

## ***WDSF Presidium Operating Policy***

### ***Re: RULES FOR DISCO DANCESPORT DISCIPLINES***

#### **RULES FOR DISCO DANCESPORT DISCIPLINES**

##### **Rule O.1 (Membership)**

- 1.1. Each athlete in a WDSF Competition must be a member of, or formally affiliated with, a WDSF Member Body representing a country.
- 1.2. All athletes in all WDSF Competitions must be identified by a WDSF ID Card/E-Card.

##### **Rule O.2 (General)**

- 2.1. The general rules in this chapter will apply to the following Urban Sport Disciplines:
  - Disco Dance
  - Acrobatic Disco Dance (Freestyle)

##### **Rule O.3 (General)**

- 3.1. On WDSF Open World Championships and WDSF Open Continental Championships in Disco Dance Disciplines, all athletes of the highest competitive category of a WDSF Member Body are eligible to participate. An athlete's application for entry may only be made by the relevant WDSF Member Body.

\*For having competitions with separate categories in duos, there need to be at least three duos competing in each category. If not, Duo Boys are first to be integrated with the Mixed Duo and if not possible, all Duos compete together.

#### Rule O.4 (Disco Dance Forms)

4.1. Disco Dance is realized in the following forms:

- Solo (one athlete, female or male)
- Duo (girl + girl, boy + boy, and mixed combination of 2 dancers) \*
- Small Team (4-12 dancers)
- Big teams (13-24 dancers)

4.2. Acrobatic Disco Dance (Freestyle) is realized in the following forms:

- Solo (one athlete, female or male)

#### Rule O.5 Age Categories for Solo and Duo

5.1. The following age restrictions are mandatory in WDSF Competitions for Solos and Duos:

<b>AGE CATEGORIES</b>	The athlete is turning in the calendar year:
Juvenile I	reach 9 <sup>th</sup> birthday or less in the calendar year
Juvenile II	reach 10 <sup>th</sup> and 11 <sup>th</sup> birthday in the calendar year
Junior I	reach 12 <sup>th</sup> and 13 <sup>th</sup> birthday in the calendar year
Junior II	reach 14 <sup>th</sup> and 15 <sup>th</sup> birthday in the calendar year
Youth	reach 16 <sup>th</sup> , 17 <sup>th</sup> , and 18 <sup>th</sup> birthday in the calendar year
Adult	reach 19 <sup>th</sup> birthday or more in the calendar year

5.2. For age restrictions for Solo in all Disco DanceSport disciplines see Rule L.5.1 (Age Restrictions).

5.3. For age restrictions for Duo in all Disco DanceSport disciplines see Rule L.5.1 (Age Restrictions). The Duo will be determined by the oldest athlete.

5.4. All age groups are allowed to compete in one older age category on the WDSF Open competitions.

5.5. At WDSF Open competitions, Junior I and Junior II can compete together, and the organizer of the competitions determines it.

#### Rule O.6 Age Categories for Small and Big team

6.1. The following age restrictions are mandatory in WDSF Competitions for Small and Big teams.

<b>AGE CATEGORIES</b>	The members of team are turning, in the calendar year:
Juvenile	reach 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> and 11 <sup>th</sup> birthday in the calendar year
Junior	reach 12 <sup>th</sup> , 13 <sup>th</sup> , 14 <sup>th</sup> and 15 <sup>th</sup> birthday in the calendar year
Adult	reach 16 <sup>th</sup> - 29 <sup>th</sup> birthday in the calendar year

6.2. All age categories are allowed to compete in one older age category on the WDSF Open competitions.

6.3. Each Team may include athletes who belongs to an adjacent older age category without changing their age category with following restrictions:

- 6.3.1. Teams of 4 to 7 members: 2 athletes may be older.
- 6.3.2. Teams of 8 to 12 members: 3 athletes may be older.
- 6.3.3. Teams of 13 to 20 members: 4 athletes may be older.
- 6.3.4. Teams of 21 to 24 members: 5 athletes may be older.

6.4. Definition of age category for team is 51% members of one age category, the rest of members can be one age category younger or older (see Rule O.6.2).

<b>Rule O.7 Competition setup</b>
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7.1. In Disco DanceSport disciplines for Solo and Duo depending on the number of athletes at the competition, at the discretion of the Chairperson, eliminations will occur according to the table below:

- Up to 8 participants: Direct final
- Up to 16 participants: Semi-final and then a Final
- From 17 to 32 participants: Quarter-final, Semi-final and then a Final
- Over 32 participants: 1st round, Quarter-final, Semi-final and then Final

7.2 In Disco DanceSport disciplines for Small, Big, or Mega team, depending on the number of teams at the competition, at the discretion of the Chairperson of Adjudicators eliminations will occur according to the table below:

- Up to 6 teams: Direct final
- Up to 12 teams: Semi-final and Final
- Over 12 teams: Quarter-final, Semi-final, and Final

Rule O.8 Competition setup, duration, tempo, and music

NUMBER OF ATHLETES	FORMS	DURATION	TEMPO	MUSIC
<b>DISCO DANCE</b>				
1	SOLO	3x1min* (+/- 5 sec)	140 bpm	Organizer
2	DUO	3x1min* (+/- 5 sec)	140bpm	Organizer
4-12	SMALL TEAM	2 min	140 bpm	Organizers music
13-24	BIG TEAM	2,5 -3 min ***	100-140	Own Music
<b>ACROBATIC DISCO DANCE</b>				
1	SOLO	3x1min **	140 bpm	Organizers music

**Rounds 3x1 Disco Dance**

3x1 rounds: 1 presentation, all athletes / 1 heat (depending on entries) / 1 ending, all athletes / length of heat +/- 5 seconds

- First preliminary round starts with 1 minute presentation of all athletes (maximum 15 athletes at the same time on the floor). All other preliminary rounds start with 30 seconds presentation.
- Heats after presentations lasts 1 minute and consists of 6 athletes maximum in Solo, and maximum 3 Duos.
- Every preliminary round ends with all athletes 1 minute on the floor (maximum 15 athletes at the same time on the floor).
- The Final round starts with 30 seconds all athletes, heats of 1 minute maximum 2 athletes/duos, ending 1 minute all athletes.

**8.2. Rounds 3x1 Acrobatic Disco Dance (Freestyle)**

3x1 rounds: 1 presentation, all athletes / 1 heat (depending on entries) / 1 ending, all athletes / length of heat +/- 5 seconds

- Preliminary rounds and final starts with 20 seconds presentation of all athletes, Disco Dance.
- Heats after presentations including the final, lasts 1 minute and consists of 2 dancers at maximum, Acrobatic Disco Dance. The acrobatic dance must be presented with a flow and danced musically.

- Preliminary rounds and the Final end with all dancers 20 seconds on the floor, Disco Dance.
- The Final round starts with 30 seconds all dancers, heats of 1 minute maximum 2 athletes /duos, ending 1 minute all athletes.

### 8.3. Rounds Disco Dance Team

- One team at the time dancing to their own music.
- Music, choreography, and clothes stay the same during all rounds.

## Rule O.9 Dress regulations and Make-up

9.1. In all competitions granted under these Rules, athletes shall dress or costume according to the **WDSF Dress Regulations**.

9.2. The choice of dress and/or costume for man and woman should suit and complement the theme of the performance, but the most important thing is that they should be appropriate for the specific age category.

9.3. Male dancers are allowed to dance bare-chested in Adult and Senior age categories only.

9.4. Personal jewellery is prohibited.

9.5. Religious, and political decorations and accessories are not allowed.

9.6. Athletes may be required to change their costume or accessory if the Chairperson believes that the costume or accessory is not in accordance with these rules.

9.7. If there is damage to the costume or a part of the costume, it must be reported to the Chairperson. The replacement may be allowed at the sole discretion of the Chairperson.

9.8. Athletes are not allowed to change costumes within one competition.

9.9. Athletes can take part in the prize presentation in their competition dress.

9.10. Make-up has to be age and gender appropriate, and it must suit the discipline in which it is used. Make-up and costume may never be offensive to the public or other athletes.

9.11. All age categories can apply make-up.

## Rule O.10. (Dance floor and Lighting of the dance floor)

Rule O.10.1. Dance floor

<b>DISCO DANCESPORT FORM</b>	<b>MINIMUM DIMENSION OF DANCE FLOOR</b>
Solo, Duo, Small team	12 meters x 18 meters
Big team	12 meters x 18 meters

10.1.1. As a rule, the dance floor for Disco DanceSport discipline should be a high-quality ballet floor or some other sports floor.

Rule O.10.2. Lighting of the dance floor

10.2.1. In general, the lighting must fully cover the dance floor. Technical parameters for **dance floor** lighting may not be changed.

10.2.2. Front lights should be 90% white. Competitions may need additional lighting and lighting effects, thereby enhancing the scene.

Rule O.11 Grades of competition

11.1. WDSF Open World Championships and WDSF Open Continental Championships

11.1.1. Adult, Youth, Junior

a) Types of competition

WDSF Open World Championships and WDSF Open Continental Championships are held in all Disco dance forms for:

- aa) Disco DanceSport
- ab) Acrobatic Disco Dance (Freestyle)

b) Invitations:

Invitations must be sent to all WDSF Member bodies.

c) Eligibility

All athletes of the highest competitive category of a WDSF Member body are eligible to participate, but athletes' application for entry may only be made by the relevant WDSF Member body.

d) Reimbursement of expenses:

No travel expenses, no hotel accommodation. Reimbursement of WDSF Chairpersons and WDSF Adjudicators shall be made by the Organizer according to Rule B 5 and Appendix.

## 11.2. WDSF World Ranking Tournaments

a) WDSF Open

WDSF will conduct a series of WDSF Open Competitions in Disco Disciplines with points for the WDSF World Ranking List, as authorized by the Presidium.

The competition organizer must indicate in the bidding form the dance styles and format of the competition.

Rule O.12 Disco DanceSport
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### 12.1. Character for SOLO Disco DanceSport

- Body pump with body action with basics in contraction and release.
- There must not be any allusion to sexual moves
- Personal interpretation to contemporary trends is allowed

### 12.2. Character for DUOS in Disco DanceSport

- Synchronized movements on the floor
- Steps such as follow the leader, shadows, and mirror choreography may be used
- Distant between the dancers may not exceed 3 (three) meters

### 12.3. Character for TEAMS in Disco DanceSport

- Variations in formations are essential
- Athletes' ability to hold lines and places are important
- Ability to accentuate effects as highlights are important

### 12.4. Acrobatics and lifts are not allowed in Disco Dance

### 12.5. Acrobatics and lifts are not allowed in Disco Dance solo, duo and small team, but it's allowed in big team but not to dominate.

Rule O.13 Acrobatic Disco Dance – Freestyle
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### 13.1. Character of Acrobatic Disco Dance

Rhythm sense, moving around, quick changes, logical element connection, choreographically arranged entrance without intermediate steps, and preparing for gymnastic elements, flexibility, dynamic, as well as static strength, jumps, and gymnastic elements in the relation 60 (dance) and 40 (gymnastic). The Acrobatic Disco Dance integrates advanced acrobatics into the performance. But always be aware that we are a dance competition, not a gymnastics competition. The quality of the execution of the acrobatic is just as essential in judging as the level of difficulty in the acrobatic movement.

13.2. An acrobatic movement is defined as a movement in which the body overturns either the sagittal or frontal axis (e.g., somersaults, hand-wheeling).

13.3. Acrobatics should be distinguished from Gymnastic movements and Gymnastic lines.

13.4. Acrobatic movements are included in the performance. If not performed technically correct, it can degrade the dancer's score.

#### Rule O.14. Rules for Adjudication

14.1. TCP system (3D – three dimensions) is the following judging system:

1. Technique
2. Choreography (Composition)
3. Performance (Image)

14.2. All Judging Criteria have the same weight even though pace and rhythm are overall.

14.2.1. Technique:

The evaluation of the technique includes the assessment of the precision of the performance and the elements, the level of difficulty of the elements used in the choreography, the accuracy of the performance of the given elements, the use of the scene, balance, control, flexibility, fluidity of movement, training, strength (intensity), agility (ability to move quickly). Pace is mandatory. Variation in the rhythm that shows dynamic and timing also accentuates musicality. Posture, balance, control. Arm and leg movements should be executed with extensions giving long lines. Flexible footwork in both basic steps and technical elements such as kicks and jumps. The overall impression should be a performance showing the dancer dancing the routine with ease, fast, explosive, and elastic. Basically, in this dimension, we evaluate how the dancer performed the given choreography.

14.2.2. Choreography (Composition)

The composition includes the evaluation of the used movements, figures, and lines. The diversity and originality of each component, and the use of the dance floor in its entirety. The ability to see that the dancer hears every change of rhythm, creativity, originality, courage of the choreographer to be different. The choreography should present the dancers ability to dance dynamic with quality in the



movement also presenting hard – soft, quick – slow, rough – graceful. Basically, we evaluate the choreographer's work in this dimension.

#### 14.2.3. Performance (ex. Image)

In this dimension, we evaluate physical and emotional expressiveness, presentation, communication with the audience, the energy possessed by the dancers, and the impression they left on you and the audience. Are the make-up and hairstyle neat and in accordance with the age of the dancers? Are the costume, make-up, and hairstyle in harmony with the overall impression? The dancer's charisma, self-confidence, and enthusiasm. Basically, in this dimension, we evaluate the overall impression that the dancer left on us.

Rule O.15. Rehearsals on WDSF Open Competition / WDSF Continental or World Championship
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15.1. For age categories Solos and Duos rehearsal is allowed on the stage every time the Chairperson makes a warm-up in the competition and informs everyone present that the above-mentioned categories can rehearse.

15.2. For the Small and Big Teams, specific rehearsals are held on dance floor before the start of the competition itself. The disco dance rehearsal lasts 1 minute for each team, according to a specific schedule made by the competition organizer. The disco dance rehearsal for the teams is without music.

15.3. For World and Continental Championship, a chairperson must be appointed. The Chairperson must attend rehearsals and warn any team breaching the Rules. If the Rules are breached during the competition, the Chairperson may disqualify the team(s).

15.4. Organizers must grant each team an opportunity to conduct a full non-public rehearsal on the proposed competition floor, at a reasonably convenient time, for a minimum of 10 minutes and a maximum of 15 minutes rehearsal time, to test the competition floor.

15.5. All teams – or a representative of the team – have to be present at the beginning of the rehearsals for the draw of the order of performance.

15.6. All members of the team should be present a minimum of 15 minutes before they start their rehearsal.

Rule O.16 Competition Numbers
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16.1. Athletes must wear competition numbers on the competition dress.

16.2. The Organizer will announce or make the competition number visible on the main competition screen.

Rule O.17 Health and Welfare of Athletes

17.1. There must be a break of at least 20 minutes between the rounds of competition.

17.2. For all WDSF World and Continental Championships the break between Semi-Final and Final is of 30 minutes.

17.3. Finals for Juveniles, Juniors

17.3.1. All Finals and prize presentations for Juvenile athletes must be concluded before 21:00 (9:00 P.M.)

17.3.2. All Finals and prize presentations for Junior I athletes must be concluded before 22:00 (10:00 P.M.)

17.3.3. All Finals and prize presentations for Junior II athletes must be concluded before 23:00 (11:00 P.M.)