

RULES FOR SOLO, DUO, TRIO AND GROUP COMPETITIONS

1. Types of competitions

- SOLO:1 athlete (Male or Female)
- SYNCHRO DUO: 2 athletes (same sex or mixed)
- SYNCHRO TRIO: 3 athletes(same sex or mixed)
- SMALL GROUP: 3 – 7 athletes(same sex or mixed)
- LARGE GROUP /FORMATION: 8– 24 athletes (same sex or mixed)

Definition of Synchro: athletes dance the same steps in same direction all the time without dance hold.

2. Age Groups

WDSF Age Groups apply.

Mix age group is group of all age categories (Juveniles, Junior I and Junior II).

Solo, Duo, Trio, and Groups may compete also in an older age group

- Juvenile I may compete in Juvenile II
- Juvenile II may compete in Junior I
- Junior I may compete in Junior II

Mix age groups compete against other mix age groups.

Unlimited number of younger athletes are allowed in Groups, but the number of older athletes is limited as follows:

- Group 3-7 dancers- 1 older
- Group 8 -14 dancers - 2 older
- Group 14 -20 dancers - 3 older
- Group 20 – 24 dancers – 4 older

3. Syllabus

WDSF SYLLABUS applies for all basic only competition.

4. Dress and Make up

- WDSF Dress regulation applies.

- No make-up is allowed for Juvenile and Junior I

5. Rules for groups

- All members must be on the floor from beginning to the end of choreography.
- The group provides its own music on USB .
- It is not allowed to combine Standard and Latin dances in choreography.
- The choreography must have a minimum of two dances of the chosen discipline (music 1:30 to 2:00 minutes).
- If the choreography has more than two dances from the same discipline, the same time must be allocated to each dance (total time from 1:30 to 4:00 minutes)
- Groups competing in basic category can use Open choreography at the beginning and at the end and during the transition from one dance to another. The total time is limited to 30 seconds.
- During the choreography individuals may form couples, but not longer than 20 % of the total time.
- Props are NOT allowed.
- The group has 15 seconds to enter the floor and 15 seconds to exit.
- No lifts are allowed for Juvenile Groups. Junior Groups may have 2 lifts during choreography.