

WADF

WORLD ARTISTIC DANCE FEDERATION

Artistic Couple Dance Department

Divisions and **Competition Rules**

Artistic One Dance Division

Artistic Three & Five Dance Division

Artistic Student Teacher Division

Artistic Formation Division

Artistic Multi Dance Division

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Artistic Couple Dance Department

Section B-1

Artistic One Dance Division

Solo Dance Competitions

Categories

- a. Solo Female
- b. Solo Male

How to perform Solo Dance Competitions

- a. Solo Dance Competitions are performed in the same way as the accepted couple dance competitions. The difference being that all dancers perform alone. Each competition will be presented as a one dance competition.
- b. All figures can be danced by both male and female dancers even though competitions for males and females are separate. Creative non syllabus figures can also be danced so long as they are kept within the style and character of the dance being performed.
- c. In Latin American, Street and Caribbean dances, like (Salsa, Bachata and Merengue), where the majority of the performance is danced towards where the judges sit or stand, the numbers must be placed on the front of the body or on the left hip so that the numbers are clearly visible to all judges. In Ballroom (Standard) dances the number can be placed on the back or on the front of the body because the dancers move around the dance floor turning in both directions so the numbers will be visible.

Solo Dance Competition format

- a. The Organisers' music must be played in Strict Tempo.
- b. In the starting round of the competition all dancers shall be seen by the judges in a presentation dance for 30 seconds. 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, recommended is 6 but a heat should never exceed 12 dancers. The time for each heat shall never be longer than one (1) minute.
- d. Judges mark the dancers using the 1-dimensional system of marking with a cross for the dancers 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, items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final

A Final shall consist of a minimum of 5 dancers, unless it is a straight final, but with no more than 8 dancers. If there are 6 dancers or less in a class, it can be a straight final. If there are 7 dancers or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two equal groups. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- 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.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time

Criterion for Judging

- a. The judges will reward good and sound footwork and the use of the feet.
Good balance, musicality and poise are important.
- b. The placing and movements of the arms are of the dancers own choice.
- c. The same applies to the head and body.
Facial expression is important but should not be exaggerated.
- d. Good floor craft, use of free space and avoidance of collisions is important.

Open marking is not to be used.

Artistic Couple Dance Department

Section B-1

Artistic One Dance Division

Duo Dance Competitions

Categories

Duos = Female-Female, Male-Male, Male-Female.

How to perform Duo Dance Competitions

- a. A team consists of only two dancers and therefore all steps must be danced side by side, in shadow position or behind each other. It is not allowed to dance in an opposite mode as a couple. It is allowed to face each other but not taking a normal hold, and dance mirroring figures using the opposite steps, but not for longer than 4 bars of music at a time.
- b. It is possible to dance the Men's and/or the Ladies steps but always by the two dancers at the same time facing the same way. Avoid keeping the same position in relation to each other during the whole performance. In the open dances of the Latin American and Caribbean styles it is important to change places and face different directions during the performance. Try to make good use of the floor. In the Ballroom (Standard) style this is not a problem but could be in Latin American and Caribbean style.
- c. The head, arms, body, legs and feet should be synchronised during the whole performance.

Due Dance Competition format

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all duos shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups.
- c. The duos will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 duos in each heat and never more than 12 duos. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute. Mini kids must never dance longer than 1 minute and not less than 40 seconds.
- d. Judges mark the duos using the 1-dimensional system of marking with a cross for the duos they want to go forward into the next round.
- e. To close the round all duos will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final

A Final shall consist of a minimum of 5 duos, unless it is a straight final, but with no more than 8 duos in the final. If there are 6 duos or less in a class, it can be a straight final. If there are 7 duos or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two equal groups. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- 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.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time

Criterion for Judging

- a. The judges will reward good synchronisation between the team members.
- b. It is important how the team uses the floor.
- c. Clever choreography, impressive impact of each team member with correct technique is also important but a team is always judged as a whole and not by the individuals.

Open marking is not to be used.

Artistic Couple Dance Department

Section B-1

Artistic One Dance Division

Triple Dance Competitions

Categories

Triplets

Definition of a Triplet

A Triplet is defined as three persons of any gender dancing together.

How to perform Triple Dance Competitions

- a. A triplet consists of three dancers who shall dance during the whole performance a completely free choreography in the true character of the dance. It is allowed, and encouraged, for two of the triplet to dance in an opposite mode as a couple while the third dances in a shadow position to one dancer in the couple. It is allowed to dance the man's steps, and/or the ladies steps, by all three dancers synchronised side by side or while one or two dancers perform the man's steps and one or two perform the opposite steps respectively.
- b. Avoid keeping the same position in relation to each other during the whole performance. In the open dances, of the Latin American and Caribbean styles, it is important to change places and face different directions during the performance. Try to make good use of the whole dance floor. In the Ballroom (Standard) style this is not a problem but could be in Latin American and Caribbean styles.
- c. The head, arms, body, legs and feet should be synchronised as far as possible when dancing the same steps in shadow position or side by side.

Triple Dance Competition format

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all Triplets shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups.
- c. The Triplets will thereafter be divided into heats. The number of Triplets in the same heat depends on the size of the dance floor. It is recommended 4 Triplets in each heat but never more than 6 Triplets. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute. Mini kids must never dance longer than 1 minute and not less than 40 seconds.
- d. Judges mark the Triplets using the 1-dimensional system with a cross for the Triplets they want to pass forward into the next round.
- e. To close the round all Triplets will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Format for dancing the Final

A Final shall consist of a minimum of 5 Triplets, unless it is a straight final, but with no more than 8 Triplets in the final. If there are 6 Triplets or less in a class, it can be a straight final. If there are 7 Triplets or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two or more groups with not more than three Triplets at the same time on the dance floor. If the time allows, each Triplet can dance solo. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- d. The adjudicators will place the Triplets in order of merit using the 1-dimensional system.
- e. In a straight final with 4 Triplets 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.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time.

Criterion for Judging

- a. The judges will reward good synchronisation between the team members.
Clever and innovative choreography in the character of the dance will be rewarded.
- b. It is important how the Triplet uses the floor.
- c. Impressive impact of each Triplet member with correct technique is also important but the Triplet is always judged as a whole and not by the individuals.

Open marking is not to be used.

Artistic Couple Dance Department

Section B-1

Artistic One Dance Division

Artistic One Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female.

Definition

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position.

Dances

In addition to the dances mentioned in the General Rules, the Special Couple Dances are also suitable for One Dance Competitions like, (Disco Fox, Jitterbug, Argentine Tango, Tango Waltz, Bugg, Polka) and any other dance that the organiser would like to have included in his competition.

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups.
- c. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute.
Mini kids must never dance longer than 1 minute and not less than 40 seconds.
- d. Judges mark the couples using the 1-dimensional system of marking with a cross for the duos they want to go forward into the next round.
- e. To close the round all couples will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and f. will be repeated in all following rounds until the Final.

Judging – Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward to the next round.

Format for dancing the Final

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two equal groups. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds.
- c. All competitors will then dance together for up to a maximum of 1 minute.
Mini kids will dance for up to a maximum of 40 seconds.
- 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.
Mini kids will dance up to a maximum of 40 seconds but no less than 20 seconds each time.

Open marking is not to be used.

Lifts and Acrobatics

It is allowed to use low lifts, separations, floor drops, side-by-side figures and similar in all Artistic Free style dances.

Acrobatics are not allowed.

Exemption: In Salsa, Bachata and Merengue for Couples, Duos and Triplets. Lifts and Acrobatics are allowed in the middle part (2nd phase) of the Final.

Artistic Couple Dance Department

Section B-1

Artistic One Dance Division

Dances suitable for One Dance Competitions

Artistic Latin American

General recommendations for Artistic Latin American

We are looking for an artistic interpretation in all dances of this section in contrast to the more sportive approach to the dances of the International Latin American style. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts are allowed!

(Low lifts means that no part of the lifted partner's body will be above the lifting partner's shoulders except for the arm needed for supporting the lift).

Artistic Cha-Cha-Cha

Tempo of the music = 30 - 32 bars per minute (120 - 128 beats per minute).

Note the tempo!

Artistic Samba

Tempo of the music = 50 - 52 bars per minute (200 - 208 beats per minute)

Artistic Rumba

Tempo of the music = 28 - 30 bars per minute (112 - 120 beats per minute).

Note the tempo!

Artistic Jive

Tempo of the music: 42 - 44 bars per minute (168 - 176 beats per minute)

Artistic Paso Doble

Tempo of the music: 56 - 60 bars per minute (224 - 240 beats per minute)

Artistic Ballroom (Standard)

General recommendations for Artistic Ballroom (Standard)

We are looking for an artistic interpretation of all dances in this section in contrast to the more sportive approach to the dances of the International Ballroom (Standard) style. We want to see innovative figures mixed with spectacular entertaining dancing.

The judges will reward Low lifts, separations, side-by-side figures, floor drops and similar.

Couples dancing with the Ballroom hold the whole time will be marked down.

(Low lifts means that no part of the lifted partner's body will be above the lifting partner's shoulders except for the arm needed for supporting the lift). Enough space has to be given to the couples when performing. Recommended amount of couples is 4 in each heat unless the floor is very large).

Low lifts, separations, side-by-side figures, floor drops and similar are allowed

Artistic Slow Waltz

Tempo of the music = 28 - 30 bars per minute (84 - 90 beats per minute)

Artistic Slow Foxtrot

Tempo of the music = 28 - 30 bars per minute (112 - 120 beats per minute)

Artistic Tango

Tempo of the music = 32 - 34 bars per minute (128 - 136 beats per minute)

Artistic Quickstep

Tempo of the music = 48 - 50 bars per minute (192 - 200 beats per minute)

Artistic Viennese Waltz

Tempo of the music = 58 - 60 bars per minute (174 - 180 beats per minute)

Caribbean style

Bachata

Tempo of the music = 28 - 32 bars per minute (112 -128 beats per minute)

Exception: Mini Kids & Juveniles = 30 – 34 bars per minute (120-136 beats per minute)

Characteristics and Movement:

Bachata is of Caribbean origin, and does not move along the Line of Dance (LOD). The basic action is a rather slow, flowing, romantic and passionate movement. The basic is composed of a 3-step moving pattern with a lifting/tilting hip moment without transference of weight on 4. The 4th beat is a hip action (lift, drop), counted "and 4", and NOT a weight transference - "in place, in place" - rather like a Cha-Cha-Cha action/timing, which should only be used as a variation, and not in the basic. A slight counter sway is often used to compliment the Latin Hip movement. There are also many other rhythms, including syncopations, slows and quick's etc., that may be used to interpret the music. Bachata is a club dance, and the couples should focus on one another to create an earthy and sensual feeling through the use of close, intricate rotational movements coupled with an almost playful teasing interaction with one another.

Bolero

The dance known as **Bolero** in Cuba is usually written in 2/4 time but elsewhere often in 4/4 time. The tempo is in the range between 24-26 Bars per minute, 96-104 Beats,

The first step is typically taken to the side on the first beat, held during the second beat with two more steps falling on beats three and four (cued as "slow-quick-quick"). There is a characteristic rise in the leg and body on the side step (1, 2 counted Slow) when the 3rd and 4th beats of the bar are taken there is a lowering of the body by stepping on to a bent leg. This dance is quite different from the other American Rhythm dances in that it not only requires Cuban motion but rises and falls such as is found in Waltz with strong contra body movements. Popular music for this dance style need not be Latin in origin. Opposite to Mambo and Rumba, the inner leg in Promenades (New Yorkers) taken in Bolero is taken on a bent leg lowering through the body (fall) with no hip action. In Mambo and Rumba the inner legs are taken on a straight knee with a hip action.

Mambo

Mambo is a Latin Dance with its origin in Cuba. Mambo was created during the late 1930s by native a Cuban musician and composer Arsenio Rodrigues and later developed and made popular by Perez Prado and others. The music is written in 4/4 time and the tempo is between 34-36 Bars per minute 136-144 beats per minute.

The Mambo dance that became popular in the 1940s and 50s in Cuba, Mexico City, and New York is completely different from the modern dance that is now called 'Mambo', which is also known as Salsa "on 2". The original mambo dance contains no breaking steps or basic steps at all. Cuban dancers would describe mambo as "feeling the music" in which sound and movement are merged through the body. The Mambo has been standardised for the social and competitive market. The standardised Mambo is very much like the Salsa as the basic steps are taken in the well known format of stepping forward on the LF breaking on the second beat of the bar counting 234-1 and stepping back on the RF again counting 234-1, Lady opposite. As many dancers are used to competing in Salsa where the basic steps are often danced stepping forward on LF breaking on 123-4 it is also acceptable with this rhythm as long as the rhythm is kept through out the performance and that the dancers do not travel in the rhythm.

Merengue

Tempo of the music = 30 - 34 bars per minute in 4/4 time signature (120-136 beats per minute)

Characteristics and Movement:

Merengue is a Latin American Spot Dance, which does not move along the Line of Dance (LOD). Steps are compact at times Latin Hip movements are used throughout in staccato. A slight counter sway is often used to compliment the Latin Hip movement. The basic action is similar to a marching rhythm, but many other rhythms, including syncopations, slows, etc., may be used to interpret the music. Merengue is a club dance, the couples should focus on one another to create an earthy and sensual feeling through the use of close, intricate rotational movements coupled with an almost playful teasing interaction with one another.

Salsa

Tempo of the music = 46 – 50 bars per minute (184 – 200 beats per minute).

Characteristics and movements:

Salsa basic is a double three-step pattern taken during 8 beats of music, in a quick, quick, slow – quick, quick, slow rhythm. It is allowed to break on the 1st and 3rd beat in the bar or the 2nd and 4th beat in the bar. What is important is to keep the consistence of the breaking. If one starts breaking on 1 or 3 it must be continued throughout on 1 or 3 and not suddenly change to break on 2 and 4. Salsa is a very popular club dance in that it allows the dancers much freedom to interpret the music using movements and elements from many different Latino dances. Salsa means, "Sauce", and the dancers should depict a very hot and spicy interaction with each other. Salsa basics involve clever hand and arm movements as well as changes of handhold while maintaining flowing movements, which are all typical of the dance.

Street Cha-Cha-Cha

Street Cha-cha-cha is a popular name for the Salsa community and social dancers around the world who dance Cha-cha-Cha in nightclubs and Caribbean and Salsa Festivals. It's danced very often on 1 with bent legs without any obvious hip movements in the same way the Salsa is mostly danced and not as we are used to see in the competitive Cha-Cha-Cha danced with stretched legs, a hip movement and breaking on 2. The tempo is normally 30-32 bars per minute 120-128 beats per minute.

Timba

Timba is a Cuban genre of music based on popular Cuban music. American Funk/R&B, and a strong influence of Afro-Cuban folkloric music. In Timba you will find a mixture of dances when combined create the popular "Cuban Salsa". To dance Timba you must combine Casino, Son, Rumba, Afro-Yoruba and Cubaton.

Son Cubano music and dance, which started the whole salsa fascination, has its origin in the eastern provinces of Cuba, Oriente. Around 1910 it migrated to western Cuba, including Havana, where it was developed to an extreme that increased the number of instruments and musicians. Havana was the nightlife city, full of music and dance, which was an attraction for American musicians to play there. Due to the Prohibition Cuba was for a while not just a tourist paradise. Son as a dance starts with a very close embrace of the man and the woman. The couple maintains an upright frame, with quick flirtatious side to side movements of the shoulders, torso and hips accenting the underlying six count rhythm of the feet. Since Son is danced off-beat (also known as "contra tempo") the couple moves on the half beat before the one. The leader moves left and holds the "& 1" beat, moves right on the 2nd and left on the 3rd beats. This results in a slow-quick-quick, slow-quick-quick rhythm pattern. Salsa dancers will recognise that this style is the exact opposite of the quick-quick-slow rhythm pattern of modern day Salsa. Basic step in Son begins with a long step, counted 8.1-pause 2,3,4,5,-pause 6,7.

Rumba is a secular genre of Cuban music involving dance, percussion and song? It originated in the northern regions of Cuba, mainly in urban Havana and Matanzas, during the late 19th century. It is based on African music and dance traditions, namely Abakuá and Yuka, as well as the Spanish based coros de clave. There are three different types of Rumba; Guaguansó, Colombia and Yambú. When dancing Timba in couples they usually dance Guagancó. Guaguance has fast complex rhythms involving overtly flirtatious movements between a man and a woman in the roles of "Rooster and "Hen".

Simultaneously the woman entices and protects herself from the man who tries to catch the woman off guard with a 'vacunao', tagging her with the flip of a handkerchief, or by throwing his arm, leg or pelvis in her direction, in an act of symbolic sexual contact. To defend herself she may cover with her hand, or use her skirt, to protect her pelvis, and whip the sexual energy away from her body. Guaguancó most likely inherited the idea of the 'vacunao' from yucca or macuta dances, which were both brought to Cuba by Bantú ethnic groups. The Rooster and Hen dynamic is a feature of many African dances found throughout the Caribbean and Latin America, which was frowned upon or even banned in many places.

Yaruba is a traditional Afro dance of the Santería religion that presents the myths of the stories of the gods. Each God has its own style, movement, colour and outfit. Every dance is dedicated to a particular God, (Orisha). Important facial expressions and gestures determine its character. Elegua, fun loving, ruler of destination where everything begins and ends. Ogun, an aggressive, courageous warrior. Obatala - calm and wise. Chango - lord of thunder. Ochun – feminine and sensual goddess of love. Yemaya – goddess of intelligence and the sea. Oya – a courageous and strong warrior. Narrated through dance they are full of energy and action stories that move the audience into a completely different divine world of magic and trance.

Cubaton is a Cuban variation of Reggaeton, the youngest genre of music and dance in Cuba. A sensual and dynamic style based on strong movements of the chest and hips that highlight the distinctive rhythm of the music.

Traditional style

Artistic Argentine Tango

Tempo of the music = 30 - 32 bars per minute (120 - 128 beats per minute).

Characteristics:

Argentine Tango is a social dance that falls into a smooth category of dance. It follows the Line of Dance (LOD), going around the dance floor in a counter clockwise direction. This dance expresses love and passion, which is evident by the closeness of the dancers, by the man's control and the woman's seductiveness. The dancers execute the figures mainly from the waist down while trying to achieve an interesting interplay between them. This interplay between the partners is dictated by the music, and the dancers should be dancing to something "in" the music. One should be able to see the melody expressed through their movement. The epitome of Argentine Tango is to see the couple dancing with good posture, good extension through the legs, feet almost always caressing the floor, and pausing with the music with a sense of rhythm that is clear to those watching.

Typical Movements: Walks, turns, Ochos to front and back, sandwiches, twists and curls, leg-wraps, drags and saccades to front and back, Boleos that leave the floor and other decorations that allow the legs to swing. Molinetes, Paradass, Barridas, and pauses with the music are also typical of this dance. Brushing and follow through technique is essential in all movements.

Lifts and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used but no acrobatics

Tango de Salon

Tempo of the music:

Three different pieces of music at different speed Characteristics:

Tango de Salon is the typical dance that is danced in dance halls at Milongas. Once the hold is formed the couple may not separate while the music is playing. This means that they will not break the embrace, which is considered the basic dance position in tango. For the position to be considered correct, the body of one must be encircled by the arm of the other. It is understood that in certain figures, this may be flexible, but not throughout the duration of the dance. All movements must be made within the space allowed by the couple's embrace.

Typical Movements:

Within these parameters, the couple may perform any commonly used figure, including **barridas, saccades, enrosques**, etc.

Jumps, climbs, separations and lifts are totally forbidden.

Couples will dance to three different pieces of music at different speeds to show their musicality and ability to improvise. Judges will take into account musicality, improvisation and style of walk.

Exception for dancing the final:

All couples dance together to three different tempos and will be evaluated by the 2-dimensional system.

Tango Escenario Show

Argentine Tango is a social dance that falls into a smooth category. It follows the line of dance (LOD), going around the dance floor in a counter clockwise direction. However, the Tango Escenario is the Performing Art of Argentine Tango, which is more adapted to the stage format.

The performance expresses love and passion, which is evident by the closeness of the dancers, the man's control and the woman's seductiveness.

The dancers execute the figures mainly from the waist down while trying to achieve an interesting interplay between them. This interplay is dictated by the music when the dancers should be dancing to something IN the music. One should be able to see the melody expressed through their movement.

The epitome of Argentine Tango is to see the couple dancing with good posture, good extension through the legs, feet almost always caressing the floor, and pausing with the music with a sense of rhythm that is clear to those watching.

Typical Movements: Walks, turns, Ochos to front and back, sandwiches, twists and curls, leg-wraps, drags and saccades to front and back, Boleos that leave the floor and other decorations that allow the legs to swing.

Molinetes, Paradass, Barridas, and pauses with the music are also typical of this dance.

Brushing and follow through technique is essential in all movements.

Tango Escenario Competition format

- a. Music is of the dancer's own choice. Tempo of the music is free.
- b. All couples dance one by one to their own music.
- c. Time Limit: Music must be between 3 and 4 minutes.

How to perform Tango Escenario

- a. Tango Escenario is a choreographed performance.
- b. Acrobatics are not allowed.
- c. Lifts are allowed.
- d. Scenic props like a chair or table and hand props like a hat or an umbrella are allowed if they can be brought on to the floor in less than 20 seconds.

Criterion for Judging

- a. The judges will reward clever choreography which will capture the audience's interest.
- b. Innovative use of modern figures and movements within the Argentine Tango style of dancing will be appreciated.
- c. During the qualifying rounds the judges will use the 2-dimensional system by awarding two sets of crosses, one for Artistic Merit, the other for Technical Merit.
- d. In the final the judges will use the 2-dimensional system by awarding two sets of placings, one set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used**Discofox**

Tempo of the music: 33 – 36 bars per minute (132 – 144 beats per minute).

Characteristics and Movements:

The characteristic of the dance is basically stationary, although the couple can move with walks and turns across the floor. Most of the time it is danced in double or one handhold in every variation like cross handhold, right in right hand and others. Wrap figures, spin turns, pivot turns, throw outs, let go and catch again actions are the main characteristics of the dance. Natural hip movements are accepted. Pose figures like over sways, leans, checks, drops and points are allowed.

Typical movements:

Disco Fox is danced in open or closed facing position with different hand-holds. It consists of basic steps and basic step variations which are in the rhythm of 1 2 &3 but can be 1 2 3&, 1 &2 3, &1 2 3 or syncopated such as &1 &2 &3. Normally the Man dances on the LF and the Lady on the RF on 1.

Poses and drops are allowed.

Zeibekiko (*A Greek Traditional Dance*)

The word Zeibekikos originates from the god Zeus. The Zeybek were Greek Thracians, who followed Alexander the Great in his campaign in the depths of Asia. The Zeybek were animal traders and slaughterers, who slaughtered and sold animals.

Over the years they wanted to immortalise their heroism by maintaining and thus created this dance, Zebekiko, which was danced with swords in hand and sometimes in the mouth.

Zeibekiko reflects defeat in battle and danced in honour of dead warriors.

This includes circular movements and the heavy feeling that exudes.

Today it is danced to different tunes of music, which vary according to their thematic content.

Swing Dance style

Jitterbug

Tempo of the music = 42 – 44 bars per minute (168 – 176 beats per minute).

Characteristics:

Jitterbug is a social dance that falls into the Swing dance family. Originating in America it has a long tradition. There are well documented literature and videos how to perform this dance.

Typical Movements:

A mix of steps and movements taken from other Swing dances such as Boogie-Woogie, Be Bop, Lindy Hop, Bugg, West and East Coast Swing, etc. All kinds of Swing movements are allowed. Acrobatics, lifts, separations and jumps are allowed and encouraged but if possible should be connected to the musical phrase.

Lifts and acrobatics:

In Jitterbug lifts and acrobatics are allowed in all rounds.

Bugg

Tempo of the music = 42 – 46 bars per minute (168 – 184 beats per minute).

Characteristics and Movement:

The music may be any type of swing music written in 4/4 timing with a boogie beat in the rhythm. Bugg is a non-choreographed dance. All figures must be led by the man. Side-by-side figures are not allowed. The dance should be performed with a smooth flow. The lady walks on every beat (occasional syncopations are allowed). The man's steps are free. Basically he walks on LF on 1 and 3 and with RF on 2 and 4. The dance is moving around the room along the line of dance with the man leading the lady to turn to the left and right while she is circling around the man.

Typical movements:

Spins, hesitations, syncopated spins, kicks, drag, breaks and a playful interaction between the man and the lady following the music and its phrases. Choreographed figures must be performed only as part of the man's natural lead and must not be obvious. Different handholds should be used during the performance. Release of the Lady to throw and catch her hands are allowed and encouraged.

West Coast Swing

Tempo of the music = 26-32 bars per minute (104 – 128 beats per minute).

Characteristics and Movement:

West Coast Swing is a social dance that falls into the Swing dance family and could be defined as a "slot" dance, which means that the woman travels forward and back along a single straight line on the floor, with the man moving off and onto her line. Although there are turning figures, the lady stays on her line. Typical is to use an "Anchor Step" and not a "Coaster Step" at the end of a pattern. The follower is discouraged from moving forward at the end of the pattern until the leader gives an indication to move forward by a strong lead. West Coast style creates lots of turns and syncopated footwork. The man stays pretty much in one place while the woman moves back and forth in a slot. Therefore, it's the woman's movements that are emphasised. West Coast Swing is a living dance, still evolving. It follows the music trends of each decade, and accommodates new dance styles. It can be danced to most of the music played on the radio today, incorporates many dance elements from Disco and Hustle to Hip Hop and Jazz. Figures begin with two walking steps, followed by two triple steps (or a triple step, two walks and another triple, in 8-count figures). The second triple step is generally danced in place ("anchor step") its main purpose is to establish physical tension between the partners, generally achieved by leaning slightly back.

Other possible One Dance Swing disciplines

Typical Movements:

A mix of steps and movements taken from other Swing dances such as Boogie-Woogie, Be Bop, Lindy Hop, Bugg, West and East Coast Swing, etc. All kinds of Swing movements are allowed. Acrobatics, lifts, separations and jumps are allowed and encouraged but if possible should be connected to the musical phrase.

Artistic Couple Dance Department

Section B-2

Artistic Three and Five Dance Division

Artistic Three Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female

Definition of a Couple

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position.

Artistic Dances

Standard (Ballroom): Slow Waltz, Tango, Quickstep .

Latin American: Cha-Cha-Cha, Samba, Jive.

Caribbean: Salsa, Bachata, Merengue.

Artistic Tango: Tango Waltz, Milonga, Tango.

General recommendations for Artistic Dance competitions

We are looking for an artistic interpretation of all dances in this section in contrast to the more sportive approach to the dances we have in the International style. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts, separations, side-by-side figures, floor drops and similar are allowed in Artistic Dance. Acrobatics are not allowed in any dance.

To prevent confusion among competitors Artistic Three dance competitions should not be held at the same event where Three, Four or Five dance competitions, from the International 10-Dance Department, are included in the programme.

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups. The presentation dance is only used in the first dance
- c. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute. Mini-kids must never dance longer than 1 minute and not less than 40 seconds.
- d. All heats will finish the first dance before moving on to the next dance.
- e. Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward to the next round.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Judging - Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross for couples they want to go forward to the next round. The couples having the most crosses over the three dances will pass to the next round.

Format for dancing the Final

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance the first, second and third dance all together for up to a maximum of 1 minute 30 seconds and no less than 1 minute.
Mini Kids dance for a maximum of 1 minute and not less than 40 seconds.
- b. Each dance is judged on its own merit, the adjudicators will place the couples in order of merit using the 1-dimensional system.
- c. The Skating System will establish the result over the three dances.

Open marking is not to be used.

Lifts and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used in all Artistic Three Dance events.

Acrobatics are not allowed.

Exemption:

In Bachata, Merengue and Salsa Lifts and Acrobatics are allowed in the middle part (2nd phase) of the Final.

Artistic Couple Dance Department

Section B-2

Artistic Three and Five Dance Division

Artistic Five Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female

Definition

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position.

Artistic Dances

Standard (Ballroom):

Slow Waltz, Tango, Slow Foxtrot, Quickstep, Viennese Waltz.

Latin American:

Cha-Cha-Cha, Samba, Rumba, Paso Doble, Jive.

General recommendations for Artistic Dance competitions

We are looking for an artistic interpretation of all dances in this section in contrast to the more sportive approach to the dances we have in the International style. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts, separations, side-by-side figures, floor drops and similar are allowed in Artistic Dance. Acrobatics are not allowed in any dance.

To prevent confusion among competitors Artistic Five dance competitions should not be held at the same event where Three, Four or Five dance competitions, from the International 10-Dance Department, are included in the programme.

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of all competitions the couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance can be divided into two or more groups. The presentation dance is only used in the first dance.
- c. The couples will thereafter be divided into heats. The number of couples in the same heat depends on the size of the dance floor, recommended is 6 in each heat and never more than 12. Each heat will be for a maximum of 1 minute 30 seconds and not less than 1 minute. Mini Kids must never dance longer than 1 minute and not less than 40 seconds.
- d. All heats will finish the first dance before moving on to the second dance and so on.
- e. Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward into the next round.
- f. In the following rounds no presentation dance will be made, items c. d. and e. will be repeated in all following rounds until the Final.

Judging – Qualifying Rounds

Judges mark the couples using the 1-dimensional system with a cross for the couples they want to go forward to the next round. The couples having the most crosses over the five dances will pass to the next round.

Format for dancing the Final

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 6 couples or less in a class, it can be a straight final. If there are 7 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance all five dances together for up to a maximum of 1 minute 30 seconds and not less than 1 minute.
Mini Kids dance for a maximum of 1 minute and not less than 40 seconds
- b. Each dance is judged on its own merit and the adjudicators will place the couples in order of merit using the 1-dimensional system.
Mini Kids dance for a maximum of 1 minute and not less than 40 seconds.
- c. The Skating System will establish the result over the five dances.

Open marking is not to be used.

Lift and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used in all Artistic Five Dance events.

Acrobatics are not allowed in any dance.

Artistic Couple Dance Department

Section B-3

Artistic Student Teacher Dance Division

Artistic One Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female.

Definition of a Student – Teacher Couple

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position. One Student and one Teacher, only the Student is being judged. The competition number must be worn by the Student.

Definition of a Teacher

As the Teacher is not judged he is not part of the competition but only a partner to the Student. The Teacher can dance with more than one Student in the same competition and does not need a valid license as he is not taking part in the competition.

Dances

In addition to the dances mentioned in the General Rules, the Special Couple Dances are also suitable for One Dance Student – Teacher Dance Competitions like, (Disco Fox, Jitterbug, Argentine Tango, Tango Waltz, Bugg, Polka, Bolero, Mambo) and any other dance that the organiser would like to have included in his programme.

General recommendations for Artistic Dance competitions

We are looking for an artistic interpretation of all dances in this section. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts, separations, side-by-side figures, floor drops and similar are allowed in Artistic Dance. Acrobatics are not allowed in any dance.

How to perform Student - Teacher Dance Competitions

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups.
- c. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute.
- d. Judges mark the **Student only** using the 1-dimensional system of marking with a cross for the Students they want to go forward into the next round.
- e. To close the round all couples will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and f. will be repeated in all following rounds until the Final.

Format for dancing the Final

A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 7 couples or less in a class, it can be a straight final. If there are 8 couples or more in a class a Semi-Final must be danced.

- a. All finalists will dance 30 seconds together.
- b. The finalists will be divided into two equal groups. Each group will dance for up to a maximum of 1 minute but not less than 30 seconds.
- c. All Finalists will then dance together for up to a maximum of 1 minute.
- d. The adjudicators will **only place the Student** 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.

Criterion for Judging

- a. The judges will reward good technique and artistry.
- b. It is important how the couple uses the floor.
- c. Clever choreography in harmony with the character of the dance being danced. Impressive impact of each couple with correct technique is also important but only the Student will be judged and not the Teacher.

Artistic Couple Dance Department

Section B-3

Artistic Student Teacher Dance Division

Artistic Three Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female.

Definition of a Student – Teacher Couple

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position. One Student and one Teacher, only the Student is being judged. The competition number must be worn by the Student.

Definition of a Teacher

As the Teacher is not judged he is not part of the competition but only a partner to the Student. The Teacher can dance with more than one Student in the same competition and does not need a valid license as he is not taking part in the competition.

Three Dances can be chosen in any of the styles or a mix of dances from different styles.

Standard: Slow Waltz, Tango, Slow Fox, Viennese Waltz, Quickstep.

Latin American: Cha-Cha-Cha, Samba, Rumba, Jive Paso Doble.

Caribbean: Salsa, Bachata, Merengue, Mambo, Bolero.

Artistic Tango: Tango Waltz, Milonga, Tango.

Other dances: Any combination of suitable dances like Disco Fox, Swing Dance, Bugg.

General recommendations for Artistic Dance competitions

We are looking for an artistic interpretation of all dances in this section. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts, separations, side-by-side figures, floor drops and similar are allowed in Artistic Dance. Acrobatics are not allowed in any dance.

How to perform Student - Teacher Dance Competitions

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups.
- c. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute.
- d. Judges mark the **Student only** using the 1-dimensional system of marking with a cross for the Students they want to go forward into the next round.
- e. To close the round all couples will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and f. will be repeated in all following rounds until the Final.

Format for dancing the Final

- a. A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 7 couples or less in a class, it can be a straight final. If there are 8 couples or more in a class a Semi-Final must be danced.
- b. All finalists will dance the first, second and third dance after each other all together for up to a maximum of 1 minute 30 seconds and no less than 1 minute.
- c. Each dance is judged on its own merit, the adjudicators will place the couples in order of merit using the 1-dimensional system.
- d. The Skating System will establish the result over the three dances.

Criterion for Judging

- a. The judges will reward good technique and artistry.
- b. It is important how the couple uses the floor.
- c. Clever choreography in harmony with the character of the dance being danced. Impressive impact of each couple with correct technique is also important but only the Student is judged and not the Teacher.

Lifts and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used in all Artistic Three Dance events.

Acrobatics are not allowed.

Artistic Couple Dance Department

Section B-3

Artistic Student Teacher Dance Division

Artistic Five Dance Competitions

Categories

Couples = Female-Female, Male-Male, Male-Female.

Definition of a Student – Teacher Couple

A Couple is defined as two persons of any gender dancing together with or without a hold in any dance position. One Student and one Teacher, only the Student is being judged. The competition number must be worn by the Student.

Definition of a Teacher

As the Teacher is not judged he is not part of the competition but only a partner to the Student. The Teacher can dance with more than one Student in the same competition and does not need a valid license as he is not taking part in the competition.

Five Dances can be chosen in any of the styles or a mix of dances from different styles.

Standard: Slow Waltz, Tango, Slow Fox, Viennese Waltz, Quickstep.

Latin American: Cha-Cha-Cha, Samba, Rumba, Jive Paso Doble.

Caribbean: Salsa, Bachata, Merengue, Mambo, Bolero.

Artistic Tango: Tango Waltz, Milonga, Tango.

Other dances: Any combination of suitable dances like Disco Fox, Swing Dance, Bugg.

General recommendations for Artistic Dance competitions

We are looking for an artistic interpretation of all dances in this section. We want to see innovative figures mixed with spectacular entertaining dancing. Low lifts, separations, side-by-side figures, floor drops and similar are allowed in Artistic Dance. Acrobatics are not allowed in any dance.

How to perform Student - Teacher Dance Competitions

Format - Qualifying Rounds

- a. The Organiser's music must be played in Strict Tempo.
- b. In the starting round of the competition all couples shall be seen by the judges in a presentation dance for 30 seconds. The presentation dance could be divided into two or more groups.
- c. The couples will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor, recommended is 6 couples in each heat and never more than 12 couples. Each heat will be a maximum of 1 minute 30 seconds and not less than 1 minute.
- d. Judges mark the **Student only** using the 1-dimensional system of marking with a cross for the Students they want to go forward into the next round.
- e. To close the round all couples will dance again for 30 seconds for the judges to clarify their marks.
- f. In the following rounds no presentation dance will be made, items c. d. and f. will be repeated in all following rounds until the Final.

Format for dancing the Final

- e. A Final shall consist of a minimum of 5 couples, unless it is a straight final, but with no more than 8 couples in the final. If there are 7 couples or less in a class, it can be a straight final. If there are 8 couples or more in a class a Semi-Final must be danced.
- f. All finalists will dance the first, second and third dance after each other all together for up to a maximum of 1 minute 30 seconds and no less than 1 minute.
- g. Each dance is judged on its own merit, the adjudicators will place the couples in order of merit using the 1-dimensional system.
- h. The Skating System will establish the result over the three dances.

Criterion for Judging

- d. The judges will reward good technique and artistry.
- e. It is important how the couple uses the floor.
- f. Clever choreography in harmony with the character of the dance being danced. Impressive impact of each couple with correct technique is also important but only the Student is judged and not the Teacher.

Lifts and Acrobatics

Low lifts, separations, drops, shadow figures, open figures without hold can be used in all Artistic Three Dance events.

Acrobatics are not allowed.

Artistic Couple Dance Department

Section B-4

Artistic Formation Dancing Division

Artistic Couple Dance Formation competitions

Competition Styles

Competitions may be organised separately in the different Styles (see General rules above), or in any combination of styles, such as Latin American and Ballroom (Standard) combined or any other combination of styles.

Couple Dance Formation competition format

Each team performs on their own to their own music.

Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit and the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.

Format for the Final

In the final the judges mark the teams in order of merit using the 2-dimensional system by giving two sets of placings. One set for Artistic Merit, the other for Technical Merit.

How to perform Couple Dance Formation

- The teams dance a choreographed routine making interesting patterns to music that could be of any dance or several dances from style that is being performed.
- It is allowed to dance solo or with a hold as a couple with opposite steps. However a well balanced mix of dancing solo and as a couple will be rewarded.

Criterion for Judging

- The judges will reward good coordination between the team members.
- It is important how the team uses the floor available keeping the formation in good order with sharp lines and a clear and even distance between the team members.
- Clever choreography, impressive impact of each team member with correct technique is also important but the team is always judged as a whole and not as individuals.
- During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit and the other for Technical Merit.

Open marking is not to be used.

Artistic Couple Dance Department

Section B-4

Artistic Formation Dancing Division

Salsa Rueda de Casino competitions

Salsa Rueda de Casino Age Groups

Juveniles and Junior's under 16

Youth and Adults 16 and over

Categories & Time limits

Small Teams: 4-8 people. 3.00 minutes with the organiser's music.

Large Teams: 9-16 people. 3.00 minutes with the dancer's own music or the organiser's music.

Showcases: more than 16 people. 3.00 minutes with the dancer's own music or the organiser's music.

Music could be 15 seconds less or 15 seconds more than 3 minutes.

Music

The organiser's music is played at 46 – 50 bars per minute (184 – 200 beats per minute).

Pre-recorded music of the dancers own choice, no restrictions in regards to tempo but typical Salsa music should be used for the performance.

Props

Scenic props are not allowed but it is possible to use hand-props like gloves, hats, canes and similar. It is also allowed to remove parts of the costume or change clothing during performance.

Costumes

Dresses are of the dancers own choice but should be tasteful and compatible with the Salsa style. Shoes must be worn at all times.

Lifts and Acrobatics

Lifts and acrobatics are allowed but should not dominate the performance. They will only enhance the judges score if danced in harmony with the music and performed with good control.

Salsa de Rueda Competition format

Each team performs on their own.

Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit, the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.

Format on how to dance the Final

In the final the judges mark the teams in order of merit using the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

How to perform the Salsa de Rueda

Each team consist of couples that dance together in one or more circles. Other types of formation choreography may be used such as lines, stationary dancing and dividing into smaller groups or circles. Musicality, rhythm, breaks etc. variations in figures, use of space and clever changing of partners will be rewarded.

Criterion for Judging

- The judges will reward good coordination between the team members.
- It is important how the team uses the floor available keeping the formation in good order with sharp lines and a clear and even distance between the team members.
- Clever choreography, impressive impact of each team member with correct technique is also important but the team is always judged as a whole and not as individuals.

Open marking is not to be used.

Artistic Couple Dance Department

Section B-5

Artistic Multi Dance Division

Dance Styles for Synchronised and Choreographed Dance Show Competitions

Music: Is of the dancers' own choice.

Artistic Latin American: The main part of the performance must include one or several of the following dances. Cha-Cha-Cha; Samba; Rumba; Paso Doble; Jive and also minor parts of other dances that belong to the Latin American family.

Artistic Ballroom (Standard):

The main part of the performance must include one or several of the following dances. Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep and also minor parts of other dances that belong to the Ballroom family.

Caribbean: The main part of the performance must include one or several of the following dances. Salsa, Bachata, Merengue.

Swing Dances: The main part of the performance must include one or several of the following dances. Free Swing Dance, Jitterbug, Boogie Woogie, Lindy Hop, West Coast Swing, Bugg.

Traditional Dances: The main part of the performance must include one or several couple dances such as Quick Waltz, Polka, Schottische, Mazurka, Rhythm Foxtrot, Argentine Tango, Milonga, Tango Waltz, Disco-Fox, Hustle, Mambo, Lambada/Zouk, Brazilian Samba, Cumbia, New Vogue, Modern Sequence, Italian Liscio and other possible couple dances. Banghra Dance, Bollywood, Oriental Belly Dance, Flamenco, Hungarian Czardas and many more National Folklore or traditional group dances.

Classic Film & Musical: The main part of the performance must include dances in a style taken from Hollywood films and Broadway Musicals choreographed in the 40's, 50's and 60's. It is possible to choreograph new dances performed in the "old" style.

Mixed Couple Dance Styles:

The performance may include dances and figures from all the other styles above. It could be a mix of Caribbean dances and Latin dances or a mix of Ballroom Standard dances and Traditional dances like Argentine Tango or any combination of different couple dances.

All WADF Dance Styles: All styles of dance can be performed. It could be dances taken from the Stage dance or the Street dance or any of the 6 departments. It is not allowed to participate in a competition in any of the above special styles using the same or similar choreography and/or music and/or clothing (or similar costumes) and also participate in the "All WADF dance styles".

Artistic Couple Dance Department

Section B-5

Artistic Multi Dance Division

Choreographed Dance Show Competitions

Competition Styles

Competitions may be organised separately in the different styles (see General Rules) above, or in any combination of styles, such as Latin American and Ballroom (Standard) or any other combination. It is also possible to organise competitions in special dances that are mentioned against each style family. With few entries it is recommended to run the competition as All Styles only then all couples will compete under the All Style banner in the same competition.

Choreographed Dance Show Competition format

Each team performs on their own to their own music.

Judges mark teams into the next round by using two sets of marks, one for Technical Merit and the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion.

How to perform the Choreographed Dance Show

- a. Dance Show is a choreographed performance.
- b. The character of the performance must be in line with the style of dancing that is being performed.
- c. It is allowed to change clothes or remove parts of the costume.
- d. Acrobatics and Lifts are allowed.
- e. Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.

Criterion for Judging

- a. The judges will reward clever choreography, a realistic theme or a small story.
- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit, the other for Technical Merit.
- d. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Artistic Couple Dance Department

Section B-5

Artistic Multi Dance Division

Synchronised Dance Show Competitions

Music: Is of the dancers' own choice.

Competition Styles

Competitions may be organised separately in the different Styles (see General rules above), or in any combination of styles, such as Latin American and Ballroom (Standard) combined or any other combination. It is also possible to organise competitions in special dances that are mentioned against each style family. With few enrolments it is recommended to run the competition in "All Styles" only and all kind of styles will then compete under the "All Styles" banner in the same competition.

Synchronised Dance Show Competition format

- Each team performs on their own, to their own music.
- Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit, the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.

Format for the Final

In the final the judges mark the teams in order of merit using the 2-dimensional system by giving two sets of placing. One set for Artistic Merit and the other for Technical Merit.

Open marking is not to be used.

How to perform the Synchronised Dance Show

Duos

- A duo team consists of two dancers. All movements must be danced in synchronisation side-by-side, in shadow position or behind each other. It is not allowed to dance in an opposite mode, as a couple facing each other, because then there is no synchronisation.
- It is possible to dance the Men's and/or the Ladies steps but always by the two dancers at the same time facing the same way. Avoid keeping the same position in relation to each other during the whole performance. In open dances from the Latin American and Caribbean styles it is important to change places and find different directions to face during the performance. Try to make good use of the floor. In the Ballroom (Standard) style this is not a problem but could be in open dance styles.
- The head, arms, body, legs and feet should be synchronised during the whole performance except for the last 8 bars when it is possible to dance freely, when acrobatics and lifts are allowed.

Trios

- A Trio consists of three dancers and when dancing in opposite mode only two of the dancers can be in shadow with each other.
- A Trio Team may all dance the men's steps or ladies steps.
- One dancer can dance the man's steps and the other two the ladies steps in synchronised shadow mode with or without hold.
- It is also possible to dance the other way around with two dancers dancing the man's steps in synchronised shadow mode and the third dancer the ladies steps.
- When changing from shadow steps to opposite steps and vice versa, zip figures will be used where the steps are not synchronised for a few seconds. Such figures must not exceed 2 bars of music.
- During the last 8 bars of the performance, it is allowed to dance different figures and dance freely to end up in a final pose. The final 8 bars may include acrobatic movements and lifts.

Teams and Showcases

- a. All dancers in the team are dancing exactly the same figures at the same time, either as man or as lady, solo or as a couple. It is possible to turn and move in different directions, making different patterns so long as all dancers are dancing the same figure.
- b. All figures can be danced by all dancers in two ways, either as the leader or as the follower.
- c. It is allowed to dance solo with shadow steps or with a hold as a couple with opposite steps. However a well balanced mix of dancing solo and as a couple will be rewarded. All dancers must have at least one other dancer who is dancing the same steps facing the same way in a synchronised mode as a shadow. This means that it is not possible to have one man dancing the man's steps and all other dancers in the team dancing the ladies steps. At least one more dancer must also dance the man's steps shadowing him in a synchronised mode.
- d. When changing from shadow steps to opposite steps and vice versa, a zip figure must be used where the steps are not synchronised for a few seconds.
Such figures must not exceed 2 bars of music.
- e. During the last 16 bars of the performance, it is allowed to dance different figures and dance freely to finish in a final pose. The final 16 bars may include acrobatic movements and lifts.

Recommendation

It is recommended that the choreography of a team should look more or less synchronised all the time except for the last 16 bars of music. It is better to keep the figures rather simple, not changing the mode of dancing from couples to solo too many times or too often. Keep the zip figures, when changing the mode as smooth and quick as possible. The judges will look for exact synchronisation in the arm, hand, leg, head and body movements. Changing the mode too often will make the general impression of the team look unsynchronised. On the other hand the judges will reward changing of patterns and clever choreography that makes the performance interesting. Avoid the obvious solution that all dancers keep their places in the formation facing the front all the time and dancing either only as couples or only as solo dancers.

Criterion for Judging

- a. The judges will reward good synchronisation between the team members.
- b. It is important how the team uses the floor space available.
- c. Clever choreography, impressive impact of each team member with correct technique is also important but the team is always judged as a whole and not as individuals.
- d. During the qualifying rounds the judges' will use the 2-dimensional system by giving two set of crosses. One for Artistic Merit, the other for Technical Merit.
- e. In the Final the judges' use the 2-dimensional system by giving two sets of placing. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

Artistic Couple Dance Department

Section B-6

Repeat Dance Show Division

Repeat Dance Show Competitions

Categories

Small Teams; Large Teams; Showcases; Super Showcases

Competition Dance Styles

The dance style for this discipline is completely free.

Repeat Dance Show Competition format

- a. Each team performs on their own to their own music. The team will select one piece of music. It has to be a song or melody, which will fit the time limit that is allowed for the Team or Showcase respectively. It is not allowed to select different songs or melodies and mix them together. Tempo and style of the music is free but the minimal number of choruses must be 2 (two). Most likely the team will use an internationally well known song or melody which people know.
- b. Judges mark teams into the next round by using the 2-dimensional system, by giving 2 marks, one for Technical Merit, the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion.

How to perform Repeat Dance Show

- a. Repeat Dance is a choreographed performance.
- b. The character of the performance is easy movements that are playful and easy to learn.
- c. Repeat Dance is divided into musical phrases according to how the song or melody is written. The performance is related to the different choruses, verses, interludes etc. The dance can be stationary or moving around but most of the movements are done with the hands, arms, heads and the upper part of the body. Snapping fingers, clapping hands, patting the head, boxing movements, head turns, tilting of the body and similar easy movements. It is important that the same move or movements are repeated for the same part of the song or melody.
- d. To make the dance more interesting sometimes the team is divided into several small groups or two large groups, who take turns and interact with each other in a playful way. It is possible for one group to dance on their knees for example while the other group stands and dance the other way around.
- e. There are no limits to the movements that can be used. It's considered as a good point of performance when the team moves to different positions, dances two groups fronting one each other etc. but the simplicity of dancing must be kept.
- f. For Small Teams and Large Teams the last 8 bars and for Showcases the last 16 bars of the dance are free and the team can move into a final pose.
- g. Acrobatics and Lifts are allowed.
- h. Props are allowed as long as the props can be brought on to the floor in less than 20 seconds.

Criterion for Judging

- a. The judges will reward clever choreography and a good interacting between the team members and the groups, use of innovative, modern figures and movements will be highly rewarded.
- b. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- c. In the Final the judges' use the 2-dimensional system by giving two sets of placings. One set for Artistic Merit, the other for Technical Merit.

Open marking is not to be used.

