



DanceSport

Sport Rules

Special Olympics





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1. GOVERNING RULES

The Official Special Olympics Sports Rules for DanceSport shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon World DanceSport Federation (Maison du Sport International) rules for DanceSport found at <https://www.worlddancesport.org/>. WDSF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for DanceSport or Article I. In such cases, the Official Special Olympics Sports Rules for Dances shall apply.

Refer to [Sport Rules Article 1](#), for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports

2. DISCIPLINES AND CATEGORIES

- 2.1 DanceSport has four disciplines which are Ballroom Dances, Streetdance, Performing Arts and Specialty and four categories which are Solos, Duos, Couples, and Teams.
A dancer (Special Olympics athlete or Unified partner) can register for two out of the four Disciplines in the same Special Olympics DanceSport Competition.
The technical delegate can allow dancers to compete in up to three different categories within one and the same discipline (e.g. Ballroom Couple and Ballroom Team or Folk-Dance Solo and Folk-Dance Duo).
The routine/choreography must not change.
At the World Games level, dancers are not allowed to compete with the same routine as the previous Special Olympic World Games.
- 2.2 Official Disciplines
- 2.2.1 During the Special Olympics DanceSport Competition there are multiple competitions that dancers can choose from. All disciplines can be performed as a Unified event The following is a list of official events available in Special Olympics.
- 2.2.1.1 Ballroom Dances
- 2.2.1.1.1 Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination
- 2.2.1.2 Street Dance
- 2.2.1.2.1 Hip Hop Dance, Breaking, Electric Boogie or any combination
- 2.2.1.3 Performing Arts
- 2.2.1.3.1 Classical Ballet, Jazz Dance, Modern, Contemporary or any combination
- 2.2.1.4 Specialty
- 2.2.1.4.1 Folk Dance or LaBlast
- 2.3 Unified Sports
- 2.3.1 The athlete to Unified partner ratio must be 1 athlete to 1 Unified partner in Unified Duos/Couples and must be 2-6 athletes to 2-6 Unified partners in the Team Competition.
- 2.3.2 It is preferred that athletes and Unified Partners are of similar age and similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2
- 2.3.3 A Team shall consist of a minimum of four and a maximum of twelve athletes, a maximum of 50% of the team can be Unified Sports partners. The team can consist of male and female



athletes. Within the range of 4-12 dancers per team, the technical delegate can set a certain minimum and maximum of the size of the team for an individual competition.

2.3.4 A coach may not participate as a Unified Sports partner.

2.4 Divisioning

2.4.1 Before the final Competition, a day of divisioning will be held. The competitors will all dance twice on two separate days, possibly at separate locations. There may be a day off between Divisioning and the final Competition. Divisioning and Finals may be held on the same day as long as dancers have a break between rounds.

2.4.2 Divisioning will be judged by an independent team of a minimum of three judges who can also be judging officials during the final Competition. The same technical delegate will preside over for the divisioning as well as the final competition.

2.4.3 The technical delegate can divide Solos and Duos in male and female categories. If there are less than three (3) dancers or three (3) duos

2.4.4 Couples and Teams will not be divided in males and female categories.

2.5 Final Competition

2.5.1 After divisioning dancers will be placed in their final divisions. A division can hold between three and eight Solos/Couples/Duos/Teams.

2.6 Awards

2.6.1 Dancers will be awarded according to Section 12 of Sport Rules Article 1

2.7 Restrictions

2.7.1 No routine shall include the following.

2.7.1.1 Head Spin

2.7.1.2 Head Stand

2.7.1.3 Back or Front Flips

2.7.1.4 Lifts with the uplifted person's feet any higher than the lifting person's shoulder

3. VENUE

3.1 The Special Olympics DanceSport Competition is held in a theatrical setting. The Dancers perform on a stage with the audience on one side only.

3.2 The dancefloor on stage must be a wooden floor with a minimum size of 8m x 8m. Measurement need to be communicated to all competitors. For safety reasons there must be a white line on the floor, 1 meter away from the edge of the stage. Dancers have to perform behind the white line.

3.3 Organizers need to provide a locker/changing room for all participants.

4. MUSIC

4.1 A Solo's routine must be between 1:10 and 1:30 min. in length.

4.2 A Couple's or Duo's routine must be between 1:10 and 1:30 min. in length.

4.3 A team routine must be between 1:30 and 1:50 min. in length.

4.4 Music must be provided as mp3-files only. All mp3-files must be named correctly:

SOLOS: SOLOS_LASTNAME_FIRSTNAME.mp3

DUOS: DUOS_LASTNAME1_LASTNAME2.mp3



COUPLES:

COUPLES_LASTNAME1_LASTNAME2.mp3

TEAMS:

TEAMS_TEAMNAME.mp3

5. COMPETITION OUTFITS

- 5.1 The outfits worn during the competition should:
 - 5.1.1 Be a representation of the choreography
 - 5.1.2 Be created in good taste and never expose of any private parts
 - 5.1.3 Be such that dancers can comfortably exercise and perform in
 - 5.1.4 Make the dancers feel confident

- 5.2 Props are allowed to be used on stage and need to be actively included in the choreography.

6. OFFICIALS / STAFF

- 6.1 Host/Emcee
 - 6.1.1 One or two hosts will be responsible for announcing dancers, judges and officials. Hosts are to:
 - 6.1.1.1 Introduce each performance
 - 6.1.1.2 Give a signal to the DJ to start the music for the dancer/s
 - 6.1.1.3 Put a nice story around all performances
 - 6.1.1.4 Ask one judge to give feedback after each performance

- 6.2 Technical Delegate
 - 6.2.1 One non-judging technical delegate, whose sole purpose is to check if the competitors and coaches adhere to the rules and requirements. The technical delegate is also responsible for the judges` schedule.

- 6.3 Judges
 - 6.3.1 There will be a minimum of three judges for divisioning and a minimum of five judges for finals.
 - 6.3.2 Adjudicator eligible to judge Special Olympics DanceSport Competition have a dance background, degree in physiology, doctorate in Dance, or hold World Championship titles

7. SOLO RULES

- 7.1 A solo is one person on stage. This can only be a Special Olympics athlete.

- 7.2 Ballroom
 - 7.2.1 Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination. The following elements are required:
 - 7.2.1.1 The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books
 - 7.2.1.2 The routine needs to include a rotation. In-between steps as well as both legs can be used.



7.3 Street Dance

7.3.1 Any form of Hip Hop Dance, Breaking, or locking is allowed. The following elements are required:

7.3.1.1 The routine needs to include a floor element¹

7.3.1.2 The routine needs to include Isolations³

7.3.1.3 The routine needs to include a 360degree rotation. In-between steps as well as both legs can be used.

7.4 Performing Arts

7.4.1 This dance form can be classical ballet, Jazz Dance, modern or contemporary ballet. The following elements are required:

7.4.1.1 The routine needs to include a jumping section consisting of at least one jump²

7.4.1.2 The routine needs to include a floor element¹

7.4.1.3 The routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

7.5 Specialty

7.5.1 This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

7.5.1.1 This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.

7.5.1.2 This routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

7.5.1.3 This routine needs to include a jumping section consisting of at least one jump²

8. COUPLES RULES

8.1 A couple is two persons on stage dancing in physical connection for a minimum of 70% of the whole routine. This could be either two Special Olympics athletes or one Special Olympics athlete and one Unified Partner.

8.2 Ballroom

8.2.1 Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination.

8.2.2 Once decided which dance or combo is chosen the following elements are required:

8.2.3 Each dancer of the Couple must execute the required elements.

8.2.3.1 The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books

8.2.3.2 The routine needs to include a minimum 6 seconds side-by-side piece. One hand connection is allowed

¹ Floor element: Element, executed over a minimum of 2 bars in one row. Moving on the floor for a minimum of 2 bars while at least one body part besides or instead of the foot/feet are constantly in touch with the floor (i. e. both hands + both feet, right hand + right foot, bottom + hand/s etc.)

² Jumping: Element, where one must release both feet from the floor. More jumps are voluntary

³ Isolation: It is an element of a single-joint exercise, meaning the dancer is utilizing only one joint (i. e. the elbow, shoulder, ankle).



8.2.3.3 The routine needs to include a 360degree rotation on one leg. In-between steps as well as both legs can be used.

* Each dancer of the Couple must execute the required elements.

8.3 Performing Arts

8.3.1 This dance form can be classical ballet, Jazz Dance, modern or contemporary ballet. The following elements are required:

Each dancer of the Couple must execute the required elements.

8.3.1.1 The routine needs to include jumping section consisting of at least one jump ²

8.3.1.2 The routine needs to include a floor element¹

8.3.1.3 The routine needs to include a 360 degree rotation on one leg

8.4 Specialty

8.4.1 This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

8.4.2 Each dancer of the Couple must execute the required elements

8.4.2.1 This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.

8.4.2.2 This routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

8.4.2.3 This routine needs to include at least one jump ²

9. DUOS RULES

9.1 A Duo is two persons on stage dancing side by side, without physical connection for a minimum of 70% of the whole routine. This could be either two Special Olympics athletes or one Special Olympics athlete and one Unified Partner.

9.2 Ballroom

9.2.1 Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination. The following elements are required:

9.2.2 Each dancer of the Duo must execute the required elements

9.2.2.1 The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books

9.2.2.2 The routine needs to include a minimum 6 seconds side-by-side piece.

9.2.2.3 The routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

² Jumping: Element, where one must release both feet from the floor. More jumps are voluntary

³ Isolation: Element, in which dancers move one part of their body and keep the rest of the body completely still.



9.3 Streetdance

9.3.1 Any form of Hip Hop Dance, Breaking, or locking is allowed. The following elements are required:

9.3.2 Each dancer of the Duo must execute the required elements

9.3.2.1 The routine needs to include a floor element¹

9.3.2.2 The routine needs to include Isolations³

9.3.2.3 The routine needs to include a 360 degree rotation. In between steps as well as both legs can be used

9.4 Performing Arts

9.4.1 This dance form can be classical ballet, Jazz Dance, modern or contemporary ballet. The following elements are required:

9.4.2 Each dancer of the Team must execute the required elements

9.4.2.1 The routine needs to include at least one jump ²

9.4.2.2 The routine needs to include a floor element ¹

9.4.2.3 The routine needs to include a 360 degree rotation on one leg

9.5 Specialty

9.5.1 This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

9.5.2 Each dancer of the Team must execute the required elements

9.5.2.1 This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.

9.5.2.2 This routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

9.5.2.3 This routine needs to include at least one jump ²

10. TEAM RULES

10.1 A team consists of 4-12 persons on stage. This can be all Special Olympics athletes or a Unified Sport Team. Teams are to provide team (fantasy) names.

10.2 Ballroom

10.2.1 Choose between one of the ten dances: Slow Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep, Samba, Cha Cha, Rumba, Paso Doble, Jive or any combination. The following elements are required:

10.2.2 Each dancer of the Team must execute the required elements

10.2.2.1 The routine needs to include three recognizable figures from the Alex Moore, Walter Laird, ISTD, or Guy Howard technique books

¹ Floor element: Element, executed over a minimum of 2 bars in one row. Moving on the floor for a minimum of 2 bars while at least one body part besides or instead of the foot/feet are constantly in touch with the floor (i. e. both hands + both feet, right hand + right foot, bottom + hand/s etc.

² Jumping: Element, where one must release both feet from the floor. More jumps are voluntary

³ Isolation: Element, in which dancers move one part of their body and keep the rest of the body completely still.



10.2.2.2 The routine needs to include a minimum 6 seconds side-by-side piece. One hand connection is allowed

10.2.2.3 The routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

10.3 Streetdance

10.3.1 Any form of Hip Hop Dance, Breaking, or locking is allowed. The following elements are required:

10.3.2 Each dancer of the Team must execute the required elements

10.3.2.1 The routine needs to include a floor element¹

10.3.2.2 The routine needs to include Isolations³

10.3.2.3 The routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

10.4 Performing Arts

10.4.1 This dance form can be classical ballet, Jazz Dance, modern or contemporary ballet. The following elements are required:

10.4.2 Each dancer of the Team must execute the required elements

10.4.2.1 The routine needs to include at least one jump ²

10.4.2.2 The routine needs to include a floor element¹

10.4.2.3 The routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

10.5 Specialty

10.5.1 This category includes any dance form that is inherent to the country of origin or any form not included in the above-mentioned dance forms. The following elements are required:

10.5.2 Each dancer of the Team must execute the required elements

10.5.2.1 This routine needs to clearly represent the dance and heritage rhythmically. African dance or any other specialty dance such as Salsa, Lambada, Conga, Bachata, Lindy Hop, or any Ballroom dance, should also be distinctly recognizable visually.

10.5.2.2 This routine needs to include a 360 degree rotation. In-between steps as well as both legs can be used.

10.5.2.3 This routine needs to include at least one jump ²

11. SCORING

11.1 General Rules

11.1.1 The judges must give points from 0 to 10 in each single judging criteria such as musicality, choreography execution, athleticism and presentation.

11.1.1.1 Below average is 0 to 4,

¹ Floor element: Element, executed over a minimum of 2 bars in one row. Moving on the floor for a minimum of 2 bars while at least one body part besides or instead of the foot/feet are constantly in touch with the floor (i. e. both hands + both feet, right hand + right foot, bottom + hand/s etc.)

² Jumping section: Element, executed over a minimum of 2 bars in one row. For one jump one must release both feet from the floor. A section requires multiple jumps.



- 11.1.1.2 Average is 5 and 6,
 - 11.1.1.3 Above average 7 and 8,
 - 11.1.1.4 Excellent 9 and 10
 - 11.1.2 The highest possible total score for solos is 40 points per adjudicator.
 - 11.1.3 In "Couples" and "Duos" categories, adjudicators will give additional points for the overall impression of each dancer ranging from 0 to 5. In these categories the maximum total score for the couple or duo is 50 points per adjudicator.
 - 11.1.4 In the Teams category, adjudicators are to give additional points from 0 to 5 for the overall impression of the whole team. The highest possible total score for teams is 45 points per adjudicator.
 - 11.1.5 The total score will be calculated by adding all points of all adjudicators.
 - 11.1.6 The higher the total score, the better the ranking.
 - 11.1.7 After each performance at least one of the judges will address the dancer(s) and give feedback.
- 11.2 Judging Criteria
- 11.2.1 The judging officials base their scores on the following four categories:
 - 11.2.1.1 Musicality
 - 11.2.1.1.1 Do the 'Dancers' move in beat with the music?
 - 11.2.1.1.2 Are they able to reproduce musical emphases through their bodies?
 - 11.2.1.1.3 Do they use musical breaks?
 - 11.2.1.1.4 Are they being creative with the music?
 - 11.2.1.2 Choreography Execution
 - 11.2.1.2.1 Does the routine have a natural flow?
 - 11.2.1.2.2 Is it executed clearly, and do dancers express the meaning of the choreography?
 - 11.2.1.2.3 Is the level of difficulty of the choreography appropriate?
 - 11.2.1.3 Athleticism
 - 11.2.1.3.1 Are the dancers completely involved physically, mentally, and emotionally?
 - 11.2.1.3.2 In Duos, Couples and Teams, are the Special Olympics athletes independently moving from their Unified Partner/s?
 - 11.2.1.3.3 Endurance and Stamina: All dancers must show their performance on the highest possible level throughout the whole dance
 - 11.2.1.3.4 Strength: All dancers must include elements/patterns which show maximal strength and power. Examples: jumps, lifts, splits, kicks
 - 11.2.1.3.5 Speed: dancers must show speed over a short period of time (4-8 sec), either arms, legs, or whole body.
 - 11.2.1.3.6 Flexibility: Do dancers elongate and lengthen their movement to show their flexibility?
 - 11.2.1.3.7 Motor skill and Balance: Do dancers move in a coordinated way and do they show good balance while executing their movement?
 - 11.2.1.4 Presentation
 - 11.2.1.4.1 Dancer's connection with the audience. Is there chemistry?
 - 11.2.1.4.2 Staging. How well the space is used?



11.2.1.4.3 Costumes. Are they included in the whole thought process?

12. Pre-Screening Rule

- 12.1 The technical delegate can pull the Pre-Screening-Rule for any Special Olympics DanceSport Competition. If this rule applies, all participants must submit a video in advance, where potential dancers show their dances/performances with music.
- 12.2 The shown choreographics must be at least 70% identical with the choreography planned to be performed at the competition.
- 12.3 The technical delegates and qualified assistants will screen the videos to identify if participants follow the rules (i. e. mandatory patterns!).
- 12.4 Information regarding video-submission-procedure (format, deadlines, submission platforms) must be communicated through the host in accordance with the technical delegate.



13. JUDGING SHEETS

Judging Sheet DUOS/COUPLES

Type of Competition:
Date:
City/Country:

Three empty rectangular boxes for competition details.

DIVISIONING/FINALS

Table for Judging Sheet DUOS/COUPLES. Includes header for Name Adjudicator A, scoring instructions, and a table with columns: Musicality, Choreography, Athleticism, Presentation (Show), and OA Athlete(s)*. Rows are labeled Duo/Couple 1, 2, and 3.

* 0-5 points per athlete - if there are 2 athletes within one duo you have to give extra points twice

Adjudicator's signature

Adjudicator's signature

Judging Sheet TEAMS

Type of Competition:
Date:
City/Country:

Three empty rectangular boxes for competition details.

DIVISIONING/FINALS

Table for Judging Sheet TEAMS. Includes header for Name Adjudicator A, scoring instructions, and a table with columns: Musicality, Choreography, Athleticism, Presentation (Show), and OA Team*. Rows are labeled Team 1, 2, and 3.

* 0-5 points per team to weight the performance in total

Adjudicator's signature



List of detailed result – Samples

Results

	A				B				C				B				C				Total	Place
	Mu	Ch	At	Pr	Mu	Ch	At	Pr	Mu	Ch	At	Pr	Mu	Ch	At	Pr	Mu	Ch	At	Pr		
SOLOS																						
Solo 1	8	7	6	5	6	7	7	8	6	6	5	3	6	7	7	8	6	6	5	3	122	2
Solo 2	4	5	6	3	2	5	6	5	7	7	6	2	2	5	6	5	7	7	6	2	98	3
Solo 3	9	9	9	9	5	4	8	7	6	6	6	5	5	4	8	7	6	6	6	5	130	1

Results

	A					B					C					D					E					Total	Place					
	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI							
DUOS/COUPLES																																
Duo/Couple 1	9	8	7	8	5	3	9	8	7	8	5	5	6	9	8	5	2	1	9	8	7	8	5	3	4	4	4	4	1	1	171	2
Duo/Couple 2	5	6	8	5	2		5	6	8	5	2		6	8	9	7	2		5	6	8	5	2		5	6	6	5	4		136	3
Duo/Couple 3	8	9	8	8	3		8	9	8	8	3		8	8	8	8	4		8	9	8	8	3		6	7	6	7	4		174	1

Results

	A					B					C					D					E					Total	Place
	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI	Mu	Ch	At	Pr	OI		
TEAMS																											
Team 1	9	8	7	8	5	4	4	4	4	1	9	8	7	8	5	9	8	7	8	5	6	7	7	8	5	161	1
Team 2	5	6	8	5	2	5	6	6	5	4	5	6	8	5	2	5	6	8	5	2	2	5	6	5	4	126	3
Team 3	8	9	8	8	3	6	5	5	7	4	6	6	6	8	3	8	9	8	8	3	5	4	8	7	5	157	2