



RULES & REGULATIONS FOR COMPETITORS

Preamble

DFI (DanceSport Federation of Ireland) *Competition Rules* apply to DanceSport governed by WDSF (the World DanceSport Federation) and all of its Members.

They govern the activities of WDSF Member body (herein referred to as DFI) and all persons who are members of such Member bodies or who are registered with or affiliated with such Member bodies, as well as foreign national or international bodies recognised by DFI.

The principal purpose of any application and interpretation of these *Rules* is the best interests of DFI.

Anti-doping

Doping is forbidden, according to the terms of the *WDSF Anti-Doping Code*. DFI recognises the Anti-doping policies of the World Anti-Doping Agency (WADA) and adopts and applies a *WDSF Anti-Doping Code* corresponding to the WADA Anti-Doping Code. All Participants in DFI DanceSport, including couples, formations, Chairmen and Adjudicators, must abide by the *WDSF Anti-Doping Code* and all related WADA regulations and policies.

A. General

Controlling Organization

DFI is a member of The World DanceSport Federation (WDSF) which is the governing body for all DanceSport competitions and athletes including competition at all levels, internationally and in each country including through that country's WDSF member body. The only DanceSport competitions that WDSF does not claim to govern and maintain jurisdiction over are those specially declared to be excluded, or to be excluded for a period of time, by the authority of the WDSF Presidium.

Rule A.1 (Application)

1.1 These *Rules* apply to all DanceSport Competitions granted by DFI, including but not limited to; Standard, Latin-American, Synchronised Latin, American Smooth, American Rhythm, Old Time, Modern and Latin Sequence, Salsa, New Vogue, Freestyle, Rock 'n Roll, Country Jive, Cheerleading, Cheerdance, Hip Hop, Breaking, Urban, Street, Baton Twirling, Country and Line Dance - provided always that Rules are administered by DFI.

1.2 Every competitor from Republic of Ireland who competes in a competition granted by DFI must be registered with DFI. Any foreign competitors who reside outside of the Republic of Ireland must be registered with an organisation recognised by DFI. Those whom have a Republic of Ireland Passport or who represent Ireland (DFI) must be registered with DFI.

Rule A.2 (Control of the Regulations)

2.1 The DFI Dance Sports Director must ensure that these *Rules* are followed at competitions granted under these *Rules*. The Dance Sports Director may delegate this responsibility to a Chairman.

Rule A.3 Authority of the Presidium

3.1 The Presidium at any stage should be able to change a Rule.

3.2 The DFI Presidium is responsible for enforcing these *Rules*.

3.3 The Presidium shall have the authority to make decisions on matters not covered by these *Rules*.

3.4 The Presidium may impose supplementary rules for specific events.

Rule A.4 (Fees for DFI Competitions)

4.1 The DFI *Financial Regulations* include the maximum fees which may be charged by the Presidium for the granting of Championships, Cups and competitions under these *Rules* (also called "DFI Competitions" in these *Rules*). Fees published on DFI Competition Application.

B. Rules for Producing Competition

Rule B.1 (Competition Types & Divisions)

1.1 There are the following types of competition:

1.1.1 Ballroom: Couples/Solo competitions

1.1.2 Latin: Couples/Solo competitions

1.1.3 Urban/Hip Hop Teams/Couples/Solos competitions

1.1.4 Salsa: Couples/Teams competitions

1.1.5 Rock n' Roll: Couples/Teams competitions

1.1.6 Sequence: Couples/Teams competitions

1.1.7 Formation: Teams & Crew competitions

1.1.8 Any other type deemed covered under these rules.

Rule C:

1.1 All Competitors, resident in the Republic of Ireland who compete in competitions and championships held under these Rules must be registered with the DanceSport Federation of Ireland or registered with the national member body (or it's affiliates') of the World DanceSport Federation or World Dance Council.

1.2 All teachers/Coaches must be registered members of DFI.

1.3 To enter students into competitions, teachers/coaches must be fully paid up membership and have aligned themselves and be up to date with CPD (Continuous Professional Development).

1.3.1 New members to the teaching/coaching category have a six month period to comply with CPD.

Rule D - Age Restrictions

AGE GROUPS

D 1.1 Open Events

Category	Age
Under 5's	Up to 5 yrs
Under 6's	Up to 6 years
Under 7's	Up to 7 Years
Under 8's	Up to 8 years
Juvenile	8 yrs and up to 12 yrs
Juvenile 1	8 yrs & 9 yrs
Juvenile 2	10 & 11 yrs
Junior	12 yrs and up to 16 yrs
Junior 1	12 & 13 yrs
Junior 2	14 & 15 yrs
Youth	16yrs, 17 yrs & 18 yrs
Adult	16yrs and Up to 35 yrs
Senior 1	35 yrs & Over – One of the partnership must be 35 yrs or over, and the other no younger than 30 yrs.
Senior 2	50 Yrs & Over – One of the partnership must be 50 yrs or over, and the other no younger than 45 yrs.
Senior 3	60 yrs and over – one of the partnership must be 60 yrs or over, and the other no younger than 50 yrs.
Professional	Must be over 16 yrs to dance in Professional competition.

Note: 1 - SENIORS: This is a DFI rule and it may not apply at non DFI events.

Note: 2 – YOUTH: Junior 2 may also dance in this grade.

NEW AGE GROUPS BEING IMPLEMENT IN 2018

Putting two age groups together, such as Juvenile I and II as well as Junior I and II to one joint age group, is an option under Rule E-2. Junior I couples are allowed to compete in Junior II, Junior II couples are allowed to compete in Youth, Youth couples and Senior couples are allowed to compete in competitions of the Adult age group if they want. It is not allowed that Juvenile II couples compete in Junior I age group on the reason of the syllabus. In all age groups one partner of a couple can be younger, except in the Senior age groups. The rule should enable couples and coaches to plan the careers on a long-term basis, given that the age group classification of athletes does not depend on their birthday but on their year of birth, as in most other sports too.

Juvenile I: reach 9th birthday or less in the calendar year

Juvenile II: reach 10th and 11th birthday in the calendar year

Junior I: reach 12th and 13th birthday in the calendar year

Junior II: reach 14th and 15th birthday in the calendar year

Youth: reach 16th, 17th and 18th birthday in the calendar year

Under 21: reach 16th to 20th birthday in the calendar year

Adult: reach 19th birthday or more in the calendar year

Senior I: one partner must have reached his or her 35th birthday or more in the calendar year. The other partner must have reached her or his 30th birthday or more in the calendar year.

Senior II: one partner must have reached his or her 45th birthday or more in the calendar year. The other partner must have reached her or his 40th birthday or more in the calendar year.

Senior III: one partner must have reached his or her 55th birthday or more in the calendar year. The other partner must have reached her or his 50th birthday or more in the calendar year.

Senior IV: one partner must have reached his or her 65th birthday or more in the calendar year. The other partner must have reached her or his 60th birthday or more in the calendar year, except in Open Competitions.

D 2.1 Student/Teacher Events

<i>Age</i>	<i>Girl/Lady</i>	<i>Boy/Man</i>	<i>Mixed</i>
Under 6 Yrs (Up to 6 th Birthday)	Girl Under 6 yrs	Boy Under 6 yrs	Under 6 yrs
Under 8 Yrs (Up to 8 th Birthday)	Girl Under 8 yrs	Boy Under 8 yrs	Under 8 Yrs
Juvenile 1 (8 & 9 Yrs Combined)	Girl Juvenile 1	Boy Juvenile 1	Juvenile 1
Juvenile 2 (10 & 11 yrs Combined)	Girl Juvenile 2	Boy Juvenile 2	Juvenile 2
Juvenile (8yrs Up to 12 th Birthday)	Girl Juvenile	Boy Juvenile	Juvenile
Junior 1 (12 & 13 yrs)	Girl Junior 1	Boy Junior 1	Junior 1
Junior 2 (14 & 15 yrs)	Girl Junior 2	Boy Junior 2	Junior 2
Junior (From 12 yrs up to 16 th Birthday)	Girl Junior	Boy Junior	Junior
ADULT 1	16 Yrs + Lady	16 years+ Man	Adult 1 - 4
ADULT 2	26 Yrs + Lady	26 Yrs + Man	
ADULT 3	50 Yrs + Lady	50 Yrs + Man	
ADULT 4	60 Yrs + Lady	60 Yrs + Man	

Rule E (Music)

1.1 Time allowed and tempi

In all rounds of competitions the music played shall be a minimum of one and a half minutes duration and a maximum of two minutes. In the Paso Doble the music shall be played at least up to the second highlight and at maximum to the 3rd highlight, provided always that the Chairman may extend the maximum duration for any dance or dances if in his or her opinion a longer duration is necessary for fair adjudication of that dance or those dances in an event.

1.2 The tempi for each dance shall be:

Waltz 28 – 30 bars/min Samba 50 – 52 bars/min

Tango 31 – 33 bars/min Cha-Cha-Cha 30 – 32 bars/min

Viennese Waltz 58 – 60 bars/min Rumba 25 – 27 bars/min

Slow Foxtrot 28 – 30 bars/min Paso Doble 60 – 62 bars/min

Quickstep 50 – 52 bars/min Jive 42 – 44 bars/min

1.3 Type of music

In all DFI competitions the music must have the character of the dance being performed, for example no disco music may be played for Latin-American dances.

1.4 Dance order

The sequence of the dances in a DFI Competition is compulsory except with the prior written approval of the WDSF Sports Director.

1.5 10 Dance Competitions

In 10 Dance competitions, all 10 dances are performed.

Rule F - Grades of Competitions

1. Grades

- a) Starters
- b) Beginners
- c) Novice
- d) Intermediate
- e) Pre-championship
- f) Championships
- g) International

1.1 A competitor's grade in one division of dancing has no effect upon his/her grade in another division. In Student/Teacher events, a competitor whom competes at Level 5 or above in either Ballroom or Latin, cannot compete in Beginner Grade in Open Events in that division.

1.2 (E Class) Starter: Competitions in this grade are one or two dance events.

Starter grade is only for couples/competitors who have never danced a grade higher than starter. When a Starter wins a competition they must move to Beginner grade. A Starter may only dance in 3 Starter competitions and then must move up to Beginner grade, regardless of results. The life of a Starter is 6 months from the time of their first competition, regardless of dancing 3 competitions or less. This rule also applies to Starter events in S/T.

1.3 (D Class) Beginner: Competitions in this grade are one, two or three dance events. When a beginner grade couple/competitor wins two competitions in which there are six or more couples/competitors participating, the couple/competitor is promoted to novice grade. This also applies to students whom compete in S/T Level 1 – 3.

1.4 (C Class) Novice: When a novice grade couple/ competitor wins four novice competitions in which there are six or more participating couples/ competitors or wins any competition except one dance events in any higher grade in which there are six or more participating couples /competitors, the couple/competitor is promoted to intermediate grade. This also applies to students whom compete in S/T Level 4 – 5.

1.5 (B Class) Intermediate: When an intermediate grade couple/competitor wins four intermediate competitions in which there are six or more participating couples/competitors or wins any competition except a one dance event in any higher grade in which there are six or more participating couples/competitors, the couple/competitor is promoted to pre-championship grade. This also applies to S/T Level 6 – 9.

1.6 Pre-Championship to Championship: When a pre-championship grade couple/competitor wins any Championship in which there are six or more participating couples/competitors, the couple/competitor is promoted to championship grade in their particular age group.

1.7 Championship to International: Couples/competitors who have danced for their country in official international championships or international team matches.

1.8 The grade achieved in Adult and Youth age groups, or any combination thereof, is the grade of the competitor for all competitions and championships in the particular division. In the case of international team matches where the organisers have specified that one or more couples/competitors from each Team should be dancers of pre-championship Grade or lower only Championship Grade competitors should be upgraded to International Grade.

1.9 A Juvenile Championship level couple, may move back to Novice level when they advance into the Junior category. However this does not apply for Juniors advancing to the Adult level.

1.10 In the event of a partnership terminating, neither member of the partnership may dance at a lower grade

1.11 Note: Where it states “in which there are six or more couples/competitors”, “competitors” means Solos.

1.12 Juveniles/Juniors/Youth Competitors may dance up to 2 competitions in each discipline at any one event. This rule excludes the Open 5 Dance events which are open to all competitors from Novice grade upwards.

Rule G - Title Names of Open Events as follows;

CH CLASS = CHAMPIONSHIP

A CLASS = PRE-CHAMPIONSHIP/OPEN

B CLASS = INTERMEDIATE

C CLASS = NOVICE

D CLASS = BEGINNER

E CLASS = STARTER

Rule H – Syllabi

1.1 Starters –

Restricted syllabus is basics only. Dances are; Waltz, Quickstep, Cha-cha, Samba.

Syllabus figures:

STANDARD BALLROOM:

SLOW WALTZ	QUICKSTEP
LF Closed Change RF Closed Change	Quarter Turn Progressive Chasse
BOX STEP (No Rotation)	

Syllabus figures:

LATIN

CHA-CHA	SAMBA
Basic Movement New Yorkers L/R (No syncopation)	Basic Movement Samba Whisk L/R

1.2 Under 8 yrs & Beginners (Juveniles/Juniors/Adults) may only dance the prescribed figures from the Associate Syllabus. Restricted syllabus to Associate only in both Standard & Latin. Only the figures, amounts of turns, and entries and exits that are used up to Associate Syllabus may be used.

BALLROOM SYLLABUS

ASSOCIATE LEVEL

Syllabus figures:

SLOW WALTZ	TANGO	FOXTROT	QUICKSTEP
LF Closed Change	Lf fwd Walk	Feather Step	Quarter Turn
RF Closed Change	RF fwd Walk	Reverse Turn	Progressive Chasse
Natural Turn	Right Foot Walk to PP	(incorporating	Forward Lock Step
Reverse Turn	Closed Finish	Feather Finish)	Natural Turn with
Whisk	Open Finish	Three Step	Hesitation
Chasse from PP	Progressive Side Step	Natural Turn	Reverse Turn
Natural Spin Turn	Progressive Link	Closed Impetus	Natural Spin Turn
	Closed Promenade	Turn	
Closed Impetus	Basic Reverse Turn		Natural Turn at a Corner
Natural Turn with	Open Reverse Turn	Reverse Wave	Natural Pivot Turn
Hesitation	Follower Outside	Basic Weave	Reverse Pivot
Progressive Chasse to	Rock Turn	Change of Direction	Closed Impetus
Right		Natural Weave	Progressive Chasse to
Drag Hesitation	Open Promenade	Reverse Pivot	Right
Backward Lockstep	Open Reverse Turn		Backward Lock Step
Reverse Corte	Follower in Line		Running Finish
Back Whisk	Progressive Side Step		Tipple Chasse to Right
Outside Change	Reverse Turn		at a Corner
Basic Weave	Back Corte		Tipple Chasse to Right
Reverse Pivot	Rock on LF		Alongside of Room
	Rock on RF		
	Natural Promenade		
	Turn		
	Natural Twist Turn		

Syllabus figures:

LATIN SYLLABUS:

ASSOCIATE LEVEL

CHA-CHA	SAMBA	RUMBA	JIVE
Basic Movement Cha Cha Cha Chasse (R or L) Ronde Chasse Cha Cha Cha Lock Forward (RLR, LFL) Cha Cha Cha Lock Backward (LRL, RLR) Open Basic Time Step Three Cha Cha Chas Fan Alemana Hockey Stick New York Hand to Hand Spot Turns (L or R) Underarm Turn (L or R) Shoulder to Shoulder Natural Top	Basic Movement Rhythm Bounce Samba Whisk (L or R) Promenade Samba Walks (LF or RF) Stationary Samba Walks (LF or RF) Side Samba Walk Promenade Botafogos Travelling Botafogos (Forward) Shadow Botafogos Solo Volta Spot Turn (L or R) Travelling Voltas (L or R) Reverse Turn	Progressive Walks Forward and Backward Basic Movement Fan Alemana Hockey Stick New York Hand to Hand Side Step Cucarachas Spot Turns (Underarm Turns) Shoulder to Shoulder Natural Top	Basics in Place Basic in Fallaway Jive Chasse (L and R) Link Change of Place Right to Left Simple Spin Change of Place Left to Right Fallaway Throwaway American Spin Change of Hands Behind the Back Promenade Walks (Quick) Stop and Go Whip

1.3 Novice

All figures from the book.

Syllabus figures:

BALLROOM SYLLABUS

SLOW WALTZ	TANGO	FOXTROT	QUICKSTEP
(As Beginners Plus;) Whisk at a Corner Closed Telemark Weave from PP Open Telemark & Cross Hesitation Open Telemark & Wing Open Impetus & Cross Hesitation Open Impetus & Wing Turning Lock to Left Outside Spin Double Reverse Spin Left Whisk Contra Check Closed Wing Turning Lockstep to Right Fallaway Reverse & Slip Pivot Hover Corte Running Spin Turn Open Natural Turn from PP Fallaway Natural Turn Fallaway Whisk Oversway	(As Beginners Plus;) Promenade Link Four Step Back Open Promenade Outside Swivel Reverse Outside Swivel Fallaway Promenade Four Step Change Brush Tap Fallaway four Step Oversway The Chase Fallaway Reverse & Slip Pivot Five Step Contra Check	(As Beginners Plus;) Closed Telemark Open Telemark & Feather Ending Top Spin Hover Feather Hover Telemark to PP Natural Telemark Open Telemark, Natural Turn, Outside Swivel with a Feather Ending Open Impetus Weave from PP Whisk at a Corner Double Reverse Spin Hover Cross Natural Twist Turn Curved Feather to Back Feather Natural Zig Zag from PP Fallaway Reverse & Slip Pivot Natural Hover Telemark Bounce Fallaway Quick Open Reverse Turn Curved Three Step	(As Beginners Plus;) Under turned Tipple Chasse to Right Quick Open Reverse Turn Fishtail Running Right Turn Four Quick Run V6 Closed Telemark Double Reverse Spin Cross Swivel Six Quick Run Rumba Cross Tipsy to right Tipsy to Left Hover Corte Zig Zag Cross Chasse

LATIN SYLLABUS:

CHA CHA CHA	SAMBA	RUMBA	JIVE
(As Beginner Plus;) Hip Twist Chasse Foot Slip Chasse Natural Opening Out Closed Hip Twist Reverse Top Opening Out from Reverse Top Aida Spiral Open Hip Twist Curl Side Step Rope Spinning Cuban Breaks Cross Basic Turkish Towel Sweetheart Follow My Leader Foot Changes	(As Beginner Plus;) Corta Jaca Closed Rocks Open Rocks Back Rocks Natural Roll Plait Foot Changes Various Volta Actions Contra Botafogos Rolling Off the Arm Samba Locks Three Step Turn Cruzados Walks and Locks Promenade and Counter Promenade Runs	(As Beginner Plus;) Alternative Basic Movement (In Closed Position) Alternative Basic Movement (In Open Position) Advanced Opening Out Natural Opening Out Closed Hip Twist Opening Out to R and L Cuban Rocks Open Hip Twist Reverse Top Opening Out from Reverse Top Curl Aida Spiral Sliding Doors Fencing Three Threes Rope Spinning	(As Beginners Plus:) Basics in Place Basic in Fallaway Jive Chasse (L and R) Link Change of Place Right to Left Simple Spin Change of Place Left to Right Fallaway Throwaway American Spin Change of Hands Behind the Back Promenade Walks (Quick) Stop and Go Whip Promenade Walks (slow) Throwaway Whip The Windmill Spanish Arms Curly Whip Chicken Walks Mooch Toe Heel Swivels Flicks into Break Rolling Off the Arm

1.4 Intermediate – All figures from book as detailed in point 5.4.

1.5 In all competitions governed by this Rule E.4 there is a uniform restricted syllabus for all Juvenile age groups, which is prepared and amended from time to time by a Commission of the DFI Presidium.

1.6 In all competitions the Syllabus must be invigilated by a minimum of one qualified Invigilator who shall be appointed by DFI but whose appointment must be confirmed by DFI Presidium.

1.7 In all competitions the Invigilator reports to the Chairman. If a couple breaches the Syllabus restrictions in the first round of a competition, the Chairman shall warn them, and if they breach the Syllabus in the next round or final, the Chairman shall disqualify the couple. Should there be a straight final, the couples' results shall reflect the breach of syllabus. In this instance no notice needs to be given to the couple or teacher.

1.8 Lifts are not permitted in either category.

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 or support of the other partner.

1.9 The chairman may disqualify couples who perform lifts during competition.