# JavaScript Break and Continue

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The break statement "jumps out" of a loop.

The continue statement "jumps over" one iteration in the loop.

#### The Break Statement

You have already seen the break statement used in an earlier chapter of this tutorial. It was used to "jump out" of a switch() statement.

The break statement can also be used to jump out of a loop.

The **break statement** breaks the loop and continues executing the code after the loop (if any):

```
Example

for (i = 0; i < 10; i++) {
    if (i === 3) { break; }
    text += "The number is " + i + "<br>};
}
Try it Yourself »
```

### The Continue Statement

The **continue statement** breaks one iteration (in the loop), if a specified condition occurs, and continues with the next iteration in the loop.

This example skips the value of 3:

#### Example

```
for (i = 0; i < 10; i++) {
    if (i === 3) { continue; }
    text += "The number is " + i + "<br>};
}
Try it Yourself »
```

# JavaScript Labels

To label JavaScript statements you precede the statements with a label name and a colon:

```
label:
statements
```

The break and the continue statements are the only JavaScript statements that can "jump out of" a code block.

Syntax:

```
break Labelname;
continue Labelname;
```

The continue statement (with or without a label reference) can only be used to **skip one loop iteration**.

The break statement, without a label reference, can only be used to **jump out of a loop or a switch**.

With a label reference, the break statement can be used to jump out of any code block:

#### Example

```
var cars = ["BMW", "Volvo", "Saab", "Ford"];
list: {
    text += cars[0] + "<br>;
    text += cars[1] + "<br>;
    break list;
    text += cars[2] + "<br>;
    text += cars[3] + "<br>;
}
Try it Yourself »
```

A code block is a block of code between { and }.

## Test Yourself with Exercises!

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