



2023 PALARONG PAMBANSA  
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR DANCESPORT

I. RULES:

1. The Dancesport competition of the *Palarong Pambansa* 2023 will be held in accordance with the current **World DanceSport Federation (WDSF) Rules and Regulations** under the guidance of the **Philippine DanceSport Federation Inc. (PDSFI)** 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.

II. ELIGIBILITY

The latest DepEd National Screening and Accreditation Committee (NSAC) rules on *Palarong Pambansa* and School Sports athletes and coaches' participation shall apply.

III. COMPOSITION OF CONTINGENT

3.1 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.

LEVEL	DISCIPLINE	GENDER	NO. OF COMPETITORS	COACH	CHAPERONE
ELEMENTARY	STANDARD	MALE	1	1	1
		FEMALE	1		
	LATIN	MALE	1		
		FEMALE	1		
SECONDARY	STANDARD	MALE	1	1	
		FEMALE	1		
	LATIN	MALE	1		
		FEMALE	1		
TOTAL			8	2	1



#### IV. DISQUALIFICATION:

4.1 The couples will be disqualified from the competition if proper dress regulations based on WDSF rules and guidelines are not followed.

4.3 The competitors/couple will be disqualified if they are not present in their event.

4.4 Lifts are NOT permitted in any category level and dance; 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. The Chairman of the Board of Adjudicators will **DISQUALIFY** couples who will perform lifts during competition.

#### V. SPORTS EVENTS / DISCIPLINES/CATEGORIES:

1. The Dancesport competition will consist of twenty four (24) events which compose of twelve(12) events in Modern Standard Discipline and twelve (12) 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	Viennese Waltz
4	Single Dance	Elem / Juvenile	Modern Standard	Foxtrot
5	Single Dance	Elem / Juvenile	Modern Standard	Quickstep
6	Grade A	Elem / Juvenile	Modern Standard	W, T, VW,F,Q
7	Single Dance	Secondary Junior /	Modern Standard	Waltz
8	Single Dance	Secondary Junior /	Modern Standard	Tango
9	Single Dance	Secondary Junior /	Modern Standard	Viennese Waltz
10	Single Dance	Secondary Junior /	Modern Standard	Foxtrot
11	Single Dance	Secondary Junior /	Modern Standard	Quickstep
12	Grade A	Secondary Junior /	Modern Standard	W, T, VW,F,Q
13	Single Dance	Elem / Juvenile	Latin American	Samba
14	Single Dance	Elem / Juvenile	Latin American	Chachacha
15	Single Dance	Elem / Juvenile	Latin American	Rumba
16	Single Dance	Elem / Juvenile	Latin American	Paso Doble
17	Single Dance	Elem / Juvenile	Latin American	Jive
18	Grade A	Elem / Juvenile	Latin American	S , C, R, PD, J
19	Single Dance	Secondary Junior /	Latin American	Samba
20	Single Dance	Secondary Junior /	Latin American	Chachacha
21	Single Dance	Secondary Junior /	Latin American	Rumba



22	Single Dance	Secondary Junior	/	Latin American	Paso Doble
23	Single Dance	Secondary Junior	/	Latin American	Jive
24	Grade A	Secondary Junior	/	Latin American	S , C, R, PD, J

**6.1.2 ADJUDICATORS.** The National Sports Manager with the guidance of the Philippine Dancesport Federation Inc. (PDSFI) will appoint five (5) or more qualified adjudicators for the Palarong Pambansa 2023 as may be approved by Palarong Pambansa Board and Technical Working Group.

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

6.1.2.1 PDSF Licensed National Adjudicator A & B

6.1.2.2 PDSF DepEd National Licensed Adjudicators

6.1.2.3 Attended National Training in Dancesport from 2022.

**6.3 SCRUTINEERING.** The Sports Manager with the guidance of the Philippine Dancesport Federation (PDSF) will appoint one (1) qualified Chief Scrutineer with the assistance of the Technical Officials for the Palarong Pambansa 2023 as may be approved by *Palarong Pambansa* Board and Technical Working Group.

6.3.1 Scrutineering Qualifications (Ideal/High Suggested)

6.3.2 PDSF Official Scrutineering Team

6.3.3 DepEd Accredited List of Scrutineer/ Adjudicator

6.3.4 The use of Electronic Web Judge is highly suggested.

## **VI. PROTEST, PENALTIES AND SANCTIONS**

Before making a protest, one should understand the rules of the game. As long as the competition flow is in accordance with the highest standards of judging based on WDSF/PDSF with all licensed adjudicators and a chairman nominated by the federation then the competition is safe from any complaints.

Based on the SEA GAMES Rule under WDSF, appeals against the decision of the adjudicators should be made by the fencers or coaches in written form only to the Chief Adjudicator. If the Chief Adjudicators maintains his/her decision the complaint shall be then referred to the Jury on protest and appeals.

The following procedure shall be followed:

- 1) Protest on Technicalities shall be in writing and be submitted to the Tournament Director signed by the Coach and the duly authorized representative of the head of the delegation. Within 1 hour after the conclusion of the competition. TD shall decide within 2 hours upon receipt of the protest; only questions of laws are appealable to the Jury of Appeal:
  1. The decision of the TD shall be appealable to the Jury of Appeal, signed by the coach and the head of the delegation within 3 hours upon the receipt of the decision.
  2. The Jury of appeal shall decide within 6 hours upon receipt of the appeal. The decision of the Jury of appeal is final and executory.

3. All protest must be supported with evidence and attachments; video recording taken privately will not be considered as evidence.
4. The decision of the Adjudicators is final and irrevocable.

## **VII. CONDUCT OF THE COMPETITION**

### **8.1 Competition Rules DanceSport**

The regulations below cover the following disciplines:

8.1.1 **Modern Standard Discipline** with the following dances; Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

8.1.2 **Latin American Discipline** with following dances: Samba, Cha Cha, Rumba, Paso Doble, Jive

### **8.2 Choreography and Syllabus**

10.2.1 The *Palarong Pambansa* 2023 is subjected to the following choreography and syllabus:

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

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

### **8.3 Marking**

10.3.1 Since technology does not allow an open marking system, closed marking shall be used in all rounds of the competition.

10.3.2 SKATING SYSTEM of marking shall be used in the competition if the Web judge is not available.

### **8.4 Tournament Format, Selection of Heats, Quarter Finals, Semi-Finals, and Finals**

**8.4.1 Competitions** shall be composed of at least a 1<sup>st</sup> round, Quarter Final, Semi-Final and Final rounds.

**8.4.2** 1<sup>st</sup> round will be composed of 17 couples; selection of heats shall be in random.

**8.4.3** Quarter Final round will be composed of 14 couples. Both the 1<sup>st</sup> round and the Quarter Final round will be danced in two heats.

**11.4.4.** The Semi-Final will be composed of ten (10) couples, while the Final Round will be a ranking of the remaining six (6) couples. If there will be more than 6 couples for the Final Round, Chairman of Adjudicators or Tournament Manager may split the round into two and select the best 6 couples/pairs, then proceed to the final round.

**11.4.5** 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.



**11.4.6** The re-dance system shall apply from the 1<sup>st</sup> round to the final round if necessary.

### **8.5 Competition attire (Costuming)**

**10.5.1** 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 and B for detailed information of dancesport costuming.)*

### **8.6 Dance Order**

The sequence of dances shall be as follows:

#### **10.6.1 JUVENILE / ELEMENTARY LEVEL**

LATIN AMERICAN DISCIPLINE – Samba, Cha Cha, Rumba, Paso Doble, Jive  
MODERN STANDARD DISCIPLINE– Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

#### **10.6.2 JUNIOR / SECONDARY LEVEL**

LATIN AMERICAN DISCIPLINE – Samba, Cha Cha, Rumba, Paso Doble, Jive  
MODERN STANDARD DISCIPLINE– Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

### **8.7 Music**

#### **10.7.1 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 tempo for each dance shall be:

<b>MODERN STANDARD</b>			<b>LATIN AMERICAN</b>	
SLOW WALTZ	28 to 30 bars/min		CHACHACH A	30 to 32 bars/min
TANGO	31 to 33 bars/min		SAMBA	50 to 52 bars/min
FOXTROT	28-30 bars/min		RUMBA	25 to 27 bars/min
VIENNESE WALTZ	50to60bars/min		PASO DOBLE	60 to 62bars/min
QUICKSTEP	50 to 52 bars/min		JIVE	42 to 44 bars/min

#### **8.7.2 Type of Music**

In the 2023 *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.

## VIII. DETERMINATION OF WINNER

9.1 The winner of Grade A 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.

### Attachment A

#### JUVENILE AGE Groups

General Guidelines:

1. If colored, only one color, no combination. Skin tone is 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 long white sleeves, tucked in are allowed.	White leotard or one-color leotard
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		One- or two-piece costume of any color provided that the skirt and panty should be of the same color. If the top is white, wear a black skirt only. If the top is colored, the skirt and panties should be the same color. Skin tone/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 of 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 kneecap 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 with or without lace; mesh stockings not allowed



16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	1 ½" inches or 3.81 cm Cuban heels for Latin 1" inch or 2.54cm heels for Standard	Maximum height is 1 ½" or 3.81 cm heels for Latin and Standard



Attachment B

**JUNIOR AGE GROUPS**

General Guidelines:

1. Skin tone is not allowed.
2. No decorations in clothing, body, or hair.

	COSTUMES/ATTIRES	MALE	FEMALE
1	SHIRTS	Plain white or black turtleneck long sleeves, tucked in for Latin. Plain long white sleeves, tucked in for standard.	
2	SLEEVES	Long only	Short, ¾" or long sleeves

3	TOP and SKIRT		One- or two-piece costume of any color provided that the skirt and panty should be of the same color. If the top is white, wear a black skirt only. If the top is colored, the skirt and panties should be the same color. Skin tone/color is not allowed for both top, skirt and panties
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; black and 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 the light	1. Fabrics such as spandex, neoprene, or velvet and other fabric of 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 kneecap 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 grounds for **DISQUALIFICATION**.







**Junior Latin Costume**



**Junior Female Latin Shoes**



**Junior Male Latin Shoes**