athletes + Max 1 reserve)
- TEAM (5-8 athletes + Max 2 reserves)
- LARGE TEAM (9-20 athletes + Max 3 reserves)
- MEGA TEAM (21-Max40 athletes + Max 4 reserves)

At local and regional events for organisational reasons and to create a good competitive environment it is upon the organiser’s discretion to have solo and duo compete mixed gender.

5. Age Groups

Rule 5.1 Age groups and restrictions within categories

JUVENILE	JUNIOR	YOUTH	ADULT	SENIOR
1 = 7yrs & under	1 = 13yrs & under	1 = 18yrs & under	1 = 19yrs & over	1 = 25yrs & over
2 = 9yrs & under	2 = 15yrs & under			2 = 35yrs & over
3 = 11yrs & under				3 = 45yrs & over

Rule 5.2 Age Categories.

- 5.2.1 Age categories are defined on the calendar-year. (1st January - 31st December)
- 5.2.2 Age groups terminology described as the age and under/over so that means they can be the age stated and under/over the age stated.

Rule 5.3 Breach Of Age Group for Solo.

At national and international events, any athlete(s) not adhering to the age groups indicated will lead to red card. (Disqualification and Ban)

Rule 5.4 Age Allowance Rules for Duo / Small Team / Team.

In order to aid dance studios / dance school teachers / choreographers to accommodate their pupils or to create and add different dynamics, the Rule 5.5, Rule 5.6 and Rule 5.7 are implemented.

**Note: At local and regional events for organisational reasons and to create a good competitive environment it is upon the organiser's discretion to have different age groups or ability levels compete together. See rule 5.8 Exceptions*

Rule 5.5 Age Allowance applying only to Duo

- 5.5.1 It is allowed to join any competition in one age-category above your own category.
- 5.5.2 It is not allowed to join in any competition in an age-category below your own category.
- 5.5.3 If a duo is made up of two athletes from adjoining age-categories, they are only allowed to compete in the oldest age category.

Rule 5.6 Age Allowance Applying only to Small Team

- 5.6.1 The oldest competitor in a small team will determine the entrance in an age-category for any competition. The maximum age difference within one small team is 4 years. This rule is not applicable for the Adult and Senior Categories.
- 5.6.2 For local and regional events only, a 25% rule is applicable: This implies that maximum 25% of the small team (1 athlete in case the small team consists of 4 athletes) may be of a different age of the age-category the small team is competing in.

Rule 5.7 Age Allowance Applying only to Team

- 5.7.1 The oldest competitor in a team will determine the entrance in an age-category for any competition. The maximum age difference within one team is 4 years. This rule is not applicable for the Adult and Senior Categories.
- 5.7.2 For local and regional events only, a 25% rule is applicable: This implies that maximum 25% of the team (1 athlete, or 2 athletes in case the team consists of 8 athletes) may be of a different age of the age-category the team is competing in.

Rule 5.8 Exceptions:

- 5.8.1 For local and regional events it is at the organisers discretion to extend the age limit(s) on any event they deem necessary.
- 5.8.2 The age-rules do not apply for LARGE TEAMS and MEGA TEAMS

6. Solo Format

Rule 6.1 Solo Format

- SOLO FEMALE
- SOLO MALE
- SOLO MIXED (Local / Country Events)

Rule 6.2 Solo Categories

The highest solo ability level, displayed from top downwards.

- MASTER Division (EQ=A)
- Division 1 (EQ=B)
- Division 2 (EQ=C)
- Division 3 (EQ=D)

** MASTER Division is the highest level; a competitor who competes in this level is entitled to compete for their country and gain international recognised IDS titles of the highest level. Division 2 and 3 can also compete at some international events, but the title awarded is for that division only and should always be quoted when being used in any form or publication.*

* Below (EQ=*) is listed to provide the approximate equivalent division names used by other organisations or events.

EQ=*

A: = Advanced, Champs, Champion, Open

B:= Intermediate, Star, Closed, Starter

C:= Beginner, Newcomer, Amateur

D:= Novice, First Timer, Rookie

For DanceSport School League equivalents please refer to the dancesport school league rule book.

- 6.2.1** When passing an age category, the athlete remains in the same Division as in the lower age category.
- 6.2.2** Demoting to a lower Division can only be done on request and after authorisation by the Board of the IDS.
- 6.2.3** Direct promotion to a higher Division will be executed, with immediate effect, when in the final of any local, regional, national or international event, the athlete scores first places by all judges.

Rule 6.3 Solo Age Groups

JUVENILE	JUNIOR	YOUTH	ADULT	SENIOR
1 = 7yrs & under	1 = 13yrs & under	1 = 18yrs & under	1 = 19yrs & over	1 = 25yrs & over
2 = 9yrs & under	2 = 15yrs & under			2 = 35yrs & over
3 = 11yrs & under				3 = 45yrs & over

SOLO OVERVIEW:

FORMAT TABLE LOCAL/REGIONAL/NATIONAL				
Number of Athletes	Category	Duration	Tempo	Music
1	SOLO	1:00 minute +/- 5 seconds	80 - 120 bpm	Organisation

7. Duo Format

Rule 7.1 Duo Format

- DUO FEMALE (Female & Female)
- DUO MALE (Male & Male)
- DUO MIXED (Female & Male)

Rule 7.2 Duo Categories

The highest duo ability level, displayed from top downwards.

- MASTER Division (EQ=A)
- Division 1 (EQ=B)
- Division 2 (EQ=C)
- Division 3 (EQ=D)

** MASTER Division is the highest level; a competitor who competes in this level is entitled to compete for their country and gain international recognised IDS titles of the highest level. Division 2 and 3 can also compete at some international events, but the title awarded is for that division only and should always be quoted when being used in any form or publication.*

* Below (EQ=*) is listed to provide the approximate equivalent division names used by other organisations or events.

EQ=*

A: = Advanced, Champs, Champion, Open

B:= Intermediate, Star, Closed, Starter

C:= Beginner, Newcomer, Amateur

D:= Novice, First Timer, Rookie

For DanceSport School League equivalents you will find these located in the dancesport school league rule book.

7.2.1 If a duo consists of two athletes from different categories, the lowest Division they are allowed to compete in is one up from the lowest category of them.

7.2.2 In the Division 3, there can only be Division 3 athletes.

7.2.3 When passing an age category, the athletes remain in the same Division as in the lower age category.

7.2.4 Demoting to a lower Division can only be done on request and after authorisation by the Board of the IDS.

7.2.5 Direct promotion to a higher Division will be executed, with immediate effect, when in the final of any local, regional, national or international final, the duo scores first places by all judges.

Rule 7.3 Duo Age Groups

JUVENILE	JUNIOR	YOUTH	ADULT	SENIOR
1 = 7yrs & under	1 = 13yrs & under	1 = 18yrs & under	1 = 19yrs & over	1 = 25yrs & over
2 = 9yrs & under	2 = 15yrs & under			2 = 35yrs & over
3 = 11yrs & under				3 = 45yrs & over

Rule 7.4 Duo Age Allowances

7.4.1 An athlete can form a duo and compete in a duo competition in one age-category above their age category. Refer to rule 5.5

7.4.2 It is not however permitted for an athlete to form a duo and compete in any competition in an age-category below their age category. Refer to rule 5.5

DUO OVERVIEW

FORMAT TABLE LOCAL/REGIONAL/NATIONAL				
Number of Athletes	Category	Duration	Tempo	Music
2	DUO	1:00 minute +/- 5 seconds	80 - 120 bpm	Organisation

8. Small Team Format

Rule 8.1 Small Team Format

- Small Team FEMALE
- Small Team MALE
- Small Team MIXED

Rule 8.2 Small Team Categories

The highest quad ability level, displayed from top downwards.

- MASTER Division (EQ=A)
- Division 1 (EQ=B)
- Division 2 (EQ=C)
- Division 3 (EQ=D)

** MASTER Division is the highest level; a competitor who competes in this level is entitled to compete for their country and gain international recognised IDS titles of the highest level. Division 2 and 3 can also compete at some international events, but the title awarded is for that division only and should always be quoted when being used in any form or publication.*

* Below (EQ=*) is listed to provide the approximate equivalent division names used by other organisations or events.

EQ=*

A: = Advanced, Champs, Champion, Open

B:= Intermediate, Star, Closed, Starter

C:= Beginner, Newcomer, Amateur

D:= Novice, First Timer, Rookie

For DanceSport School League equivalents you will find these located in the dancesport school league rule book.

- 8.2.1** If a Small Team consists of athletes from different categories, the lowest Division they are allowed to compete in is one up from the lowest category of them.
- 8.2.2** In the Division 3, there can only be Division 3 athletes.
- 8.2.3** When passing an age category, the athletes remain in the same Division as in the lower age category.
- 8.2.4** Demoting to a lower Division can only be done on request and after authorisation by the Board of the IDS.
- 8.2.5** Direct promotion to a higher Division will be executed, with immediate effect, when in the final of any local, regional, national or international final, the Small Team scores first places by all judges.

8.3 Small Team Age Groups

JUVENILE	JUNIOR	YOUTH	ADULT	SENIOR
1 = 7yrs & under	1 = 13yrs & under	1 = 18yrs & under	1 = 19yrs & over	1 = 25yrs & over
2 = 9yrs & under	2 = 15yrs & under			2 = 35yrs & over
3 = 11yrs & under				3 = 45yrs & over

- 8.3.1** The oldest competitor in a Small Team will determine the entrance in an age-category for any competition. Refer rule 5.5 and rule 5.6
- 8.3.2** For local and regional events it is upon the organisers discretion to extend the age limit. Refer rule 5.8

SMALL TEAM OVERVIEW

FORMAT TABLE LOCAL/REGIONAL/NATIONAL				
Number of Athletes	Category	Duration	Tempo	Music
3 - 4	SMALL TEAM	1:30 minutes +/- 5 seconds	80 - 120 bpm	Organisation

9. Team Format

Rule 9.1 Dance Quantities for Teams

- TEAM (5-8 athletes + Max 2 reserves)
- LARGE TEAM (9-20 athletes + Max 3 reserves)
- MEGA TEAM (21-Max40 athletes + Max 4 reserves)

Rule 9.2 Age Restrictions for Teams

- 9.2.1 The oldest competitor in a team will determine the entrance in an age-category for any competition. Refer rule 5.7
- 9.2.2 For local and regional events it is upon the organisers discretion to extend the age limit.
- 9.2.3 The age rule does not apply for LARGE TEAMS and MEGA TEAMS

Rule 9.3 Team Categories

The highest quad ability level, displayed from top downwards.

- MASTER Division (EQ=A)
- Division 1 (EQ=B)
- Division 2 (EQ=C)
- Division 3 (EQ=D)

** MASTER Division is the highest level; a competitor who competes in this level is entitled to compete for their country and gain international recognised IDS titles of the highest level. Division 2 and 3 can also compete at some international events, but the title awarded is for that division only and should always be quoted when being used in any form or publication.*

* Below (EQ=*) is listed to provide the approximate equivalent division names used by other organisations or events.

EQ=*

A: = Advanced, Champs, Champion, Open

B:= Intermediate, Star, Closed, Starter

C:= Beginner, Newcomer, Amateur

D:= Novice, First Timer, Rookie

For DanceSport School League equivalents you will find these located in the dancesport school league rule book.

9.3.1 If a team consists of athletes from different categories, the lowest Division they are allowed to compete in is one up from the lowest category of them.

9.3.2 In the Division 3, there can only be Division 3 athletes.

9.3.3 When passing an age category, the athletes remain in the same Division as in the lower age category.

9.3.4 Demoting to a lower Division can only be done on request and after authorisation by the Board of the IDS.

9.3.5 Direct promotion to a higher Division will be executed, with immediate effect, when in the final of any local, regional, national or international final, the team scores first places by all judges.

TEAM OVERVIEW

FORMAT TABLE LOCAL/REGIONAL/NATIONAL				
Number of Athletes	Category	Duration	Tempo	Music
5 - 8	TEAM	2:00 minutes +/- 5 seconds	80 - 120 bpm	Organisation
9 - 20	LARGE TEAMS	2:30 minutes +/- 5 seconds	No restrictions	Own music
21 - Max 40	MEGA TEAMS	3:00 minutes +/- 5 seconds	No restrictions	Own music

10 General Rules

Rule 10.1 General Discipline

- 10.1 In Solo you must dance within your own space without travelling around the floor by walking or running. You can travel if you are using step combinations from any street style
- 10.2 Moves during free-styling or set choreography should be age appropriate, but should never be distasteful regardless of age.
- 10.3 You are not permitted to touch other competitors during performance. Any sign of pushing, blocking, elbows, or action that is seen as a way to affect an opponent's performance will lead to a warning/disqualification.
- 10.4 When placed on a particular part of the floor or requested to dance in a particular space by any events staff you must obey these instructions.
- 10.5 In holding areas, around the arena, backstage as an individual or group you must not behave in a manner that causes intimidation towards another competitor or group of competitors.
- 10.6 As a competitor you are to be polite towards all IDS Staff, officials, other competitors. This also applies to spectators. Any person attending an IDS event who causes distress, discomfort to any other individual will be removed from the event.
- 10.7 The IDS and any IDS partner/affiliate running an event, reserve the right to refuse entry.
- 10.8 Good sportsmanship should be shown on and off the dance floor at all times.

11 Penalties

11.1 Violation of any of the rules, observed by any official will be reported to the Chairman of the Judges and the official competition organiser. Collectively they will deliberate with the other judges upon which final judgement will be made.

11.2 Possible penalties are as follows:

- Point Deduction:

Removal of a judge's mark / or reduction in score.

- Green Card:

Warning: The violation was found not severe but a similar repetitive failure may/ will lead to further arbitration.

- Yellow Card:

Strong warning: The violation was severe but immediate disqualification is not required. Further violations will lead to disqualification.

- Red Card:

Immediate disqualification: The violation was severe and immediate disqualification is required. A repetition of a violation that was already penalised with yellow card

12. Disqualification Process

Rule 12.1 Disqualification Prevention

12.1.1 It is not the intention or desire to disqualify any athlete within the IDS.

12.1.2 IDS will provide warnings and advice, but it will be in some instances that particular rules are breached decide to disqualify or ban.

Rule 12.2 Disqualification

- 12.2.1 Should a competitor perform in an age group below their current age in order to have an advantage, they will be disqualified.
- 12.2.2 If an athlete is seen acting in an aggressive manner towards any IDS official or towards another competitor.
- 12.2.3 Continued repetitive violations of rules after a warning.

Rule 12.3 Instant Ban

Athletes will be banned if they are abusive both physical or vocally towards any IDS official or an IDS member.

Rule 12.4 Appeal Process

- 12.4.1 The IDS has an appeal process that will be dealt with by the IDS Disciplinary committee.
- 12.4.2 An appeal must be made in writing to the IDS by postal letter or email to disciplinary@international-dancesport.org

Rule 12.5 Warnings process

- 12.5.1 It is possible depending on nature of the offence (rule breached) that the athlete may receive the following that could for repetitive offences lead to disqualification.
 - Green card is 1st warning
 - Yellow card is 2nd warning
 - Red card is disqualification

13. Safety

- 13.1 Disturbing, obstructing and/or endangering the safety of the opponents performance is a serious violation and will result in a yellow card and additionally a possible degrading of the score.

14. IDS Ranking System

Rule 14.1 Obtaining Points

14.1.1 All full members will score points when participating at competitions and fixtures. The points are placed in to the IDS ranking system and can be viewed via the member portal or IDS website, displaying from local level to international level results and rankings.

Rule 14.2 Display of results

14.2.1 Points will be rewarded to all who regain call backs in preliminary and following rounds, depending on the size of the event/competition. Semi-Finalist, Finalist will receive further points.

15. IDS Competition Format: HEATS

To have a competition at any event there should be a minimum of 2 entries in a category. The organiser may ask a maximum of three entries to proceed to a higher category for organisational matters. The majority (2) will decide whether the three entries will proceed to a higher category or have their own competition.

Rule 15.1 Heats and Divisions

15.1.1 Rounds will be decided upon based upon the number of entries in any given event.

15.1.2 The number of athletes who progress to the next round is dependent on the judges markings.

15.1.3 Every round is made up of two heats* as follows:

- A first set of heats of 1 minute in broken down numbers, spot solo/duo/team.
- After these heats have been completed all solo's / duo's teams of preceding heats will dance all together for 1 minute.

**Note: During a first round an extra heat where all athletes dance together may be added prior to the broken down heat, depending on the number of entries and the organiser's time-table.*

15.1.4 The objective is to have after several rounds:

- Eight Final: 32 solo's, duo's, teams
- Quarter Final: 20 solo's, duo's, teams
- Semi Final: 12 solo's, duo's, teams
- Final: 6 solo's, duo's, teams

**The above objectives will not always be met, as the use of the majority system being used during the calculation of markings received from the adjudicators it is not possible to always match the guideline numbers provided above.*

Rule 15.2 Difficulty Levels

- Master Division
- Division 1
- Division 2
- Division 3

Rule 15.3 Duration of performance

15.3.1 The performance starts when the music starts.

15.3.2 Durations of Solo, Duo, Small Team event rounds are as follows:

- 1st Rounds: Part 1 = broken down 1 minute, Part 2 all together 1 minute
- 2nd Rounds: Part 1 = broken down 1 minute, Part 2 all together 1 minute
- Final: Part 1 = spot performance 1 minute, Part 2 all together for 1 minute

**Note: During a first round an extra heat where all athletes dance together may be added prior to the broken down heat, depending on the number of entries and the organiser's time-table.*

15.3.3 Team performance durations are as follows.

- Teams 2 min
- Large Teams 2 min
- Mega Teams 3 Min

Rule 15.4 Duration of Music

15.4.1 The music will stop at the maximum time allowed.

15.4.2 All music should be pre-checked before being submitted.

15.4.3 The IDS appointed DJ or Music Administrator will pre-check all music prior to event for its duration. If the duration exceeds the time, the athlete(s) will be informed prior to event to avoid any disqualification on the day

15.4.4 If the warning is not followed up and rectified within the advertised final cut off date for music submission this can lead to point deduction on day of the competition or even disqualification.

NOTE: For local and regional events times may be altered on discretion of the organiser.

16. IDS Competition Format: BATTLES

To have a competition at any event there should be a minimum of 2 entries in a category. The organiser may ask a maximum of three entries to proceed to a higher category for organisational matters. The majority (2) will decide whether the three entries will proceed to a higher category or have their own competition.

Rule 16.1 Difficulty Levels

- Master Division
- Division 1
- Division 2
- Division 3

Rule 16.2 Preliminaries

16.2.1 In the preliminary rounds a maximum 12 athletes will be on the floor at the same time.

They will demonstrate 4 different primary styles according to the following schedule:

**Note: The schedule can vary on the day of the event or be publicised prior to the event. If varying on the day it is normally the DJ's choice as to what style of music is played to determine the primary style.*

Both opponents will receive the same style and possible also the same segment of music for each round.

- | | | |
|-------------------|---------------|----------------|
| ○ 1 minute | (1:00) | : NEW STYLE |
| ○ 30 - 40 seconds | (0:30 - 0:40) | : *OTHER STYLE |
| ○ 30 - 40 seconds | (0:30 - 0:40) | : *OTHER STYLE |
| ○ 1 minute | (1:00) | : OLD SCHOOL |

**House, Locking, Popping, Dancehall.*

16.2.2 Adjudicators will look for the primary styles. Use of other styles is of course encouraged, but must not dominate.

For example, during a Locking Round you may wish to add in other styles you feel are fitting to the music. But do be mindful that during the preliminaries the judges are looking for the primary style, once successful and into the battle stage you can of course add whatever styles you wish into the primary style.

Rule 16.3 Battle Spider

16.3.1 In general it will be the best 16 athletes that will continue to the battle-rounds.

This could be lowered to 8 or for local events as low as 4 depending on entries and time constraints.

16.3.2 The athletes will be ranked from 1 to 16 according the scores by the adjudicators from the preliminary round.

Rule 16.4 Battle Rounds

16.4.1 During all the battle rounds the athletes will demonstrate 3 different styles according to the following schedule:

- 30 - 40 seconds (0:30 - 0:40) : NEW STYLE
- 30 - 40 seconds (0:30 - 0:40) : OTHER STYLE
- 30 - 40 seconds (0:30 - 0:40) : OLD SCHOOL

17. Floor dimensions

17.1 The floor dimensions for solo, duo, quad and teams is 10 X 12 meters.

17.2 The floor dimension for large teams and mega teams is 12 X 18 meters.

17.3 It is the organiser's duty to inform all participating athletes of the performance area dimensions.

17.4 Continuing dancing outside the floor will lead to yellow card.

17.5 Athletes have to stay on the floor until the round/heat has finished. If they leave floor for any other reason than injury or sickness they will receive a point deduction.

18. Music

Rule 18.1 Speed of Music

18.1.1 Solo's, duo's, quad's and teams will dance to the Organisers music with a BPM between 80 - 120.

18.1.2 All heats with in the same rounds will have the same music and BPM.

In general for solo & the range is maximum 120 bpm 80-120. During battles the speed will be as per the Music Genres suited to the styles with no restrictions.

18.1.3 The BPM will be the same for each heat during each round.

18.1.4 In the final Solo spot, music will be the same segment. The track will change when all athletes dance together after solo spot.

18.1.5 Large Teams and Mega Teams will dance to their own music, with no restrictions on variations or maximum limits of BPM.

Rule 18.2 Duration of Music

18.2.1 The music will stop at the maximum time allowed.

18.2.2 All music should be pre-checked before being submitted.

18.2.3 The IDS appointed DJ or Music Administrator will pre-check all music prior to event for its duration. If the duration exceeds the time, the athlete(s) will be informed prior to event to avoid any disqualification on the day

18.2.4 If the warning is not followed up and rectified within the advertised final cut off date for music submission this can lead to point deduction on day of the competition or even disqualification.

Rule 18.3 Large Team and Mega Team Music

18.3.1 Large Teams and Mega Teams will dance to their own music, with no restrictions on variations or maximum limits of BPM.

NOTE: For local and regional events times may be altered on discretion of the organiser.

19. Clothing

- 19.1 Clothing should be of Hip Hop / Urban style.
- 19.2 Athletes are not allowed to change their clothing during a performance.
The rule 19.2 does not apply to non-competitive performances or urban dance shows/gala events
- 19.3 Young competitors should not be dressed in clothing that is not suitable for their age. Any distasteful dress will be noted by Adjudicators and officials and a warning (green card) will be issued in the first instance. If changes are not made then this can lead to disqualification. Refer to rule 19.4
- 19.4 Not adhering to the clothing rule in preliminary rounds will lead to yellow card. The offending item(s) of clothing have to be revised/changes before the next round or it will lead to a red card.
- 19.5 Not adhering to the clothing rule in the final round will lead to a red card.
- 19.6 Use of personal lighting within the clothing is permitted as long as it powered by a battery.
- 19.7 Footwear is required at all times. Bare feet is not permitted.
- 19.8 Printed clothing must not be offensive. For example, offensive language, offensive symbols, icons, logos.
- 19.9 You are permitted to wear clothing that represents your dance studio, dance school, before, after and during events.
- 19.10 If an event is to be televised the above rule 19.9 may require you not to wear clothing that features your dance school or any mainstream clothing logos. Advice would be given prior to any televised event as the law differs from one country to another.

20. Props

- 20.1 For teams, stage props that will or may damage the floor, will or may litter the floor, will or may make the floor unsafe in any way will not be allowed. (E.g. Liquids)
- 20.2 It is not allowed to use open flames.
- 20.3 It is not allowed to use live animals.

For GALA/STREETDANCE SHOW Events please see the Rule Book

21. Acrobatics

- 21.1 Acrobatics are not allowed when more than 2 solo's are on the same floor.
- 21.2 Acrobatics are not allowed when more than 2 duo's are on the same floor.
- 21.3 Acrobatics are not allowed when more than 1 quad are on the same floor.
- 21.4 Acrobatics are not allowed when more than 1 team are on the same floor.
- 21.5 Acrobatics are not allowed when more than 1 large team or 1 mega team are on the same floor
- 21.6 An Acrobatic movement is defined as a movement in which the body overturns either the sagittal or frontal axis.(E.g. somersaults, hand-wheeling)
- 21.7 It is not permitted to perform any kind of lift that is directly followed by an acrobatic type movement that elevates an athlete in the air.
- 21.8 Acrobatic movements will not necessarily enhance the athlete's score and it could even degrade the score if not performed technically correct.
- 21.9 Acrobatics may be incorporated in the performance but they may not dominate the dance.
- 21.10 Acrobatics are only allowed during the battles, as during the preliminary rounds more than 2 solo's will be performing on the same floor at the same time.
- 21.11 Not adhering to the acrobatic rule in preliminary rounds will lead to yellow card.
- 21.12 The athlete(s) will be advised that they need to remove any acrobatic move that infringes the rules.
- 21.13 If after the warning the rule is breached again, this will lead to a red card.

22. Lifts

- 22.1 Lifts are allowed but space required at point of performance should be considered.
- 22.2 It is not permitted to perform any kind of lift that is directly followed by an acrobatic type movement that elevates an athlete in the air.

23. Substitutes

- 23.1** In case of exceptional circumstances (E.g. injuries, unforeseen conditions) athletes in quads and teams may be replaced by a reserve.
- 23.2** Prior permission must be obtained from the Chairman of the Judges. The maximum number of substitutes is 1 for a small team, 2 for a team, 3 for a large team and 4 for a mega team.
- 23.3** Unauthorised usage of a reserve will lead to a yellow card in preliminary round and to a red card in the final round.
- 23.4** Reserves are not allowed for solos and duo's and will lead to a red card.
- 23.5** Reserve athletes must be registered and placed on the team entry form as the official reserve athlete(s). Athletes who are not on the form cannot stand in as substitute on the day of the event.
- 23.6** Any team must meet the minimum required number of athletes in order to be able to participate.

COMPETITION FORMAT GUIDE

Below is a quick glance guide to ages, categories, format, timings.

FORMAT TABLE LOCAL/REGIONAL/NATIONAL				
Number of Athletes	Category	Duration	Tempo	Music
1	SOLO	1:00 minute +/- 5 seconds	80 - 120 bpm	Organisation
2	DUO	1:00 minute +/- 5 seconds	80 - 120 bpm	Organisation
3 - 4	SMALL TEAM	1:30 minutes +/- 5 seconds	80 - 120 bpm	Organisation
5 - 8	TEAM	2:00 minutes +/- 5 seconds	80 - 120 bpm	Organisation
9 - 20	LARGE TEAMS	2:30 minutes +/- 5 seconds	No restrictions	Own music
21 - Max 40	MEGA TEAMS	3:00 minutes +/- 5 seconds	No restrictions	Own music