



SHOW DANCE COMPETITION REGULATIONS

(Standard & Latin)

1 General Provisions

- These regulations govern competitions in the discipline of Show Dance.
- Performances must be primarily based on one of the following disciplines:
-  Ballroom (Standard)
-  Latin-American (Latin)
- Age categories shall follow the official ECDS age group classifications.

2 Categories

Competitions may be organized in the following categories:

- Show Solo
- Show Couple
- Show Small Group (3–6 dancers)
- Show Big Group (6–10 dancers)
- Formation (11 or more dancers)

3 Music and Duration

Category	Maximum Duration
Solo / Couple	up to 3:00 minutes
Small Group	up to 3:30 minutes
Big Group	up to 4:00 minutes
Formation	up to 6:00 minutes

- Exceeding the permitted time may result in penalties or disqualification.
- Music must be submitted in advance according to the organizer's requirements.

4 Technical and Choreographic Requirements

- The show routine must be primarily based on one discipline (Standard or Latin).
- Choreography and music from other dance styles are permitted but must not exceed 20% of the total performance time.

The routine must demonstrate:

- Clear artistic concept
- Choreographic structure
- Musical interpretation

Acrobatic elements are permitted provided that:

- Athlete safety is ensured
- They are not the dominant component of the routine
- It is considered that dancers perform in competition footwear with heels

5 Props and Scenic Elements

The use of props and scenic elements is permitted provided that:

- They are safe for participants and spectators
- They can be installed and removed quickly
- They do not damage the dance floor

✗ The following are strictly prohibited:

- Open fire
- Liquids
- Sharp or otherwise dangerous objects

6 Costumes, Hairstyle and Make-up

Costumes must comply with:

- Official Competition Dress Rules
- The Good Taste Rule

Costumes must correspond to:

- The age category
- The artistic concept of the performance
- Hairstyle and make-up are permitted in accordance with Dress Code Rules.

7 Judging System

- Evaluation shall be conducted using the Skating System.
- Judging criteria include:
 1. Idea and Concept
 2. Choreography and Composition
 3. Musical Interpretation
 4. Artistry and Presentation
 5. Technical Quality
- The final placement awarded by each adjudicator represents the overall evaluation based on all criteria.

8 Competition Procedure

- Competitions may be conducted in one or multiple rounds depending on the number of participants.
- The order of appearance shall be determined by draw or official start list.
- Late arrival may result in refusal of participation.

9 Safety and Responsibility

- Participants are responsible for their own health condition.
- Coaches and team leaders are responsible for discipline and compliance with the Rules.
- The organizer is responsible for ensuring general safety conditions during the competition.