Freestyle/show dance
Para Dance Sport
• World Para Dance Sport is under the umbrella of IPC sports

• Still in the process of being approved for the Paralympic Games
The International Paralympic Committee (IPC)

Provides sport opportunities around the world from grassroots to elite level

- Was Founded 22 September 1989
- Is the only global, multi-sport, multi-disability organisation
- Headquarters are in Bonn, Germany
- Has 178 National Paralympic Committees (NPCs) members
- And works as International Federation (IF) for 10 Sports, including World Para Dance Sport
Brief summary from the first webinar
1998–currently

Official dance styles

Combi Standard

Combi Latin
2007 - currently 5 standard, 5 Latin

Duo Dance

Official Dance
2014–currently

**SINGLE Dance**

**Official dance**
SINGLE Dance

2014—currently Official dance styles

COMBI Dance

SHOW Dance / FREE style
DUO Dance

2017–currently

Official dance styles

SHOW Dance / FREE style
### TECHNICAL SKILLS
- Notional Axis awareness
- Connection with wheelchair
- Multi-directional movement
- Body Lines
- Interaction technique
- Hand work, foot work
- Flow and effortless dancing
- Use of body/wheelchair through space
- Clarity of movement

### MUSICALITY COREOGRAPHY AND PRESENTATION
- Timing
- Expression of the music style
- Interpretation
- Purpose
- Choreographic content
- Phrasing and form
- Originality (freestyle)
- Shared responsibility
- Effortless in time to music
- Use of finesse
- Relatedness (combi and duo)

### DIFFICULTY LEVEL
- Balance of workload
- Physical Dynamics
- Quality
- Variety
- Speed Variation and linking
- Transitions movement quality
- Domain of speed variations
- Rhythm awareness
SHOW Dance / FREE style

VIDEO
<table>
<thead>
<tr>
<th>TECHNICAL SKILLS</th>
<th>MUSICALITY</th>
<th>DIFFICULTY LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Notional Axis awareness</td>
<td>• Timing</td>
<td>• Balance of workload</td>
</tr>
<tr>
<td>• Connection with wheelchair</td>
<td>• Expression of the music style</td>
<td>• Physical Dynamics</td>
</tr>
<tr>
<td>• Multi-directional movement</td>
<td>• Interpretation</td>
<td>• Quality</td>
</tr>
</tbody>
</table>

**DIFFICULTY LEVEL**

- Balance of workload
- Physical Dynamics
- Quality
To begin with

TECHNICAL SKILLS

• Notional Axis awareness
• Connection with wheelchair
• Multi-directional movement
Wheelchair Dance Skills

Overall wheelchair control quality: the flow over the dance floor demonstrated in connection of wheelchair and an athletes’ body, the clarity of wheelchair technique and use of effortless power to accelerate and vary speed of movements including different types of turns.

- Balanced connection of an athlete’s body with a wheelchair
- Notional axis through the head and the body of an athlete is vertical and optimally harmonious
- Flow and effortless rolling of a wheelchair
- Mastery ability to direct a wheelchair through space while dancing through the use of the body work
- Cleanliness and sureness of hand work of an athlete with hand rims in “steps”, arc movements and turns of wheelchair
- Power / energy, acceleration and precise stopping of wheelchair
- Mastery of multi-directional wheelchair moving
- Equal mastery of wheelchair technique by both partners shown in interaction (Duo Standard and Latin)
- Balanced connection and interaction with an able-bodied athlete in Combi categories (Combi Standard, Latin, Freestyle events).
MUSICALITY CHOREOGRAPHY AND PRESENTATION

- Timing
- Expression of the music style
- Interpretation
**Musicality/Performance/Execution**

Performance is the involvement of the wheelchair athlete (Singles)/Duo couple/Combi couple physically, emotionally and intellectually as they translate the intent of the music and choreography. Execution is the quality and precision of the movement itself and in connection with the following movement. This includes harmony of movements in Singles, Duo and Combi couples presentations.

- Physical, emotional and intellectual involvement
- Bodylines (in Singles, Duo and Combi as well as connection in couples)
- Style and individuality/personality
- Clarity of movement
- Posture and hold (especially in Combi Standard)
- Unity in a couple (Duo and Combi events)
- Spatial awareness between partners - management of the distance between partners and management of changes of hold (Duo in all events and Combi in Latin and Freestyles)
**Timing**

Definition: The ability of the athlete/couple to dance strictly in time with the music and to reflect the rhythm patterns and prescribed beat values of the dance.

- Dancing in time to the music
- Dancing on the strong beat
- Dancing under the prescribed beat values for each step/move
- Introductory steps/moves (dance starting on the correct measure of the music)

*Information found in the Evaluation System Guide from K.Vasilyev and Mc. Legaspi*
**Choreography**

An intentional, developed and/or original arrangement of all types of movements according to the principles of proportion, unity, space, pattern, structure and phrasing.

- Purpose (idea, concept, vision)
- Choreographic content
- Phrasing and form (movements and parts structured to match the phrasing of the music)
- Originality of purpose, movement and design
- Shared responsibility in achieving purpose (Duo and Combi couples)

*Information found in the Evaluation System Guide from K. Vasilyev and Mc. Legaspi*
Interpretation
The personal and creative translation of the music to movement on the floor.

- Effortless movement in time to the music
- Expression of the music's style, character, rhythm
- Use of finesse* to reflect the nuances of the music
- Relationship between the partners reflecting the character of the music
  (Duo and Combi couples)

*Finesse is the dancer's refined, artful manipulation of nuances. Nuances are the personal artistic ways of bringing variations to the intensity, tempo and dynamics of the music made by the composer and/or musicians.

*Information found in the Evaluation System Guide from K. Vasilyev and M. Legaspi
<table>
<thead>
<tr>
<th>DIFFICULTY LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Balance of workload</td>
</tr>
<tr>
<td>• Physical Dynamics</td>
</tr>
<tr>
<td>• Quality</td>
</tr>
</tbody>
</table>
VIDEO
**Difficulty level/Transitions**

The varied wheel/foot and body work, positions, movements and holds that link all elements. This also includes the “entrances” and “exits” of all elements.

- Variety
- Difficulty (flow and effortless, wheelchair dancing by using the body work)
- Quality (wheelchair control including unity in couples)
- Balance of workload between partners (Combi and Duo)
- Variety of positions
- Variation of speed and linking movements including turns/multiple turns
- Music interpretation by physical dynamics of the wheelchair athlete as well as standing partner
- Usage of sophisticated and syncopated rhythms

*Information found in the Evaluation System Guide from K.Vasilyev and Mc. Legaspi*
Gender

- Couples consist of male & female athlete.
- Athlete gender is determined by their legal recognition.
- IOC’s transgender guidelines apply to Para Dance Sport.
DUO Dance
https://www.youtube.com/watch?v=R1O6e2S4fUmU&fbclid=IwAR12WPI0rAfRuxXjSn5UXP4bRBgCjStwxx94hoh3HihT42VPy3U5V0zV_VU

COMBI Dance
class 1
https://www.youtube.com/watch?v=RAXe6bFgKZk

COMBI Dance
class 2
https://www.youtube.com/watch?v=UZfYMPoLo&list=UL2GlqHuyrpeo&index=10819
Rules and Regulations

- Rules and Regulations can be found at the World Para Dance Sport website: https://www.paralympic.org/dance-sport/rules

- Appendixes:
  - Appendix 1 - Table of requirements and competition designation
  - Appendix 2 - Para Dance Sport ranking System
  - Appendix 3 – International Competition Application Form
  - Appendix 4 - Protest Form
  - Appendix 5 – Judging Criteria
  - Appendix 6 – Start Number
  - Appendix 7 – Advertising Guidelines
Social media

- Facebook
  https://www.facebook.com/ParaDanceSport

- Instagram
  https://www.instagram.com/paradancesport

- Twitter
  https://twitter.com/paradancesport
THANK YOU!

GRACIAS POR SU ATENCIÓN