



# DANCESPORT Technical Guidelines & Ground Rules

## 1. ELIGIBILITY

1.1 To be eligible for participation in the *Palarong Pambansa* Dancesport Competition, a competitor must comply with the Palarong Pambansa Act or the Implementing Rules and Regulations of R.A. 10588 as well as Rule V.

## 2. APPROVAL OF THE TECHNICAL HANDBOOK

2.1 This Technical Handbook was approved by the **Dancesport Council of the Philippines Incorporated (DSCPI)** an accredited member of the World Dancesport Federation (WDSF) and the Asian DanceSport Federation (ADSF)

## 3. COMPETITION INFORMATION

3.1 **Competition Dates:** : May 1, 2019

3.2 **Competition Venue** : **Philippine Science High School, Davao**

## 4. EVENTS

The Dancesport competition will consist of sixteen (16) events which compose of eight (8) events in Modern Standard Discipline and eight (8) events in Latin American Discipline.

EVENT	CATEGORY	Age Group / Grade Level	DISCIPLINE	DANCES
1	Single Dance	Elem / Juvenile	Modern Standard	Waltz
2	Single Dance	Elem / Juvenile	Modern Standard	Tango
3	Single Dance	Elem / Juvenile	Modern Standard	Quickstep
4	Grade C	Elem / Juvenile	Modern Standard	W, T, Q
5	Single Dance	Secondary / Junior	Modern Standard	Waltz
6	Single Dance	Secondary / Junior	Modern Standard	Tango
7	Single Dance	Secondary / Junior	Modern Standard	Quickstep
8	Grade C	Secondary / Junior	Modern Standard	W, T, Q
9	Single Dance	Elem / Juvenile	Latin American	Samba
10	Single Dance	Elem / Juvenile	Latin American	Chachacha
11	Single Dance	Elem / Juvenile	Latin American	Jive
12	Grade C	Elem / Juvenile	Latin American	S, C, J
13	Single Dance	Secondary / Junior	Latin American	Chachacha
14	Single Dance	Secondary / Junior	Latin American	Rumba
15	Single Dance	Secondary / Junior	Latin American	Jive
16	Grade C	Secondary / Junior	Latin American	C, R, J

## 5. COMPETITION SCHEDULE

Date : May 1, 2019

Time : 1:00pm

### MODERN STANDARD DISCIPLINE

DATE	EVENT	ADJU SET	CATEGORY	DISCIPLINE	DANCES	PHASE
	1		Single Dance	Modern Standard	Waltz	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	2		Single Dance	Modern Standard	Tango	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	3		Single Dance	Modern Standard	Quickste p	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	4		Grade C	Modern Standard	W, T, Q	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	5		Single Dance	Modern Standard	Waltz	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	6		Single Dance	Modern Standard	Tango	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	7		Single Dance	Modern Standard	Quickste p	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	8		Grade C	Modern Standard	W, T, Q	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final

### LATIN AMERICAN DISCIPLINE

	9		Single Dance	Latin American	Samba	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	10		Single Dance	Latin American	Chachac ha	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	11		Single Dance	Latin American	Jive	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	12		Grade C	Latin American	S , C, J	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	13		Single Dance	Latin American	Chachac ha	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
	14		Single	Latin	Rumba	1 <sup>st</sup> Round,

		Dance	American		Quarter Final, Semi Final, Final
15		Single Dance	Latin American	Jive	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final
16		Grade C	Latin American	C , R , J	1 <sup>st</sup> Round, Quarter Final, Semi Final, Final

## 6. **COMPETITION PROCEDURES, RULES AND REGULATIONS**

The Dancesport competition of the *Palarong Pambansa* 2019 will be held in accordance with the current World Dancesport Federation (WDSF) Rules and Regulations under the guidance of the Dancesport Council of the Philippines (DSCPI) as recognized by the Philippine Sports Commission (PSC) and Philippine Olympics Committee (POC) to govern dancesport competitions in the Philippines.

In case of any disagreement in the language interpretation of the WDSF Rules and Regulations, the English version shall prevail. Any unforeseen cases not covered by the Rules and Regulations shall be resolved as follows:

General Issues: To be resolved in accordance with the *Palarong Pambansa* Implementing Rules and Regulations.

Technical Issues: To be resolved in accordance with the WDSF Rules and Regulations and WDSF Norms.

### 6.1 **Competition Rules Dancesport**

The regulations below cover the following disciplines:

- 6.1.1 Modern Standard Discipline with the following dances; Waltz, Tango, Quickstep
- 6.1.2 Latin American Discipline with following dances; Samba, Chachacha, Rumba, Jive

### 6.2 **Choreography and Syllabus**

6.2.1 The *Palarong Pambansa* 2019 is subjected to the following choreography and syllabus:

6.2.1.1 Juvenile Age Group / Elementary Level will have a **restricted/strict/closed syllabus routine**

6.2.1.2 Junior Age Group / Secondary Level will have an **open syllabus/competitive routine**

### 6.3 **Lifts**

- 6.3.1 Lifts are NOT permitted in any category level and dance;
- 6.3.2 A lift is any movement during which one member of a couple has both feet off the floor at the same time with the assistance of the partner;
- 6.3.3 The Chairman of the Board of Adjudicators will **DISQUALIFY** couples who will perform lifts during competition.

### 6.4 **Marking**

- 6.4.1 Since technology does not allow open marking system, closed marking shall be used in all rounds of the competition;
- 6.4.2 SKATING SYSTEM of marking shall be used in the competition.
- 6.4.3 The use of technology-aided adjudication and automated scrutineering is highly encouraged but is subject to its availability/feasibility.

## **6.5 Selection of Heats, Quarter Finals, Semi-Finals and Finals**

- 6.5.1 Competitions shall be composed of at least a 1<sup>st</sup> round, Quarter Final, Semi-Final and Final rounds;
- 6.5.2 1<sup>st</sup> round will be composed of 18 couples; selection of heats shall be in random;
- 6.5.3 Quarter Final round will be composed of 12 couples. Both the 1<sup>st</sup> round and the Quarter Final round will be danced in two heats;
- 6.5.4 The Semi-Final will be composed of six (6) couples; while the Final Round will be a ranking of remaining three (3) couples. In the event that there will be more than 3 couples for the Final Round, Chairman of Adjudicators or Tournament Manager may split the round into two and select the best 3 couples/pairs, then proceed to the final round.
- 6.5.5 In the Final round, Adjudicators shall rank participating couples according to their performances with 1 being the highest mark. In no case shall same ranking be given to more than one couple;
- 6.5.6 The re-dance system shall apply from the 1<sup>st</sup> round to the final round.

## **6.6 Competition attire (Costuming)**

Competitors shall dress according to the WDSF Dress Regulations. Each athlete may change costumes up to 3 times from the first round to the final round provided such costume has passed the screening of costumes and competition attires set by the Tournament Management;

*See attachment A for detailed information of dancesport costuming.*

## **6.7 Dance Order**

The sequence of dances shall be as follows:

- 6.7.1 JUVENILE / ELEMENTARY LEVEL
  - LATIN AMERICAN DISCIPLINE – Samba, Chachacha, Jive
  - MODERN STANDARD DISCIPLINE– Slow Waltz, Tango, Quickstep
- 6.7.2 JUNIOR / SECONDARY LEVEL
  - LATIN AMERICAN DISCIPLINE – Samba, Chachacha, Jive
  - MODERN STANDARD DISCIPLINE– Slow Waltz, Tango, Quickstep

## **6.8 Music**

- 6.8.1 Time allowed and tempo.  
In all rounds of the competition, the music shall be in a minimum of one minute and thirty seconds to a maximum of two minutes except for JIVE and QUICKSTEP which is one minute to a maximum of one minute and thirty seconds.

The tempi for each dance shall be:

SLOW WALTZ– 28 to 30 bars/min	CHACHACHA– 30 to 32 bars/min
TANGO – 31 to 33 bars/min	SAMBA – 50 to 52 bars/min
QUICKSTEP – 50 to 52 bars/min	RUMBA – 25 to 27 bars/min
	JIVE – 42 to 44 bars/min

- 6.8.2 Type of Music

In the 2019 *Palarong Pambansa* Dancesport Competitions, the music must have the character of the dance performed. In Latin Dances for example, no disco music shall be played.

## 6.9 Disqualification Rules

The couples will be disqualified from the competition if proper dress regulations based on WDSF rules and guidelines are not followed. Also, the competitors/couple will be disqualified if they are not present in their event.

## 7. HEALTH AND WELFARE OF ATHLETES

7.1 There must a break of at least 20 minutes between the rounds of the competition;

7.2 All final prize presentations shall be concluded before 21:00 (9:00 PM) for JUVENILE Age Groups and 22:00 (10:00 PM) for JUNIOR Age Groups

## 8. COMPOSITION OF THE DELEGATION

Each Region may enter a maximum of four (4) couples; one (1) couple for Modern Standard Discipline Elementary level, one (1) couple for Latin American Discipline Elementary Level, one (1) couple for Modern Standard Discipline Secondary level and one (1) couple for Latin American Discipline Secondary Level.

Juvenile Latin	1 pair (1 male/1 female athlete)	1 coach for Elementary	}	1 Chaperon
Juvenile Standard	1 pair (1 male/1 female athlete)			
Junior Standard	1 pair (1 male/1 female athlete)		}	
Junior Latin	1 pair (1 male/1 female athlete)	1 coach for Secondary		

## 9. TECHNICAL OFFICIALS & ADJUDICATORS

**9.1 TECHNICAL OFFICIALS.** The Tournament Manager with the approval of the Palarong Pambansa Technical Working Group will select and appoint such number of National Technical Officials.

9.1.1 National Technical Committee:

- |   |                                     |
|---|-------------------------------------|
| a. Tournament Director/Tournament Manager | 1                                   |
| b. Tournament Secretary                   | 2 (1-Juvenile & 1-Junior)           |
| c. Chairman / Chief Adjudicators          | 1                                   |
| d. Adjudicators                           | 5 and above                         |
| e. Chief Scrutineer                       | 1                                   |
| f. Asst. Scrutineer                       | 4(2-juvenile & 2-junior)            |
| g. Barkers                                | 4                                   |
| h. Score Collectors                       | 5                                   |
| i. Runners                                | 5                                   |
| j. Dancesport Disc Jockey                 | 1                                   |
| k. Compere/Announcer                      | 1                                   |
| l. Working Committees                     | To be determined by the host region |

**9.2 ADJUDICATORS.** The Tournament Manager with the guidance of the Dancesport Council of the Philippines Incorporated (DSCPI) will appoint five (5) or more qualified adjudicators for the Palarong Pambansa 2019 as may be approved by Palarong Pambansa Board and Technical Working Group.

9.2.1 **Adjudicators Qualifications (Ideal/High Suggested)**

- |         |   |
|---------|---|
| 9.2.1.1 | DSCPI Licensed National Adjudicator A and B     |
| 9.2.1.2 | DSCPI Licensed School-Based Dancesport Teachers |
| 9.2.1.3 | DepEd Accredited List of Adjudicators           |

- 9.3 SCRUTINEERING.** The Tournament Manager with the guidance of the Dancesport Council of the Philippines Incorporated (DSCPI) will appoint one (1) qualified Chief Scrutineer with the assistance of four (4) other scrutineers for the Palarong Pambansa 2019 as may be approved by *Palarong Pambansa* Board and Technical Working Group.

**9.3.1 Scrutineering Qualifications (Ideal/High Suggested)**

- 9.3.1.1 DSCPI Official Scrutineering Team  
 9.3.1.2 DepEd Accredited List of Scrutineer

**10. APPROVE DANCESPORT TECHNIQUE BOOKS**

- 10.1** Technique of Latin Dancing by Walter Laird (IDTA)  
**10.2** Technique of Latin Dancing – Supplementary by Walter Laird (IDTA-First Edition 1997)  
**10.3** The Revised Technique of Latin American Dancing (ISTD)  
**10.4** The Revised Technique by Alex Moore  
**10.5** The Ballroom Technique by the Imperial Society of Teachers Dancing(ISTD)  
**10.6** Technique of Ballroom Dancing by Guy Howard (IDTA)  
**10.7** The UKA Ballroom book by Ken Akrill (UKA)

**11. COMPETITION VENUE AND REQUIREMENTS**

- 11.1** Covered Dance Floor: 17m x 22m Area (Standard Size);  
**11.2** Male and Female Dressing Rooms;  
**11.3** Toilets  
**11.4** Holding Area;  
**11.5** Presidential Tables:  
 11.5.1 Adjudicators' Table;  
 11.5.2 Scrutineers Table;  
 11.5.3 Awards Table  
 11.5.4 VIP Tables  
**11.6** Stage  
**11.7** Sights and Sound/Microphones and Mic Stands;  
**11.8** Projector or LED Screen;

**12. MEDALS CERTIFICATES AND AWARDING OF WINNERS**

- 12.1** The following are the medals to be contested in the different Levels and Categories:

**LEVELS/CATEGORIES                      NUMBER of MEDALS to be AWARDED to WINNERS**

<b><u>JUVENILE LEVEL (ELEMENTARY):</u></b>	<b>GOLD</b>	<b>SILVER</b>
<b>BRONZE</b>		
<b>LATIN AMERICAN DISCIPLINE</b>		
Grade C	1	1
CHACHA	1	1
SAMBA	1	1
JIVE	1	1
Total	4	4

**MODERN STANDARD DISCIPLINE**

Grade C	1	1	1
WALTZ	1	1	1
TANGO	1	1	1
QUICKSTEP	1	1	1
Total	4	4	4

**JUNIOR LEVEL (SECONDARY):  
LATIN AMERICAN DISCIPLINE**

Grade C	1	1	1
CHACHA	1	1	1
RUMBA	1	1	1
JIVE	1	1	1
Total	4	4	4

**MODERN STANDARD DISCIPLINE**

Grade C	1	1	1
WALTZ	1	1	1
TANGO	1	1	1
QUICKSTEP	1	1	1
Total	4	4	4

<b>TOTAL (in terms of medal count)</b>	<b>16</b>	<b>16</b>	<b>16</b>
<b>TOTAL (medal requirement in pairs)</b>	<b>32</b>	<b>32</b>	<b>32</b>

**4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> placers shall also be awarded with Certificates of Recognition**

**12.2 The winner of Grade C will be considered to go to the next level if in case that there is any, regardless of how many gold medals received in the single dances.**

- 13.** Interpretation of the Rules and Matters not provided for, the Tournament Manager/Director holds the final decisions regarding all matters in consultation with the DSCPI and Interpretation of rules and all matters not provided for. Any eventuality that may arise during the course of the tournament, the management reserves the right to decide and that there is final

**14. MEETINGS AND KEY ACTIVITIES****14.1 Technical Officials' Meeting and Training**

Date : April 22-23, 2019  
Time : 8:00 – 5:00 pm  
Venue : Davao National High School Gymnasium

**14.2 Technical Officials' Refresher Course**

Date : April 24-25, 2019  
Time : 8:00 – 5:00 pm  
Venue : Davao National High School Gymnasium

**14.3 Solidarity Meeting**

Date : April 26, 2019  
Time : 8:00 – 12:00 nn  
Venue : Davao National High School Gymnasium

#### **14.4 Costumes Check**

Date : April 26, 2019  
Time : 1:00 – 5:00 pm  
Venue : TBA

#### **14.5 Palarong Pambansa 2019 Opening Program**

Date : April 27, 2019  
Time : 3:00pm  
Venue : Davao City UP Sports Complex

#### **14.6 SPORTS HEROES DAY**

Date : April 28, 2019  
Time : TBA  
Venue : Respective Billeting Quarters

#### **14.7 Program Flow and Rehearsals**

Date : April 29, 2019  
Time : 8:00 – 12:00 nn  
Venue : Philippine Science High School, Davao

#### **14.8 Floor Practice**

Date : April 30, 2019  
Time : 8:00 – 5:00pm  
Venue : Philippine Science High School, Davao

#### **14.9 COMPETITION DAY**

Date : May 1, 2019  
Time : 1:00pm  
Venue : Philippine Science High School, Davao

### **15. DIRECTORY**

#### **15.1 Palarong Pambansa Dancesport Competition**

Tournament Manager : **MARIA DONNA D. COSEJO**  
Cell phone No. : 09258021703  
Fax : \_\_\_\_\_  
E-mail : [mddizon1978@gmail.com](mailto:mddizon1978@gmail.com)  
Website : \_\_\_\_\_

#### **15.2 DanceSport Council of the Philippines (DSCPI)**

President : MARIA REBECCA GARCIA  
Address : Dancesport Training Center Philsport Complex, Meralco  
Avenue, 1603 Pasig City, Philippines  
Telephone : +632 637 2317  
Email : [dancesportphils@yahoo.com](mailto:dancesportphils@yahoo.com)



**JUVENILE AGE Groups**

## General Guidelines:

1. If colored, only one color, no combinations. Skin tone not allowed.
2. No decorations in clothing, body or hair.

	<b>COSTUMES/ATTIRES/ ACCESSORIES</b>	<b>MALE</b>	<b>FEMALE</b>
1	SHIRTS	Only plain white long sleeves, tucked in are allowed.	White leotard or one-color leotard
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		If top is white, use black skirt only If top is colored, skirt and panties should be of the same color Skin toe/color is not allowed for both top, skirt and panties
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; skin color-not allowed
5	COLLAR	Correct shirt collar to wear with tie or bowtie; other designs-not allowed	Turtleneck, round, and small square; open-back and chest area are not allowed.
6	TIE	Wear black only Necktie for latin and bowtie for standard.	None
7	VEST	Not allowed	None
8	MATERIAL	Plain, no design, no shiny materials or material that reflect light to be accented	1. Fabrics such as spandex, neoprene, or velvet and other fabric at the same material are allowed. 2. Plain colored allowed. 3. Lace fabrics are not allowed. Beads, plastic stones, tassels are not allowed. 4. No shiny and glittery material that reflects light.
9	DRESS STYLE		1. For latin, skirt must not be shorter than 3¾" or 10 cm above the knee; Skirt must be longer 10 cm below the knee cap for standard. 2. Skirt must have no boning, piping or frilling 3. No bigger underskirts/ petticoat. 4. no "Tinkerbelle" cut
10	DRESS ACCESSORIES	None	None
11	HAIR STYLE	Hair should be in clean cut for standard. For latin, if hair is long, collect in ponytail	Long Hair shall be collected in a ponytail (latin), bun or braids (standard); No colored hair spray
12	HAIR DECORATION	None	None
13	JEWELRY	None	None
14	MAKE-UP	None	None
15	SOCKS	Wear black socks only	White short socks only; Tights and stockings are allowed; mesh stockings not allowed
16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	1 ½" or 3.5 cm heels for standard	Maximum height is 1 ½" or 3.5 cm

**JUNIOR AGE GROUPS**

General Guidelines:

1. No skin tone not allowed.
2. No decorations in clothing, body or hair.
3. **No 2 piece in costume**
4. **Dress age appropriately**

	COSTUMES/ATTIRES	MALE	FEMALE
1	SHIRTS	Plain white or black turtleneck long sleeves, tucked in for latin. Plain white long sleeves, tucked in for standard.	
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		One piece costume of any color provided that the skirt and panty should be of the same color.
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; skin toned color-not allowed.
5	COLLAR	Simple, not over-sized or pointed Turtleneck without tie allowed	Turtleneck, round, and small square; open-back and chest area are not allowed.
6	TIE	Wear black only Necktie for latin and bowtie for standard.	None
7	VEST	Black vest allowed but not a must	None
8	MATERIAL	Plain, no design, no shiny materials or material that reflect light	1. Fabrics such as spandex, neoprene, or velvet and other fabric at the same material are allowed. 2. Plain colored allowed. 3. Lace fabrics are not allowed. Beads, plastic stones, tassels are not allowed. 4. No shiny and glittery material that reflects light.
9	DRESS STYLE		1. For latin, skirt must not be shorter than 3¾" or 10 cm above the knee; Skirt must be longer 10 cm below the knee cap for standard. 2. Skirt must have no boning, piping or frilling 3. No bigger underskirts/ petticoat. 4. no "Tinkerbelle" cut.
10	DRESS ACCESSORIES	None	None
11	HAIR STYLE	Hair should be in clean cut for standard. For latin, if hair is long, collect in ponytail	Long Hair shall be collected in a ponytail (latin), bun or braids (standard); No colored hair spray
12	HAIR DECORATION	None	None
13	JEWELRY	None	None
14	MAKE-UP	None	None
15	SOCKS	Wear black socks only	None
16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	Cuban heel for latin 1 ½" or 3.5 cm heels for standard	Maximum height is 2" or 5 cm

Note: Failure to comply with the above-mentioned dress code shall be a ground for **DISQUALIFICATION**.