



DANCESPORT RULES

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1. Governing rules

The Official Special Olympics Sports Rules for DanceSport shall govern all Special Olympics competitions. If there are any conflicts with the Official Special Olympics Sports Rules for DanceSport or Article I, the Official Special Olympics Sports Rules for DanceSport shall apply.

1.1. Disciplines and Categories

DanceSport has four disciplines which are Ballroom Dances, Streetdance, Performing Arts and Specialty and four categories which are Solos, Duos, Couples, and Teams.

Competitors with intellectual disability are referred to as the 'Athletes'.

An 'Athlete' can register for only one out of the four Disciplines in the same Special Olympics Dance Sport Competition.

The technical delegate can allow 'Athletes' to compete in up to two different categories within one and the same discipline (e.g. Ballroom Couple and Ballroom Team or Folk-Dance Solo and Folk-Dance Duo). However, the routine/choreography mustn't change.

On World Games level, dancers are not allowed to compete with the same routine as the previous Special Olympic World Games.

1.2. Age and Sex

The minimum age is 8 years for any competition, but World Games. The minimum age for World Games is 16 years. Wild card holders might get accepted to compete, although they are not 16 years. However, accepted wild card holders mustn't be under 8 years.

The technical delegate can divide Solos and Duos in male and female categories. This depends mostly on the total number of performances in each discipline. Couples and Teams will not be divided in males and female categories.

1.3. Divisioning

Before the main Competition (Finals) a day of divisioning will be held. The competitors will all dance twice on two separate days, possibly at separate locations. There might be a day of rest in between Divisioning and the main Competition.

The divisioning will be judged by an independent team of a minimum of three judges who can also be judging officials during the main Competition. However, the same technical delegate will be in charge for the divisioning as well as for the main competition.

1.4. Main Competition (Finals)

After divisioning dancers will know in which Division they will compete. A division can hold between three and eight Solos/Couples/Duos/Teams.

1.5. Award Ceremony

Every 'Athlete' who competes at the Special Olympic Dance Sport Competition is obligated to attend the Award Ceremony, which could be held on a separate day from the Competition. Each 'Athlete' will receive a medal of participation, it is important to be there to receive it. Hard work is paid off with a medal, which might include Bronze, Silver, or Gold. 'Athletes' should not miss out on that special moment.

2. Official disciplines

During the Special Olympics Dance Competition there are multiple competitions that 'Athletes' can choose from. All disciplines can be performed in Unified settings, but at least 50% of a Team need to be 'Athletes'.

2.1. Ballroom Dances

Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination

2.2. Streedance

Hip Hop, Breakdance, Electric Boogie or any combination

2.3. Performing Arts

Classical Ballet, Jazz dance, Modern, Contemporary or any combination

2.4. Specialty

Folk Dance or LaBlast

3. Venue

The Special Olympics Dance Competition is held in a theatrical setting. The Contestants perform on a stage with the audience on one side only.

The dancefloor on stage must be a wooden floor with a minimum size of 8m x 8m.

However, measures need to be communicated to all competitors before they sign up for the competition. For safety reasons there must be a white line on the floor, just 1 meter away from the edge of the stage. Coaches must explain to their 'Athletes' they have to perform behind the white line period.

Organizers need to provide a locking/changing room for all participants.

4. Music

A Solo's routine must be between 1:10 and 1:30 min. in length.

A Couple's or Duo's routine must be between 1:10 and 1:30 min. in length.

A team routine must be between 1:30 and 1:50 min. in length.

Music must be provided as mp3-files only. All mp3-files must be named correctly:

SOLOS:	SOLOS_LASTNAME_FIRSTNAME.mp3
DUOS:	DUOS_LASTNAME1_LASTNAME2.mp3
COUPLES:	COUPLES_LASTNAME1_LASTNAME2.mp3
TEAMS:	TEAMS_TEAMNAME.mp3

5. Competition outfits

The outfits worn during the competition should:

- Be a representation of the choreography
- Be created in good taste and never expose of any private parts
- Be such that 'Athletes' can comfortably exercise and perform in
- -Make the 'Athletes' feel confident

6. Officials/ Staff

6.1. Host/Emcee

Either one or two hosts will be responsible for announcing dancers, judges and officials.

Hosts are supposed to

- Introduce each single performance
- Give a signal to the DJ to start the music for the performer/s
- Put a nice story around all performances
- Ask one judge to give feedback after each single performance

6.2. Technical Delegate

One non-judging technical delegate, whose sole purpose is to check if the competitors and coaches adhere to the rules and requirements. The technical delegate is also responsible for the judges' schedule.

6.3. Judges

There will be three judges for divisionings and a minimum of five judges for finals. Adjudicator eligible to judge Special Olympics Dance Competition have a dance background, degree in physiology, doctorate in Dance, or hold World Championship titles.

7. Rules Solos

A solo is one person on stage. This can only be an 'Athlete'.

7.1. Ballroom

Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination.

Once decided which dance or combo is chosen the following elements are required:

- The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books
- The routine needs to include a 360degree rotation on one leg

7.2. Streetdance

Any form of Hip Hop, Breaking, or locking is allowed. The following elements are required:

- The routine needs to include a floor element
- The routine needs to include Isolations
- The routine needs to include a 360degree rotation on one leg

7.3. Performing Arts

This dance form can be classical ballet, jazz dance, modern or contemporary ballet. The following elements are required:

- the routine needs to include a Jumping section
- The routine needs to include a floor element
- The routine needs to include a 360degree rotation on one leg

7.4. Specialty

This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

- This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.
- This routine needs to include a 360degree rotation on one leg.
- This routine needs to include a jumping section

8. Rules Couples

A couple is two persons on stage dancing in physical connection for a minimum of 70% of the whole routine. This could be either two 'Athletes' or one 'Athlete' plus one 'Unified Partner'.

8.1. Ballroom

Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination.

Once decided which dance or combo is chosen the following elements are required:

- The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books
- The routine needs to include a minimum 6 seconds side-by-side piece. One hand connection is allowed
- The routine needs to include a 360degree rotation on one leg*

* Everyone part of the Couple must execute the required elements.

8.2. Performing Arts

This dance form can be classical ballet, jazz dance, modern or contemporary ballet. The following elements are required:

- the routine needs to include a Jumping section
- The routine needs to include a floor element
- The routine needs to include a 360degree rotation on one leg

8.3. Specialty

This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

- This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.
- This routine needs to include a 360degree rotation on one leg*
- This routine needs to include a jumping section

* Everyone part of the Couple must execute the required elements.

9. Rules Duos

A Duo is two persons on stage dancing side by side. This could be either two 'Athletes' or one 'Athlete' plus one 'Unified Partner'.

9.1. Ballroom

Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination.

Once decided which dance or combo is chosen the following elements are required:

- The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books
- The routine needs to include a minimum 6 seconds side-by-side piece.
- The routine needs to include a 360degree rotation on one leg*

* Everyone part of the Duo must execute the required elements.

9.2. Streetdance

Any form of Hip Hop, Breaking, or locking is allowed. The following elements are required:

- The routine needs to include a floor element
- The routine needs to include Isolations
- The routine needs to include a 360degree rotation on one leg*

* Everyone part of the Duo must execute the required elements.

9.3. Performing Arts

This dance form can be classical ballet, jazz dance, modern or contemporary ballet. The following elements are required:

- The routine needs to include a Jumping section
- The routine needs to include a floor element
- The routine needs to include a 360degree rotation on one leg*

* Everyone part of the Duo must execute the required elements.

9.4. Specialty

This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

- This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.
- This routine needs to include a 360degree rotation on one leg.
- This routine needs to include a jumping section*

* Everyone part of the Duo must execute the required elements.

10. Rules Teams

A team consists of 4-12 persons on stage. This can be all athletes or mixed with unified partner (not more than 50%).

Teams are asked to provide team (fantasy) names.

10.1. Ballroom

Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination.

Once decided which dance or combo is chosen the following elements are required:

- The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books
- The routine needs to include a minimum 6 seconds side-by-side piece. One hand connection is allowed
- The routine needs to include a 360degree rotation on one leg*

* Everyone part of the Team must execute the required elements.

10.2. Streetdance

Any form of Hip Hop, Breaking, or locking is allowed. The following elements are required:

- The routine needs to include a floor element
- The routine needs to include Isolations
- The routine needs to include a 360degree rotation on one leg

* Everyone part of the Team must execute the required elements.

10.3. Performing Arts

This dance form can be classical ballet, jazz dance, modern or contemporary ballet. The following elements are required:

- The routine needs to include a Jumping section
- The routine needs to include a floor element
- The routine needs to include a 360degree rotation on one leg

* Everyone part of the Team must execute the required elements.

10.4. Specialty

This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

- This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.
- This routine needs to include a 360degree rotation on one leg.
- This routine needs to include a jumping section

11. SCORING

11.1. General Scores

The judges must give points from 0 to 10 in each single judging criteria such a musicality, choreography execution, athleticism and presentation.

Below average is 0 to 4,
Average is 5 and 6,
Above average 7 and 8,
Excellent 9 and 10

The highest possible total score for solos is 40 points per adjudicator.

In „Couples“ and „Duos“ category, adjudicators have to give additional points from 0 to 5 for the overall impression of the athlete/s. This way the highest possible total score for unified couples/duos is 45 points per adjudicator.

The highest possible total score for athlete-athlete couples/duos is 50 points per adjudicator.

In „Teams“ category, adjudicators are supposed to give additional points from 0 to 5 for the overall impression of the whole team. This way the highest possible total score for teams is 45 points per adjudicator.

The total score will be calculated by adding all points of all adjudicators.
The higher the total score, the better the ranking!

After each performance one of the judges will address the competitor(s) and give feedback.

11.2. Judging criteria

The judging officials base their scores on the following four categories:

11.2.1. Musicality

- Do the 'Athletes' move in beat with the music?
- Are they able to reproduce musical emphases through their bodies?
- Do they use musical breaks?
- Are they being creative with the music?

11.2.2. Choreography Execution

- Does the routine have a natural flow?
- Is it executed clearly, and do contestants express the meaning of the choreography?
- Is the level of difficulty of the choreography appropriate?

11.2.3. Athleticism

- Are the competitors completely involved physically, mentally, and emotionally?
- In Duos, Couples and Teams, are the competitors independently moving from their Unified Partner/s?
- Endurance and Stamina: All competitors must show their performance on the highest possible level throughout the whole dance
- Strength: All athletes must include elements/patterns which show maximal strength and power. Examples: jumps, lifts, splits, kicks
- Speed: competitors must show speed over a short period of time (4-8 sec), either arms, legs, or whole body.
- Flexibility: Do competitors elongate and lengthen their movement to show their flexibility?
- Motor skill and Balance: Do competitors move in a coordinated way and do they show good balance while executing their movement?

11.2.4. Presentation

- Competitor's connection with the audience. Is there chemistry?
- Staging. How well the space is used?
- Costumes. Are they included in the whole thought process?

12. Judging Sheets – Samples

Judging Sheet SOLOS

Type of Competition:

Date:

City/Country:

DIVISIONING/FINALS

Name Adjudicator A:				
0... lowest score 10... highest score no decimal points				
	Musicality	Choreography (level of difficulty)	Athleticism	Presentation (Show)
	0 - 10 points	0 - 10 points	0 - 10 points	0 - 10 points
Solo 1				
Solo 2				
Solo 3				

Adjudicator`s signature

Judging Sheet DUOS/COUPLES

Type of Competition:

Date:

City/Country:

DIVISIONING/FINALS

Name Adjudicator A:					
0... lowest score 10... highest score no decimal points					
The athlete`s name is indicated in red on the screen.					
	Musicality	Choreography	Athleticism	Presentation (Show)	OA Athlete(s)*
	0 - 10 points	0 - 10 points	0 - 10 points	0 - 10 points	0 - 5 points
Duo/Couple 1					
Duo/Couple 2					
Duo/Couple 3					

* 0-5 points per athlete - if there are 2 athletes within one duo you have to give extra points twice

Adjudicator`s signature

Judging Sheet TEAMS

Type of Competition:

Date:

City/Country:

DIVISIONING/FINALS

Name Adjudicator A:				
0... lowest score 10... highest score no decimal points				
Musicality	Choreography	Athleticism	Presentation (Show)	OA Team*
0 - 10 points	0 - 10 points	0 - 10 points	0 - 10 points	0 - 5 points
Team 1				
Team 2				
Team 3				

* 0-5 points per team to weight the performance in total

Adjudicator's signature

13. List of detailed result – Samples

Results

SOLOS

Solo 1
Solo 2
Solo 3

A				B				C				B				C			
Mu	Ch	At	Pr	Mu	Ch	At	Pr	Mu	Ch	At	Pr	Mu	Ch	At	Pr	Mu	Ch	At	Pr
8	7	6	5	6	7	7	8	6	6	5	3	6	7	7	8	6	6	5	3
4	5	6	3	2	5	6	5	7	7	6	2	2	5	6	5	7	7	6	2
9	9	9	9	5	4	8	7	6	6	6	5	5	4	8	7	6	6	6	5

Total	Place
122	2
98	3
130	1

Results

DUOS/COUPLES

Duo/Couple 1
Duo/Couple 2
Duo/Couple 3

A					B					C					D					E				
Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI
9	8	7	8	5	9	8	7	8	5	6	9	8	5	2	9	8	7	8	5	4	4	4	4	1
5	6	8	5	2	5	6	8	5	2	6	8	9	7	2	5	6	8	5	2	5	6	6	5	4
8	9	8	8	3	8	9	8	8	3	8	8	8	8	4	8	9	8	8	3	6	7	6	7	4

Total	Place
171	2
136	3
174	1

Results

TEAMS

Team 1
Team 2
Team 3

A					B					C					D					E				
Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI
9	8	7	8	5	4	4	4	4	1	9	8	7	8	5	9	8	7	8	5	6	7	7	8	5
5	6	8	5	2	5	6	6	5	4	5	6	8	5	2	5	6	8	5	2	2	5	6	5	4
8	9	8	8	3	6	5	5	7	4	6	6	6	8	3	8	9	8	8	3	5	4	8	7	5

Total	Place
161	1
126	3
157	2

14. Code of ethics

All unified partners, either in Couples, Duos or Teams understand it is expected of them to know the routine they are participating inside and out, to ensure integrity of the overall performance and respect to the 'Athlete'.

15. Pledge of allegiance

By registering for the Special Olympics Dance Sport Competition each 'Athlete' pledges to the responsibility it carries being a competitor and will help broaden the overall message of inclusion that SOI stands for in their home country while preparing for the Special Olympics. Soloists, couples, duos, teams, their leaders, teachers, and coaches, will put as much effort into raising awareness of the 'Athletes' ABILITIES in the local communities, press, and media, as the dance rehearsals. An 'Athletes' purpose goes well beyond the dance routine and the competition, which the 'Athletes' passionately integrate in their daily lives.

16. Acknowledgment

This first rulebook has been composed by the Chair of Dance Sport of Special Olympics Resource Team Dr. Pierre Gider and Special Olympics Ambassador for Dance Sport Louis van Amstel.