



List of IDO Rule Changes and Clarifications - September 2026

All changes will be added to the rules and published on IDO website

<https://www.ido-dance.com/rules/by-laws/>

<https://www.ido-dance.com/rules/competition-rules/>

<https://www.ido-dance.com/files/ido/downloads/2026/2026-IDO-FINANCIAL-BOOK.pdf>

<https://www.ido-dance.com/rules/organizers-book/>

Changes passed at the online IDO ADM meetings in 2026:

1. PERFORMING ARTS Department

Acrobatic Dance

1) Under the “Prohibitions/Safety” heading, include the following:

For safety reasons, it is forbidden to wear clothing and accessories that compromise safety such as, but not limited to items such as gloves (exception gauntlets/fingerless), handcuffs/ties, costume wigs, inappropriate footwear (such as healed or hard-soled, socks), or excessive decorative elements on the costume that may litter the stage (body glitter, feathers, loose stones, etc).

Implementation date: 1st September 2026 (first time in Mikolajki)

2) Under the “Characteristics and Movements” heading, include the following:

It is forbidden to choreograph an acrobatic dance routine based on Aerobic and sport Rock’ n’ Roll elements. Theatrical storytelling, or character based performance will not enhance the score. Acrobatic themes must consist primarily of acrobatic technique and acrobatic dance elements.

Implementation date: 1st September 2026 (first time in Mikolajki)

3) CLARIFICATION: Under “Throws”,

*it says “In Children’s age division, throws from one dancer **by** another”, and we want it clarified to read **to another**, are not allowed.”*

CLARIFICATION: Under “Acrobatic Movements”,

it says “Acrobatic movements will not always enhance the score....etc”.

Change order to read as “Acrobatic movements will not always enhance the dancer’s score if not performed in a technically correct manner and could even detract from the score.”

CLARIFICATION: Under “Evaluation”,

*it says “fluidity, seamless transitions into and out of tricks/**skills**, technical excellence in extension*

CLARIFICATION Under the “Clothing and Costume” heading, include the following:

All decorative items on costumes must be securely fastened and not create a safety risk during performance

2. STREET Dance Department

Change the Competition Procedure in **Disco Slow**:

Change the timing of the "last presentations" of the preliminary, semifinal, and final rounds to 1 minute.

3 presentations in all rounds

*(30 seconds, 1 minute, **1 minute**)*

Under Procedure of Competition:

*At the end of Preliminaries text will be changed: 30 secs. (last presentation) ... to **1 min.** (last presentation)...*

*At the end of Semifinals text will be changed: 30 secs. (last presentation) ... to **1 min.** (last presentation)...*

*At the end of Finals text will be changed: 30 secs. (last presentation) na **1 min.** (last presentation)...*

3. COUPLE Dance Department

Changes in **Tango Argentino**
Latin Style
Caribbean Show
Discofox
Bachata

Changes will be published in the IDO Dance Sport RULES
See them also at **the end** of this document as **ATTACHMENT**

Changes passed at the IDO AGAM meeting (Cyprus):

1.

Proposal n.4

NEW starting fee structure A, Financial Book, effective Jan 1, 2027

- a. First start (per athlete/team, based on category) — **€40**.
- b. Each subsequent start (second and onward) — **additional €10 per start**.
(40 +10+10+10...)
 1. General Principle Each published competition title shall carry its own published starting fee, following the format: PUBLISHED COMPETITION TITLE — STARTING FEE.
 2. Combined Titles and Fee Application
Where an Organizer requests multiple competition titles together, the Organizer may, at their request, join titles for scheduling or program purposes; however, the starting fee charged shall remain tied to each published competition title.
Examples:
 - a. "European Disco Dance and Disco Freestyle Championships" 1 starting fee (1 competition fee).
 - b. "European Disco Slow Championships" 1 starting fee (1 competition fee).
 - c. If titles are published as "European Disco Dance, Disco Freestyle, Disco Slow and Disco Show Championships" that published combined title is charged 1 starting fee (1 competition fee).

2. Proposal n.5

Flat travel reimbursement policy **effective Jan 1, 2027**

*In case of travel by private car (including rental car) ...see more in the **IDO Financial Book***
<https://www.ido-dance.com/files/ido/downloads/2026/2026-IDO-FINANCIAL-BOOK.pdf>

3. Prop.6

Recognition of the official's past service, **immediate implementation**
See in the IDO Officials Book.

4. Prop.7

Postponement of the **IDO Gala 2026 to 2027**
Details will be sent to NMOs

5. Prop.8

Criteria and conditions for scrutineering exam

Will be inserted in the IDO Officials Book

When you apply for IDO scrutineer/How to become an IDO scrutineer:

1. To become an IDO scrutineer you must be a national scrutineer **at least two years and you have been served as national scrutineer on at least 2 national (IDO) championships**. (If on national level there are more levels, the candidate for IDO scrutineer has to be the highest level national scrutineer.)
2. You must pass an exam for IDO scrutineer.
3. You must renew your IDO scrutineer licence every three years.
4. You must have a working knowledge of english (IDO working language).
5. You must know how to use all **(and work with at least one)** IDO approved scrutineer programmes.
6. You must know DIES and know how to use it.
7. You must know all the national and international rules and the skating.
8. As IDO scrutineer you must know:
 - a) What to prepare before the event.
 - b) How to work during the event.
 - c) How to send results to the IDO after the event.

! Don't forget all scrutineering systems used at IDO events must be able to connect to the IDO website to check information and download and upload the lists!

When you pass the exam for IDO scrutineer you have to work as mock scrutineer on at least two official IDO championships (one street and one performing arts) who are at least 3 days long and work under the supervision of the experienced IDO scrutineer.

6. Prop.9

IDO Scrutineering System – Requirements Document

Will be inserted in the IDO **Officials Book**.

7. Prop.10

Chairperson and country name (*no country – only name will be published on IDO website*)

8. Prop.11

Supporting online system at IDO events , **effective Jan 1, 2027**

It is mandatory that all the IDO approved scrutineering systems should use online supporting system including:

1. starting lists for each round
2. updated time schedules
3. results – who is qualified for next round (according start numbers) and final placements of unqualified (without re-dance results in disciplines on own music)
4. real time display who is on the stage/dancefloor

9. Prop.12

Level-Based Classification Policy for IDO Chairpersons and Supervisors, **implementation 1.1.2027**

Will be published in the IDO **Officials Book**.

10. Prop13 and 14

Procedure for the rehearsals **immediate implementation**

Rehearsals are conducted by the organizer according to the starting list. If a starting number is not present, they may perform the rehearsal later if time permits, or if the delay or absence was announced to the organizer the previous day.

Rehearsals for MINI and Children (*formations*) - **Implementation date 1.1.2027**

1. The duration of the Mini kids and Children's rehearsals shall be **limited to two (2) minutes** and conducted without music. If the time permits, the Organizer in agreement with IDO Supervisor may allow full time rehearsals with music.
2. Adjudicators are not permitted to attend rehearsals and must leave the area where such rehearsals are taking place.

11. Prop.15

Majority rule in breaking battles rounds **immediate implementation**

Any winner must be determined by a **majority of shown hands** in favor of one side. In the event of a tie, an additional round shall be conducted. Following the additional round, a tie decision by show of tight hands is not permitted, and a clear majority must be established.

12. Prop.16

Judging of Groups and Formations **immediate implementation**

Will be published in the IDO **Officials Book**.

Groups are not required to be judged from an elevated position.

In **Formation** competitions, at least one round must be judged from an elevated position. The selection of the round to be judged from above is at the discretion of the Chairperson.

13. Prop.17

Number of Adjudicators and Additional Official Adjudicators **Implementation date 1.1.2027**

1. In cases where a competition is scheduled to take place simultaneously on two dance floors, two official adjudication panels must be appointed and compensated for the judging days by the organizer.
2. If, due to a large number of entries or excessive workload of adjudicators, additional adjudicators need to be appointed, the Organizer shall be responsible, at its own expense, for providing accommodation, meals, local transportation, and airport transfers. The IDO shall cover travel expenses and per diems for the additional adjudicators.

14. Prop.18

Medical decision and continuation of participation **immediate implementation**

The IDO operates on the principle of minimizing health risks for all participants at IDO events. If the official medical team at a competition determines that a dancer is medically unfit to continue competing and advises against further participation for health-related reasons, such decision is final and must be respected including

rehearsals, workshops and any performance at the event. The official medical team must document its decision, including a brief explanation, on the prescribed official medical report form. The decision shall remain in effect for subsequent IDO events until the IDO Medical and Scientific Commission receives official medical confirmation approving the competitor's participation in IDO events. In the case of a medical decision prohibiting further participation in the competition:

1. The National Team Captain shall acknowledge the medical team's decision by signing the official medical report form.
2. The IDO Competition Supervisor and the Chairperson shall remove the dancer's starting number from the competition starting list.

Neither the IDO nor the event organizer shall be liable for any injury, health consequence, or damage resulting from a dancer continuing to participate against the decision or recommendation of the official medical team.

15. Prop.19

Time limits for setting props on and off the stage including the entering and leaving the stage

Implementation date 1.1.2027

1. Show Disciplines:
 - a. Solos and Duos: 15 seconds
 - b. Groups: 25 seconds
 - c. Formations: 45 seconds
2. Productions:
 - a. All Productions: 5 minutes including rehearsals
3. All Other Disciplines (excluding Show Disciplines and Productions):
 - a. Solos, Duos and Groups: 15 seconds
 - b. Formations: 25 seconds

16. Prop.20

Awards ceremony requirements Implementation date 1.1.2027

Details will be published in the IDO Organizers Book

17. Prop.21

Job descriptions of the IDO officials

Will be published in the IDO website

18. Prop.24

Changes of the IDO Statutes and By Laws

Changes will be inserted in the IDO By Laws

19. Prop.27, 28 IDO Financial BOOK

Change of per diem for the IDO meetings, Immediate effect

Change of honorarium for the elected IDO Officials

Changes will be inserted in the IDO Financial Book

<https://www.ido-dance.com/files/ido/downloads/2026/2026-IDO-FINANCIAL-BOOK.pdf>

19. Prop. 2.about Deadlines and the rules for submission of applications for representation of the nation

1. Submission Deadlines
 - a. For competitions held between January 1 and August 31 of each calendar year, the IDO NMO must submit all required documentation and any mandated additions by **March 1** of that same calendar year.
 - b. For competitions held between September 1 and December 31 of each calendar year, the IDO NMO must submit all required documentation and any mandated additions by **August 20** of that same calendar year.
 2. Missed Deadlines If an IDO NMO fails to meet the applicable deadline, the submission process will be deferred to the next applicable deadline within the same calendar year. If no further deadline remains in that calendar year, the submission will be deferred to the next calendar year's applicable deadline.
 3. Non-Compliance and Disqualification
 - a. Any dancer or team whose representation documentation has not been completed in accordance with these procedures will be disqualified from the competition affected.
 - b. A disciplinary case will be initiated against the responsible NMO administrator and the team captain who served at the competition.
- Implementation:

- The IDO Sport office shall notify all NMOs of these deadlines and requirements immediately upon passage.
- The IDO Sport office shall maintain records of submissions and notify NMOs of its results.

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ATTACHMENT

COUPLE Dance Department

Changes in **Tango Argentino, Caribbean Show, Latin Style, Discofox, Bachata**

Implementation date of all changes in Couple Dance Disciplines is **1st September 2026**

ARGENTINE TANGO		COUPLE DANCE			
Definition:	Argentine Tango is a 4 Dance Competition				
Category:	Couples				
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Adult 1 (Couples)	17 and over			
	Adult 2 (Couples)	31 and over			
	Senior (Couples)	50 and over			
	The rules of the 3-year span is applicable, not in Adults 2 and Senior, both dancers have to be over 31/50 for Adults 2/Seniors.				
Number of dancers:	Couple	2			
Music:	The music, selected from the repertoire of the great Argentine Tango orchestras, must respect the competition times and must have a similar duration for all the couples participating in the different rounds of the competition. The difficulty of the musical pieces will be similar within the same round of the competition and will increase between the different rounds of competition. Tango Escenario: The dancers use their own music, taken from the repertoire of traditional or modern Tango orchestras.				
Tempo:	Tango: 30-35 bars per minute. Vals: 62-72 bars per minute. Milonga: 38-58 bars per minute.				
Duration of performance / Time limits:	Tango	The musical pieces will be danced entirely and will have a maximum duration of 2:50 min in the qualifying rounds and semi-final rounds and 3:15 min in the final.			
	Vals	The musical pieces will be danced entirely and will have a maximum duration of 2:50 min in the qualifying rounds and semi-final rounds and 3.15 min in the final.			
	Milonga	The musical pieces will be danced entirely and will have a maximum duration of 2:50 min in the qualifying rounds and semi-final rounds and 3:15 min in the final.			
	Tango Escenario	The musical pieces will be danced entirely and will have a maximum duration of 3:15 min. If longer, they will be terminated in accordance with the end of the musical phrase.			
Characteristics and Movements:	Tango, Vals and Milonga are three social dances based on the connection of the couple through an embrace. Improvisation in the music is an identifying element; the couple's movements should express the capacity for improvisation and coherence with the music. Dancers should avoid mandatory combinations or choreography. Dancers must follow the Line of Dance (LOD) and go around the dance floor in a counterclockwise direction. Once in a closed embrace, couples will no longer be able to separate until the end of the music, considering that the				

	position is considered correct when the body of one of the two partners is contained in the embrace of the other. All movements must be carried out within the space determined by the couple's embrace, without invading or disturbing the space of the surrounding couples and without creating an obstacle in the dance round. Tango: all the structures and elements are that characteristic of social Tango, different types of walks, ochos, different types of turn, barridas, sacadas, enroques, lapices, boleos, ganchos, adornos, etc., which will be improvised according to the rhythmic and melodic characteristics of the musical piece. The Tango cannot be danced only on the regularity of the rhythmic accompaniment but must be danced on its melodic characteristics, respecting the pauses. Vals: all the structures and elements of the Tango must be adapted to the musical characteristics of the Vals. Milonga: all the structures and elements of the Tango will be adapted to the musical characteristics of the Milonga. Small jumps are accepted as part of the cheerful nature of this dance.	
Hold:	No separation in Tango, Vals, Milonga.	
Routine:	No dancer shall compete against him or herself	
Lifts:	Tango, Vals and Milonga: Lifts and breaking of the embrace are not allowed. Tango Escenario: Lifts, breaking of the embrace and combinations of any type of element are allowed. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person.	
Acrobatic Movements:	Permitted only in Escenario. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not Permitted. Hats, coats, sweaters, shawls, etc., may be used if they remain part of the costume and must be retained during the entire performance. Such clothing articles may be turned inside out, held in the hands, exchanged with a partner, etc., but may not be thrown away during the performance	
Hand Props:	Permitted only in Escenario. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	NOT permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Evaluation:	Each of the 4 dances will be judged individually X'ing System and Placement System in the Final Round	
Procedure of Competition:	Qualifying rounds:	a. In the qualifying round all the couples will be seen by the jury in a presentation Tango, danced entirely and lasting a maximum of 2:50 min. If necessary, the Chairperson will divide the participating couples into two or more groups.

		b. The couples will thereafter be divided into heats. The number of couples in the same heat depends on the size of the dance floor but must not exceed 6 couples. In each heat, the couples must perform an entire Tango lasting a maximum of 2:50 min each. c. In all following qualifying rounds, including the semi-final, there will be no presentation dance at the beginning of the round.
	Semi-final round:	a. The couples selected in the semi-final round will participate in the final. b. The couples will be divided into heats. The number of couples who will dance in the same round depends on the size of the dance floor but must not exceed 6 couples.
	Final round:	a. In the final the couples must perform an entire Tango all together lasting a maximum of 3:15 min. In the event of a tie, a play-off Tango will be danced, lasting a maximum of 3.15 minutes. The same will be done by Milongo, Vals. In Tango Escenario they will dance one by one with own music. Each discipline will be conducted individually.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per the IDO Rules.	
Other Relevant Information:		

CARIBBEAN SHOW				COUPLE DANCE	
Definition:	Combination of Caribbean dances such as Salsa, Bachata, Merengue with show elements (story, idea, theme, message, visible concept).				
Category:	Solo male Solo female	Duo	Group	Formation	
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (solo, duo)	13 – 14			
	Junior 2 (solo, duo)	15 – 16			
	Junior (group, formation)	13 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both dancers have to be over 31/50 in Adults 2/Seniors.</i>				
Number of dancers:	Solo	1			
	Duo	2			
	Group	3-7			
	Formation	8-24			
Music:	Any type of Latino inspired music of the competitor’s choice.				
Tempo:	Not defined				
	Solo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec			

Duration of performance / Time limits:	Duo	Minimum: 1 min 45 sec; Maximum: 2 min 15 sec
	Groups	Minimum: 2 min 30 sec; Maximum: 3 min
	Formations	Minimum: 2 min 30 sec; Maximum: 4 min
Characteristics and Movements:	We are looking for some of the many original Latino-Caribbean dance style performances, to any type of music, such as Salsa, Bachata, Merengue, Son, or any other type of Latino inspired music of the competitor's choice. Costumes may be Carnival, African, Futuristic, Street, Caribbean, or any combination of those styles and other styles suitable to the dance or dances being performed. Exhibitions may be in any one form, or a combination of two or more different styles, and may include theatrical movements.	
Forbidden Figures:	No other figures which are recognized as figures which are used at International Latin American dance competitions can be danced. During the performance the technique of IDO Latino-Caribbean dances must be used, such as Salsa, Bachata, Merengue or technique of any other Caribbean dance style mentioned in the list (Other relevant information) below. When this rule is broken it is considered as obvious wrong discipline. Note: Be aware that Caribbean Show is not International Latin-American dance like WDSF or WDC style; it is pure Latino-Caribbean style.	
Lifts:	Permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Permitted. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Permitted. Permitted if the dancers can bring it to the stage in one go.	
Hand Props:	Permitted	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Clothing / Costume:	Clothing should not be like what is used in International Latin American competition dancing.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding	

	them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.
Evaluation:	Musicality, variety of dance and patterns, originality, total performance and individual choreography will be evaluated. It is very important to present harmony of idea, music, dance, choreography, costume and props in the presentation, as the entire image will be used in evaluating Caribbean Show Team performances. In all age divisions and in all categories of the Caribbean Show, the title of the show is obligatory and must be announced by the moderator and shown on the starters list. 4 D System
Procedure of Competition:	All competitors dance their solo performance one by one. <i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>
Placement:	As per IDO Rules.
Other Relevant Information:	Caribbean dances & rhythms: Pachanga, Rumba(afro), Salsa, Bolero, Chachacha*, Changüi, Danzón, Guaguancó, Guajira, Guaracha, Habanera, Mambo, Afro Rhythms, Merecumbé, Punta, Punto cubano, Son cubano, Son montuno, Timba, Cumbia, Cumbión, Paeaito, Gaita, Paseo sabanero, Son Sabanero, Bullerengue, Mapalé, Maestranza, Puya, Porro tapao, Porro palitiao, Fandango, Parrandí, Sambapalo, Pajarito, Chandé, Garabato, Tambora, Pilón, Paseo vallenato, Son vallenato, Puya vallenata, Merengue vallenato, Canción Vallenata, Paseol, Abozao, Sexteto, Son Negro, Son Palenque, Lumbalú, Chalupa, Merecumbé, Pompo, Currulao, Patacoré, Berejú, Aguabajo, Makerule, Pango (also Pangora), Andarele (also Amanecer), Madruga, Tiguarandó, Saporondó, Calipso Chocoano, Tamborito Chocoano, Juga, Caramba, Pregón, Bunde (also Chigualo), Alabao, Salve, Arrullao, Villancico, Romance, Danza, Contradanza, Polkas, Mazurka, Jotas, Makerule, Bambuco, Torbellino, Guabina, Rajaleña, Sanjuanero, Guaneña, Bunde tolimense, Caña, Cañabrava, Vueltas antioqueñas, Fandanguillo criollo, Pasillo, La Danza, Danza criolla, Música guasca, Bunde, Pasillo, Joropo, Galerón llanero, Zumba-que-zumba, Pasaje, Seis, Merengue, Vallenato, Joropo, Gaita, Balie de Tambor, La Changa / Changa Tuki, Tamborera, Bambuco Andino, Calipso Guayanes, Aguinaldo (Xmas), Champeta, Calypso, Reggae, Reggeaton, Vals Criollo, Currulao, Bambuco, Tamborito, Tamborera, Murga Panameña, Bolero Criollo, Salsa Criolla, Décimas, Pasaje, Bachata.

LATIN STYLE					COUPLE DANCE	
Definition:						
Category:	One Dance Solo male One Dance Solo female	One Dance Duo	Group	Formation		
In Adults division One Dance Duo will be divided in One Dance Duo mixed, One Dance Duo female and One Dance Duo male.						

Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under
	Junior 1 (solo, duo)	13 – 14
	Junior 2 (solo, duo)	15 – 16
	Junior (group, formation)	13 – 16
	Adult 1 (duo, group, formation)	17 and over
	Adult (solo)	YOUTH (age 17-20) Adults DD (age 21 and older)
	Adult 2	31 and over
	Senior	50 and over
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both have to be over 31/50 in Adults 2/Seniors.</i>	
Number of dancers:	Solo	1
	Duo	2
	Group	3-7
	Formation	8-24
Music:	In each round, the Solo or Duo Dances with Organizer's music. In each round, the Group or Formation dances alone, with its own music.	
Tempo:	Samba: 50-52 Bar per min 100-104 Beats per min Cha-Cha: 30-32 Bar per min 120-128 Beats per min Rumba: 25-27 Bar per min 100-108 Beats per min Paso Doble: 60-62 Bar per min 120-124 Beats per min Jive: 42-44 Bar per min 168-176 Beats per min	
Duration of performance / Time limits:	Solo, Duo	For the first qualification round (Excluding the direct 1/8 final, ¼ final, semifinal, and final), the first presentation is one (1) minute - Paso Doble's first presentation till the 1st highlight , then one minute and 30 seconds ± 10 seconds (1.20"-1.40") . - Paso Doble's presentation till the 2nd highlight , and the last presentation is one (1) minute - Paso Doble's presentation till the 1st highlight . For the other rounds, the direct 1/8 final, ¼ final semifinal and final included , the duration of the music is 1 minute 30 seconds ± 10 seconds (1.20"-1.40"). Paso Doble's presentation, till the 2nd highlight
	Groups	Minimum: 2 min 30 sec; Maximum: 3 min 30 sec
	Formation	Minimum: 2 min 30 sec; Maximum: 3 min 30 sec
Characteristics and Movements:	For both <i>Solos</i> and <i>Duos</i> , dancers must choose the discipline in which to compete (Samba, Cha-Cha, Rumba, Paso Doble, Jive). They must dance strictly in the <i>International Latin American Competition Style/Technique</i> . Duos must dance <i>synchronized or symmetrical</i> . <u>Attention:</u> it is not a " <i>couple dance</i> ", and their performance must start in a " <i>side by side</i> " position. The maximum distance in Duo must be 2 m throughout the performance. <i>Groups</i> and <i>Formation</i> must use a minimum of three (3) of the five (5) dances at least 20 sec each, in any order they like. They must dance strictly in <i>International Latin American Competition Style/Technique</i> . as well.	

	They can have an introduction and/or ending of 15" with free choreography. They must change lines and shapes and use the whole space on stage. Attention: it is not a "<i>Synchro Dance</i>" performance. They can dance a part of their performance without music (once and a maximum of 10 sec). If this choice acapella (no music) is at the performance's beginning or the ending, it must be marked with a clear audible sound (beep). This time is included in the duration of the performance. It's not allowed a choreographed entrance and/or exit on stage. All the members of the teams must be on stage and must dance the whole performance.
Routine:	No dancer shall dance against him or herself.
Allowable Figures and Movements:	We are looking for some of the many International Latin American Competition Style/Technique dance style performances to International Latin American Competition Style/Technique such as Samba, Cha-Cha, Rumba, Paso Doble, and Jive.
Lifts:	Not permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Not permitted. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.
Contacts:	Duo: Not permitted. Groups, Formations: Permitted.
Scenic or Stage Props:	Not permitted.
Hand Props:	Not permitted. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.
Clothing / Costume:	Costumes must follow the "<i>General Rules</i>" governing Costumes. Costumes must fit the type of International Latin American Competition Style/Technique that the dancers are doing and should underline the special Latin Dress Code Fashion. Dancers are not allowed to change their costumes during a performance or during the competition unless it is ordered because of an infraction of the costume rules.

Footwear:	Shoes must fit the type of <i>International Latin American Competition Style/Technique</i> that the dancers are doing and should underline the special <i>Latin Dress Code Fashion</i> .	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Hairstyle and Make-up:	Allowed for all group ages, but must follow the "General Rules"	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed.	
Evaluation:	JUDGING SYSTEM FOR SOLO & DUO: X'ing System and Placement System in the Final Round JUDGING SYSTEM FOR GROUP & FORMATION: 3-D System	
Procedure of Competition:	Solo, Duo	In the first qualification round, the dancers (Solos and Duos) perform three (3) times. Each group of competitors begins and ends with a one (1) minute overlooking round. In the overlooking round, up to 24 Solos or 12 Duos compete together at the same time. First, in the beginning, the dancers must perform all in the "big groups heats" with up to 24 Solos or 12 Duos in every heat and then all the "normal group heats" with up to 12 Solos or 6 Duos in every heat, and at the end again all the "big groups heats" with up to 24 Solos or 12 Duos in every heat. In the other rounds, dancers perform only once. The number of dancers on the floor, from preliminaries to the semifinal included is 12 Solos or 6 Duos. Minimum 5, maximum 8 Solos or Duos dancing together in the final round. The competition will begin with the first dance (Samba) and follow through all rounds of that dance until the final. For example: First Round → Second Round → Semifinal → Final (Samba) After the final, there will be an award ceremony for Samba. The dancers will get medals. Next, the competition will continue with the second dance (e.g., Cha-Cha), again starting from the first round and continuing to the final, followed by another award ceremony. This structure will repeat for all five dances (Samba, Cha-Cha, Rumba, Paso Doble, Jive). At the end of the event, there will be a final award ceremony for: Only the overall top 3 dancers across all five dances, who will receive trophies
	Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.	

Placement:	As per IDO Rules
Other Relevant Information:	Latin Style competitions should be danced on wooden floor with a minimum dimension of 14 x 20 m

DISCO FOX		COUPLE DANCE			
Definition:	Disco Fox is known and named as Disco Hustle, Swing Fox, Disco Swing, and Rock Fox in different regions. Both a Slow and a Fast dance is required. Technique and improvisation and overall agility and partnership dynamics are highly evaluated.				
Category:	L&F (L&F is defined as a one <i>Leader</i> and one <i>Follower</i> – any gender combination of two dancers in all age divisions).				
Age Division: (age range is defined by formula: <i>Event year – age = allowed born year</i>)	Children	12 and under			
	Junior 1 (couples)	13 – 14			
	Junior 2 (couples)	15 – 16			
	Adult 1	17 and over			
	Adult 2	31 and over			
	Senior	50 and over			
		<i>The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both have to be over 31/50 in Adults 2/Seniors.</i>			
Number of dancers:	L&F	2			
Music:	Organizer’s music in all rounds except the final round of Disco Fox Show, where dancers may use their own choice of music. The intros to the music tracks should be kept as short as possible by the organizer (max. 20 seconds). The intros of the music cannot be cut out.				
Tempo:	Fast tempo: 30 – 35 bars per minute (BPM 120-140) Slow tempo: 20 – 24 bars per minute (BPM 80-96) Disco Fox Show tempo: Free				
Duration of performance / Time limits:	L&F	1 minute presentation dance in the beginning of the competition that is not evaluated. 1:30 minutes, to conform to the end of the musical phrase, in all rounds except the final round of Disco Fox Show. Music chosen for Disco Fox Show final round performances must be 2:00-2:30 min.			
Characteristics and Movements:	The characteristic of the dance is basically stationary. Although the L&F can move with walks and turns across the floor. Most of the time it is danced in double or one handhold in every variation like cross handhold, right in right hand or others. Disco Fox Style must be shown. Basic Steps and Rhythms: It consists of basic steps and basic step variation which are in the rhythm 12 X. X can be 3, &3, a3, 3&, 3a. Examples are: 1 2 & 3, 1 2 3&, 1 2 a3. Any combination of those counts, like 1& 2& 3 are allowed as variations of the basic step.				
Hold:	The main part of all the performances must be danced with a hold.				

Allowable Figures and Movements:	Wrap figures, spin turns, pivot turns, throw outs, let go and catch again actions are the main characteristics of the dance. Natural hip movements are accepted. Posing as over sways, leans, checks, drops, lines and points are allowed but must not dominate the performance.
Forbidden Figures:	It is not allowed to dance a choreography or figures that are recognized as figures which could be used at International Latin American dance competitions for more than 4 bars.
Lifts:	In every round except the final show lifts are not allowed. In the Final Show there is no limit of the number of lifts. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.
Acrobatic Movements:	Not permitted. Only in the final show, there is no limit of the number of Acrobatic figures. In Children age division acrobatics are allowed if a body part is touching the floor. Acrobatics must not dominate the routine. In Children age division, all acrobatics must be performed without any physical support of a dancer, dancers. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.
Scenic or Stage Props:	Not permitted. Only in the final Show when the L&F are dancing alone, they are allowed. (Props, liquids, shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Using electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – props may be used but must be powered by battery.)
Hand Props:	Not permitted. Only in the final Show when the L&F are dancing alone, they are allowed. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)
Floor Props:	Not permitted.
Clothing / Costume:	Costumes must cover the intimate parts of the dancer's body during the whole performance (for more detailed information see IDO General rules)
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Movements where most of weight is carried by another dancer are not allowed.

	- Any kind of jumps from the props at the height of more than 1 meter are not allowed.	
Evaluation:	In Qualifying rounds L&F will be qualified to the next round by dancing both Fast dance and Slow dance. The Cross - System, will be used. The Adjudicators mark the qualified L&F in each Fast and Slow dance separately. In the Final Round the Adjudicators place the L&F in order of merit for each dance (Slow, Fast, Show) separately. The placing in the final will be determined by using the Skating System over all 3 dances.	
Procedure of Competition:	Qualifying rounds	a. In the opening round all L&F shall be seen by the Adjudicators in a presentation dance for 1 min Disco Fox Fast. b. The L&F will thereafter be divided into heats. The number of L&F in the same heat is depending on the size of the dance floor but should not exceed 6 L&F. c. All L&F must perform Disco Fox Fast before the Disco Fox Slow is commenced – 1 minute 30 seconds Fast dance each heat, then 1 minute 30 seconds Disco Fox Slow dance each heat. d. In all following qualifying rounds, including the semi-final there will be no presentation dance in the beginning of the round.
	Hope round	The Organizer must run a “Hope round” as a mandatory regulation. There will be no opening round in the hope round. When Disco Fox JACK & JILL is part of the competition, Hope round is not obligatory.
	Final round	L&F will dance three dances in the final. Disco Fox Fast all together for 1 minute 30 seconds. All L&F will then dance the Disco Fox Slow together for 1 minute 30 seconds. In the Disco Fox Show each L&F will perform alone 2:00 – 2:15 min. In case of direct final, 1 minute presentation Slow dance is added in the beginning of the final. At least a 20-minute break after finishing the first 2 dances before starting Disco Fox Solo Show is obligatory.
Placement:	As per the IDO Rules	
Other Relevant Information:		

BACHATA					COUPLE DANCE
Definition:					
Category:	Solo male	Duo	Couples	Groups	Formations
	Solo female				
Formations will be held only in Adult age division.					
Age Division: (age range is defined by formula: Event year – age = allowed born year)	Children	12 and under			
	Junior 1 (solo, duo, couples)	13 – 14			
	Junior 2 (solo, duo, couples)	15 – 16			
	Junior (group)	13 – 16			

	Adult 1 (solo, duo, couples, groups, formations)	17 and over
	Adult 2 (solo, duo, couples, groups)	31 and over
	Senior (solo, duo, couples, groups)	50 and over
	<i>The rules of the 3-year span is applicable, not in Adults 2 and Seniors. Both dancers have to be over 31/50 in Adults 2/Seniors.</i>	
Number of dancers:	Solo	1
	Duo	2
	Couples	2
	Groups	4-8 (2-4 couples)
	Formations	8-24 (4-12 couples)
Music:	Solo, Duo, Couples: Organizer's music in preliminaries and semi-final, Organizer's music OR music of the dancers' choice in the final. Groups, Formations: In all rounds, music is of the dancer's own choice. In each heat within a round, the same music must be used. The music can and should change from round to round, but the heats should have the same music. Note: This is not relevant if there is a time reduction in the first round and a longer one in the next round. The first part up to the time limit must be the same; the other one is already new.	
Tempo:	Solo, Duo, Couples: 28 - 32 bars per minute in a 4/4 time signature (112-128 beats per minute) Groups, Formations: nor restrictions	
Duration of performance / Time limits:	Solo, Duo, Couples	In all rounds except the final, the length of performance should be 1:30 minutes long, to conform to the end of the musical phrase. In the final round, the couple may use music of their choice or the Organizer's music, which must be 2 minutes of music to the end of the musical phrase but must not exceed 2 minutes 15 seconds.
	Groups	Minimum: 2 min 30 sec; Maximum: 3 min
	Formations	Minimum: 2 min 30 sec; Maximum: 4 min
Characteristics and Movements:	Bachata is of Caribbean origin and does not move along the Line of Dance (LOD). The basic action is a flowing rather slow, romantic and passionate movement. Steps are composed by a 3-step moving pattern and a lifting/tilting hip moment with no weight transference on 4. The 4th beat is a hip action (lift, drop), counted "and 4", and NOT a weight transference of "in place, in place" - rather like a Cha-Cha action/timing, which should only be used as a Variation, and not the basic A slight counter sway is often used to compliment the Latin hip movement. There are also many other rhythms, including syncopations, slows and quick's etc., may be used in interpreting the music. Bachata is a club dance, and the couples should focus on one another to create an earthy and sensual feeling using close, intricate rotational movements coupled with an almost playful teasing interaction with one another.	
Hold:	Couples: Permitted. The main part of the performance should be danced with a hold. Duo: Not permitted. Groups, Formations: no restriction	

Routine:	No dancer shall compete against him or herself.	
Lifts:	Duo, Couples: Not permitted. Only in the final in the solo performance in Adults, Senior and Junior Couples Division they are allowed. Groups, Formations: Permitted. Lifts are defined as movements / figures in which both feet of one dancer are off the floor, and such figures / movements are performed with the help / physical support of another person. Lifts are not permitted in all Children's age divisions. Exception: Jumps in one handhold are not considered as a lift.	
Acrobatic Movements:	Solo, Duo, Couples: Not permitted. Only in the final round in Couple Category, when couples perform alone, it is proposed to allow acrobatic figures. Groups, Formations: Permitted. Acrobatic figures are forbidden in Children's divisions. Acrobatics are those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Acrobatic Movements will not always enhance the dancer's score and could even detract from the score if they are not performed in a technically correct manner.	
Scenic or Stage Props:	Not permitted.	
Hand Props:	Not permitted. Only permitted in the show of the Couple Category. (such as sticks, umbrellas, balloons, skateboards, bags, headsets, masks, sunglasses/image glasses, etc. and other non-clothing articles)	
Floor Props:	Not permitted. Props, liquids shoes, costumes or other substances that can litter, damage, or make the dance floor / stage unsafe may not be used in any discipline. This means that the use of such props, liquids, shoes, costumes or other substances will be punished with a warning and/or direct disqualification. Electrical devices, such as personal light effects and music which the dancer plugs into an electric socket – may be used but must be powered by battery.	
Eye Glasses and Hearing Aids:	If a dancer needs to wear glasses (for medical reasons) during their performance, it is recommended that the dancer has an elastic holding them on/around head. If hearing aids must be worn, dancer shall fasten them properly.	
Prohibitions / Safety:	Forbidden elements for Children age divisions: - Elements, stands on head are not allowed. - Movements where most of weight is carried by another dancer are not allowed. - Any kind of jumps from the props at the height of more than 1 meter are not allowed.	
Evaluation:	X'ing System and Placement System in the Final Round	
Procedure of Competition:	Solo, Duo, Couples	Format Qualifying Rounds: a. In the opening round all couples shall be seen by the Adjudicators in a presentation dance for 1 minute. In the event of many entries and therefore the floor will be too crowded, the presentation dance could be divided in two or more groups. b. The couples will thereafter be divided into heats. Number of couples or duos in the same heat is

		depending on the size of the dance floor but should not exceed 6 couples. The Chairperson of Adjudicators gives a signal when all Adjudicators are ready, but each heat will never last longer than 1 minute 30 seconds. c. In the opening round, all couples shall than be seen by the Adjudicators in a closing dance for 60 seconds according to the same rules as for the presentation dance. Final Round: is danced according to the one dance system a. All couples in the final dance 1 minute overview. b. All couples dance their solo performance one by one and can chose their own music not exceeding 2 minutes and 15 seconds. c. All couples in the final dance 1 minute closing overview. d. The Adjudicators will place the couples in order of merit. e. The Skating System will be used to find the places of the couples.
	Groups, Formations	If the Organizer, Chairperson and Supervisor agree, Groups and Formations can be combined in one competition.
	<i>Competitors who are not present on stage to dance following the starting order, without a valid reason, will be disqualified by the Chairperson of the Adjudicators.</i>	
Placement:	As per IDO Rules	
Other Relevant Information:		