

2018-2020

Competitors Rule Book



Para Dance Sport

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1. Introduction

This booklet contains all the competition guidelines and rules for Para Dance Sport in the UK. These rules only apply to UK competition but follow the primary guidelines and rules set out by the World Para Dance Sport Committee (WPDS/IPC) and the World Dance Sport Federation (WDSF).

These rules are to be used in conjunction with other Para Dance UK rules and regulations such as the Code of Conduct and Anti-doping Policies

The principal purpose of any application and interpretation of these rules is in the best interests of Para Dance UK.

These rules apply to all Para Dance Sport approved competitions.

Para Dance UK Instructors are responsible for compliance with the Para Dance UK competition rules in their respective groups.

To gain ranking in the UK any athlete must be a registered competitive member of Para Dance UK.

2. Para Dance UK Regulations

2.1. Approved Competitions

These rules apply to any Para Dance Sport UK approved competition held in the United Kingdom. The underlying principles still apply to any UK athletes dancing in international competition where different rules may apply.

2.2. Competition Management

Para Dance UK governs the activities of member bodies and all registered competitive athletes in the UK.

Para Dance UK has the sole authority to approve a competition for UK ranking.

2.3. Athlete Eligibility

Para Dance UK Competitions

All athletes who wish to compete in approved Para Dance Sport competitions must follow the rules and regulations and be registered as a competitor with Para Dance UK.

All athletes must complete classification as set out in Section 4 prior to their first competition.

Athletes must also NOT be a National Coach, Team Leader or Professional Dancer as outlined below.

World Para Dance Sport Competitions

All athletes competing in World Para Dance Sport competitions must meet the Medical Classification Criteria as set out by the IPC.

An athlete is eligible to compete in World Para Dance Sport only if he or she is **NOT** a:

- a) National coach in Para Dance Sport: those who are or have been most responsible for training and supervision of the national team.
- b) Team leader, coach or representative of a national team/national federation: any person who is a Para Dance Sport leader, coach or representative.
- c) Adjudicator: Qualified people recognised or licenced by World Para Dance Sport; NPC; WDSF or WDC, who judge or have judged at National, Regional and International competitions in Dance Sport or World Para Dance Sport.
- d) Professional Standing dancer: A qualified member from the professional division of Dance Sport – You can compete if you have retired from professional dancing and not competed for over 1 year.

All athletes are required to sign an Athlete Declaration Statement before competing to confirm they are not classed as any of the above.

Those who have completed a Para Dance UK Inclusive Dance (IDT) or Para Dance Sport (DDS, ADS or SDS) training qualification may compete provided this is their **ONLY** qualification and do not hold professional dance qualifications.

2.4. Officials

Each competition shall have the following delegates (1 person may hold more than one role at a UK competition).

- Technical Delegate
The Technical delegate shall be responsible for checking the floor, changing areas, equipment and results systems are suitable for purpose.
- Non-Voting Chairperson of the Adjudicators
The chairperson shall be responsible for informing Adjudicators of heats/rounds and checking the scrutineer's equipment, checking the music is suitable and of the correct length, checking dress/costume. Only the chairperson has the authority to decide on couples per heat and any disqualifications or to stop a competition.
- Adjudicators (number may vary depending on level of competition)
- Classifier or Classification Team
- Medical Director

2.5. Results

Results for all approved competitions will be announced at the end of each competition. Only results from approved competitions will be taken into consideration for ranking and progression and available on the Para Dance UK website no later than 28 days following the competition.

2.6. UK Ranking

This only applies to UK competition and ranking. International competitions are not taken into account for UK Ranking.

Ranking points will be allocated for all approved competitions in the UK. Points will be totalled over a period of 2 rolling years.

Points will be allocated as follows:

6 or more couples

Place in Competition	Points Awarded
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1 st	100
2 nd	50
3 rd	40
4 th	30
5 th	20
6 th or below	10

No more than 4 couples (0.75 co-efficient)

Place in Competition	Points Awarded
1 st	75
2 nd	37.5
3 rd	30
4 th	22.5

No more than 2 couples (0.5 co-efficient)

Place in Competition	Points Awarded
1 st	50
2 nd	25

2.7. Progression from Debutante to Amateur to Select

Most dancers will start at Debutante Level. Dancers may elect to dance at Amateur or Select level with the approval of Para Dance UK. Athletes electing to dance above Debutante level at their first competition or to progress levels above their amassed points must submit the requested evidence via their local instructor for consideration by Para Dance UK. Each case will be individually assessed and submitted at least 2 months prior to a competition to be reviewed and approved.

Points will be accrued at all regional, national and international competitions based on placings. Athletes must move up to the next level as soon as they have reached the required points. This means you may move up at any point during the competition year.

This system is in place to avoid athletes continuing to compete in a lower level rather than progress.

At Amateur and Select level, points are accrued separately in Standard and Latin. It is possible therefore, to dance at different levels in different disciplines e.g. Amateur Latin and Select Standard.

6 or more couples

Place in Competition	Points Awarded
1 st	100
2 nd	50
3 rd	40
4 th	30
5 th	20
6 th or below	10

No more than 4 couples (0.75 co-efficient)

Place in Competition	Points Awarded
1 st	75
2 nd	37.5
3 rd	30
4 th	22.5

No more than 2 couples (0.5 co-efficient)

Place in Competition	Points Awarded
1 st	50
2 nd	25

Once an athlete/couple has attained 400 points in Debutante OR 3 consecutive titles at a National or International Event where a minimum number of 4 athletes/couples were entered in the category (e.g. 3 times National Champion) they must move up to Amateur Level.

Once an athlete/couple has attained 500 points in Amateur level OR 4 consecutive titles at a National or International Event where a minimum number of 4 athletes/couples were entered in the category (e.g. 3 times National Champion or 3 times Dutch Open Champion) they must move up to Select Level in that Discipline.

It is the responsibility of the athlete to provide evidence (including number of entrants) of points gained at any competition which is not run by Para Dance UK

2.8. Processes

For a competition to be recognised, the competition promoter/organiser must apply to Para Dance UK for approval prior to publicising the event.

2.9. Protests

Protests regarding decisions during a competition must be made to the Non-Voting Chairman of the Adjudicators within 15 minutes of the end of the heat/round of the event. Further formal protests regarding a breach of rules or policies should be made within 1hr of the end of the event. A protest form must be completed with a payment of £50

The protest panel shall consist of the Chairman, Technical Delegate and a PDUK Board Member present.

The decision of the Protest Panel shall be final.

2.10. Anti-Doping

Doping is forbidden according to the terms of the Para Dance UK Anti-Doping Code.

Para Dance UK has adopted the Anti-Doping Code of the World Anti-Doping Agency (WADA).

All participants in Para Dance Sport including athletes, coaches, staff, chairpersons and adjudicators must follow the Para Dance UK Anti-Doping Code and all related WADA regulations and policies.

The Anti-Doping Code can be found on the World Para Dance Sport website - <https://www.paralympic.org/dance-sport/rules-and-regulations/anti-doping>.

2.11. Gender

An athlete shall be eligible to compete in men's competition if he is:

- recognised as a male in law; and
- eligible to compete under these Rules and Regulations.

An athlete shall be eligible to compete in women's competition if she is:

- recognised as a female in law; and
- eligible to compete under these Rules and Regulations.

Para Dance UK will deal with any cases involving transgender athletes in accordance with the IPC's transgender guidelines (as amended by the IPC from time to time) and any applicable World Para Dance Sport regulations.

The eligibility of persons recognised as third gender in law will be determined by Para Dance UK on a case-by-case basis, in accordance with any applicable World Para Dance Sport regulations.

For UK competitions, same sex couples will be allowed in all classes through Debutante to Select levels. These rules will vary at international competitions.

2.12. Medical Services

Para Dance UK follows the IPC Medical Code (outlined in the IPC Handbook). Para Dance UK will appoint a Medical Director for each competition as per the IPC Handbook to provide Para Dance UK with general advice on medical matters.

Responsibilities:

- Athletes are responsible for their own physical and mental health and for their own medical supervision.
- By participating in a recognised competition, all participants specifically release IPC and World Para Dance Sport or WDSA (UK) from any liability to the extent permitted by law for any loss, injury or damage that he or she may suffer in relation to or because of his or her participation in the recognised competition.

Notwithstanding the above provisions, Para Dance UK shall use best efforts to ensure that all athletes, under their jurisdiction, competing in Recognised Competitions are in a state of physical and mental health that is compatible with the level of competition.

Para Dance UK shall use best efforts to ensure that appropriate and continuous medical monitoring of its athletes is undertaken. It is further recommended that regular health evaluations of each athlete that enters competitions is completed.

Instructors are responsible to ensure suitable medical provision and medical insurance coverage for their delegation during travel to and from recognised competitions in the UK.

Para Dance UK shall ensure that suitable medical services are provided at all Recognised Competitions. The scope of medical services may vary according to the following factors:

- the size and nature of the Recognised Competition.
- the number of athletes participating.
- the number of support staff and spectators.

The Medical Director shall be appointed by Para Dance UK for each competition to prepare and co-ordinate the medical services and safety requirements during the competition.

Medical Exclusions

In exceptional circumstances, if an athlete has a medical condition that requires special treatment or poses special risk and cannot be reasonably managed by the instructor that condition may represent grounds for a refusal to accept the entry of that athlete.

The Medical Director will make a final decision in consultation with the sport-technical experts. The affected athlete and their instructor must be given opportunity to provide evidence that the medical risks are manageable. In making the decision, the following factors should be weighed:

- the risk to the athlete's health, including both the likelihood of an incident and its potential severity.
- the risk to other athletes and officials who will be on the dance floor at the same time.
- the medical resources which will be available at the competition and the practicality and cost of any additional measures necessary to protect the athlete.
- the extent of insurance coverage obtained by the athlete and the team.
- any evidence produced by the affected athlete.

While awaiting any final decision of the Medical Director, the athlete will not be allowed to enter the competition. The athlete is therefore required to bring possible exceptional circumstances to the attention of Para Dance UK in a timely fashion.

2.13. Injuries

At competition venues it is the responsibility of the Medical Services to determine whether an injured athlete may continue or return to the competition. This decision should not be delegated to other professionals or personnel.

At all times, the overriding priority should be to safeguard the health and safety of athletes.

The outcome of the competition should never influence such decisions.

3. Competition Rules

3.1. Competition Events

Each competition shall comprise of both Conventional Events (Standard & Latin) and Freestyle/Show/Group dances.

Conventional Events shall consist of:

- Singles, Combi and Duo

Freestyle/Show Dance shall consist of:

- Singles, Combi, Duo and Group (Groups must be a minimum of 4 people with at least 50% wheelchair users).

3.2. Dances in each event

Debutante	
Singles / Combi / Duo	
Waltz	
Quickstep	
Samba	

Amateur			
Singles	Combi Latin	Duo Latin	Combi / Duo Standard
Waltz	Samba	Samba	Waltz
Tango	ChaChaCha	ChaChaCha	Tango
Samba	Rumba	Rumba	Viennese Waltz
Jive	Jive	Paso Doble	Quickstep

Select		
Singles	Latin	Standard
Waltz	Samba	Waltz
Tango	ChaChaCha	Tango
Samba	Rumba	Viennese Waltz
Rumba	Paso Doble	Foxtrot
Jive	Jive	Quickstep

Freestyle Events

All movement styles and genres are allowed (folk, hip hop, Latin, standard, ballet, contemporary, street dance, salsa, Argentinean tango, cumbia, belly dance) and routines may be a mixture of different styles.

Movements and body language should be appropriate to be seen by all ages. Strength, energy, power, sensuous, passion, caring, and affection actions are allowed but explicit violent or sexual manifestations are not.

Debutante Athletes

Athletes at Debutante level should not perform any acrobatic movements or lifts. Wheelchair dancers must fulfil the technical skills in the wheelchair primarily and must have a minimum of 2 wheels in contact with the floor at all times. Standing dancers may only have both feet off of the floor for transitional movements or short periods of time

Amateur and Select Athletes

Acrobatic movements are allowed but should not form the main part of a presentation. Lifts are allowed but should not be the main part of the presentation. A maximum of 3 lifts are permitted.

Athletes can leave the wheelchair as a transition or fragment at the beginning or the end of the program but should not be the main part of it. Wheelchair athletes must fulfil the technical skills in the wheelchair primarily.

3.3. Dance floor

The dance floor should be a suitable surface and a minimum size of 200m² with no side less than 10m. However, this size may be reduced if less than 4 couples are entered for each category.

A maximum of 8 couples should be permitted on the floor in one heat. The Chairman of the Adjudicators may alter this depending on floor size.

3.4. Start number

The start numbers are produced and distributed by the competition organiser.

A start number must be assigned to each participating couple and single athlete and such numbers, together with the corresponding athlete names, may appear on competition lists and timetables.

The start numbers must be worn on the man/lead's back.

If the male/lead partner is a wheelchair user and their backrest is high, then the start numbers must be worn on the backrest.

In Duo Dance both athletes must wear the start number.

The start numbers must be visible at all times. It is not necessary to wear a Start number in Freestyle/Show/Group events.

Start numbers must be A5 size and printed in black on white background.

3.5. Dress code

No costume with logos other than manufacturer's mark or sponsorship displayed under World Para Dance Sport guidelines or team name/uniform are allowed. In Conventional Events no casual wear e.g. jeans, tracksuits are allowed.

Any athlete may obtain individual sponsorship. Any sponsor logos displayed in competition must follow the World Para Dance Sport guidelines available on their website - <https://www.paralympic.org/dance-sport/rules>.

Costume changes are permitted from round to round but never from heat to heat (between dances). The only exception to this rule is in case that a costume is damaged and only after the Chairman of Adjudicator's approval.

On each competition day, there may be a dress check of all athletes.

Debutante Class

Smart wear – dresses/skirts at least knee length. No formal wear (i.e. tail suits, gowns or heavily stoned/sequined dresses).

Amateur Class

Costume may be lightly stoned/sequined and decorated, but this should not form the main part of the costume

Latin Dances – Two-piece costume is allowed, but the upper part must be decorated and must not look like a bra. Men must have the main part of the torso covered with opaque material

Ballroom Dances - Dress or skirt below the knee. For men, plain long-sleeved shirt with complementary trousers. No tail suits.

Select Class

WDSF rules apply.

Latin dances – Two-pieces costume is allowed but the upper part must be decorated and must not look like a bra.

Juvenile/Junior Athletes

Clothing must be appropriate to age and must not reveal or look like undergarments.

Female- dresses/skirts at least knee length, shoulders must be covered. Top and skirt/trousers or dress without stones/sequins/decoration. Shoes with maximum Cuban heel

Male- fully buttoned shirt and long trousers with or without a tie. No stones/sequins/decoration

Freestyle/Showdance/Group dance Dress Code

Costumes and make-up

- Free choice (athlete's discretion): All types of costumes and make-up are allowed, but they should reflect the programme, performance and age of the dancers (age appropriate) and not inhibit movement or cause any safety concerns
- Should cover the intimate parts of the dancers' bodies (intimate area).

Decoration and jewellery

- Religious symbols as decoration or jewellery are not allowed (this does not apply to personal jewellery). Any other decoration or jewellery is allowed.

Accessories/props

- The accessories allowed are: hats, scarfs, gloves.

Underwear

- Should provide full coverage.
- Skin colour underwear is not allowed.
- Breasts must be covered.

Skirts and Trousers

- Hip line (HL) skirts or pants are allowed, but on top of the line between the buttock muscles, the intergluteal line must not be visible.
- All kinds of trouser styles, trousers or shorts, dresses and skirts are allowed, if the length is appropriate.

Shirts and blouses

- Men can wear short, long and no sleeves, but the torso should be at least partially covered.
- Men's top opening point (TOP) – top or shirt can be opened until the centre of the belt buckle or the centre of the trousers top line.
- All blouses and tops are allowed, if coverage is appropriate.

Tights and leotards

- All tights and leotards are allowed.

Colours

- All colours and combinations are allowed.

Shoes

- All kinds of dance shoes and dance slippers are allowed except character shoes with cloves or spikes that could damage the floor.
- Bare feet and trainers are allowed.

3.6. Use of props in Freestyle/Showdance

Any kind of objects and/or props will not be allowed in Freestyle Events (chairs, tables and other constructions respectively).

3.7. Music for conventional events

The music should be relevant to the dance (e.g. not Samba in Paso Doble).

Music Time Duration

In all rounds of Recognised Competitions, the music played shall be as follows:

- Debutante: One and a half (1½) minutes for each dance.
- Amateur and Select: a minimum of one and a half (1½) minutes for Waltz, Tango, Slow Foxtrot, Quickstep, Samba, Cha-Cha-Cha and Paso Doble.
A minimum of one (1) minute for Viennese Waltz and Jive.

The same style of music must be played during the heats and qualifying rounds of each competition. The same track should be played for all athletes in a round where heats are used.

Any changes to the music durations outlined above can only be done by the Chairperson of Adjudicators.

Music Speed

Latin Dances

Dance	Class 1	Class 2
	Bar / minute	Bar / minute
Samba	48-50	50-52
ChaChaCha	28-30	30-32
Rumba	24-25	24-25
Paso Doble	58-60	60-62
Jive	40-42	42-44

Standard Dances

Dance	Class 1	Class 2
	Bar / minute	Bar / minute
Waltz	28-30	28-30
Tango	31-33	31-33
Viennese Waltz	56-58	58-60
Foxtrot	28-30	28-30
Quickstep	48-50	50-52

3.8. Music for Freestyle/Showdance events

Athletes may choose any type of music for Freestyle/Show dance Events.

The music must meet a specific length:

- The duration of the free dance presentation for Singles: 1:30 to 2min.
- The duration of the free dance presentation for Combi/Duo: 2:30 to 3min.
- The duration of the free dance presentation for groups limits: 3 to 4min.

Athletes must submit their music prior to the relevant competition in the requested format and should give credit to the artist. No responsibility is held by the organisers for music not supplied/in the incorrect or incompatible format/does not play

Music should be good quality, audible and clear. It must be appropriate for audiences of all ages and not contain offensive language or connotation.

The Chairperson of Adjudicators is responsible for checking the length/appropriateness of the music provided by each couple/athlete meets the requirements above and reserves the right of exclusion.

3.9. Composition of couples

Singles

A Singles participant must consist of one (1) individual athlete (either a man or a woman), who is a wheelchair user and who meets the eligibility requirements set out in athlete eligibility. A Singles participant can participate in Conventional Events, Freestyle/Show dance Events or both Conventional Events and Freestyle/Show dance Events. A Singles participant participates in either the women's section or the men's section.

Combi

Combi participants in UK competition can be of mixed or same sex who both meet the eligibility requirements one of whom must be a wheelchair user. Combi participants can participate in Conventional Events, Freestyle/Show dance Events.

International rules may vary.

World Para Dance Sport Combi couples must consist of 1 male and 1 female.

Duo

Duo participants in UK competition can be of mixed or same sex who both meet the eligibility requirements; one of whom must be a wheelchair user. Duo participants can participate in Conventional Events, Freestyle/Show dance Events.

International rules may vary.

World Para Dance Sport Duo couples must consist of 1 male and 1 female.

Assisted Athletes

Assisted athletes are welcome to enter UK competitions at Debutante level only. Assistance may be provided by movement of a manual or power wheelchair by musical guides. Musical Guides (assistants) are not considered an individual athlete or dance partner, but an aid to the registered athlete.

Musical Guides are not required to pay an entry fee but should be registered as such prior to each competition. These may change for an athlete between categories/competitions but not between heats.

International rules may vary.

Juvenile and Junior

Athletes below the age of 13 on 31st December of the same year will compete as Juvenile

Athletes aged between 13 and 20 on the 31st December of the same year will compete as Junior

Partnerships

Combi and Duo participants must always dance with the same partner in Standard, Latin and Freestyle/ Show dance sections during a competition. Partners can be different only between Duo and Combi.

Wheelchair users may compete in Singles, Combi and duo for conventional and freestyle sections

Standing dancers may compete in Combi sections, and as a partner to a classified athlete in Duo sections. International rules may vary.

Athletes may dance in all sections (Standard, Latin or Freestyle/ Show dance) or only one Section.

If a partnership splits, they will no longer accrue ranking points. Either member of the partnership may dance at a lower rank, if their new partner is at, or dances at that lower rank.

Ranking points will be accrued throughout the duration of each season (1 January –31 December).

3.10. Dance rounds in Conventional events

Recognised competitions shall be comprised of at least 2 qualifying rounds to allow all couples/athletes the opportunity to dance twice.

The number of rounds during a competition (first round, re-dance, second round, semi-final and final) depends on the number of couples competing in the relevant competition. The number of couples/athletes in each round shall follow IPC guidelines.

At least 50% of participating couples shall be recalled to the next round excluding the final.

In the event there are only one or two couples/athletes in a category, they may be permitted/required to compete together with another category. Each couple/athlete will get ranking points in their own class, according to the place achieved in the competition.

When the Skating Judging System is used, up to 6 couples must participate in the final of recognised competitions, but if more than 6 couples qualify, the Technical Delegate has sole discretion to increase the number of participants in the final round.

3.11. Dance rounds in Freestyle/Showdance events

Singles, Combi, Duo and group couples/athletes present their programme to the Adjudicators only once.

Singles, Combi, Duo and group couples/athletes participate on the dance floor one by one and are given points after their performance.

If an athlete falls during a performance and they can recover immediately, they may continue. In the case where assistance is needed, the music will be stopped and then, if the athlete is able to continue, restarted from the point of the fall provided it is deemed safe to do so.

3.12. Medals & Certificates

The below applies to Single, Duo, Combi and Group athletes.

Gold, silver and bronze medals shall be awarded to the first three places in each event.

Where one athlete is competing by themselves they will receive a participation medal and/or certificate.

3.13. Disqualification

Athletes can be fined or disqualified for the following reasons:

- Classification violations.
- No show. If an athlete or the group does not show up, without offering prior notice, then the athlete or the group will be disqualified from the remainder of the competition.
- Dangerous Movements (athletes are not allowed to make dangerous movements such as high back kicks, laying or sitting on the floor and lifts [conventional events and Debutante Freestyle]).
- Dancing against the Line of Dance.
- Athletes dress code breaches.
- An athlete will be disqualified if, following a general verbal warning by the official MC following consultation from the non-voting Chairman of Adjudicators, or following a warning being passed to the Team Leader via the Technical Director of the event, the offence is then repeated.
- If a dancer is disqualified during the final round, the result will appear as DSQ.
- Un-sportsman like activity during or after the competition.

Deductions of Points in Competitions

- Falling due to misbalance.
- Wheelchair dancer performing on the floor out of his/her wheelchair.
- More than 3 lifts during Freestyle/Show dance presentations.
- Use of objects, accessories and/or props.
- Violation of time limits.

3.14. Discipline

Para Dance UK may take disciplinary action for any breach of these Rules and Regulations and/or for any conduct that, in the opinion of Para Dance UK, is, or could be, harmful to another person and/or detrimental to the sport of Para dance sport. If Para Dance UK takes

such disciplinary action it will do so under the advice of the Board and in accordance with the principles of natural justice.

Sanctions may include banning an athlete from competing for the remainder of the season or for repetitive or very serious misconduct a longer or lifetime ban on competing.

4. Classification

4.1. About Classification

All athletes taking part in a competition will need to be classified. Classification only applies to athletes with disabilities. You will have a Classification completed at the first UK competition you enter. If the first competition you plan to enter is International, you must complete a national classification first. Additionally, if you compete at World Para Dance Sport competitions you will undergo a separate IPC Classification.

Classification involves an assessment by a panel of Classifiers who will assess your physical ability as an athlete through a series of movement tests, and /or medical information.

Based on the score from the Classification you will be allocated Sport Class 1 (lesser range of movement) or Sport Class 2 (higher range of movement).

4.2. Classification for Debutante Athletes

Debutante Level Classification UKD1 and UKD2 will be based on assessment of physical movement and will not require medical classification. See also Assisted Athletes.

Sport Discipline	Class 1	Class 2
Debutante	UKD1	UKD2

4.3. Classification for Amateur and Select Athletes

Classification for Amateur and Select Athletes will be based on both physical movement and medical information. You must obtain a Medical Form and have this completed by a GP/Consultant prior to classification. Athletes must be classified in the equipment that they intend to compete in and this may vary between categories if more than one.

Sport Discipline	Class 1	Class 2
Combi Standard	SC1	SC2
Duo Standard*	Duo ST1	Duo ST2
Combi Latin	L&F1	L&F2
Duo Latin*	Duo LA1	Duo LA2
Single Men	L&F1	L&F2
Single Women	L&F1	L&F2
Freestyle/Show dance (combi)	L&F1	L&F2
Freestyle/Show dance* (Duo)	Duo L&F1	Duo L&F2

*For Duo events, the competition class is decided by the sum of the scores of the two athletes in a couple, the allocation is described below.

Duo Events

A couple will compete in Duo ST1 or Duo LA1, if both athletes are allocated a Class 1, or if the sum of both Athletes scores from the Technical Assessment is less than 50 points.

A couple will compete in Duo ST2 or Duo LA2, if both athletes are allocated a Class 2, or if the sum of both Athletes scores from the Technical Assessment is equal to or greater than 50 points or if one of the Athletes is able-bodied.

Only the World Para Dance Sport or Para Dance UK Classification Team is authorised to grant exceptions to the event programmes of the relevant Recognised Competitions.

4.4. Classification for Assisted Athletes

Classification will be required for all assisted athletes on their first competition. Assisted athletes will be required to EITHER:

- a) have a medical form completed by their GP or specialist. The athlete will not be needed to be reclassified unless significant changes to their health or mobility happen
or
- b) be classified by movement assessment only and have their classification reviewed in accordance with other athletes

4.5. Classification Reviews

Following your first Classification, you may be required to complete a review at the request of the classifiers within the first year or when you attend your next relevant competition (This is either Para Dance UK for UK competitions and World Para Dance Sport for Para Dance Sport approved competitions). Once completed your Classification will be classed as Permanent and is not reviewed for four years.

You will be required to complete a classification if one of the following happens:

- You change the type of wheelchair you use to dance (power/manual)
- Your medical or physical condition changes
- It is Requested by Classification team at competitions

If you have not had a Classification, you will not receive any ranking points for that competition.

5. Code of Conduct

Athletes and Team Leaders are expected to respect and uphold the Para Dance UK rules and regulations and promote the sport in a positive manner at all times. The following forms the basis of requirements

5.1. Athletes

- Maintain registration with Para Dance UK.
- Follow the Rules and Regulations contained in this guide.
- Avoid discrimination in all its forms.
- Work equally hard for yourself and for your team.
- Be a good sport.
- Treat all competitors as you would like to be treated. Do not interfere with, bully or take unfair advantage of another competitor.
- Co-operate with your instructor, Adjudicators, teammates, classifiers and opponents.

5.2. Instructors/Team Leaders/Coaches

- Represent your athletes and attend team meetings
- Have a good knowledge of this rule book and ensure that your athletes conform to the rules to the best of your ability
- Have good organisation of your competition and athletes, and ensure that they understand what they need to do and where they need to be
- Maintain registration with Para Dance UK.
- Continue personal and professional development.
- Avoid discrimination in all its forms.
- Follow and promote good practice as set out in all Para Dance UK policies and rules.
- Maintain and promote the brand image of Para Dance UK.
- Be fair, honest and considerate to competitors and others in the sport.
- Consider the athlete's future health and wellbeing foremost when making decisions regarding an injured competitor's ability to continue competing or training, and to seek and respect professional medical opinions to serve as a basis for their decisions, whilst respecting the athlete's decision if they choose to continue.
- Encourage athletes to accept responsibility for their own behaviour and performance in training, participation and competition.

6. World Para Dance Sport – National Team

Para Dance UK wants to ensure they give all eligible and competent athletes an opportunity to develop their talent and compete at World Para Dance Sport and other International Competitions. Therefore, each year there will be a selection process for UK athletes to form Team GB.

Athletes not selected to represent Team GB for that year may not represent themselves or purport to be so at any national or international event or for promotional purposes at any time. This includes wearing 'official' Team GB kit or any other kit as so to lead others to believe that they are. Athletes who wish to compete internationally outside of Team GB must clearly identify themselves as 'Independent' Athletes.

Dates for the selection will be publicised by Para Dance UK. Select Class Athletes will automatically be entered for the try outs but may/may not be selected as part of the team for that year. Athletes wishing to apply for Team GB must meet the criteria below:

- Any individual who meets the IPC minimum Athlete eligibility criteria or standing partner
- Must be a registered competitor with Para Dance UK
- Conventional events - Must be willing/able to compete in a minimum of 2 categories in Latin or Standard 5 dance in Combi, Duo or Single and/or freestyle
- Must be willing to travel for training days etc.
- Must work with Team GB management and coaches as well as their own coaches to agree on entered events/choreography etc

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Appendix 1

Open Class

During the pilot of this class, all athletes will compete together for each category entered. If there are large numbers of entries, the dancers on the floor may be split, which will be confirmed on the day. Moving forward, the categories may be split based on experience if numbers require.

Categories:

Singles & Combi for Ballroom/Latin & Freestyle

An athlete may also dance as part of group routine if the eligibility criteria of that group is met.

Dances:

Will be same as Class 1 and Class 2 Debutante level

Music Speed:

The same BPM as Class 2

Eligibility:

There is no need to complete formal classification to enter Open Class categories, athletes may choose to be classified if they wish to compete in Class 1 or 2, and move to Open Class if found ineligible or if they meet one the following guidelines:

- Have been classified and found ineligible under IPC rules to compete
- Know they are ineligible to compete in Para Dance Sport because of IPC rules
- Use a wheelchair in their everyday life (this may be part-time use) *This must be regular use in accordance with a medical condition, and not through choice
- Are not a professional from the Dance Sport division

Athletes will be asked to complete a declaration to the above facts

Anti-Doping:

As we are not classifying athletes this will not apply.

Wheelchairs:

Athletes may compete with whatever equipment best suits and mitigates their disability however this may not change this within the same class.

Changing Classes:

Athletes may not compete in both a classifiable class (Class 1 or 2) as well as Open Class, UNLESS this is as a Duo partner with a classifiable athlete AND/OR as part of a group entry/ies where the group meets the minimum requirement

Appendix 2

Updates to Rule Book 2018-2020 (completed and effective from January 2019)

All other areas of the Rule Book 2018-2020 are still effective

3.1 Competition Events

Freestyle/Show Dance shall consist of:

- Singles, Combi, Duo and Group
- Group Freestyle competition is a UK only event and will not amass competitive points for either the athletes or group as a whole. Groups must be formed of a minimum of 4 athletes with at least 50% of the group being current Debutante competing athletes as well as eligible and classified athletes
- Group sizes are: SMALL 4-8 COMPETITORS
LARGE 9-16 COMPETITORS
GROUPS LARGER THAN 16 BY SPECIAL APPLICATION ONLY
- Athletes may enter once in each group size. They may not enter the same group size more than once

3.2 Freestyle Events

Athletes at Debutante level should not perform any acrobatic movements or lifts. Wheelchair dancers must fulfil the technical skills in the wheelchair primarily and must have a minimum of 2 wheels in contact with the floor at all times. Standing dancers may only have both feet off of the floor for transitional movements or short periods of time ie jumps. Both feet placed onto the wheelchair or wheelchair dance partner without weight contact with the floor will constitute a lift and will be penalised

3.5 Dress code

Freestyle/Showdance/Group dance Dress Code. Applicable to all levels and classes

Accessories

The accessories allowed are: hats, scarfs, gloves. These may be used as part of the routine by the wearer, but may not be passed between dancers or thrown to spectators. No other props will be allowed, including canes, long ribbons or loose items such as confetti. Use of accessories outside of those listed or use of any props will be penalised.

Use of props in Freestyle/Showdance. Applicable to all levels and classes

Any kind of objects and/or props will not be allowed in Freestyle Events (chairs, tables and other constructions respectively). Any use of props will be penalised.

The organisers reserve the right to stop any performance using accessories or props which are deemed to present safety concerns to athletes or spectators or are outside of the rules. In such an instance, the performance will not be marked by adjudicators

3.9 Composition of couples

Junior Athletes

Athletes aged between 13 and 20 on the 31st December of the same year will compete as Junior. Junior athletes may elect to dance in the appropriate adult class in place of, or in addition to Junior classes.

Partnerships

Standing dancers may compete in Combi sections, and as a partner to a classified athlete in Duo sections at Debutante level only. Duo Couples which include an ineligible or standing dancer as part of the partnership will automatically compete as UKD2 UNLESS the eligible and classified partner is a Power Wheelchair user. International rules may vary.

3.13 Disqualification

Deductions

Deductions for violations of the rules during freestyle performances (single, duo, combi and group) will be applied for EACH violation

Violations	Deduction
Wheelchair Dancer performing on the Floor or out of his/her wheelchair	-5.0
Use/passing of accessories or props	-3.0
Violation of time limits of performance	-2.0
Violation of lifts in accordance with rules of level of competition	-2.0
Falling Due to Misbalance	-1.0
Violation of dress code	-1.0

4.2 Classification for Debutante Athletes

Debutante Level Classification UKD1 and UKD2 will be based on both physical movement and medical information. Athletes must complete a self-declaration regarding medical condition and diagnosis which must be submitted to the Classification Team AHEAD of their classification date. Further information may be requested in order to classify correctly and athletes may be requested to supply more information or obtain a Medical Form and have this completed by a GP/Consultant prior to classification. Athletes may elect to submit a completed Medical Form. Athletes must be classified in the equipment that they intend to compete in and this may vary between categories if more than one.

See also Assisted Athletes 4.4.

Sport Discipline	Class 1	Class 2
Debutante	UKD1	UKD2

Duo Events

Duo couples may comprise of two UKD1, Duo ST1 or Duo LA1 athletes or two UKD2, Duo ST2 or Duo LA2 athletes or a combination of both class 1 and 2.

At Debutante level, Duo Couples which include an ineligible or standing dancer as part of the partnership will automatically compete as UKD2 UNLESS the eligible and classified partner is a Power Wheelchair user.

A couple will compete in UKD1, Duo ST1 or Duo LA1, if both athletes are allocated a Class 1, or if the sum of both Athletes scores from the Technical Assessment is less than 50 points.

A couple will compete in UKD2, Duo ST2 or Duo LA2, if both athletes are allocated a Class 2, or if the sum of both Athletes scores from the Technical Assessment is equal to or greater than 50 points.

4.4 Classification for Assisted Athletes

Classification will be required for all assisted athletes on their first competition. Classification will be based on both physical movement and medical information. Athletes must complete a self-declaration regarding medical diagnosis which must be submitted to the Classification Team AHEAD of their classification date. Further information may be required in order to classify correctly and athletes may be requested to supply more information or obtain a Medical Form and have this completed by a GP/Consultant prior to classification. Athletes may elect to submit a completed Medical Form. Athletes must be classified in the equipment that they intend to compete in and this may vary between categories if more than one.

Athletes who have provided a completed Medical Form will not require reclassification unless significant changes to their health or mobility occur.

