The comma is very frequently used. There are four different uses for commas:

1. **Listing comma**
   Use a listing comma in a list whenever you could use ‘and’ or ‘or’. Don’t use it anywhere else:
   
   *The bands included JLS, N-Dubz and Jedward.*

2. **Joining comma**
   Use a joining comma to join two complete sentences with one of the words *and*, *or*, *but*, *yet* or *while*. Do not use a joining comma in any other way:
   
   *You must hand your homework in on Friday, or you will receive a detention.*

3. **Gapping comma**
   Use a joining comma to show that one or more words have been left out when the missing words would repeat the ones earlier in the sentence:
   
   *Italy is famous for its pizza, France, for its pastries.*

4. **Bracketing comma**
   This one is used the most often. A *pair* of bracketing commas is used to mark off a weak interruption of the sentence — that is, an interruption which does not disturb the smooth flow of the sentence:
   
   *X Factor, it would seem, has changed the face of music forever.*