



Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
Cordillera Administrative Region  
**Schools Division Office Baguio City**  
#82 Military Cut-Off, Baguio City



# PALARONG LUNGSONG

## DANCE SPORT



## Guidelines

- I. The World DanceSport Federation (WDSF) rules shall govern the competitions except for the amendments introduced and approved in this special Guidelines and Ground rules for the School Based DanceSport.
- II. DanceSport Council of the Philippines Professional (DSCPI-PD) technical rules and regulations will apply and be implemented to the Syllabus, Coaches, Trainings and Adjudicators.
- III. Technical Committee
  - A. Tournament Director 2
  - B. Committee 2
  - C. Adjudicator 3
  - D. Scrutineer 2
  - E. Barkers and Martials 2
  - F. DanceSport Disc Jockey 1
- IV. Adjudicators  
QUALIFICATIONS:
  - A. Training
  - B. Competetion Experience
  - C. Technical Review
  - D. Examination
  - E. Judging Experience
- V. Scrutineering
  - A. DSCPI-PD Licensed Scrutineer

VI. Competition age group, disciplines and dances

AGE GROUP	DISCIPLINE	CATEGORY	DANCES
Juvenile	Standard	D	Waltz/Tango
Junior	Standard	D	Waltz/Tango
Juvenile	Latin	D	ChaChaCha/Jive
Junior	Latin	D	ChaChaCha/Jive

VII. Definition of a Couple

A couple consists of a male and female

VIII. Participants

Open/No limits in the number of participants.

REGISTRATION: P 200.00 / head

IX. Age Requirements

JUVENILE: Born 2005

JUNIOR: Born 2000

X. Music

A. Time allowed and tempi

In all rounds of competitions the music played shall be a minimum of one and a half minutes duration and a maximum of two minutes. In the Paso Double the music shall be played at least up to the second highlight and at maximum to the 3<sup>rd</sup> highlight, provided always that the Chairman may extend the maximum duration for any dance or dances if in his or her opinion a longer duration is necessary for fair adjudication of that dance or those dances in an event.

B. The tempi for each dance shall be:

Waltz 28–30 bars/min Samba 50–52bars/min

Tango 31–33 bars/min Cha-Cha-Cha 30 – 32bars/min

Viennese Waltz 58–60 bars/min Rumba 25–27 bars/min

Slow Foxtrot 28 – 30 bars/min Paso Doble 60 – 62 bars/min

Quickstep 50–52 bars/min Jive 42–44 bars/min

C. Type of music

In all WDSF competitions the music must have the character of the dance being performed, for example no disco music may be played for Latin-American Dances.

D. Dance order

The sequence of the dances Competition is compulsory except with the prior written approval of the DSCPI-PD.

XI. Choreography and Syllabus

A. Subject to these Rules, all choreographies in all ten dances in all DSCPI registered competitions are open choreographies.

C. The Chairman of the adjudicators may disqualify any couple at a competition when either partner is not dressed or costumed according to these Rules, and in addition to its other powers under the WDSF Statutes the Presidium may suspend from competitions for limited period of time any competitor who breaches this rule.


XVII. Awarding of Winners

1 <sup>st</sup>	Place	Gold Medal & Certificate
2 <sup>nd</sup>	Place	Silver Medal & Certificate
3 <sup>rd</sup>	Place	Bronze Medal & Certificate
4 <sup>th</sup>	Place	Certificate
5 <sup>th</sup>	Place	Certificate
6 <sup>th</sup>	Place	Certificate

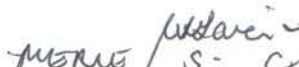
XVIII. INTERPRETATIONS AND MATTERS NOT PROVIDED FOR


The tournament director holds the final decisions regarding all matters and rules in consultation with the DSCPI-PD Presidium on interpretation of rules and matters not provided for.

**Note: Guidelines are lifted from the Palarong Pambansa Dance Sport Rules and Guidelines.**


Noted by:  
  
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 Education Program Supervisor


Approved:  
  
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 Chief Education Supervisor

  
**MENE S. GARCIA**  
 TOURNAMENT MANAGER  
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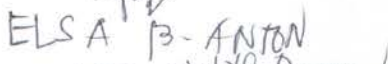
  
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**MARIANNE POYADAN**

  
**Christine Melody N. Guanina**  
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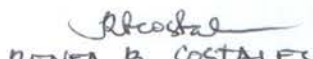
  
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## Dress Regulation Juvenile

**General Guidelines:**

1. If colored, only one color. No combinations. Skin tones not allowed
2. No decoration in clothing, body or hair.

		MALE	FEMALE
1	SHIRTS	Plain white, long sleeved, tucked in	White leotard or one color leotard
2	SLEEVES	Long only	Short or 3/4 <sup>th</sup> or long sleeves
3	TOP & SKIRT		If the top is white, use only black skirt. If the top is colored, attach same color for skirt; same color panties. Skin color is not allowed for top or skirt.
4	PANTS	Plain Black only	Underpants: Same color as skirt; covering fully the buttock. Skin color not allowed.
5	COLLAR	Correct shirt collar to wear with tie or bow tie Other design: not allowed	Turtle neck, closed round, closed small square. Closed
6	TIE	Wear Black only tie or bow tie	none
7	VEST	Not allowed	none
8	MATERIAL & DRESS STYLE	Plain, no design; no materials that are shiny or catch light	Plain, no design; no materials that are shiny or catch light. Skirt must not be shorter than 3 ¼ inches or 10 cm above knee. Skirt must not be longer than below knee cap. Skirt must have no boning or frilling. No bigger underskirts.
9	ACCESSORIES	None	None
10	HAIR STYLE	If hair is long, collect into a ponytail.	Long hair has to be collected in a ponytail, bun, or braids. No colored hairspray.
11	HAIR DECOR	None	None.
12	JEWELRY	None	None
13	MAKE UP	None	None
14	SOCKS	Wear black socks only	White or one color short socks only. Tights only skin tone. No mesh
15	SHOE COLOR	Black only	Tan, beige, or one color.
16	SHOE HEELS	Block style Height maximum is 1 inch or 2.5cm	Block or pump or cuban style Maximum height is 1 ½ inches or 3.5 cm

## Dress Regulation Junior

**General Guidelines:**

1. No skin tones.
2. No shiny effects.
3. No 2 piece in costume
4. Dress age appropriately

		MALE	FEMALE
1	SHIRTS	Plain white or black long sleeved, tucked in	White leotard or one color leotard
2	SLEEVES	Long only	Short or 3/4 <sup>th</sup> or long sleeves
3	TOP & SKIRT		If the top is white, use only black skirt. If the top is colored, attach same color for skirt; same color panties. Skin color is not allowed for top or skirt.
4	PANTS	Plain black only	Underpants: Same color as skirt; covering fully the buttock. Skin color not allowed.
5	COLLAR	Simple, not oversized or pointed. Turtle neck without tie allowed.	Turtle neck, closed round, closed small square.
6	TIE	Wear Black only tie or bow tie	none
7	VEST	Black vest allowed but not a must.	none
8	MATERIAL & DRESS STYLE	Plain, no design; no materials that are shiny or catch light	Plain Colored allowed, including MIX of colors. No skin tone. No shiny or light effect. Two piece dresses not allowed. No bikini style.
9	DRESS ACCESSORIES	None	Same or mix color allowed but no light effect or no shiny materials
10	HAIR STYLE	if hair is long, collect in a ponytail.	Long hair has to be collected in a ponytail, bun, or braids. No colored hairspray.
11	HAIR DECORATION	None	Allowed only those with no light effects.
12	JEWELRY	None	Allowed only those with no light effects.
13	MAKE UP	None	None
14	SOCKS	Wear black socks only	Allowed are short socks & tights of skin tone. Not allowed: mesh stockings
15	SHOE COLOR	Black only	Tan, beige, or one color
16	SHOE HEELS		Maximum height is 2 inches or 5 cm