

WADF

WORLD ARTISTIC DANCE FEDERATION

Pop Dance/Disco Department

Divisions and Competition Rules

Pop Dance/Disco Division

WADF Managing Committee



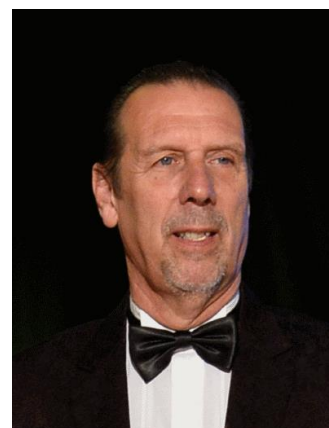
Nils-Håkan Carlzon
President



Irina Shmalko
Senior Vice President



Stuart Saunders
Executive Secretary



Guido de Smet
Vice President



Marian Šulc
Vice President



Gordana Orescanin
Vice President



Roman Filus
Vice President

Contents	Page
Pop Dance/Disco Department	
<i>Section E</i>	
Pop Dance/Disco Division	
General Rules	
Age Groups	E-0-1
Music	E-0-1
Determining one's age group	E-0-1
Exceptions for Trios, Small Teams, Large Teams and Showcases	E-0-1
Categories	E-0-2
Definition of a Duo	E-0-2
Definition of a Trio	E-0-2
Music	E-0-2
Time Limits	E-0-2
Costumes	E-0-2
Pop Dance/Disco Competitions	
Categories	E-1-1
Age Groups	E-1-1
Organisers Music	E-1-1
Characteristics and Movement	E-1-1
Format – Qualifying Rounds Solos and Duos	E-1-1
Format for dancing the Final for Solos and Duos	E-1-1
Lifts and Acrobatics	E-1-1
Format – Qualifying Rounds for Small Teams, Large Teams and Showcases	E-1-2
Format for dancing the Final for Small Teams, Large Teams and Showcases	E-1-2
Lifts and Acrobatics	E-1-2
Disco Freestyle Competitions	
Categories	E-1-3
Organisers Music	E-1-3
Format – Qualifying Rounds	E-1-3
Format for dancing the Final	E-1-3
Acrobatics	E-1-3
English Freestyle Competitions	
Categories	E-1-4
Organisers Music	E-1-4
Format – Qualifying Rounds	E-1-4
Format for dancing the Final	E-1-4
Acrobatics	E-1-4
Slow Dance Competitions	
Categories	E-1-5
Organisers Music	E-1-5
Format – Qualifying Rounds	E-1-5
Format for dancing the Final	E-1-5
Acrobatics	E-1-5
Pop Dance Fusion Show Competitions	
Categories	E-1-6
Time Limits	E-1-6
Pop Dance Fusion Show format	E-1-6
How to perform Pop Dance Fusion Show	E-1-6
Criterion for Judging	E-1-6

Pop Dance/Disco Department

Section E

Pop Dance/Disco Division

- Pop Dance/Disco Competitions
- Disco Freestyle Competitions
- English Freestyle Competitions
- Slow Dance Competitions
- Pop Dance Fusion Show Competitions

General rules for the Pop Dance Department

It is not allowed for any dancer to compete against himself or herself.

Reason: A dancer cannot participate in more than one team in the same competition.

Age Groups:

- **Mini Kids** under 8 years
- **Juveniles I** 8 - 9 years
- **Juveniles II** 10 - 11 years
- **Junior I** 12 - 13 years
- **Junior II** 14 - 15 years
- **Youth I** 16 - 17 years
- **Youth II** 18 - 20 years
- **Adults** 21 - 34 years
- **Masters** 35 - 44 years
- **Grand Masters** 45 years and over

Masters and Grand Masters can choose to dance against Adults if they so wish but can then not participate in the Masters age group of the same competition discipline at the same event.

In Small and Large Teams plus Showcases for Masters and Grand Masters it is allowed to enrol 25% Adults.

Music: Organisers music

Determining one's age group

- a. A competitor's age division is determined by his or her year of birth in connection with the date of the competition and their date of birth.
- b. While younger dancers may dance 'up' to the next older age group, the reverse is not possible, older dancers may not dance 'down' to a younger age group.
It is **not** possible to dance up one age group in Solo Dance competitions.
- c. There must always be at least one dancer in Duos, Trios, Small Teams, Large Teams and Showcases that must fall within the specified age range of the age group, in which they are competing.

Exceptions for Trios, Small Teams, Large Teams and Showcases

- a. Mini Kids. A member of a Mini Kids Trio, Small Team, Large Team or Showcase may dance in this team up to his/her ninth (9th) birthday.
- b. Juveniles. A member of a Juvenile Trio, Small Team, Large Team or Showcase may dance in this team up to his/her thirteenth (13th) birthday.
- c. Juniors. A member of a Junior Trio, Small Team, Large Team or Showcase may dance in this team up to his /her seventeenth (17th) birthday.
- d. Youth. A member of a Youth Trio, Small Team, Large Team or Showcase may dance in this team up to his/her twenty second (22nd) birthday.

Categories

Solo Female	
Solo Male	
Duos	Female-Female (FF)
Duos	Male-Male (MM)
Duos	Male-Female (MF)
Trios	(3) dancers
Small Teams	4 – 8 dancers
Large Teams	9 - 16 dancers
Showcases	17 - 30 dancers
Super Showcases	31 dancers and over

Definition of a Duo

A Duo is defined as two persons dancing as individuals and can be of any gender.

Definition of a Trio

A Trio is defined as three dancers in the following combinations.

- a. Three ladies/girls
- b. Three men/boys
- c. Two ladies/girls & one man/boy
- d. Two men/boys & one lady/girl

Music for:-

Pop Dance/Disco Division: Pop Dance Fusion Show
The music is of the dancer's own choice.

Time Limits

Solos, Duos and Trios: Music must be between a minimum of 1.30 and a maximum of 2 minutes.
Small Teams: Music must be between a minimum of 2.30 and a maximum of 3 minutes.
Large Teams: Music must be between a minimum of 2.30 and a maximum of 3 minutes.
Showcases: Music must be between a minimum of 3.30 and a maximum of 4 minutes.
Super Showcases: Music must be between a minimum of 3.30 and a maximum of 5 minutes.

Costumes: The costume must be well fitted and non-provocative.

Open marking is not to be used.

Pop Dance/Disco Department

Section E-1

Pop Dance/Disco Division

Pop Dance/Disco Competitions

Categories: For all categories see the general rules
Age groups: For all age groups see the general rules

Organisers Music: Time Signature 4/4 Tempo: 32 - 35 bars per minute (128 - 140 beats per minute).

Characteristics and Movement:

Bouncing fast leg-movements with typical fast arm moments and a pumping body pulse should dominate all performances. Slides, leaps, jumps, kicks, spins and pirouettes are an important part of the dance. Floor figures such as splits, back and bump spins are allowed but should not dominate the performance. Long running leaps moving across the floor must not exceed four steps at a time. Musicality, (rhythm, breaks), dance variety and originality is very important.

Format - Qualifying Rounds Solos and Duos

- a. Organiser's music played in Strict Tempo.
- b. In the first round all dancers, Solos and Duos shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries the floor will be crowded and the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor but must not exceed 6 dancers, 6 Solos. Each heat shall not last longer than 1 minute.
- d. Judges mark the dancers using the 1-dimensional system with a cross for each Solo, Duo or Trio they want to go forward to the next round.
- e. All dancers will then dance a closing dance for 30 seconds for the judges to clarify their marks.
- f. In the following rounds a presentation dance will **not** be performed, items c. d. and e. will be repeated.

Format for dancing the Final for Solos and Duos

There must be a minimum of 5 Solos or Duos in the final unless it is a straight final, but never more than 8 Solos or Duos in the final. If there are 7 Solos or Duos or less, it can be a straight final. If there are 7 Solos or Duos in a class or more then there must be a semi-final.

- a. All finalists will dance 30 seconds together.
- b. The competitors will be divided in two parts. 50% of the competitors will dance for up to a maximum of 1 minute but not less than 30 seconds than the other 50% will dance the same amount of time. The Trios will dance one by one.
- c. All competitors will then dance together for up to a maximum of 1 minute.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with 4 dancers or less all competitors will dance together to two different pieces of music up to a maximum of 1 minute but not less than 40 seconds each time.

Lifts and Acrobatics

- a. Solos, Duos and Trios are only allowed to use lifts and acrobatics in the final. A lift is defined as one partner losing contact with the floor for more than 2 beats, by being supported by the other partner. Acrobatics are defined as those movements, in which body overturns round sagittal or frontal axis, such as somersaults, hand wheeling and similar figures. Special rules for different dances could be specified under each dance.

Format - Qualifying Rounds for Small Teams, Large Teams and Showcases

- a. Each Team dances to their own music. Each team will dance on their own, one by one, using their own music. The music will start as soon as the team have taken its position on the floor. No choreographic performance before or after the limited time of music is allowed.
- b. Judges mark the Teams and Showcases that are dancing, one by one, by using the 2-dimensional system giving each Team that they want to go forward to the next round two sets of crosses, one for Artistic Merit, the other for Technical Merit.

Format for dancing the Final for Small Teams, Large Teams and Showcases

- a. Each team will dance on their own, one by one, using their own music. The music will start as soon as the team have taken its position on the floor. No choreographic performance before or after the limited time of music is allowed.
- b. Judges place the Teams in order of merit using the 2-dimensional system by giving two placing, one for Artistic Merit and the other for Technical Merit.

Lifts and Acrobatics

For Small Teams, Large Teams and Showcases lifts and acrobatics are allowed, in all rounds and the Final because each team is performing alone on the floor.

Pop Dance Department

Section E-1

Pop Dance/Disco Division

Disco Freestyle Competitions

Disco Freestyle is a fast & speedy style of Pop dancing. It is built on fast movements and a body pulse with a distinct release/contraction movement. It gives room for personal interpretation and style plus the inclusion of modern trends. The music should reflect the modern music of today. A very important part of this style are the Acrobatics which have to be merged into the dancing with good control and clever Choreography.

Categories: Solo competitors only

Organisers Music:

Time Signature 4/4 Tempo: 32 - 35 bars per minute (128 -140 beats per minute). The intro of the music must not be longer than 4 beats. The music must have a clear and sound beat and must be consistent.

Format - Qualifying Rounds

- a. Organiser's music played in Strict Tempo.
- b. In the qualifying rounds all dancers shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries the floor will be crowded so the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor but must not exceed 4 dancers and preferable only two dancers in each heat. Each heat must be 1 minute.
- d. Judges mark the dancers using the 1-dimensional system with a cross for each dancer they want to go forward to the next round.
- e. All dancers will then dance a closing minute under the same format as for b. above.

Format for dancing the Final

There must be a minimum of 5 dancers in the final unless it is a straight final, but never more than 8 dancers. If there are 7 dancers, or less, it can be a straight final. If there are 8 dancers or more, in a class, there must be a semi-final.

- a. All finalists will dance 30 seconds together.
- b. The competitors will be divided into heats with one dancer at the time dancing 1 minute.
- c. All competitors will then dance together for 1 minute.
- d. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- e. In a straight final with only 2 dancers both competitors will dance together to two different pieces of music for 30 seconds plus 1 minute. If there is only 1 dancer, he/she will dance for only 1 minute.
- f. The judges will place the dancers in the final in order of merit using the 1-dimensional system with one set of placings.

Acrobatics

In the Disco Freestyle the Acrobatics is of great importance and should occupy a good part of the performance. All kinds of Acrobatics are allowed

Pop Dance Department

Section E-1

Pop Dance/Disco Division

English Freestyle Competitions

English Freestyle is an Athletic and Artistic style that is danced with high energy, personal styling and attitude. It is built on fast running movements around the dance floor along the line of dance. There is no characteristic body pulse but instead built on more spins, jumps and kicks with clever choreography and a self-secure style. It gives room for personal interpretation and with the inclusion of modern trends. The music should reflect the modern music of today. Acrobatics and lifts are only allowed in the second part of the final where the dancers are dancing on their own. For Duos it is important with shadow figures and synchronisation of legs, arms and bodies.

Categories: Solo and Duos only

Music: Time Signature 4/4 Tempo: 37 - 44 bars per minute (148 -176 beats per minute). The intro of the music must not be longer than 4 beats. The music must have a clear and sound beat and base and must be consistent.

Format - Qualifying Rounds

- a. Organiser's music played in Strict Tempo.
- b. In the qualifying rounds all dancers shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries the floor will be crowded so the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor but must not exceed 12 dancers (6 duos) in each heat. Each heat must be 1 minute.
- d. Judges mark the dancers using the 1-dimensional system with a cross for each dancer they want to go forward to the next round.

Format for dancing the Final

There must be a minimum of 5 dancers in the final unless it is a straight final, but never more than 8 in the final. If there are 7 dancers, or less it can be a straight final. If there are 8 dancers or more in a class, there must be a semi-final.

- a. The competitors will be divided in heats with one dancer/duo at the time dancing 30 seconds.
- b. All competitors will then dance together for 1 minute.
- c. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- d. In a straight final with only 2 dancers/duos both competitors will dance together to two different pieces of music for 30 seconds plus 1 minute. If there is only 1 dancer in a final he/she will dance only 1 minute.
- e. The judges will place the dancers in the final in order of merit using the 1-dimensional system with one set of placing.

Acrobatics

In the English Freestyle Acrobatics and lifts are only allowed in the first part of the final where the dancers are dancing one by one.

Pop Dance Department

Section E-1

Pop Dance Division

Slow Dance

Slow is an Artistic dance where the dancers will explore a free interpretation of their personal style. They have great freedom to perform in a lyrical and dramatic performance influenced by modern and actual trends and styles that are danced and performed to the music of today. There is a slow moving of the dance around the floor in the line of dance. For Duos it is important with shadow figures and synchronisation of legs, arms and bodies.

Categories: Solo and Duos

Music: The music is of Ballad character and played in a very slow tempo. The dancers are more dancing in the music than following the exact timing of the music. The music will vary in the different qualification rounds but in the first part of the final it should be the same music.

Format - Qualifying Rounds

- a. Organiser's music played in Strict Tempo.
- b. In the qualifying rounds all dancers shall be seen by the judges in a presentation dance for 30 seconds. In the event of many entries the floor will be crowded so the presentation dance can be divided into two or more groups.
- c. The dancers will thereafter be divided into heats. The number of dancers in the same heat depends on the size of the dance floor but must not exceed 12 dancers (6 duos) in each heat. Each heat must be 1 minute.
- d. Judges mark the dancers using the 1-dimensional system with a cross for each dancer they want to go forward to the next round.

Format for dancing the Final

There must be a minimum of 5 dancers in the final unless it is a straight final, but never more than 8 in the final. If there are 7 dancers, or less it can be a straight final. If there are 8 dancers or more in a class, there must be a semi-final.

- a. The competitors will be divided in heats with one dancer/duo at the time dancing 30 seconds.
- b. All competitors will then dance together for 1 minute.
- c. The adjudicators will place the dancers in order of merit using the 1-dimensional system.
- d. In a straight final with only 2 dancers/duos both competitors will dance together to two different pieces of music for 30 seconds plus 1 minute. If there is only 1 dancer in a final he/she will dance only 1 minute.
- e. The judges will place the dancers in the final in order of merit using the 1-dimensional system with one set of placing.

Acrobatics

In the English Freestyle Acrobatics and lifts are only allowed in the first part of the final where the dancers are dancing one by one.

Pop Dance Department

Section E-1

Pop Dance Division

Pop Dance Fusion Show Competitions

The Pop dance style should dominate the performance while Street dance style dances could also be a part of the performance.

Categories

For all categories see general rules

Time limits

See general rules

Pop Dance Fusion Show Competition format

Each team performs alone to their own music. The music will start as soon as the team have taken its position on the floor. No choreographic performance before or after the limited time of music is allowed.

How to perform Pop Dance Fusion Show

- a. Pop Dance Show is a choreographed performance.
- b. The character of the performance must be in line with the style of Pop Dance.
- c. It is allowed to change clothes or remove parts of the costume during the performance.
- d. Acrobatics and Lifts are allowed.
- e. Props are allowed if they can be brought on to the stage within 20 seconds. Stagehands are allowed. It must be possible to fold all scenic props and backgrounds so that they can be easily brought in through a normal size door.

Criterion for Judging

- a. The judges will reward clever choreography, strong and fast speedy movements. Good synchronisation between the team members. It is important with good individual dancer's, but the team is judged on the impression of the whole team.
- b. The use of innovative, modern figures and movements within the style of dance, that is being performed, will be highly rewarded.
- c. During the qualifying rounds the judges' will use the 2-dimensional system by giving two crosses, one for Artistic Merit and the other for Technical Merit.
- d. In the Final the judges' use the 2-dimensional system by giving two sets of placings, one set for Artistic Merit and the other for Technical Merit.