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**