

Presentation of the World Artistic Dance Federation



Dance Departments

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Department

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Department



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Dear friends of Artistic Dance!

It gives us great satisfaction to be able to present to you a new World Dance Federation and we are in many ways different.

The WADF accepts that the Art of dance is much more than competitions. There are two parts to be considered, one Technical and one Artistic. The former methods of presenting competition dancing with couples, where one must have a partner to be an active competitor are out of date. The demands of the 21st century are being realised in the WADF.

We look beyond the old fashion way of thinking that you must have a partner to be able to compete in Dance. We are changing the way of thinking in regards to Dance tuition. We are ready to take you on a World tour to explore the beauty of Artistic Dance and the enormous possibilities for development the Art of dance gives to so many people around the World.

We have learned from the past but we do not look back any longer. Our focus is set for the future. We wish you all a wonderful flight!

Nils-Håkan Carlzon
President WADF

The WADF support and develop the Artistic Dancing in the World!



Artistic One Dance Division

Solo Dance Competitions
Duo Dance Competitions
One Dance Competitions

Music: Organisers music must be played in strict tempo

Dances: All suitable couple dances but preferable the following dances.

Open Ballroom (Standard) style: Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep.

Open Latin American style: Cha-Cha-Cha, Rumba, Samba, Jive and Paso Doble.
Caribbean style: Salsa, Merengue and Bachata.

Free couple dance style: Any popular dance that is suitable.

Categories: Solo male, Solo female, Duos f-f, m-m, m-f, Couples f-f, m-m, m-f.



Solo Dance Competitions

Categories
a/ Solo female
b/ Solo male

Dances

Solo dance competitions can be organized in any dance that is suitable.



One Dance Competitions

Categories

a/ Couples of any gender

Female-female, male-male, male-female.

Dances

It is possible to invite in any dance in any style of dancing



Duo Dance Competitions

Categories.

- Duos (female-female, male-male, male-female).
- The Duo Dance Competitions is performed in the same way as the accepted couple dance competitions. The difference is that a team consists of two dancers and all steps must be danced side by side, in shadow position or behind each other. It is not allowed to dance in an opposite mode as a couple facing each other taking a hold.
- Dances: It is possible to invite in any dance in any style of dancing!



Artistic Three and Five Dance Division

1. Three Dance competitions
2. Five Dance competitions

- Music: Organisers music must be played in strict tempo
- Ballroom (Standard) style: Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep
- Latin American style: Cha-Cha-Cha, Rumba, Samba, Jive and Paso Doble.
- Caribbean style: Salsa, Merengue and Bachata.
- Tango style: Tango Waltz, Milonga, Argentine Tango ,
- Categories; a/ Couples / Female-Female, Male-Male, Male-Female.

- **Low lifts, separations, drops, shadow figures and figures without hold are allowed also in the Ballroom (Standard) style.**
- Acrobatics are not allowed



Couple Dance Formation Division

1. Artistic Couple dance Formation competitions
2. Salsa Rueda de Casino competitions

Artistic Couple Dance Formation

Standard style, Latin American style, Caribbean style, Free Couple Dance style

Salsa Rueda de Casino

Salsa music

Lifts and Acrobatics: In all Couple Dance Formation disciplines lifts are allowed but not acrobatics.

Categories: Teams consisting of couples.

- a/ Small teams 4 couples
- b/ Large teams 8 couples
- c/ Showcases 12 couples and more



International 10-dance Division

Sections

Ballroom Standard section
Latin American section

Combined section
Formation section

Categories

Couples M/F

Music 1-10 dance competitions

Organiser's music in strict tempo

Music Formation competitions

Music of the team's own choice



International Ballroom competitions

- **Ballroom/Standard section**
- Dances: Slow Waltz, Tango, Slow foxtrot, Viennese Waltz, Quickstep.
- Disciplines:
 - **International One dance Ballroom/Standard**
It is possible to organise One-dance competitions in all five dances.
 - **International Two dance Ballroom/ standard**
It is possible to choose any two dances but preferable we recommend
Slow Waltz and Quickstep
 - **International Three dance Ballroom/Standard**
It is possible to choose any three dances but preferable we recommend
Slow Waltz, Quickstep and Tango
 - **International Four dance Ballroom/Standard**
It is possible to choose any four dances but preferable we recommend
Slow Waltz, Quickstep, Tango and Viennese Waltz
 - **International Five dance Ballroom/Standard**
All five dances



International Latin American competitions

- **Latin American section**
Dances: Cha-cha-cha, Samba, Rumba, Jive, Paso Doble
- **Disciplines:**
 - **International One dance Latin American**
It is possible to organise One-dance competitions in all five dances.
 - **International Two dance Latin American**
It is possible to choose any two dances but preferable we recommend
Cha-Cha-cha and Jive
 - **International Three dance Latin American**
It is possible to choose any three dances but preferable we recommend
Cha-cha-cha, Jive and Samba
 - **International Four dance Latin American**
It is possible to choose any four dances but preferable we recommend
Cha-cha-cha, Jive, Samba and Rumba
 - **International Five dance Latin American**
All five dances



International Formation competitions

- **Competition styles**
 - Standard/Ballroom Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep
 - Latin American Cha-cha-cha, Samba, Rumba, Paso Doble, Jive

- **Categories**
 - Teams consisting of 6 – 8 Couples M/F (Time limit 6 minutes)

- **Competition format**
 - Each team performs on their own to their own music.
 - Judges mark the teams they would like to see in the next round using the 2-dimensional system by giving two set of marks, one for Technical Merit and the other for Artistic Merit. Ideally 50% of the teams should be marked in each criterion.



Artistic Multi Dance Division

1. Synchronized Dance Show Competitions
2. Choreographed Dance Show Competitions

➢ Music: Dancers' own prerecorded music.
Dances: Dancers' make a choice of dances included in the style that is performed.

- Ballroom (Standard) style;
- Latin American style;
- Caribbean style;
- Swing dance style;
- Traditional dance style;
- Classic Film & Musical style;
- All styles;

Categories

- Solos, Duos and Trios
- Small teams 3-8 dancers
- Large teams 9-16 dancers
- Show cases over 16 dancers

Time limits

- 1.30 – 2 minutes
- 2 – 3 minutes
- 2 – 3 minutes
- 3 – 4 minutes



Synchronised Dance Show Competitions

Duos and Couples

A team consist of only two dancers and therefore all steps must be danced side by side, in shadow position or behind each other synchronized.



Trios, Teams and Showcases

All dancers in the team are dancing exactly the same **figures** at the same time. It is possible to turn and travel in different direction, making different patterns as long as all dancers are dancing the same **figure**.

All figures can be danced by all dancers in two ways, either as the leader or as the follower. (Men's and Ladies steps).

The **last 8 bars for Small teams and last 16 bars for Large teams and Showcases** of the performance, it is allowed to dance different figures and dance freely to end up in a final pose. The final 8 or 16 bars may include acrobatic moments and lifts.



Choreographic Dance Show competitions

- Choreographic Dance Show is a choreographed performance to music of the team's own choice. Acrobatics and lifts are allowed.
- Props are allowed if the props that are used can be brought on to the stage or dance floor in less than 20 seconds

- **Time limits and Categories**
- Solos, Duos and Trios 1.30 - 2 min,
- Small & Large teams 2 – 3 min,
- Showcases 3 – 4 minutes

- The judges mark the successful teams to the next round by giving two sets of marks.
One for the Artistic merit and one for the Technical merit.
- In the final the judges mark the teams in order of merit. The judges' gives
two set of placing, one place for the Artistic merit and one for the Technical merit.



Video & Hit-song Dance Division

1. Synchronised Repeat dance competitions
2. Video Clip Dance Show competitions (to be inserted)

Music: Dancers' own prerecorded music.

<u>Categories</u>	<u>Time limits</u>
➢ Small teams 3-8 dancers	2 – 3 minutes
➢ Large teams 9-16 dancers	2 – 3 minutes
➢ Show cases over 16 dancers	3 – 4 minutes



Synchronized Repeat Dance Competitions

- **Competition dance styles**
- The dance style for this discipline is completely free.

- **Synchronized Repeat Dance Competition format**
- a/ Each team performs on their own to their own music. Tempo and style of the music is free. Most likely the team will pick an internationally well-known song or melody which people know.
- b/ The character of the performance is easy movements that are playful and easy to learn.
- c/ Repeat dance is divided in musical phrases according to how the song or melody is written. The dance can be stationary or moving around but most of the movements are done with the hands, arms, heads and the upper part of the body. Snapping fingers, clapping hands, patting the head, boxing movements, head turns, tilting of the body and similar easy movements. It is important that the same move or movements are repeated for the same part of the song or melody.



Urban Street, Break and Pop Dance Division

- Urban Street Dance Competitions
- Urban Pop Dance Competitions
- Urban Street Dance Fusion Show Competitions
- House Dance Competitions
- Popping Competitions
- Locking Competitions
- Slow Acrobatic Disco Competitions
- Break Dance Competitions

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 and over
Adults II	31 and over

Categories

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



Urban Street Dance Competitions

- Urban Street Dance, (Including Hip Hop, Street Funk, Robot, Electric Boogie and any similar style)
- Tempo of the music: 27 - 28 bars per minute (108 - 112 beats per minute)
- Characteristics and Movement: Different new dance styles, such as Quick Popping Crew, Asian style, African style, Hype Dance, New-Jack-Swing, Popping, Jamming, etc., adding creative elements such as stops, jokes, flashes, swift movements, etc. Some Electric and Break movements can be performed but should not dominate. Floor figures are very popular but should not dominate the performance.



Urban Pop Dance Competitions (Disco Dance Style)

- Music: Time Signature 4/4 Tempo: 34 - 35 bars per minute (136 - 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.



Urban Street Dance Fusion Show

Free Street Dance style where Breakdance, Electric, Robot, New style, New school, Crumping, Clowning, Locking, Popping, Boogaloo and Whacking. House and Techno and Disco-Dance floor and Dance Hall are dances that could be a part of the Urban Street Dance Fusion Show.

Urban Street Dance Fusion Show Competition format

a/ Each team performs solo to their own music.

Time limit

a/ Solos, Duos and Trios:

Music must be between a minimum of 1.30 minutes and a maximum of 2 minutes

b/ Small & Large teams:

Music must be between a minimum of 2 minutes and a maximum of 3 minutes.

c/ Show cases:

Music must be between a minimum of 3 minutes and a maximum of 4 minutes.

How to perform the Urban Street Dance Fusion Show.

a/ Urban Street Dance Fusion Show is a choreographed performance.

b/ The character of the performance must be in line with the style of Urban Street dance.

c/ It is allowed to change clothes or remove parts of the costume.

d/ Acrobatics and lifts are allowed.

e/ Props are allowed if they can be brought on to the stage or dance floor in less than 20 sec.

It must be possible to fold all scenic props and backgrounds so that they can be easily brought in through a normal size door.



House Dance Competitions

Popping Competitions

Locking Competitions

- House, Popping, and Locking are competitions in the special styles. It could be organised as single style competitions or combination of styles like Popping & Locking.
- Music of the organisers choice
- Tempo House 31-33 bars per minute (124 - 132 beats per minute)
- Tempo Popping & Locking 28-32 bars per minute (112-128 beats per minute)
- Characteristics and Movement: Depending on the special style. See the Dance Sport rules.



Acrobatic Slow Disco Jazz Funk

- Jazz-funk (also called street-jazz or Slow Disco) is a hybrid of hip-hop and jazz dance. Although jazz-funk borrows from hip-hop dance, it is not considered a style of hip-hop because the foundational movements are jazz and acrobatic movements.
- Music: Time Signature 4/4 Tempo: 15 - 18 bars per minute (60 - 72 beats per minute).
- Categories:
 - Solos with the possibility to divide the Solos into Solo Male and Solo Female
 - Duos with the possibility to divide the categories into Duos FF, Duos MM, Duos FM.
 - Age Groups For all age groups see general rules.
- Characteristics and Movement: Acrobatics such as Hand-wheeling, Somersaults, Splits, Grand Split jumps, Floor acrobatics, Spins, High Kicks, Pirouettes, Arabesques and other Ballet figures should dominate the performances. Musicality, rhythm, dance variety and originality will be rewarded. The music is played in a very slow tempo but following the music is very important.



Break Dance Competitions

Categories

- a/ Solo Female (B-Girls)
- b/ Solo Male (B-Boys)
- c/ Small Teams 4 – 8 dancers Mixed (B-Boys & B-Girls)
- d/ Large Teams 9 – 16 dancers Mixed (B-Boys & B-Girls)

Age groups.

- a/ Juveniles 11 years and under
- b/ Juniors 12-15 years
- c/ Youth and Adults 16 years and over

Lifts and Acrobatics.

It is allowed to use acrobatics, except dangerous tricks for Juveniles like head spins, the crown and other figures that could damage the neck and the spine. Dangerous tricks and acrobatics are used at the trainers, parents and/or dancers own risk.

Music: The Organiser's music will be used in all rounds.



Stage Dance Division

DISCIPLINES

1. Tap Dance Competitions
2. Jazz Dance competitions
3. Belly Dance Competitions
4. Contemporary Ballet Competitions
5. Artistic Dance Show Competitions
6. Ethno Dance Show Competitions

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 I	21 and over
Adults II	31 and over

Categories

Solos, Duos & Trios
Small Teams 4 – 8 dancers
Large Teams 9 - 16 dancers
Showcases over 16 dancers

Time limits

1.30 – 2 min
2 min – 3 min
2 min – 3 min
3 min – 4 min



Tap Dancing

Tap Dance Competitions

Characteristics and Movement

- There are many kinds of Tap styles and all forms of tap dancing will compete against each other.
- The quality of the strikes against the floor must be clear and rhythmical and in harmony with the music.
- The music must not contain pre-recorded tap sound. Personal amplification devices are not permitted
- Music must be played at the beginning and at the end of the performance.

Tap dance Competition format

- Music is of the dancers' own choice.
- All teams dance one by one to their own music.



Jazz Dancing

Characteristics and Movement

- All kinds of Jazz dance are allowed. Contemporary dances like Street, Funk, Break and similar may be used as long as it is not dominant in the performance.

Jazz dance Competition format

- Music is of the dancers' own choice.
- All teams dance one by one to their own music.

How to perform Jazz Dancing

- Jazz Dance is a choreographed performance.
- Acrobatics are not allowed. Lifts are allowed (except for Mini Kids and Juveniles under 12) but will only enhance the dancers score if the acrobatic movements are well integrated in the performance with style and finesse.

Criterion for judging

- The judges will reward clever choreography, a realistic theme or a small story.
- The judges' will use the 2-dimensional system by giving two set of crosses in the qualifying heats, and two sets of placing in the final one for Artistic Merit and the other for the Technical Merit.



Belly Dancing

Competition styles

- Belly dance Classic
- Belly dance Show
- Belly dance Folk

Belly dance Competition format

Each team performs on their own to their own music. Belly Dance is a choreographed performance. The character of the performance must be in line with the style of dancing that is being performed.



Contemporary Ballet

Characteristics and Movement

- > All kinds of Ballet dance are allowed.
- > Classical, Modern and other Ballet dance styles.

Contemporary Ballet dance Competition format

- > Music is of the dancers' own choice.
- > All teams dance one by one to their own music.

How to perform Contemporary Ballet Dancing

- > Contemporary Ballet Dance is a choreographed performance.
- > It is allowed to change clothes or remove items from the costume.
- > Acrobatics and lifts are allowed (except for Mini Kids and Juveniles under 12) but will only enhance the dancers score if the acrobatic movements are well integrated in the performance with style and finesse.
- > Props are allowed if they can be brought on to the stage or dance floor in less than 20 seconds. It must be possible to fold all scenic props and backgrounds so that they can be easily pass through a normal size door frame.



Artistic Dance Show

Characteristics and Movement

- > All styles of scenic dance could be used in the Artistic Dance Show performance. Jazz, Modern, Tap, Ballet, Contemporary dances, Street, Funk, Pop and similar styles. It is not allowed to compete in another discipline with the same choreography and also compete in the Scenic Dance Show at the same competition event.

Artistic Dance Show Competition format

- > Music is of the dancers' own choice.
- > All teams dance one by one to their own music.

How to perform Artistic Dance Show

- > Artistic Dance Show is a choreographed performance.
- > It is allowed to change clothes or remove items from the costume.
- > Acrobatics and lifts are allowed (except for Mini Kids and Juveniles under 12) but will only enhance the dancers score if the acrobatic movements are well integrated in the performance with style and finesse.

Criterion for judging

- > The judges will reward clever choreography, a realistic theme or a small story.
- > The judges' will use the 2-dimensional system by giving two set of crosses in the qualifying heats, and two sets of placing in the final one for Artistic Merit and the other for the Technical Merit.



Ethno Dance Show

- Characteristics and Movement: Ethno style includes all performing arts of nations – Irish, Hungarian, Russian, Polish, Spanish, Flamenco, Indian, Eastern folklore, Greek, Bulgarian folklore and etc. Costumes, music and choreography should correspond to the character of the nation. It is not allowed to dance Belly dance in Ethno style.
- Ethno Dance Show Competition format
 - a. Music is of the dancers' own choice.
 - b. All teams dance one by one to their own music.
- Time Limit Solos, Duos, Couples and Trios: Music must be between 1.30 and 2 minutes.
- Small & Large Teams: Music must be between 2 and 3 minutes.
- Showcases: Music must be between 3 minutes and 4 minutes.



Artistic Fitness Dance Division

1. **Pom-Pom -Cheer dance competitions**
2. **Acrobatic Dance Show competitions**

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 and over

Dress regulation

Dance costumes must be well fitted, age appropriate and tasteful.

Shoes must be worn in all disciplines.

Music: The music is of the dancer's own choice.



Pom-Pom Cheer Dance Competitions

Categories

- **Trios** (3) dancers
- **Small Teams** 4-8 dancers
- **Large Teams** 9-16 dancers
- **Showcases** over 16 dancers

Age groups

- All age groups see general rules.

Competition styles

Any style of dancing or type of music is allowed with no restriction in tempos.

Pom-Pom – Cheer Dance Competition format

- Each team performs on their own to their own music.
- Judges mark teams into the next round by using two sets of marks, one for Technical Merit and the other for Artistic Merit. Normally around 50% of the teams should be marked in each criterion.

Time limit

- **Trios:** Music must be between a minimum of 1.30 and a maximum of 2 minutes
- **Small & Large Teams:** Music must be between a minimum of 2 minutes and a maximum of 3 minutes minutes.
- **Showcases:** Music must be between a minimum of 3 minutes and a maximum of 4 minutes.

Lifts and acrobatics

- Lifts and acrobatics are allowed. In building Pyramids only 1 floor above the ground floor is allowed. Lifts are not allowed for Mini-Kids and Juveniles.



Artistic Acrobatic Dance Show

- Competition styles
- The Performance must be a sequence of Gymnastic Acrobatic Tricks blended/linked together with any style of dancing or type of music with no restriction in tempi. It could be Classical / Modern / Contemporary / Jazz or Street dance figures.
- Artistic Acrobatic Dance Competition format
- Each team performs on their own music. Judges will mark teams into the next round by using two sets of marks, one for Technical Merit and the other for Artistic Merit.
- Lifts and Acrobatics
- Lifts, acrobatics and building Pyramids are allowed and encouraged. Any acrobatic trick or pyramid that is performed in good balance and with full control will be rewarded.



Members and licence holders of the World Artistic Dance Federation

Members

- There are two kinds of members and there are no restrictions on how many members there are from any one country.
- a/ Single entities (SM) such as individuals, couples, Dance teams, Dance Schools, Dance Clubs, Dance companies, Corporate businesses.
- b/ Multi member entities, Branch members (BM) such as Federations, Associations, Organizations.

License holders

- Dancers. Any of the above standing members will have the possibilities to enroll dancers for WADF recognized events and all dancers enrolled for WADF recognized events must be registered and must purchase an updated license.

WADF Web site www.worldartdance.com

- In our web site, You will find the complete Competition rules, the membership application form and all other documents governing the World Artistic Dance Federation.
- Welcome to apply for membership!



Thank you for watching
and
Good Luck!