



WIDA INCLUSIVE DANCE COMPETITION REGULATIONS

I. General rules

Inclusive dance competition (hereinafter referred to as the “competition”) is held as one of the events of the World Inclusive Dance Association (hereinafter referred to as the “WIDA”).

Present rules define conditions, procedure and requirements for participants. Competition is held among three participant groups:

inclusive couples; inclusive dance teams; single dance for dancers with disabilities.

II. Inclusive couples’ competition

1. Requirements

For the couples dance competitions allowed couples with at least one dancer with disability.

Disabled people with various diseases, including musculoskeletal, mental and sensory disorders or systemic disability can participate in Competition.

People of different ages (including people in the same couple) as well as relatives dancing with each other (including parents with children) are allowed to participate in the same dance competition.

Personal assistants of disabled dancers with severe diseases are allowed to participate in the competition in the same couple. In this case, the dance couple may consist of three persons (2 + 1).

Couples must prepare a space for the performance in accordance with the technical conditions for the competition.

2. Categories

Competition is held in the two categories of inclusive dance:

Dancesport (sport ballroom dance) Dance Improvisation

Dancers participating in the Dancesport competition must perform basic figures of the dances, as well as show knowledge of the technical basis of their performance and musical accuracy.

Dance Improvisation presuppose free movement to the music of different styles. In this case, overall level of participants' dancing skill, their ability to improvise, the quality of interaction with a partner(s), musicality, and only then the knowledge of various figures and technique are estimated.

3. Couples Categories

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Dancers compete in the "D" and "A" classes, divided by the level of dance skills: "D" - Debutants - the first level; "A" - Advanced - progressive, increased level.

In the **D-class** Dancesport: three types of dances (Waltz, Samba, Jive) In the **A-class** Latin: five types of dances (Samba, Cha-cha-cha, Rumba, Jive, Paso Doble)

In the **A-class** Standard Ballroom: five types of dances (Waltz, Tango, Viennese waltz, Slow Foxtrot, Quickstep)

In the **D-class** Improvisation: two dances (the music of different styles. The first dance is fast, the second dance is slow)

In the **A-class** Improvisation: three dances (the music of different styles. The first dance is fast, the second dance is slow, the third dance with complex rhythm)

Participants can be grouped by age and divided into the following **age categories**:

- Children (7 y.o. – 18 y.o.),
 - Youth and adult (19 y.o. and above) In this case, the age of the couple is determined by the age of the disabled person. Dancer is allowed to dance with different partners during one competition, but in different categories (Dancesport and Dance Improvisation). Teachers and dance instructors of the disabled dancers can also take part in competitions in the D or A-class, depending on the level of movement disability of their partners and their level of dance skill.
- 4. Procedure** In the case of registration of only one or two couples the classes will be united. The couples from the class with one or two registrations will not get promotion points, unless one or both couples reach the finals. In the case of registration of three or six couples the contestants will dance a “general look” in the semi finals. (A general look is a round in which the jury observes, but not judges.) In the case of registration of seven or more couples the contestants will dance a qualifying round and after that a re-dance round in which couples that didn’t score enough points for the next round dance. Depending on the amount of couples follows a quarter or/and a semi final. All classes have a final. At least three couples dance in the final. For the qualifying round, the quarter and semi finals a cross-system is used. This means the couples who get the most points from the jury will go to the next round. In the final the skating-system is used: the jury members give each couple a mark and afterwards the scrutineer will calculate the results. Dancers are

forbidden to make dangerous elements that can injure others, cause injury to the dancer performing the trick, or his partner. By decision of the Chief Judge, a dance couple who received a remark during a warm-up or during a competition should exclude a dangerous

element from her dance improvisation. In the case of re-use of this element the couple will be disqualified.

The Chief Judge together with the holder of competition has the right to change this procedure if another subdivision is useful for the competitors. This may happen in case of too many competitors, too little time and not enough space.

The music is selected and played by the organizers. Duration of music for Dancesport in both classes is no longer than 1,5 minutes. Duration of music for Dance improvisation in both classes is no longer than 2,5 minutes.

5. Judging criteria

While judging the inclusive couple competition, the jury must use the following judging criteria:

- pleasure in dancing and dancing together
- musical and sense of rhythm
- technique and dance pose of both partners
- presentation of the dance couple on the dance floor and use of space
- using both partners abilities

III. Inclusive dance teams competition 1.

Requirements Disabled and non-disabled people are allowed to participate in a dance group. Disabled people with various diseases, including musculoskeletal, mental and sensory disorders or systemic disability can participate in inclusive dance are allowed to participate in the same dance group. People of different ages (including people in the

same couple) as well as relatives dancing with each other (including parents with children) are allowed to participate in the same dance group. Dance groups must prepare a video record in accordance with the technical conditions for the competition. **2. Categories**

Competition is held in the six categories of inclusive dance:

1. Pop dance.

Stage, plot and subject dances can be presented in this direction.

2. Ballroom dance.

Dance numbers based on the technique of sports ballroom dancing (slow waltz, tango, Viennese waltz, slow foxtrot, quickstep, samba, cha-cha, rumba, pasodoble, jive) can be submitted to the competition.

3. Folk dance.

Dance performances based on the dances of the peoples of the world (including orient) be submitted to the competition.

4. Modern dance.

Dance number based on the modern choreography (modern, jazz modern, contemporary etc.)

5. Club (street) dance.

In this direction dance based on club dance styles (hip-hop, jazz-funk, break dance, house, tectonic, R'n'B, etc.).

All dance composition to music selected by dance group are prepared beforehand except for compulsory dance.

6. Classical dance

Dance number based on the classical choreography (ballet, demi-classic, pointe dance, etc).

3. Age groups

- Children (7 y.o. – 18 y.o.),
- Youth and adult (19 y.o. and above) In the case when the team is of different ages, the team belongs to the age category of the prevailing number of participants. **4. Nominations** Couple (2 people) Small Group (3-5 people) Ensemble (more than 6 people) **5.**

Procedure One group/ensemble can participate in competitions in different directions The inclusive dance group competition is held for two and more dance groups in each category. In the case of registration of only one or two dance groups the classes will be cancelled or combined. Groups are demonstrating dances one by one compositions in the style of the category in which the competition takes place. In the competition a point-based system is used: the jury members give points for each dance group performance. Dance groups which collected the highest point sum takes first place and wins the competition. The Chief Judge together with the holder of competition has the right to change this procedure if another subdivision is useful for the competitors. This may happen in case of too many competitors, too little time and not enough space.

The judges evaluate pre-recorded videos of each team dance during online broadcast. Duration of the record is no longer than 5 minutes.

6. Judging criteria

While judging the inclusive dance groups competition, the jury must use the following judging criteria:

- choreography
- mastery
- image of the dancers
- using abilities of all participants in dance team

IV. Inclusive dance single

competition 1. Requirements In single dance competition one participant with a disability is allowed to compete. Disabled person – contestant can be with various diseases, including musculoskeletal, mental and sensory disorders or systemic disability. People with different disabilities are allowed to participate in the same dance competition. People of different ages are allowed to participate in the same dance competition. For the Showdance category a dancer must prepare a video record in accordance with the technical conditions for the competition. 2. Single dance

Categories Competition is held in three categories of inclusive dance:

- **Dancesport (sport ballroom dance)**
- **Dance Improvisation**
- **Showdance** Dancers participating in the Dancesport competition must perform basic figures of the dances, as well as show knowledge of the technical basis of their performance and musical accuracy. Dance Improvisation presuppose free movement to the music of different styles. In this case, overall level of participants' dancing skill, their ability to improvise, musicality, and only then the knowledge of various figures and technique are estimated. Dancers compete in the "D" and "A" classes, divided by the level of dance skills: "D" - Debutants - the first level; "A" - Advanced - progressive, increased level. In the **D-class** Dancesport: three types of dances (Waltz, Samba, Jive) In the **A-class** Latin: five types of dances (Samba, Cha-cha-cha, Rumba, Jive, Paso Doble) In the **A-class** Standard Ballroom: five types of dances (Waltz, Tango, Viennese waltz, Slow Foxtrot, Quickstep)

In the **D-class** Improvisation: two dances (the music of different styles. The first dance is fast, the second dance is slow)

In the **A-class** Improvisation: three dances (the music of different styles. The first dance is fast, the second dance is slow, the third dance with complex rhythm)

Showdance – pre-recorded video with the freestyle choreography. Duration of the record is no longer than 2,5 minutes.

Participants can be grouped by age and divided into the following **age categories**:

- Children (7 y.o. – 18 y.o.),

- Youth and adult (19 y.o. and above)

3. Procedure

In the case of registration of only one or two dancers the classes will be united. The dancers from the class with one or two registrations will not get promotion points, unless one or both of them reach the finals. In the case of registration of three or six dancers the contestants will dance a “general look” in the semi finals. (A general look is a round in which the jury observes, but not judges.) In the case of registration of seven or more dancers the contestants will dance a qualifying round and after that a re-dance round in which dancers that didn't score enough points for the next round dance. Depending on the amount of dancers follows a quarter or/and a semi final. All classes have a final. At least three contestants dance in the final. For the qualifying round, the quarter and semi finals a cross-system is used. This means the dancers who get the most points from the jury will go to the next round. In the final the skating-system is used: the jury members give each dancer a mark and afterwards the scrutineer will calculate the results. Dancers are forbidden to make dangerous elements that can injure others, cause injury to the dancer performing the trick. By decision of the Chief Judge, a dance who received a remark during a warm-up or during a competition should exclude a dangerous element from his\her dance improvisation. In the case of re-use of this element the dancer will be disqualified. The Chief Judge together with the holder of competition has the right to change this procedure if another subdivision is useful for the competitors. This may happen in case of too many competitors, too little time and not enough space. The music is selected and played by the organizers. Duration of music for Dancesport in both classes is no longer than 1,5 minutes. Duration of music for Dance improvisation in both classes is no longer than 2,5 minutes. For the **Showdance** competitors the judges evaluate pre-recorded videos during online

broadcast. 4. Judging criteria

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pleasure in dancing and dancing alone musical and sense of rhythm technique and dance pose presentation of the dancer on the dance floor and use of space

V. Jury/adjudicators

The jury consists of teachers and dance instructors or acknowledged jury members of international competitions. These jury members have to satisfy the educational standards and the executive of WIDA.

VI. Dance positions in couple

Standard dances must be danced in a closed position where it is possible.

Closed facing position or a promenade position or counter promenade position can be used.

Each position should be performed with double hand/underarm hold like in classic dancesport.

In each position a standing dancer holds hands with a wheelchair dancer in keeping the shape of the handhold adopted in the Standard dance as much as possible.

In Latin dances free hold is allowed, but not longer than 4 bars.

In Dance Improvisation, Modern and Folk dances free hold is allowed during the whole dance.

The solo choreography can also be performed.

The solo choreography means performing dance movements (figures) by one person.

In all dance categories free hold is allowed, if a disabled dancer can not keep permanent hand contact during the dance.

Personal assistant is allowed in dance couple to provide help to the disabled partner with a severe disability. Personal assistant is not to play important role in dance itself. Personal assistant can not perform choreography different from a disabled dancer, as their task is to facilitate the movements of the disabled dancer.

VII. Clothing

Festive clothes are appreciated.

Competition clothes are clothes which can not be considered everyday wear.

The clothes should be modest and be able to pass a test for taste and good manners.

Advertisements on the wheelchair or competition clothes other than from the dance groups, parlor or wheelchair manufacturer are not allowed.

Wheelchairs should be kept in good condition.

The skirt or pants in dance improvisation should be free, not interfere with the movement of the legs, but not too short and not too long, and as the top you can choose a fitted top or T-shirt.

Competition clothes of the disabled person's assistant must have no furnishings, match with the color of the partner's competition clothes and can be black.

While judging the solo dance competition, the jury must use the following judging criteria:

VIII. Awarding

All participants are awarded with diplomas specifying the award.

The diplomas are given to single dancer, each partner in the couple and one certificate is given to a dance group.

Single dancers who won 1st – 3rd places are awarded with the

diploma Couples who won 1st – 3rd places are awarded with the diploma Dance groups which won 1st – 3rd places are awarded with the diploma Souvenirs and prizes from coordinators, partners and sponsors can also be given.

IX. Registration conditions

To participate in the competition dancers (dance group) should submit request in the specified form.

Participants can register using online registration;

Solo entry form - <https://forms.gle/U8QPZ6Bt9kgweWyr7>

Couples entry form - <https://forms.gle/czBRPELVMh88V1rj9>

Group entry form - <https://forms.gle/n4p8ftE9wwPvJ4bC8>

The registration for the competition is carried out on-site before the competition after the qualification is passed.

A dancer (dance group) can register in different categories at the competition.

During the registration for the inclusive dance competition the disabled persons are mentioned first.

In couple dance, the number is fixed on the upper back or back of the wheelchair of one of the dancers.

Terms of Participation and Technical Conditions can be found on the Manchester Grand Prix General Information Sheet.