

1. General

- 1.1. Solo is a discipline in which the athlete competes alone, without a partner.
- 1.2. The athlete's performance shall contain all technical elements defined for Standard and/or Latin, with the exception of Hand Hold and Couple Position. The usage of arms and hands in Solo competition is without restriction.

2. Disciplines Championship/Cup/Tournament

- 2.1. Solo Standard
- 2.2. Solo Latin
- 2.3. Solo 6 Dances/ 8 Dances/ 10 Dances

3. Dances by discipline

- 3.1. In Solo Standard athletes compete in all 5 Standard dances: Waltz, Tango, Viennese Waltz, Slow Foxtrot and Quickstep.

- 3.2. Exception is the Juvenile I age category in which they compete in: Waltz, Tango and Quickstep and Juvenile II age category in which they compete in: Waltz, Tango, Viennese Waltz and Quickstep
- 3.3. In Solo Latin athletes compete in all 5 Latin dances: Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive.
- 3.4. Exception is the Juvenile I age category in which they compete in: Samba, Cha-Cha-Cha and Jive and Juvenile II age category in which they compete in: Samba, Cha-Cha-Cha, Rumba and Jive.

4. Categories

- 4.1. Solo Female
- 4.2. Solo Male
- 4.3. Mix categories will not be allowed.

5. Age Restrictions

- 5.1. Rule E.2 of WDSF Rules (Age Restrictions)

6. Music

- 6.1. Rule E.3 of WDSF Rules (Music)

7. Syllabus

- 7.1. In Procedure

8. Props

- 8.1. Props can not be used.

9. Competition Dress

- 9.1. Rule E.10 of WDSF Rules (Competition Dress)

10. Competition Number Cards

- 10.1. For Solo Female, the Competition Number Card will be displayed on the back or on the hip in case of an open back dress.
- 10.2. For Solo Male, the Competition Number Card will be displayed on the back.

11. Solo Open Categories

11.1. It includes categories of Sport Dance and Breaking

11.2.

- One dance solo Samba
- One Dance solo Cha cha
- One Dance Solo Rumba
- One Dance solo Jive
- 4 Dance (S-C-R- J)
- One dance solo Waltz
- One Dance solo Tango
- One Dance Solo V.Waltz
- One Dance solo Quickstep
- 4 Dance (W-T-V.W-Q)

11.3. Rule E.2 of WDSF Rules (Age Restrictions)

11.4. There is no restriction in steps and choreography.

11.5. There is no restriction on dresses.

*Covers Intimate parts of the body.

11.6. The dancers can participate in all dance categories without any limits.

11.7. Only dancers of Class D and lower can participate in this category.