

COMPETITION RULES 2025-26

RULE 1 – APPLICATION

- 1.1 These Rules apply to all DanceSport Competitions granted or approved by HDSU (hereinafter referred to as "Competitions"), in Standard, Latin-American and Ten-Dance disciplines.
- 1.2 The IDSF Presidium is responsible for ensuring compliance with these Rules.
- 1.3 The Presidium may impose supplementary rules to these Rules, which shall remain in force until the next General Meeting of the HDU or until amended or repealed in whole or in part by the Presidium.
- 1.4 The Presidium may impose supplementary rules to these Rules with respect to specific Competitions or other DanceSport events.
- 1.5 Every competitor in a Competition must be a DanceSport competitor registered with a National Federation.

RULE 2 – TIME ALLOWED, TEMPI & MUSIC SELECTION

- 2.1 In all rounds of Competitions the music played shall be a minimum of one and a half (1½) minutes' duration and a maximum of two (2) minutes' duration for the Waltz, Tango, Slow Foxtrot, Quickstep, Cha-Cha-Cha, Samba, Rumba and Paso Doble, and a minimum of one (1) minute and a maximum of one and a half (1½) minutes for the Viennese Waltz and the Jive, provided always that the Chairman may extend the maximum

duration if in his or her opinion a longer duration is necessary for fair adjudication of a dance in round or event.

2.2 The tempi and order of dances in Competitions shall be as follows:

STANDARD DISCIPLINE		LATIN DISCIPLINE	
Dance	Tempi	Dance	Tempi
Waltz	28-30	Cha-Cha-Cha	30-32
Tango	31-33	Samba	50-52
VienneseWaltz	58-60	Rumba	25-27
Slow Foxtrot	28-30	Paso Doble	60-62
Quickstep	50-52	Jive	42-44

2.3 In all Competitions the music must in the opinion of the Chairman have the character of the dances.

2.4 Standard and Latin-American Competitions shall be conducted in normal five-dance format. The Chairman may decide to have an introduction dance not exceeding 1 minute for the final. Introduction dances may be danced individually or in groups as determined by the Chairman.

RULE 3 – DRESS REGULATIONS

3.1 All costumes worn in Competitions must create the characteristic shape for each of the Standard and Latin-American disciplines.

3.2 Costuming for Standard dances shall be Tails Suits for men and Ballroom Gowns for women.

3.3 Costuming for Latin-American dances shall conform with accepted norms for men and women in DanceSport.

3.4 Costumes must cover the intimate parts of dancers' bodies.

3.5 Advertising is permitted on costumes.

- 3.6 In any Competition the Chairman's interpretation of these Dress Regulations is final and binding.

RULE 4 – REGISTRATION

- 4.1 Only competitors registered with HDSF may participate in Competitions.
- 4.2 HDSU shall establish and maintain a registry of professional DanceSport competitors in different age categories set out herein, called "NDSR", for use in determining eligibility to participate in Competitions.
- 4.3 Anyone registered in DHF shall be entitled to use the letters "DHF" after his or her name for the duration of his or her registration.
- 4.4 Members shall assist HDSU to compile and maintain the NDSR.
- 4.5 The following age divisions are obligatory for registration in NDSR and in all Competitions:

Adult	18 years or older during the calendar year in which the Competition is held
Senior I	35 years or older during the calendar year in which the Competition is held
Senior II	45 years or older during the calendar year in which the Competition is held

In the Adult age group one partner of the couple may be 16 years or older at the time of the Competition. In the Senior age groups both partners must attain the minimum age according the age restriction.

RULE 5 –COMPETITIONS

- 5.1 Types of Competitions shall be established by the Presidium.
- 5.2 Competitions may only be granted by the Presidium.

- 5.3 Prize money may be awarded at Competitions. The amount of prize money to be awarded at a Competition must be announced at least one (1) month before the commencement of the Competition.
- 5.4 Invitations to any closed Competition shall be published to Members at least two (2) months before the commencement of the Competition.
- 5.5 Every Member may nominate up to two (2) couples to represent it at a closed Competition.
- 5.6 A couple consist of a male and a female partner.
- 5.7 A couple may represent a country in a Competition if one of the partners holds a valid and subsisting passport of the represented country at the time of registration for the Competition and at the time of the Competition, and if each partner is permitted to represent that country by the IPDSC Member for that country at the time of registration for the Competition and at the time of that Competition.
- 5.8 Invitations to any open Competition shall be published to Members at least two (2) months before the commencement of the Competition.
- 5.9 A non-voting Chairman appointed or confirmed by HDSF is responsible for the control of Competitions.
- 5.10 A minimum of nine (9) adjudicators shall judge at every Competition. In order to assure the highest standards of adjudication and public confidence, the Presidium shall decide whether to nominate or confirm some or all adjudicators of Competitions, and shall decide the minimum number of countries from which Adjudicators may be nominated or confirmed.

RULE 6 – ANTI-DOPING

Doping is forbidden, according to the ***World Anti-Doping Code***.

HDSF RULES FOR ADJUDICATION

1. Competitions shall include a first round, other rounds, a semi-final and final, all as determined by the Chairman.
2. Closed marking is obligatory in Competitions.
3. The Skating System shall be employed.
4. The chairman shall decide the number of couples to be recalled, provided always that at least 50% of the participating couples shall be recalled to the next round excluding the final.
4. In finals adjudicators shall place couples. 1 is the best place marking. The same placing must not be given to more than one couple.
6. No more than six (6) couples should participate in the final of a Competition, but if more than 6 couples qualify according to scrutineering, the Chairman shall decide on the number of participants in the final.
9. The organizer must display marking sheets within 15 minutes of the conclusion of a Competition, and must publish them on the internet no later than the next day, for no less than one (1) month.