



Recognised by the IOC - Member SportAccord, ARISF, IWGA and IMGA

Checklist Show Dance New Rules July 17th 2018

Standard
Latin

Date:

Couple

Nation

Rule

Entrance without music	15"	Sec

Dances: min. 20" max. 90" excluding duration Lifts min. 60% of the performance

	min 3 initial dances	Duration	Sec from...to
1.		min 20" max 90"	
2.		min 20" max 90"	
3.		min 20" max 90"	
4.			
5.			

Other Dances, Other Elements and additional Latin or Standard Dances max. 40% of the performance

	free duration		Sec from...to	Sec from...to	Sec from...to
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					



	ONLY Standard without hold 50%	90" - 110"	Sec from...to	Sec from...to	Sec from...to
1.					
2.					
3.					
4.					

	Lifts no limit	number of Lifts	Sec	Sec	Sec

	Exit without music	15"	Sec

	Duration min 3:00, max. 3:30 excl. Entr. + Exit	3:00-3:30	Duration

	Duration incl. Entrane + Exit	3:30-4:00	Duration

H.15	Props/Accessories/Stage Decoration		parts