

# Para Dance Sport



Wheelchair couple dances are for two wheelchair users or for one wheelchair user with a "standing" partner and include standard dances such as Waltz, Tango, Viennese Waltz, Slow Foxtrot and Quickstep and Latin American dances such as Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive. There are also formation dances for four, six or eight dancers.

Wheelchair dancing started in Sweden in 1968, originally for recreation or rehabilitation, with the first competition held in 1975. The first international competition was also held in Sweden, in 1977. Several regional and international competitions followed and the first World Championship was held in Japan in 1998. Since 1998, Wheelchair Dance Sport is governed by the International Paralympic Wheelchair Dance Sport Committee (IPWDSC), although it is not part of the paralympic program. The sport incorporates the rules of the World DanceSport Federation (WDSF).



## Eligibility:

Impaired Muscle Power	Athetosis	Hypertonia	Ataxia
Impaired Passive Range of Movement	Leg Length Difference		Limb Deficiency

## Classification:

### Individual Athletes' Sport Classes

<b>SC1</b>	Athletes competing in Combi Standard Class 1 have lower trunk control but inability to actively straighten their trunk, and/or inability to keep their arm frame with the partner during dancing movements. You might expect to see athletes with high-level spinal cord injury or spina bifida, quadriplegic cerebral palsy, poliomyelitis involving trunk and/or arm, or traumatic brain injury.
<b>SC 2</b>	Athletes competing in Combi Standard Class 2 have limited impairment in their upper body. These athletes are able to keep their trunks straight, and can keep their arm frames with the partner during dancing movements. You might expect to see athletes with low-level spinal cord injury or spina bifida, missing legs, diplegic cerebral palsy, or poliomyelitis involving lower limbs only.
<b>SD1</b>	Athletes competing In Duo Standard 1 have impairment involving their trunk and arms. These athletes have difficulties in maintaining trunk stability during dance movements, and may have difficulty in wheel control and/or elongation out of base of support.
<b>SD2</b>	Athletes competing in Duo Standard 2 have full/near full function of their trunk and legs. These athletes are able to maintain trunk stability during dance movements, and have fair to good elongation ability out of their centre of gravity.
<b>L&amp;F1</b>	Athletes competing in Class 1 of Combi Latin, and/or Duo Latin, and/or Single Dances, and/or Freestyle have obvious impairments involving their trunk and even arms. These athletes generally have no pelvis movement and poor trunk control. Reaching out of their centre of gravity is impossible unless compensated by support.
<b>L&amp;F2</b>	Athletes competing in Class 2 of Combi Latin, and/or Duo Latin and/or Single Dances, and/or Freestyle have no or minimal impairment involving their trunk and pelvis. These athletes generally have good trunk control and can have various degrees of pelvis movement. They can reach out of their centre of gravity and generally have good wheel control.

### Duo Competition Class

In Duo competition, the team competition class is defined by combining both partners' scores from Athlete Evaluation. If the couple scores less than 50 they will compete in the competition class 1; if their combined score is 50 or more, they will compete in competition Class 2.

<b>Duo ST1</b>	Couples competing in Duo Standard Class 1 either both have an SD1 Sport Class, or the combined scores are less than 50. These couples will have greater impairment in their ability to have variety of movements and thus fewer choreography possibilities, or there will be difficulty in the choreography for the balance between the two athletes.
<b>Duo ST2</b>	Couples competing in Duo Standard Class 2 either both have an SD2 Sport Class, or the combined scores are equal or more than 50.
<b>Duo LA1</b>	For couples competing in Duo Latin Class 1, either both athletes have an L&F1 Sport Class, or the combined scores are less than 50. These couples will have greater impairment in their ability to have a variety of movements and thus fewer choreography possibilities, or there will be difficulty in the choreography for the balance between the two athletes.
<b>Duo LA2</b>	For couples competing in Duo Latin Class 2, either both athletes have an L&F2 Sport Class, or the combined scores are equal or more than 50.