

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

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)

Music is chosen by the organizers

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 oriental dance and belly dance) can be submitted to the competition.

4. Modern dance.

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

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)

Music is chosen by the organizers

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

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 oriental dance and belly dance) can be submitted to the competition.

4.Modern dance.

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

6. Classical dance

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

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 dancer 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** competitions the judges evaluate pre-recorded videos during online broadcast.

4. Judging criteria

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

- 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.

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.

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 pre-register using “online registration” and sending a request to info@widance.org or filling it in on web site <http://widance.org>

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 back or back of the wheelchair of one of the dancers.

X. Terms of participation

1. Terms of participation for Online competitions among teams:

10 € for the team of 2 people for each presentation (dance)

15 € for the team of 3-5 people for each presentation (dance)

20 € for the team of 6 people and more for each presentation (dance)

The number of applications is not limited.

The team dance directions are in different categories:

- pop dance,
- ballroom dance,
- folk dance,
- modern dance,
- club (street) dance,
- classical dance

Age categories: Children (7 y.o. – 18 y.o.), youth and adult (19 y.o. and above)

2. Terms of participation for Online competitions among couples:

10 € per one couple in each category of dance:

D-class Dancesport: three types of dances (Waltz, Samba, Jive)

A-class Latin: five types of dances (Samba, Cha-cha-cha, Rumba, Jive, Paso Doble)

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

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

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)

Music is chosen by the organizers

The number of applications is not limited

Age categories: Children (7 y.o. – 18 y.o.), youth and adult (19 y.o. and above)

3. Terms of participation for Online competitions single dancers:

5 € per one dancer in each category:

- Ballroom dance – D class, participants dance 3 dances – slow waltz, Samba, Jive (music is chosen by the organizers)
- Ballroom dance– A class European program, participants dance 4 dances – slow waltz, tango, slow Foxtrot, quickstep (music chosen by the organizers)
- Ballroom dance – A class Latin program, participants dance 4 dances – Samba, cha-cha-cha, Rumba, Jive (music is chosen by the organizers)
- Dance improvisation – D class, participants dance 2 dances – fast rhythm and slow rhythm (music is chosen by the organizers)
- Dance improvisation – A class, participants dance 3 dances – fast rhythm, slow rhythm and complex rhythm (music is chosen by the organizers)

- Showdance (pop dance, ballroom dance, folk dance, modern dance, club (street) dance, classical dance)

The number of applications is not limited

Age categories: Children (7 y.o. – 18 y.o.), youth and adult (19 y.o. and above)

XI. Technical conditions for participation

1. Couple and single competitions in Zoom App

High-speed stable Internet connection (at least 60 Mbit / s or 4G LTE)

A laptop or smartphone with a working camera (or a computer with a connected camera).

The Zoom app installed on your device and knowledge of how to use it.

The camera should catch the entire performance area of the dancers.

The webcam or smartphone must be mounted on a tripod.

At home you need free space for movement in front of the camera (at least 2.5 meters long and 2 meters wide from the camera).


Performances can be in a convenient dance hall with good artificial lighting.

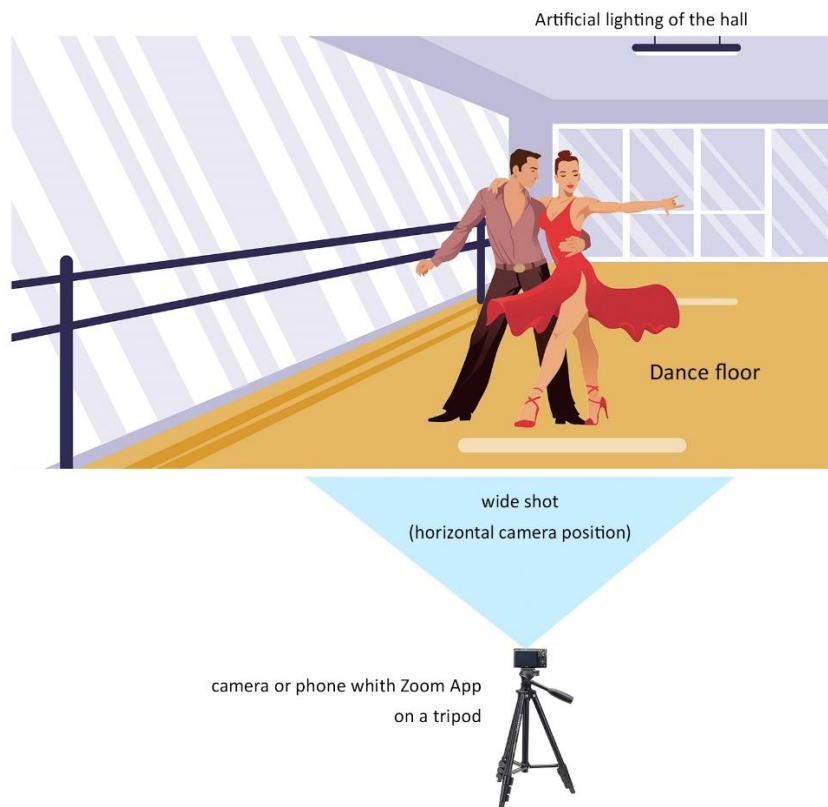
Take care of the maximum lighting of the dance floor.

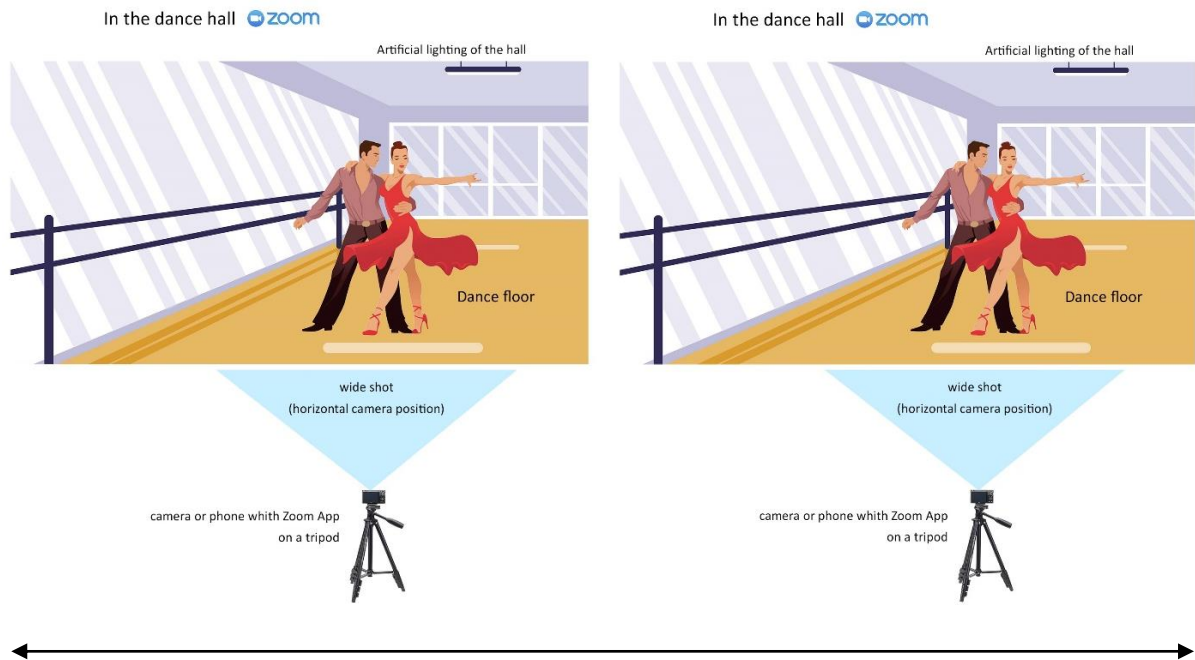
Please mark up the dance floor so that in all its parts the dancers completely fall into the frame (the head, arms, legs are not cut off)

At home  zoom



In the dance hall  zoom





If you have a spacious hall and several dance couples, you can divide the area into parts, install several cameras, provide the devices with Zoom app for each couple, so that the dancers do not fall into the frame of each other.

2. The recording of team dance and single showdance performance

Camera for shooting

Video recording of a dance choreography can be performed on a modern digital photo or video camera, which has the ability to record with the following settings:

1. 1920 x 1080 Full HD Resolution (16 aspect ratio:9) or higher (4K)
2. Manual shooting mode «M»

Basic camera settings

1. Maximum video quality in the camera settings.
2. White balance set manually (in Kelvin), not to use in automatic mode.
3. Correct proportional shutter speed-shutter speed ratio. The shutter speed should be twice the frame rate (example: 24p-1/50, 60p-1/25).
4. ISO Values must not exceed 800.
5. Color Settings (scene profile mode, etc. in different cameras): neutral, standard.
6. Fine-tune the focus on the scene. Better in manual mode, because autofocus can get lost from the stage light and active movement of the dancers.

Important! When using multiple cameras, the listed settings on each of them must be fully synchronized.

Image stabilization

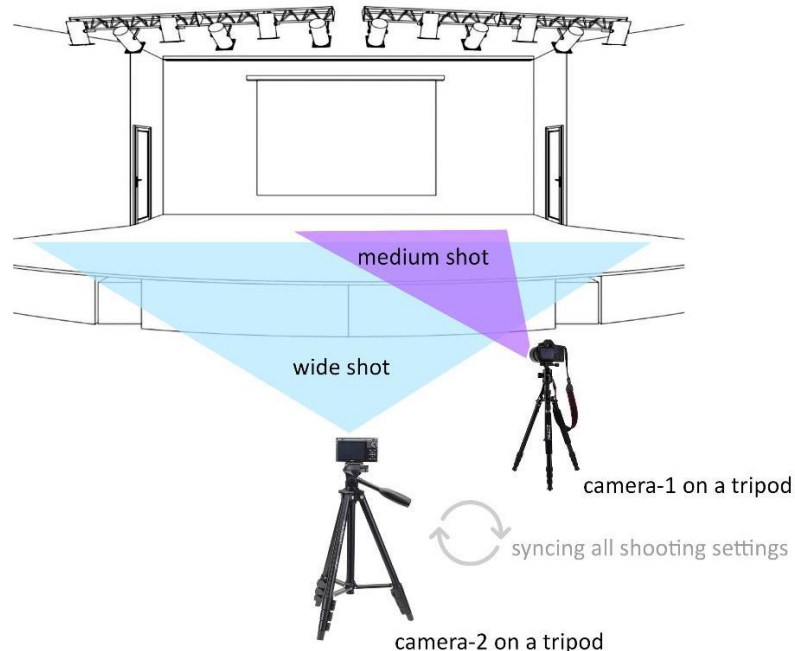
When shooting, the camera must be mounted on a tripod to avoid image shake. You can shoot with your hands on one of the cameras using an electronic Steadicam, as well as on a device that has a good built-in image stabilization system (some models of system cameras with five-axis matrix stabilization: Sony, Olympus, Fujifilm, Panasonic), and you must check that the "matrix stabilization" mode is enabled on the devices.

The main parameters of the frames

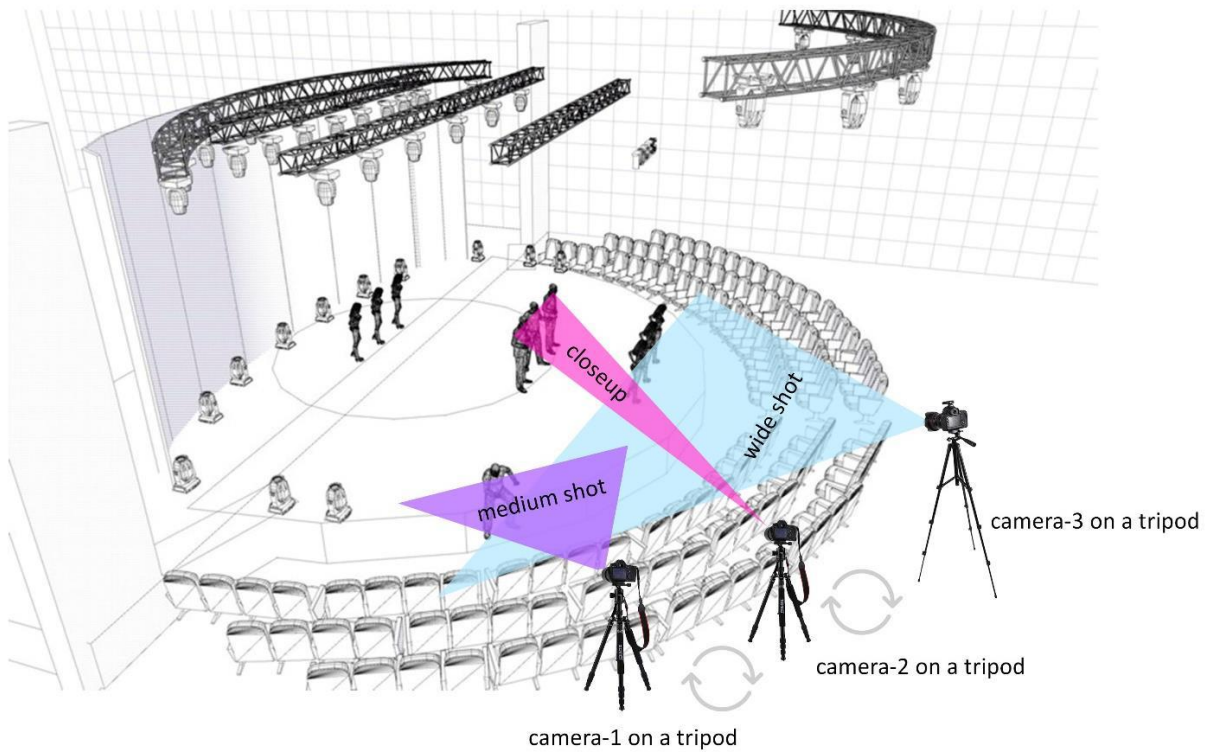
All the performers of the dance choreography should be visible in the frame and all the dance elements should be clearly visible. If you are shooting from a single camera, then the video should have a General plan (the entire scene). If you are shooting from multiple cameras, the edited video may contain medium and close-UPS in addition to the General plan, but no more than 50% of the video's timekeeping.

We strongly recommend that you record videos using multiple cameras and good concert lighting. When organizing a video recording of a dance performance, you can use one of the following schemes as a basis.

Scheme 1. Simple stage light



Scheme 2. Composite stage light



Scheme 2. Studio shooting

