

WDSF RULES DISCO DANCES

Rules for Competition:

Disco Dance and Acrobatic Disco Dance (Freestyle)

Rule 1.0 Dances

1.1 The general rules in this chapter will apply to the following dances

- Disco Dance
- Acrobatic Disco Dance (Freestyle)

1.2 Disco Dance is competed in the following categories:

- Solo
- Duo (girl+ girl, boy+ boy and mixed combination of 2 dancers)*
- Small Team (3-7 dancers)
- Big Team (8-24 dancers)
- Mega Team (25 dancers or more)

*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.

1.3 Acrobatic Disco Dance (Freestyle) is competed in the following category.

- Solo

Rule 2.0 Age limitations

2.1 The age categories are defined on the calendar-year.

- Juveniles -12
- Junior 13-14
- Youth 15-16
- Adult 17-27
- Adult I 28 +

2.2 Age differences in a duo or team

2.2.1 Duo: The oldest competitor in a duo will determine the entrance in an age-category for any competition.

2.2.2 Teams: In the teams is max 50% younger dancers allowed. With each 7 dancers, an older dancer is allowed (max 4 years older).

2.3 Some age groups are allowed to compete in competitions designated to other age groups. The following table conclusively shows which age groups may compete in which competitions:

Age group referring year of birth Age group of competition	Juvenile	Junior	Youth	Adult	Adult I
Juvenile	Yes				
Junior		Yes			
Youth		Yes	Yes		
Adult			Yes	Yes	
Adult I				Yes	Yes

Rule 3.0 Competition setup

No of Dancers	Category	Duration	Tempo	Music
Disco Dance				
1	Solo	3x1 min* (+/- 5 sec)	140 bpm	Organiser
2	Duo	3x1 min* (+/-5 sec)	140 bpm	Organiser
3-24	Team	2,5 – 3 min ***	100-160 bpm	Own music
Acro Disco				
1	Solo	3x1 min **	140 bpm	Organiser

3.1 * Rounds 3x1 Disco Dance

- 3x1 rounds:
 - 1 presentation, all dancers
 - 1 heats (depending on entries)
 - 1 ending, all dancers
 - Length of heat +/-5 seconds
- First Preliminary round starts with 1 minute presentation of all dancers. All other preliminary rounds lasts 30 seconds with all remaining dancers
- Heats after presentations lasts 1 minute and consists of 6 dancers at maximum in Solo and maximum 3 Duos.
- Every preliminary round ends with all dancers 1 minute on the floor.
- The Final round starts with 30 seconds all dancers, heats of 1 minute maximum 2 dancers/duos, ending 30 seconds all dancers

3.2 ** Rounds 3x1 Acrobatic Disco Dance (Freestyle)

- 3x1 rounds:

1 presentation, all dancers
1 heats (depending on entries)
1 ending, all dancers
Length of heat +/-5 seconds

- Preliminary rounds and final starts with 20 seconds presentation of all dancers, Disco Dance
- Heats after presentations including 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 Final ends 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 dancers/duos, ending 30 seconds all dancers

3.3 *** Rounds Disco Dance Team

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

Rule 4.0 Dress code

4.1 Dress should be appropriate and according to the good taste rule

- An Athletes costume must cover the intimate part of the body, bosom and bottom.
- The “intimacy area” must be covered by trousers in tight hot pant style
- Trousers may not be transparent or “body – coloured”
- Costume and make-up must be appropriate to the age category and type of competition

Rule 5.0 Floor dimensions

5.1 The minimum floor dimensions for solos and duos are 10 X 12 meters.

5.2 The minimum floor dimensions for teams are 12 X 18 meters.

Rule 6.0 Substitutes in teams

6.1 In case of exceptional circumstances (e.g. injuries, unforeseen conditions) dancers in teams may be replaced with a substitute. The maximum number of substitutes is 1 (one) dancer. Prior to any replacement the Chairperson has to allow it.

Rule 7.0 Grades of Competition

7.1 WDSF World and Continental Championship

7.1.1 Adult and Youth

a) Types of competitions:

WDSF Disco Dance Championship

WDSF Acrobatic Disco Dance Championship

b) Invitations:

Invitations must be sent to all WDSF Member Bodies

c) Eligibility:

Every WDSF Member body may nominate maximum 3 (three) dancers/duos/teams in each category and age category

d) Qualification:

WDSF Member Bodies will decide on the qualification requirements for WDSF Continental and World Championships. When using different entry levels nationally, only the highest level can qualify for these Championships.

e) Automatic qualification:

An automatic qualification is granted for those dancers/duos/teams who have won the title in the previous year if still competing.

f) Wild card:

The Organizing country may hand out a wild card per category and age category in Continental and World Championship

7.2 WDSF Open

7.2.1 Adult and Youth

Ranking tournament

7.2.1 Junior and Juveniles

Ordinary competitions

Rule 8.0 Disco Dance

8.1. Character of Disco Dance

- 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 are allowed

8.1.1 Character for duos in Disco Dance

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

8.1.2 Character for teams in Disco Dance

- Variations in formations are essential
- Dancers' ability to hold lines and places are important

- Ability to accentuate effects as highlights are important

8.2 Acrobatics and lifts are not allowed in Disco Dance

Rule 9.0 Acrobatic Disco Dance (Freestyle)

9.1 Character of Acrobatic Disco Dance

In the Acrobatic Disco Dance integrates advanced acrobatic into the performance. At least 40 % of the performance should be acrobatic and 60% disco dance.

The quality of the execution of the acrobatic is just as essential in judging as the level of difficulty in the acrobatic movement.

9.2 Acrobatics:

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

9.2.2 Acrobatics should be distinguished from Gymnastic movements and Gymnastic lines

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

Rule 10.0 Judging Criteria

10.1 All Judging Criteria has the same weight even though pace and rhythm are overall.

10.1.2 Musicality

Pace is mandatory.

Variation in rhythm that shows dynamic and timing also accentuates musicality

10.1.3 Technique

Posture, balance, control

Straight knees and ankle/insteps, pointed toes

Arm- and leg movements should be executed with extensions giving long lines

Flexible footwork in both basic steps and technical elements as kicks and jumps

The overall impression should be a performance showing the dancer dancing the routine with ease, fast, explosive and elastic

10.1.4 Performance

Jumps, turns and kicks may not dominate

The choreography should present the dancers ability to dance dynamic with quality in the movement also presenting hard – soft, quick – slow, rough - graceful

Convincing personal charm, charisma, expression and energy