



IDSF OPERATING POLICY

IDSF STANDARD AND LATIN FREESTYLE COMPETITIONS PROTOCOLS

1) IDSF Standard and Latin Freestyle Disciplines include:

- Standard Freestyle
- Latin Freestyle

2) Dances:

- A minimum of three out of five competition dances from the selected discipline must be included in a performance and they must be danced for 75% of the total duration of the performance.
- Elements of other dances and dance forms may be included up to a maximum of 25% of the total duration of the performance.

3) Music:

Competitors must provide the Organizers with:

- 2 copies of a CD recording of their selected music.
- A full, accurate and current list of selected titles including title(s), composer(s), arranger(s), publisher(s) and CD or record number(s).

4) Duration:

The duration of a performance must be between 3:30 and 4:00 minutes.

5) Competition format:

- A competition may comprise a maximum of a 1st round and a final.
- Competitors must perform the same choreography in the same order and to the same musical arrangement in every round.

6) Lifts:

- A maximum of three (3) lifts is allowed during each performance.
- Each lift may not exceed 15 seconds in duration.

7) Holds:

In Standard Freestyle the following alternative holds are allowed:

- Man's Right hand or Left hand on the lady's back
- Man holding Lady's Right hand in his Left hand.



- The couple may use these alternative holds for a maximum continuous duration of 20 seconds, a maximum of three (3) times during the performance, with a minimum of 20 seconds of normal hold between alternative holds.
- A 30-second period at the beginning of the performance and a further 30-second period at the end may be danced without hold or in any other style of hold subject always to the Chairman's discretion to prohibit holds that could be dangerous, injurious or offensive.

8) Props:

No props are permitted at any time during the performance.

9) Competition Dress:

- IDSF Dress Regulation applies.
- Competition dress may demonstrate or suggest the theme of the choreography or performance but must be in Latin or Standard style.

10) Lighting:

- Lighting conditions must be the same for all couples in all rounds.

11) Order of Couples' performances:

- The Order of couples' performances shall be decided by the draw of ballots by the Chairman or a person approved by the Chairman, at which all couples or their representatives must be present.
- The same order will be used for the rehearsal and the 1st round of competition.
- For the final round the order will be drawn again according to the same protocol.
- The competition number issued to a couple prior to their dancing, must be clearly visible to the adjudicators and the audience.

12) Entry and Exit:

- Each couple shall be granted a maximum of 30 seconds for entry to the competition floor prior to performing and 30 seconds for exit from the competition floor after the conclusion of their performance.
- The exit may be performed to music.



13) Rehearsal:

- The Organizers must grant each couple an official rehearsal on the proposed competition floor, at a reasonably convenient time, at which each couple is granted a minimum of 15 minutes' rehearsal time to test the competition floor and the Organizer's production of the couple's chosen music.
- The rehearsal must be held on the competition floor.
- All the athletes, the IDSF Chairmen, the IDSF Invigilator, cameramen, sound engineers, and lighting engineers must be present for the full duration of all such rehearsals.
- There must be at least 2 hours' break between the rehearsal and the 1st round of competition.

14) Invigilator, Chairman:

- An IDSF invigilator and an IDSF Chairman must be appointed by IDSF for each competition to chair the competition(s) and to supervise and monitor the Organizer's adherence to the rules and to disqualify any couple that breaks any IDSF rules or code or contravenes any IDSF policy or Operating Policy.
- The Organizers must provide a cameraman, an up-to-date video camera, a screen and facilities for slow-motion and still-picture viewing for the invigilator only for World and Continental Championships.
- Every performance in every round, including rehearsals, must be recorded to be used to check for violation of any IDSF rules or code or contravention of any IDSF policy or Operating Policy and as proof of violation in case of disqualification.

15) Disqualification:

In case of a disqualification a detailed report signed by the IDSF invigilator and IDSF Chairman, including the video recording of the performance as proof of violation of the rules or other reason has to be sent to the IDSF Sport Director not later than 1 week following the conclusion of the competition.