As Para Dances, only IDO dance sport disciplines involving athletes with a range of disabilities are considered. Depending on the type of disability, the categories will be divided as follows:

- IDO wheelchair dance IWD
- Dance in Electronic Carriage DCE
- Intellectual and relational disability DIR
- Visual disability DIV
- Hearing disability DU
- Physical and Motor Disability DFM

***IDO PERFORMING ARTS
DIR - DIV - IWD – DFM***

**DISCIPLINES:**

Show dance

**CATEGORIES**

Depending on the composition of the competitive unit the following categories are allowed:

- SOLO: individual competition for solo male or solo female (DIR - DFM)
- DUO: duo formed of 1 man and 1 female competitor, both with disabilities (DIR - IWD -DFM)
- DUO FEMALE: duo formed of 2female competitors, both with disabilities(DIR - IWD - DFM)
- DUO MALE: duo formed of 2 male competitors, both with disabilities (DIR - IWD - DFM)
- COMBI same: two competitors of same gender, of whom one is disabled (DIR - DIV - IWD - DFM)
- COMBI: two competitors of different gender, of whom one is disabled (DIR - DIV - DFM)
- GROUP: the members of the group must have the same disability andat least 50% of the total number of the group must composed of competitors with disabilities.
- MIX GROUP: the members of the group can have different disabilities and at least 50% of the total number of the group must be composed of competitors with disabilities.
- PARA GROUP: all members of the group have the same or different disabilities.

**AGE DIVISION**No restriction.

**MUSIC**
- Solo: the obligatory duration of the music minimum of 1.30 minutes to maximum of 2.00 minutes

- Duo Combi and Group: the obligatory duration of the music is minimum of 2.00 minutes to maximum of 2.30 minutes

**JUDGING SYSTEM: 4D**

***COUPLE DANCES
DIR - DIV - DFM – IWD***

**DISCIPLINES:**

**CARIBBEAN DANCES Combined:**

Merengue, Bachata, Salsa Cuban Style (DIR - DIV - DFM - IWD)

**BACHATA solo dance:**

Bachata (DIR - DIV - DFM - IWD)

**CATEGORIES**

In Couple Dances only solo female, solo male and couples formed of a man and a woman can compete.

Depending on the composition of the competitive unit the following categories are allowed:

- SOLO: individual competition for solo male or solo female (DIR - DFM)
- COMBI: two members (man and female) one of whom is disabled
- DUO: two members (man and female) both disabled

**AGE DIVISION**No restriction.

**MUSIC**
Solo: The obligatory duration of the music is minimum of 1.10 minutes to maximum of 1:30 minutes

Couples: The obligatory duration of the music is minimum of 1:10 minutes and a maximum of 1:30 minutes.

The music must have the following metronome speed/tempo (BpM):

Salsa Cuban Style 32-40 bpm

Merengue 60-70 bpm

Bachata30-35 bpm

**JUDGING SYSTEM: CROSSES and SKATING**