

Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
1 vs 1 Battle	A specific Dance Battle system (see Battle). A Battle is a dance competition in which two Breakers or crews compete against each other to determine who has the better performance skills.
Air Moves	The term indicates that there is a moment in a Breaker's set during which the entire body does not touch the ground anymore. Any kind of jump would suit this description.
B-Boy	From "Break-Boy", a male Breaker/athlete who practices Breaking. Originating from the Bronx borough of New York in the early 1970s when DJ Kool Herc played "breaks" of songs which are the part of the song without lyrics, only the beat. Guys dancing to these breaks were called "Break-Boys" or shortened to "B-Boys".
B-Girl	From "Break-Girl", a female Breaker/athlete who practices Breaking (see B-Boy above).
Battle	A competition format, where two Breakers oppose each other and dance until one is declared the winner. The Battle usually takes place in rounds where one breaker will perform first, then the opposite Breaker responds after the first Breaker has finished the round.
Bite	A bite is a phrase or set of moves, or a combination of moves, taken from another Breaker.
Blow Ups	Blow ups are quick and explosive move combinations leading to a surprise moment in a Breaker's set.
Breaking	Also called "B-Boying" or "B-Girling", is an urban dance style which originated during the mid-1970s in the Bronx borough of New York City. The earliest innovators of Breaking were African-American and Puerto Rican youths. During the ensuing 40 years, Breaking has progressed from its Bronx roots into an internationally recognised cultural art form, with elements of urban dance intertwined with extraordinary athleticism.
Crash	Non-intentional/accidental movement that leads into failure.
Criteria For Judging	All Battles are judged against the following criteria: Technique, Vocabulary, Originality, Execution and Musicality
Disqualification	Breakers may be disqualified for doping offences or a breach of sport ethics. Disqualified Breakers will not be considered for placing in the competition.
DJ	The DJ (Disc Jockey) plays the music at the competitions.
Downrock	Breaking mainly consists of four kinds of movement: toprock, downrock, power moves and freezes. Downrock (also known as "footwork" or "floorwork") is used to describe any movement on the floor with the hands supporting the dancer as much as the feet.
Drops	Drops represent the different ways to get down into a floor move, forming the transition between toprock and downrock.
Final	The phase in which Breakers compete for medals.
Footwork / Legwork	This describes the elaborate steps, leg swings, kicks and sweeps while Breaking.

OMEGA



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Freezes	A freeze is a pose in which the Breaker stops moving completely in the middle or at the end of a set.
Head Judge	The head judge is responsible for all judge related tasks in a non-voting capacity. He must hold both valid and subsisting judge's licenses for the WDSF Breaking Judging System Level A and Breaking Chair/Head Judge license at the time of the event.
MC (Host)	The MC is the Master of Ceremonies. The MC introduces the judges, the DJ and the participants. The MC calls the participants onto the stage and instructs them to their assigned starting positions and he also announces the finish of a set.
Officials	The personnel, appointed by the WDSF, responsible for conducting the competition according to the technical rules in the WDSF Rule Book.
Power Moves	Power moves are a complex set of movements in which the play with gravity is enhanced through centrifugal force. It is the velocity and the dynamic appearance of a power move that gave rise to this descriptive term. All power moves have a spinning motion. In a pure power move the feet of the athlete seldom touch the ground.
Round Robin	A phase of an individual Games event. Groups are formed and Battle "all-against-all" with a final standing to determine who are the best two athletes per group who advance to the next phase.
Round Robin System	In a round robin, the athletes are divided into different groups in which each athlete Battles every other athlete.
Spins	Each turn with a minimum of 360 degrees while on the ground is considered to be a spin.
Toprock	In toprock all moves are performed standing up.
Transitions	Transitions are parts that link one move with another. They are the links that cause the dynamic flow to a Breaker's performance.

Note:
For further information please consult: www.worlddancesport.org