Modern/New Style/Lyrical Hip Hop Competitions

The dance industry responded to hip-hop dance by creating a commercial version of it. This studio hip-hop, sometimes called "new style", is the kind of hip-hop dance seen in rap, R&B, and pop music videos and concerts. Modern hip-hop (or new style hip-hop) is choreographed urban party dancing with studio technique added to it.

From a technical aspect, it is characterized as hard-hitting involving flexibility and isolations—moving a specific body part independently from other. The feet are grounded, the chest is down, the posture is hunched, and the body is kept loose so that dancers can easily alternate between hitting the beat or moving through the beat. Like African dance, new style hip-hop is very rhythmic and involves a lot of footwork and radial movement of the hips. In addition, emphasis is placed on musicality - how sensitive your movements are to the music—and being able to freestyle (improvise). As long as dancers keep the foundational movements, they can add their own (free) style and have a performance that is still hip-hop.

Categories
a. Solos with the possibility to divide the Solos into Solo Male and Solo Female.
b. Duos with the possibility to divide the categories into: Duos FF, Duos MM, Duos FM.
c. Trios (3) dancers
d. Small Teams 4 - 8 dancers
e. Large Teams 9 - 16 dancers
f. Showcases 17 – 30 dancers
g. Super Showcases 31 and more dancers

Age groups
For all Age Groups see the General Rules.

Tempo of the music: Tempo: 27 - 28 bars per minute (108 - 112 beats per minute)

Format - Qualifying Rounds Solos, Duos and Trios
a. The Organiser’s music must be played in Strict Tempo.
b. In the starting round of the competition all dancers, Solos, Duos and Trios shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries, and therefore the floor will be too crowded, the presentation dance can be divided into two or more groups.
c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, but the heats should not exceed 6 dancers, 6 Solos or 3 Duos or 2 Trios. Each heat will never last longer than 1 minute.
d. Judges mark the dancers using the 1-dimensional system of marking with a cross for each Solo, Duo or Trio whom they want to go forward into the next round.
e. To close the round all dancers will dance again for 30 seconds for the judges to clarify their marks.
f. In the following rounds no presentation dance will be made but items c, d, and e, will be repeated in all following rounds until the Final.
**Format for dancing the Final for Solos, Duos and Trios**

There must be a minimum of 5 Solos, Duos or Trios in the final unless it is a straight final, but never more than 8 Solos, Duos or Trios. If there are 6 Solos, Duos or Trios or less, it can be a straight final. If there are 7 Solos, Duos or trios in a class or more then there must be a semi-final.

a. All finalists will dance 30 seconds together.

b. The competitors will be divided in two parts. 50% of the competitors will dance for up to a maximum of 1 minute but not less than 30 seconds. The other 50% will dance the same amount of time. The Trios could be divided into three heats depending of the size of the floor.

c. All competitors will then dance together for up to a maximum of 1 minute.

d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.

e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music for up to a maximum of 1 minute but not less than 30 seconds each time.

f. Solos, Duos and Trios are allowed to use lifts and acrobatics. A lift is defined as one partner losing contact with the floor for more than 2 beats, by being supported by the other partner. Acrobatics are defined as those movements, in which the body turns around the sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.

**Format - Qualifying Rounds for Small Teams, Large Teams, Showcases**

**Music:** Every Team dances to their own music.

**Small Teams:** Only 1 team will dance at a time in each heat. There is no presentation dance for Small teams. The duration of the music, which is the Small Team’s own music, must not be longer than 3 minutes.

**Large Teams:** Only 1 team will dance at a time in each heat and the duration of the music, which is the Large Team’s own music, must not be longer than 3 minutes.

**Showcases:** Only 1 team will dance at the time in each heat and the duration of the music, which is the Showcase’s own music, which must not be longer than 4 minutes.

**Super Showcases:** Only 1 team will dance at the time in each heat and the duration of the music, which is the Showcase’s own music, which must not be longer than 5 minutes. Judges mark the Teams and Showcases one by one, by using the 2-dimensional system and give each Team they want to go forward into the next round two sets of crosses, one for Artistic Merit, the other for Technical Merit.

**Format for dancing the Final for Small Teams, Large Teams and Showcases**

a. Each team will dance on their own, one by one, using their own music. Small and Large Teams must not dance longer than 3 minutes, and Showcases not longer than 4 minutes.

b. Judges place the Teams in order of merit using the 2-dimensional system by giving two placing, one for Artistic Merit, the other for Technical Merit.

c. For Small Teams, Large Teams and Showcases lifts and acrobatics are allowed, in all rounds because each team is performing alone on the floor.

d. Acrobatics are defined as those movements, in which the body turns around the sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.