

Palarong Pambansa DanceSport Rules & Guidelines 2015
2nd Revised Version

- I. The World DanceSport Federation (WDSF) rules shall govern the competitions except for the amendments introduced and approved in this Special Guidelines and Ground rules for the School Based DancesSport.
- II. DanceSport Council of the Philippines Professional Division (DSCPI-PD) technical rules and regulations will apply and be implemented to the Syllabus, Coaches, Trainings and Adjudicators.
- III. Technical Committee
 - A. Tournament Director 1
 - B. Committee 2
 - C. Adjudicator 5 and above
 - D. Scrutineer 2
 - E. Barkers and Martials 10
 - F. Dancesport Disc Jockey 1
- IV. Adjudicators
 - A. DSCPI Licensed National Adjudicators A and B
 - B. DSCPI Licensed School Based DanceSport Teachers
- V. Scrutineering
 - A. DSCPI-PD Licensed Scrutineer
- VI. Technique books
 - A. Technique of Latin Dancing by Walter Laird (IDTA)
 - B. Technique of Latin Dancing - SUPPLEMENT by Walter Laird (IDTA - first edition 1997)
 - C. The revised Technique of Latin American Dancing (ISTD)
 - D. The revised Technique by Alex Moore
 - E. The Ballroom Technique by the Imperial Society (ISTD)
 - F. Technique of Ballroom Dancing by Guy Howard (IDTA)

VII. Competition age group, disciplines, categories and dances.

Age Group	Discipline	Category	Dances
Juvenile	Standard	Waltz Syllabus	Waltz
Juvenile	Standard	Tango Syllabus	Tango
Juvenile	Standard	Quickstep Syllabus	Quickstep
Juvenile	Standard	D	Waltz/Tango
Juvenile	Standard	C	Waltz/Tango/Quickstep
Juvenile	Standard	A	W/T/VW/SF/Q
Junior	Standard	Waltz	Waltz
Junior	Standard	Tango	Tango
Junior	Standard	Quickstep	Quickstep
Junior	Standard	D	Waltz/Tango
Junior	Standard	C	Waltz/Tango/Quickstep
Junior	Standard	A	W/T/VW/SF/Q
Youth	Standard	C	W/T/Q
Youth	Standard	A	W/T/VW/SF/Q
Juvenile	Latin	ChaChaCha Syllabus	ChaChaCha
Juvenile	Latin	Samba Syllabus	Samba
Juvenile	Latin	Jive Syllabus	Jive
Juvenile	Latin	D	ChaChaCha/Jive
Juvenile	Latin	C	Samba/ChaChaCha/Jive
Juvenile	Latin	A	S/C/R/PD/J
Junior	Latin	ChaChaCha	ChaChaCha
Junior	Latin	Rumba	Rumba
Junior	Latin	Jive	Jive
Junior	Latin	D	ChaChaCha/Jive
Junior	Latin	C	ChaChaCha/Rumba/Jive
Junior	Latin	A	S/C/R/PD/J
Youth	Latin	C	C/R/J
Youth	Latin	A	S/C/R/PD/J
Formation	Standard	Syllabus with into & exit	5 Dances
Formation	Latin	Syllabus with into & exit	5 Dances

Notes: Not all Categories above are active in the Palarong Pambansa at the moment due to some requirements but for the Division & Regional Levels it is a must to include all categories as preparations for the coaches, athletes, officials and organizers and send the representative to Palarong Pambansa the winners of the required categories.

2018 Palarong Pambansa Categories are in bold or highlighted letters.

VIII. Definition of a couple:

A couple consists of a male and a female.

IX. Partner

Attachment to more than one partner in a given age division at the same time is not permitted.

X. Age Requirements

Age Group	School Level	Year of Competition	Age
	2018	2018	
		Year of Birth	AGE
Juvenile	Elementary Level	2005 or after	13 Below
Junior	Secondary Level	2000 or after	14 to 18
Youth	K-12	2000 to 2002	18/17/16

XI. Music

- A. 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 Double 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.
- B. 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
- C. Type of music
In all WDSF competitions the music must have the character of the dance being performed, for example no disco music may be played for Latin-American dances.
- D. Dance order
The sequence of the dances Competition is compulsory except with the prior written approval of the DSCPI-PD.

XII. Choreography and Syllabus

- A. Subject to these Rules, all choreographies in all ten dances in all DSCPI registered competitions are open choreographies.
- B. There is a uniform restricted syllabus for all Juvenile age groups, which is prepared and amended from time to time by the Technical Committee of the Dancesport Council of the Philippines Professional Division and approved by the DSCPI-PD Presidium.

XIII. Lifts

- A. Lifts are not permitted in either category.
- B. 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 other partner.
- C. The Chairman of the Adjudicator may disqualify couples who perform lifts during competition.

XIV. Marking

- A. Closed marking shall be used in the finals of competitions. Open marking is not permitted the Competitions except to display couples' places in each dance, and is not permitted to display the individual placing of each couple by each Adjudicator of the dances, however the organizer may seek permission from the Chairman to use the Open Marking System.
- B. The Skating System shall be used.

XV. Selection of Heats: Semi-Finals and Finals

- A. Competitions shall comprise at least a first round, semi-final and final.
- B. Starting with the first round, the selection of all heats shall be random.
- C. The semi-final must always be danced in two heats.
- D. The semi-final of any competition must be danced in two heats on a floor with an area of less than 250 square meters.
- E. The re-dance system shall apply from the first round. Two qualifying rounds shall be held to allow all couples the opportunity to dance twice. Chairman shall decide the number of couples to be recalled from both qualifying rounds.
- F. At least 50 % of the participating couples shall be recalled to the next round (excluding the Final).
- G. In Finals Adjudicators shall place couples. "1" is the best place marking. The same placing must not be given to more than one couple.
- H. No more than 6 couples should participate in the final, but if more than 6 couples qualify, the Chairman will decide on the number of participants.

XVI. Health and Welfare of the Athletes

- A. There must be a break of at least 20 minutes between the rounds of the competition.
- B. All Finals and prize presentations for Juvenile athletes must be concluded before 21:00 (9:00P.M.)
- C. All Finals and prize presentations for junior athletes must be concluded before 23:00 (10:00P.M.)

XVII. Competition Dress

- A. In all competitions granted under these Rules, competitors shall dress or costume according to the WDSF Dress Regulations, which form a part of these Rules.

- B. Each athlete may change costume up to three (3) times in all of the rounds of any competition, provided always that no change of dress, or additional use of accessories or colors, is permitted during any round of a competition.
- C. The Chairman of the adjudicators may disqualify any couple at a competition when either partner is not dressed or costumed according to these Rules, and in addition to its other powers under the WDSF Statutes the Presidium may suspend from competitions for limited period of time any competitor who breaches this Rule.

XVIII. Awarding of Winners

All Categories must be awarded in this manner.

1 st Place	Gold Medal & Certificate	Representative
2 nd Place	Silver Medal & Certificate	Representative or Reserve
3 rd Place	Bronze Medal & Certificate	Reserve
4 th Place	Certificate	Reserve
5 th Place	Certificate	Reserve
6 th Place	Certificate	Reserve

XIX. Interpretations of rules and matters not provided for.

The Chief of Adjudicator holds the final decisions regarding all matters and rules in consultation with the DSCPI-PD Presidium on interpretation of rules and all matters not provided for.

XX. Training Arm

Dancesport Council of the Philippines Professional Division is the technical arm for dancesport training program implementations. Interested Regions, Cities and Provinces for training development of dancesport athletes, coaches and schoolteachers may request assistance.

XXI. Dancesport National Training Program

1. Annual Provincial Dancesport Clinics.
2. Dance Camps
3. School Based DanceSport Teachers Course
4. DanceSport Teachers Licensing Courses.
5. Adjudicators Courses (School Based, National, International)
6. Scrutinering Training and Licensing
7. Dance Congresses (coaching and training short courses)

XXII. Licensing Body

DanceSport Council of the Philippines Professional Division DSCPI-PD

Dress Regulation Juvenile

General Guidelines:

1. If colored, only one color. No combinations. Skin tones not allowed
2. No decoration in clothing, body or hair.

		MALE	FEMALE
1	SHIRTS	Plain white, long sleeved, tucked in	White leotard or one color leotard
2	SLEEVES	Long only	Short or 3/4 th or long sleeves
3	TOP & SKIRT		If the top is white, use only black skirt. If the top is colored, attach same color for skirt; same color panties. Skin color is not allowed for top or skirt.
4	PANTS	Plain Black only	Underpants: Same color as skirt; covering fully the buttock. Skin color not allowed.
5	COLLAR	Correct shirt collar to wear with tie or bow tie Other design: not allowed	Turtle neck, closed round, closed small square. Closed
6	TIE	Wear Black only tie or bow tie	none
7	VEST	Not allowed	none
8	MATERIAL & DRESS STYLE	Plain, no design; no materials that are shiny or catch light	Plain, no design; no materials that are shiny or catch light. Skirt must not be shorter than 3 ¼ inches or 10 cm above knee. Skirt must not be longer than below knee cap. Skirt must have no boning or frilling. No bigger underskirts.
9	ACCESSORIES	None	None
10	HAIR STYLE	If hair is long, collect into a ponytail.	Long hair has to be collected in a ponytail, bun, or braids. No colored hairspray.
11	HAIR DECOR	None	None.
12	JEWELRY	None	None
13	MAKE UP	None	None
14	SOCKS	Wear black socks only	White or one color short socks only. Tights only skin tone. No mesh
15	SHOE COLOR	Black only	Tan, beige, or one color.
16	SHOE HEELS	Block style Height maximum is 1 inch or 2.5cm	Block or pump or cuban style Maximum height is 1 ½ inches or 3.5 cm

Dress Regulation Junior

General Guidelines:

1. No skin tones.
2. No shiny effects.
3. No 2 piece in costume
4. Dress age appropriately

		MALE	FEMALE
1	SHIRTS	Plain white or black long sleeved, tucked in	White leotard or one color leotard
2	SLEEVES	Long only	Short or 3/4 th or long sleeves
3	TOP & SKIRT		If the top is white, use only black skirt. If the top is colored, attach same color for skirt; same color panties. Skin color is not allowed for top or skirt.
4	PANTS	Plain black only	Underpants: Same color as skirt; covering fully the buttock. Skin color not allowed.
5	COLLAR	Simple, not oversized or pointed. Turtle neck without tie allowed.	Turtle neck, closed round, closed small square.
6	TIE	Wear Black only tie or bow tie	none
7	VEST	Black vest allowed but not a must.	none
8	MATERIAL & DRESS STYLE	Plain, no design; no materials that are shiny or catch light	Plain Colored allowed, including MIX of colors. No skin tone. No shiny or light effect. Two piece dresses not allowed. No bikini style.
9	DRESS ACCESSORIES	None	Same or mix color allowed but no light effect or no shiny materials
10	HAIR STYLE	If hair is long, collect in a ponytail.	Long hair has to be collected in a ponytail, bun, or braids. No colored hairspray.
11	HAIR DECORATION	None	Allowed only those with no light effects.
12	JEWELRY	None	Allowed only those with no light effects.
13	MAKE UP	None	None
14	SOCKS	Wear black socks only	Allowed are short socks & tights of skin tone. Not allowed: mesh stockings
15	SHOE COLOR	Black only	Tan, beige, or one color
16	SHOE HEELS		Maximum height is 2 inches or 5 cm



**PALARONG PAMBANSA 2018
DANCESPORT
VIGAN ILOCOS SUR
April 17, 2018**

MALE
2x2 Picture

FEMALE
2x2 Picture

OFFICIAL ENTRY FORM

Date of Entry: _____ DEADLINE OF ENTRY: March 5, 2018
 Region: _____
 School: _____

Male: _____ Female: _____
 (Last Name, Given Name, MI) (Last Name, Given Name, MI)
 _____ Date of Birth: _____ Age: _____
 Birth: _____ Age: _____ Date of Birth: _____ Age: _____ Contact No.: _____
 _____ Contact No.: _____ Email Address: _____
 _____ Email Address: _____
 Address: _____

Coach Name and Contact Number: _____

CATEGORIES: (please check v appropriate box)

STANDARD EVENTS		LATIN EVENTS	
<input type="checkbox"/>	Juvenile D Standard W T Elementary Level	<input type="checkbox"/>	Juvenile D Latin S C Elementary Level
<input type="checkbox"/>	Juvenile C Standard W T Q Elementary Level	<input type="checkbox"/>	Juvenile C Latin S C J Elementary Level
<input type="checkbox"/>	Juvenile E Standard Waltz Elementary Level	<input type="checkbox"/>	Juvenile E Latin Samba Elementary Level
<input type="checkbox"/>	Juvenile E Standard Tango Elementary Level	<input type="checkbox"/>	Juvenile E Latin Cha Cha Cha Elementary Level
<input type="checkbox"/>	Juvenile E Standard Quickstep Elementary Level	<input type="checkbox"/>	Juvenile E Latin Jive Elementary Level
<input type="checkbox"/>	Junior D Standard W T Secondary Level	<input type="checkbox"/>	Junior D Latin C J Secondary Level
<input type="checkbox"/>	Junior C Standard W T Q Secondary Level	<input type="checkbox"/>	Junior C Latin C R J Secondary Level
<input type="checkbox"/>	Junior E Standard Waltz Secondary Level	<input type="checkbox"/>	Junior E Latin Cha Cha Cha Secondary Level
<input type="checkbox"/>	Junior E Standard Tango Secondary Level	<input type="checkbox"/>	Junior E Latin Rumba Secondary Level
<input type="checkbox"/>	Junior E Standard Quickstep Secondary Level	<input type="checkbox"/>	Junior E Latin Jive Secondary Level

Elementary Level - Born 2005 or after; Secondary Level - Born 2000 or after

CERTIFICATION AND WAIVER
We certify that all the information entered herein is correct and accurate, and shall be the basis for the qualification and approval of our participation in the appropriate competition event(s) we have registered for. We further certify that we have read the official rules of competition and shall abide by the final decision of the Organizer based on the rules. We hereby absolve the Organizer of any obligation for any injuries, damages, losses we may sustain the course of the participation and conduct of this competition.

Male Signature: _____ Female Signature: _____

 (Parent's/Guardian's Signature above printed name if under 18 years of age)

*****FOR OFFICIAL USE ONLY*****

MALE PARTNER	FEMALE PARTNER	EVENT(S) APPROVED
<input type="checkbox"/> Birth Certificate	<input type="checkbox"/> Birth Certificate	
<input type="checkbox"/> 2x2 photo	<input type="checkbox"/> 2x2 photo	

GENERAL RULES OF DANCESPORT COMPETITION

1. **NO ENTRY FEE**
2. 1 couple from the region will compete in C & D Categories and 1 different couple will compete in E Categories. Couples who enter C & D Categories are not allowed to enter in grade E Categories both in Latin & Standard Disciplines.
3. A total of 8 couples per region will represent the competition.
 - 1 couple in Juvenile C & D Standard
 - 1 couple in Juvenile E single dances Standard
 - 1 Couple in Juvenile C & D Latin
 - 1 Couple in Juvenile E single dances Latin
 - 1 couple in Junior C & D Standard
 - 1 couple in Junior E single dances Standard
 - 1 Couple in Junior C & D Latin
 - 1 Couple in Junior E single dances Latin
4. This entry form must be submitted to the National Tournament Manager with the complete requirements.
 - a. Duly filled up entry form
 - b. Photocopy of competitors Birth Certificate
 - c. One (1) 2x2 photo per competitor
5. Age limit requirements are based on the birth certificate
 - Elementary Level** - Born 2005 or after; **Secondary Level** - Born 2000 or after
 - The age of both partners will be the basis for the qualification of the category.
6. Costume and dress regulations will be **STRICTLY ENFORCED** and may result to immediate elimination from joining the competition. Parents/Guardians, and coaches, please strictly follow WDSF Dress Regulation
7. No change of partner is allowed.
8. All competing couples not ready on the floor for their events will be eliminated.
9. The DSCPI-PD reserves the right to refuse any entry from any person whose status is unclear.
10. The organizer reserves the right to change and/or cancel the program of the events without prior notice.
11. The decision of the qualified Adjudicators is Final.
12. It is the responsibility of the competitors to update themselves regarding competition matters through the official DSCPI PD FB Page or through the National Tournament Manager & Palaro Secretariat.

Ana Dulce B. Yango
National Tournament Manager
+63 916 613 70 22

Merlita Palattao
Palaro – Secretariat
+63 995 658 46 90