



Technical Rules

LINDY HOP RULES

Version : 1.0

Date : 21/09/2023

Author(s) : Sport Commission

Date of WRRC Presidium approval: 15/10/2023
Valid from : 01/01/2024

Visa :

on behalf of WRRC Presidium
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Version	Description of modifications
1.0	New version

SUMMARY

1	INTRODUCTION.....	4
1.1	LINDY HOP TOURNAMENTS	4
1.1.1	The age of a competitor, for the purpose of determining their age category for competition, is calculated as the year of birth subtracted from the year of competition.	4
1.1.2	A couple is not allowed to compete in more than one age group. Multiple changes of age groups are not allowed.	4
1.1.3	MUSIC	4
2	LINDY HOP TOURNAMENTS.....	5
2.1	TOURNAMENT RESTRICTIONS AND RESTRICTION ON FIGURES	5
2.1.1	PRELIMS	5
2.1.2	FINAL ROUNDS.....	5
2.1.3	Dance, music and clothes should match the era.....	5
2.1.4	RESTRICTION ON FIGURES LINDY HOP JUNIORS	5

1 INTRODUCTION

In all items, not regulated separately in the following, the appropriate conditions stipulated by the WRRC especially in the Tournament Rules shall be applicable.

Lindy Hop must remain free to allow evolution of the dance.

Lindy Hop is danced to Swing music.

Lindy Hop shall give priority to musical interpretation.

There are NO syllabus for Lindy Hop.

1.1 LINDY HOP TOURNAMENTS

	Age	Prelim Speed of the music Duration Max Nbre of couples by heat	Final Speed of the music (Duration and draw cf. 2.1)
Juniors	8-17	44/48 bars/minute 1 min. 4 couples max	48-50
Main Class	min. 16	44/48 bars/minute 1 min. 4 couples max	50-56
Senior I	30-45	44/48 bars/minute 1 min. 4 couples max	48-50
Senior II	45+	44/46 bars/minute 1 min. 4 couples max	46-48
Show Case	min. 14	From 2 min.15 to 2min.30 1 couple max	No speed limit

1.1.1 The age of a competitor, for the purpose of determining their age category for competition, is calculated as the year of birth subtracted from the year of competition.

1.1.1.1 *Age = (Year of competition) – (Year of birth)*

1.1.1.2 *Senior I: The category chosen by the couple is determined by the age of the youngest between the two partners.*

1.1.2 A couple is not allowed to compete in more than one age group. Multiple changes of age groups are not allowed.

1.1.3 MUSIC

1.1.3.1 *Lindy Hop is danced on swing music.*

Music must be provided by the WRRC music commission.

1.1.3.2 *The speed of the music may not deviate more than +/- 1 bar per minute per round.*

1.1.3.3 *Show Case: maximum 15 sec. with all other music style (into + intermezzo + outro)*

2 LINDY HOP TOURNAMENTS

FOR COUPLES, JUNIOR, MAIN CLASS, SENIORS AND SHOWCASE

2.1 TOURNAMENT RESTRICTIONS AND RESTRICTION ON FIGURES

2.1.1 PRELIMS

2.1.1.1 *Juniors, Main Class and Seniors (20 couples and more) first round, hope round, semi final KO System (12 couples with a draw, 1st vs 12th, 2nd vs 11th ...) and final (7 couples, 6 winner and one lucky loser).*

2.1.1.2 *Juniors, Main Class and Seniors (up to 19 couples) first round, hope round, and final (7 couples).*

2.1.1.3 *Showcase dance individually.*

2.1.2 FINAL ROUNDS

2.1.2.1 *Final Junior, Main Class, Senior is conducted in the following way.*

2.1.2.2 *First all couples shall dance together for 16x8 (called warm-up.46-48mpm).*

2.1.2.3 *Then each couple has two solo performances (Spotlight) one of 16 eightcounts and one of 8 eightcounts.*

2.1.2.4 *Between the two 8 eightcounts the couples switch places on the floor depending on the starting list. (random).*

2.1.2.5 *After the individual performances all couples shall dance together for another 16x8 (All Skate).*

2.1.2.6 *The final session is performed to continuous music without breaks between the solo performances (spotlight) and the All-Skate sections.*

2.1.2.7 *Final Showcase is danced to own music individually.*

2.1.3 *Dance, music and clothes should match the era.*

2.1.4 RESTRICTION ON FIGURES LINDY HOP JUNIORS

Regardless if the dancer is doing it on its own or together below directives is applied:

2.1.4.1 *Rotations of more than 180° around the body's lateral or sagittal axis are not allowed.*

2.1.4.2 *Only figures are allowed that one partner can perform alone or if there is permanent contact between the ground and at least one foot.*



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