



National Dancesport Championship

2022 Palarong Pambansa

Limited Face to Face Competition

Dancesport is a game widely known as competitive ballroom dancing participated by a pair (boy and girl) on a dance floor with the objective of displaying technical quality, movement to music, partnering skills and choreography and presentation.

With the current situation, it is understood that physical distancing is necessary to maintain the safety of everyone. In this regard, the following are suggested modifications of the competition to adhere the IATF Guidelines.

PRIORITY: To protect the safety of our student athletes, coaches and officials at all times, before, during and after the competition.

DANCESPORT COMPETITION GUIDELINES

1. ELIGIBILITY

- 1.1** Competitors must be enrolled in Junior High School and Senior High School until 18 years of age with in school year 2021-2022. The following suggestions can be considered in choosing the official entry of the region
 - 1.1.1** Regional Sports Manager may conduct their limited face to face competition depending on the availability of funds.
 - 1.1.2** Representatives from the 2019 Palarong Pambansa hcan be chosen for as long as their eligibility is qualified.
 - 1.1.3** If funds are not available, Regional Sports Manager may conduct elimination in their region. Participants who are willing to join the elimination may submit video of their entry per Division (1 for Latin and 1 for Standard). This will be judged virtually by the Professional Adjudicators from the Philippine Dancesport Federation. They will rank the competitors to choose their representative in the Palarong Pambansa. Video of the participant must consider the following:
 - 1.1.3.1** Use the music given by the Regional Sports Manager.
 - 1.1.3.2** Do not zoom in and out the video, using of camera stand is recommended.
 - 1.1.3.3** Cutting, enhancing and editing the video are not allowed.
 - 1.1.3.4** Video must be in landscape.
 - 1.1.3.5** Number of the competitors must be posted at the wall. Logo, Name of School nor athletes are not allowed.
- 1.2** Participants must be physically fit and fully vaccinated
- 1.3** Athletes must not have failing grades in each of any quarter for the current school year.
- 1.4** Must accomplish and submit the following:

- 1.4.1 Entry Form with complete details
- 1.4.2 Certificate of Enrollment
- 1.4.3 Parent Consent
- 1.4.4 SF-10 (Authenticated copy of Permanent Record for school year 2021-2022)
- 1.4.5 Medical Certificate signed by the Government Physician
- 1.4.6 Vaccination Card

Note: All required documents mentioned above will be sent through e-mail palarongpambansadancesport@gmail.com after registration.

1.5 The host will have a special entry as a privilege being the host of the event. There will be a total of 18 competing couples comprising 17 regions plus 1 entry from the host. The entry is composed of 1 couple for Latin and 1 couple for Standard and 2 coaches.

2 **APPROVAL OF THE TECHNICAL HANDBOOK**

2.1 This Technical Handbook was approved by the **Philippine Dancesport Federation** an accredited member of the World Dancesport Federation (WDSF) and the Asian Dancesport/ Federation (ADSF)

3 **COMPETITION INFORMATION**

3.1 **Competition Dates:** July 28, 2022

3.2 **Competition Venue:** Lucena City

4 **EVENTS**

4.1. PALARONG PAMBANSA

	LATIN	STANDARD	MIXED DISCIPLINES
Bracket 3	Grade A – Samba, Cha Cha, Rumba, Paso Doble, Jive Single Dance – Samba Single Dance – Cha Cha Single Dance – Rumba Single Dance – Paso Doble Single Dance - Jive	Grade A – Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep Single Dance – Waltz Single Dance – Tango Single Dance – Viennese Waltz Single Dance – Foxtrot Single Dance – Quickstep	Grade A - Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep & Samba, Cha Cha, Rumba, Paso Doble, Jive

5 COMPETITION SCHEDULE

5.1 Competition Dates: July 28, 2022

5.2 Competition Venue: Lucena City

6 COMPETITION PROCEDURES, RULES AND REGULATIONS

This competition will be held in accordance with the current World Dancesport Federation (WDSF) Rules and Regulations under the guidance of the Philippine Dancesport Federation (PDSF) as recognized by the Philippine Sports Commission (PSC) and Philippine Olympics Committee (POC) to govern dancesport competitions in the Philippines.

In case of any disagreement in the language interpretation of the WDSF Rules and Regulations, the English version shall prevail. Any unforeseen cases not covered by the Rules and Regulations shall be resolved as follows:

General Issues: To be resolved in accordance with the *Palarong Pambansa* Implementing Rules and Regulations.

Technical Issues: To be resolved in accordance with the WDSF Rules and Regulations and WDSF Norms.

6.1 Competition Rules Dancesport

The regulations below cover the following disciplines:

6.1.1 Modern Standard Discipline with the following dances; Waltz, Tango, Viennese Waltz, Foxtrot, and Quickstep

6.1.2 Latin American Discipline with following dances; Samba, Chachacha, Rumba, Paso Doble and Jive

6.1.3 Limited face to face Competition is a competition with the composition of the limited number of participants and events which is strictly adhere to the recent IATF Rules.

6.1.4 The competition events in the New Normal is stated on **Number 4**.

6.1.5 Description of the competition

This competition will be held in response to the continuity plan of the Palarong Pambansa during pandemic. Since the budget of Palarong Pambansa was affected by pandemic, this competition was offered to LGUs who can sponsor the needs of the competition and make the event successful. There will be 2 couple-representative per region (*1 couple for Latin and 1 Couple for Standard*). Limited number of participants were chosen to participate in this competition to adhere to the IATF rules and regulations and to ensure the safety of all persons involved.

Note: 1 coach per couple will be allowed to accompany the competitors.

6.1.6 All Officiating Officials, Coaches and Competitors must strictly follow the Safety Health Protocols.

6.2 Choreography and Syllabus

6.2.1 The *Palarong Pambansa 2022* is subjected to the following choreography:

6.2.1.1 Junior Age Group / Secondary Level will have an **open syllabus/competitive routine**

6.3 Lifts

6.3.1 Lifts are NOT permitted in any category, level and dance;

6.3.2 A lift is any movement during which one member of a couple has both feet off the floor at the same time with the assistance of the partner;

6.3.3 The Chairman of the Board of Adjudicators will **DISQUALIFY** couples who will perform lifts during competition.

6.4 Marking

6.4.1 Since technology does not allow open marking system, closed marking shall be used in all rounds of the competition;

6.4.2 Either of the SKATING SYSTEM or ABSOLUTE JUDGING SYSTEM shall be used in the competition.

6.4.3 The use of technology-aided adjudication and automated scrutineering is highly encouraged but is subject to its availability/feasibility.

6.5 Selection of Heats, Quarter Finals, Semi-Finals and Finals

6.5.1 Competitions shall be composed of at least a 1st round, Quarter Final, Semi- Final and Final rounds;

6.5.2 1st round will be composed of 17 couples; selection of heats shall be in random; Adjudicators will select 12 for the Semi-Finals.

6.5.3 Semi-Final round will be composed of 12 couples. Adjudicators will select 6 for the Finals.

6.5.4 The Final Round will be composed of six (6) couples; Adjudicators shall rank participating couples according to their performances with 1 being the highest mark. In no case shall same ranking be given to more than one couple;

6.5.5 The re-dance system shall apply from the 1st round to the final round.

6.6 Competition attire (Costuming)

Competitors shall dress according to the WDSF Dress Regulations.

Each athlete may change costumes up to 3 times from the first round to the final round provided such costume has passed the screening of costumes and competition attires set by the Tournament Management;

(See enclosure A and B for detailed information of dancesport costuming.)

6.7 Dance Order

The sequence of dances shall be as follows:

6.7.1 BRACKET 3

LATIN AMERICAN DISCIPLINE	-	Samba,	Chachacha,
Rumba,			Paso Doble,
Jive			
MODERN STANDARD DISCIPLINE-		Slow Waltz,	Tango,
Viennese		Walt,	Foxtrot,
Quickstep			

6.8 Music

6.8.1 Time allowed and tempi.

In all rounds of the competition, the music shall be in a minimum of one minute and thirty seconds to a maximum of two minutes except for JIVE and QUICKSTEP which is one minute to a maximum of one minute and thirty seconds.

The tempi for each dance shall be:

SLOW WALTZ- 28 to 30 bars/min	CHACHACHA- 30 to 32 bars/min
TANGO - 31 to 33 bars/min	SAMBA - 50 to 52 bars/min
FOXTROT - 28-30 bars/min	RUMBA - 25 to 27 bars/min
V. WALTZ- 50to60bars/min	PASO DOBLE - 60 to 62bars/min
QUICKSTEP - 50 to 52 bars/min	JIVE- 42 to 44 bars/min

6.8.2 Type of Music

In this competition, the music must have the character of the dance performed. In Latin Dances for example, no disco music shall be played.

6.9 Disqualification Rules

The couples will be disqualified from the competition if proper dress regulations based on WDSF rules and guidelines are not followed. Also, the competitors/couple will be disqualified if they are not present in their event. **Lifts** are NOT permitted in any category level and dance refer to 6.3.

7 HEALTH AND WELFARE OF ATHLETES/COACHES/ TRAINERS/ OFFICIATING OFFICIALS/ GENERAL PUBLIC

7.1 ATHLETES/ COMPETITORS

7.1.1 Covid antigen test is required.

7.1.2. There must a break of at least 20 minutes between the rounds of the competition;

7.1.3 All competitors must be fully vaccinated. Present the vaccination card. (The existing AITF Rules will apply)

7.1.4 Athletes who have colds, flu and cough are not permitted to play. Body temperature check is required.

7.1.5 Use of face mask is strictly required except during performance.

7.1.6 Athletes must strictly apply the Safety and Health Protocols

7.1.6 All final prize presentations shall be concluded before 21:00 (9:00 PM)

7.2 **COACHES/ TRAINERS/ OFFICIATING OFFICIALS**

7.2.1 Covid Saliva RT-PCR Test/ antigen test is required.

7.2.2 All Coaches/ Trainers/ Officiating Official must be fully vaccinated. Present the vaccination card. (The existing IATF Rules will apply)

7.2.3 Athletes who have colds, flu and cough are not permitted to be in the venue of the competition. Body temperature check is required.

7.2.4 Use of face mask is strictly required at all times.

7.2.5 Coaches/ Trainers and Officiating Officials must strictly apply the Safety and Health Protocols

7.3 **GENERAL PUBLIC**

7.3.1. Personal or actual viewing are not allowed. Parents, teachers and others can see or watch the game via Facebook live and or other live streaming media only.

7.3.2 Only the medical team, police and DepEd organizer are allowed inside the gym, must fully vaccinated and a vax card is required to present.

7.3.3 Hand sanitation, body temperature check and use of footbath sanitation is required before entering the playing venue.

8 COMPOSITION OF THE DELEGATION

8.1 COMPETITORS

BRACKET	LATIN	STANDARD	Mixed Discipline
3	1 Couple	1 Couple	1 Couple
TOTAL	1 Couple	1 Couple	1 Couple

Note: *Mixed Discipline (Competitors will be chosen in either Discipline)*

Total number of competitors per region

1 couple in Latin

1 couple in Standard

2 couples x 17 Regions = 34 couples (68 athletes)

8.3.2 COACHES

Each couple shall have 1 coach with the total of 2 coaches per region.

2 x 17 Regions = 34 Coaches

68 Athletes
34 Coaches
20 Technical Officials
122 Total Number Participants

9 TECHNICAL OFFICIALS & ADJUDICATORS

9.1 TECHNICAL OFFICIALS. The Sports Manager with the approval of the Palarong Pambansa Technical Working Group will select and appoint such number of National Technical Officials.

9.1.1 National Technical Committee:

A. Sports Manager	1
B. Tournament Secretary	1
C. Chairman / Chief Adjudicators	1
D. Adjudicators	4
E. Chief Scrutineer	1
F. Asst. Scrutineer	1
G. Barkers	2
H. Score Collectors	2
I. Dancesport Disc Jockey	1
J. Compere/Announcer	1
K. <u>Technical Assistants</u>	<u>5</u>
TOTAL	20

9.2 ADJUDICATORS. The National Sports Manager with the guidance of the Philippine Dancesport Federation (PDSF) will appoint five (5) or more qualified adjudicators for the Palarong Pambansa 2022 as may be approved by Palarong Pambansa Board and Technical Working Group.

9.2.1 Adjudicators Qualifications (Ideal/Highly Suggested)

- 9.2.1.1** PDSF Licensed National Adjudicator A and B
- 9.2.1.2** PDSF DepEd National Licensed Adjudicators
- 9.2.1.3** Attended National Training in Dancesport from 2022

9.3 SCRUTINEERING. The Sports Manager with the guidance of the Philippine Dancesport Federation (PDSF) will appoint one (1) qualified Chief Scrutineer with the assistance of the Technical Officials for the Palarong Pambansa 2022 as may be approved by *Palarong Pambansa* Board and Technical Working Group.

9.3.1 Scrutineering Qualifications (Ideal/High Suggested)

- 9.3.1.1** PDSF Official Scrutineering Team
- 9.3.1.2** DepEd Accredited List of Scrutineer/ Adjudicator

10 APPROVE DANCESPORT TECHNIQUE BOOKS

10.1 Technique of Latin Dancing by Walter Laird (IDTA)

10.2 Technique of Latin Dancing – Supplementary by Walter Laird (IDTA-
First Edition 1997)

10.3 The Revised Technique of Latin American Dancing (ISTD)

10.4 The Revised Technique by Alex Moore

10.5 The Ballroom Technique by the Imperial Society of Teachers Dancing
(ISTD)

10.6 Technique of Ballroom Dancing by Guy Howard (IDTA)

10.7 The UKA Ballroom book by Ken Akrill (UKA)

11 COMPETITION VENUE AND REQUIREMENTS

11.1 Covered Dance Floor: 17m x 22m Area (Standard Size);

11.2 Male and Female Dressing Rooms;

11.3 Toilets

11.4 Holding Area;

11.5 Presidential Tables:

11.5.1 Adjudicators' Table;

11.5.2 Scrutineers Table;

11.5.3 Awards Table

11.5.4 VIP Table

11.5.5 Stage

11.5.6 Lights and Sound/Microphones and Mic Stands;

11.5.7 Projector or LED Screen;

12 MEDALS CERTIFICATES AND AWARDING OF WINNERS

12.1 The following are the medals to be contested in the different Events:

BRACKET 3

DISCIPLINE	EVENT	GOLD	SILVER	BRONZE
LATIN	Single Dance -Samba	1	1	1
LATIN	Single Dance -Chachacha	1	1	1
LATIN	Single Dance -Rumba	1	1	1
LATIN	Single Dance -Paso Doble	1	1	1
LATIN	Single Dance -Jive	1	1	1
LATIN	Grade A – S/C/R/P/J	1	1	1
STANDARD	Single Dance -Waltz	1	1	1
STANDARD	Single Dance -Tango	1	1	1
STANDARD	Single Dance -Foxtrot	1	1	1
STANDARD	Single Dance -Viennese Waltz	1	1	1
STANDARD	Single Dance -Quickstep	1	1	1
STANDARD	Grade A – W/T/F/VW/Q	1	1	1
Mixed L/S	Grade A – S/C/R/P/J &W/T/F/VW/Q	1	1	1
TOTAL		13	13	13

SUMMARY

BRACKET	GOLD	SILVER	BRONZE
3	13	13	13
TOTAL	13	13	13
By Couple	26	26	26

4th, 5th and 6th placers shall also be awarded with Certificates of Recognition

SCHEDULE OF THE COMPETITION

1. Interpretation of the Rules and Matters not provided for, the Sports Manager/Director holds the final decisions regarding all matters in consultation with the PDSF and Interpretation of rules and all matters not provided for. Any eventuality that may arise during the course of the tournament, the management reserves the right to decide and that there is final

2. MEETINGS AND KEY ACTIVITIES

2.1 Technical Officials' Meeting via Zoom

Date : July 25, 2022

Time : 1pm

2.2 Solidarity Meeting via Zoom

Date : July 25, 2022

Time : 3pm

2.3 Costumes Check

Date: July 27, 2022

Time : 1:00 pm – 5:00pm

Venue : Lucena City

2.4 Program Flow and Rehearsals

Date : July 27, 2022

Time : 1:00 pm – 3:00 pm

Venue : Lucena City

2.5 Floor Practice

Date : July 27, 2022

Time : 3:00 pm – onwards
Venue : Lucena City

2.6 COMPETITION DAY

Date : July 28, 2022
Time : 7:00 AM
Venue : Lucena City

3. DIRECTORY

3.1 Palarong Pambansa Secretariat

Director III : **JOEL ERESTAIN**
E-mail Ad: **palarong.pambansa@deped.gov.ph**
Sports Manager **MARIA DONNA DIZON-COSEJO**
Cell phone No. 09615585859
E-mail mddizon1978@gmail.com

3.2 Philippine Dancesport Federation (PDSF)

President : **MARIA REBECCA GARCIA**
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Telephone : +632 637 2317
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Prepared by:


MARIA DONNA D. COSEJO
Dancesport Sports Manager
Palarong Pambansa

Noted by:


JOEL S. ERESTAIN, CSEE
Director III
Palarong Pambansa Secretariat

JUVENILE AGE Groups

General Guidelines:

1. If colored, only one color, no combinations. Skin tone not allowed.
2. No decorations in clothing, body or hair.

	COSTUMES/ATTIRES/ ACCESSORIES	MALE	FEMALE
1	SHIRTS	Only plain white long sleeves, tucked in are allowed.	White leotard or one-color leotard
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		If top is white, use black skirt only If top is colored, skirt and panties should be of the same color Skin toe/color is not allowed for both top, skirt and panties
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; skin color-not allowed
5	COLLAR	Correct shirt collar to wear with tie or bowtie; other designs-not allowed	Turtleneck, round, and small square; open-back and chest area are not allowed.
6	TIE	Wear black only Necktie for latin and bowtie for standard.	None
7	VEST	Not allowed	None
8	MATERIAL	Plain, no design, no shiny materials or material that reflect light to be accented	1. Fabrics such as spandex, neoprene, or velvet and other fabric at the same material are allowed. 2. Plain colored allowed. 3. Lace fabrics are not allowed. Beads, plastic stones, tassels are not allowed. 4. No shiny and glittery material that reflects light.
9	DRESS STYLE		1. For latin, skirt must not be shorter than ¾" or 10 cm above the knee; Skirt must be

			longer 10 cm below the knee cap for standard. 2. Skirt must have no boning, piping or frilling 3. No bigger underskirts/ petticoat. 4. no "Tinkerbelle" cut
10	DRESS ACCESSORIES	None	None
11	HAIR STYLE	Hair should be in clean cut for standard. For latin, if hair is long, collect in ponytail	Long Hair shall be collected in a ponytail (latin), bun or braids (standard); No colored hair spray
12	HAIR DECORATION	None	None
13	JEWELRY	None	None
14	MAKE-UP	None	None
15	SOCKS	Wear black socks only	White short socks only; Tights and stockings are allowed; mesh stockings not allowed
16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	1 ½" or 3.5 cm heels for standard	Maximum height is 1 ½" or 3.5 cm

JUNIOR AGE GROUPS

General Guidelines:

1. Skin tone not allowed.
2. No decorations in clothing, body or hair.

3. No 2 piece in costume**4. Dress age appropriately**

	COSTUMES/ATTIRES	MALE	FEMALE
1	SHIRTS	Plain white or black turtleneck long sleeves, tucked in for Latin. Plain white long sleeves, tucked in for standard.	
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		One piece costume of any color provided that the skirt and panty should be of the same color.
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; skin toned color-not allowed.
5	COLLAR	Simple, not oversized or pointed Turtleneck without tie allowed	Turtleneck, round, and small square; open-back and chest area are not allowed.
6	TIE	Wear black only Necktie for Latin and bowtie for standard.	None
7	VEST	Black vest allowed but not a must	None
8	MATERIAL	Plain, no design, no shiny materials or material that reflect light	1. Fabrics such as spandex, neoprene, or velvet and other fabric at the same material are allowed. 2. Plain colored allowed. 3. Lace fabrics are not allowed. Beads, plastic stones, tassels are not allowed.

			4. No shiny and glittery material that reflects light.
9	DRESS STYLE		1. For Latin, skirt must not be shorter than 3¾” or 10 cm above the knee; Skirt must be longer 10 cm below the knee cap for standard. 2. Skirt must have no boning, piping or frilling 3. No bigger underskirts/ petticoat. 4. no "Tinkerbelle" cut.
10	DRESS ACCESSORIES	None	None
11	HAIR STYLE	Hair should be in clean cut for standard. For latin, if hair is long, collect in ponytail	Long Hair shall be collected in a ponytail (latin), bun or braids (standard); No colored hair spray
12	HAIR DECORATION	None	None
13	JEWELRY	None	None
14	MAKE-UP	None	None
15	SOCKS	Wear black socks only	None
16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	Cuban heel for latin 1 ½” or 3.5 cm heels for standard	Maximum height is 2” or 5 cm

Note: Failure to comply with the above-mentioned dress code shall be a ground for **DISQUALIFICATION.**