



Tokyo 2023 Para Dance Sport International Competition

Tokyo, JAPAN 5-6 August 2023



1. **Organiser:**

Name: **Japan Para Dance Sport Association**
 Phone: 0081(0)80-7199-8777
 E-mail: info@jpdsa-h.org
 Contact person: Toshihiro Kimoto / Kazuko Masuda
 Address: 3-15-13-503 Kita-Aoyama, Minato-ku, Tokyo, JAPAN
 Postal code: 107-0061



2. **Venue:**

The Yoyogi National Stadium, 1st Gymnasium

Address:
2-1-1 Jinnan, Shibuya-ku,
Tokyo



外観・構造



アリーナ



原宿口/渋谷口

3. **Dates of Programmes:**

	3rd August	4th August	5th August	6th August	7th August
Arrival					
Classification					
Technical Meeting					
Competition					
Closing Ceremony					
Reception(after the ceremony)					
Departures					

4. **Preliminary Program:**

The Provisional timetable and events programme will be published in due course. The programme will be finalized after the final entries' revision.

- Combi Conventional (Standard and Latin)
- Duo Conventional (Standard and Latin)
- Combi and Duo Freestyle/ Show-dance
- Singles Conventional (5 dances – waltz, tango, samba, rumba, jive)
- Singles Freestyle/ Show-dance
- Single junior □ 3 dances - waltz, samba, jive)

Standard dances: Waltz, Tango, Viennese Waltz, Slow foxtrot, Quick step

Latin dances: Samba, Cha-cha-cha, Rumba, Paso Doble, Jive

Dance	Sport Class 1	Sport Class 2
	Bar/minute	Bar/minute
Waltz	28-30	28-30
Tango	31-33	31-33
Viennese Waltz	56-58	58-60
Slow Foxtrot	28-30	28-30
Quick Step	48-50	50-52
Samba	48-50	50-52
Cha-Cha-Cha	28-30	30-32
Rumba	24-25	24-25
Paso Doble	58-60	60-62
Jive	40-42	42-44

Freestyle events: combi, duo, singles

- a) One athlete or one couple on the dance floor to present their programme with any music of their choice.
- b) It is allowed to use one piece of music, different types of music or mixed music.
- c) Music should meet a specific length:
 1. The duration of the free dance presentation for singles limits to 1:30 min to 2 min
 2. The duration of the free dance presentation for combi limits to 2:30 min to 3 min.
 3. The duration of the free dance presentation for duos limits to 2:00 min to 2:30 min.

5. **Competition duration:**

The competition duration is 2 days plus 1 additional day for International Classification prior to the start of the competition and on the first day of the competition.

6. **International Classification:**

International Classification will be conducted on 4th August 2023.

Detailed classification schedule will follow after the revision of the final entries by World Para Dance Sport Office. All athletes who will be classified must have arrived on time prior the classification process. They must be in the possession of the Para Dance Sport Medical Diagnostic Form (available on the WPDS website <https://www.paralympic.org/dance-sport/documents> on the Downloads and Forms section), and supportive medical documents uploaded to IPC SDMS one month before the international classification to be reviewed and are encouraged to bring all the documents along with obligatory wheelchair used during competition and straps, if any.

7. **Deadlines:**

Intention to Entry: by **14th April 2023 (JST: Japan Standard Time)**
Final Closing Date: **25th June 2023 (JST).**

8. **Entries and Registration process:**

Intention to Entry:

Please inform us approximate number of participants in your team in advance by **14th April 2023** (JST).

Intention to entry Form is [here](https://forms.gle/x2HQptijFiJGzv9q7) (<https://forms.gle/x2HQptijFiJGzv9q7>)

Note) Without knowing approximate number of participants, it would be difficult to provide decent level of support. Especially the JPDSA would like to know participants, who need special support or care in advance.

And also it would be a great help for us to know the numbers when we keep rooms at the official hotel as a potential booking. Summer is a high season in Tokyo. There would be a huge demand to the hotel.

Entry:

All entered athletes in the international competition (approved by WPDS) must be registered by World Para Dance Sport by the final entries' deadlines (see above "Deadlines"). Athletes' entries not meeting this criterion may be rejected by World Para Dance Sport.

All athletes **must be entered by their respective NPCs or authorised organizations by the NPC and accepted by World Para Dance Sport.**

Couples **must** sign the "Amateur Declaration Statement" in **the competition entry form.**

For World Para Dance Sport **approved international competitions** and World Cups there is **no limit in the number of couples per NPC per event per class.**

Late entries: WPDS Office must be informed about every late entry. All respective information must be reviewed on the 'case by case' basis, and the entry may be accepted/rejected by the WPDS Office.

Replacements: WPDS Office must be informed about every replacement. Replacements of athletes may be accepted due to injury or medical reasons. All respective medical information regarding the athlete who is to be replaced must be sent to WPDS Office by the respective NPC for further consideration regarding its acceptance/rejection.

All the registration process for the competition is as follows.

All Documents must be sent to the following addresses:

Organising Committee: paradance@jpdsa-h.org

World Para Dance Sport: info@worldparadancesport.org

9. Music:

Athletes competing in Freestyle / Show-dance must submit their music **in MP3 until 30th June**, either by email or on memory stick, to the LOC.

10. Liability:

All delegation members must have appropriate accident and health insurance in order to compete. No medical insurance will be provided to any of the participants. All participants are responsible for obtaining their own medical insurance (including Repatriation Coverage) and will be responsible for any medical expenses resulting from participation in the event.
The LOC will provide only basic medical services at the venue.

11. Eligibility:

Dance couple must consist of a male and a female partner. All wheelchair users must fulfil minimum disability criteria.
Couples' entries must be submitted by their National Paralympic Committees or authorised Federation by the NPC.

12. Results:

Only athletes who have been licensed by WPDS (including partners) will be taken in consideration for inclusion in the World Rankings.
<https://www.paralympic.org/dance-sport/documents>

13. Ranking:

The minimum number of participating countries per event must be 3.

In case of not reaching the minimum quota of 3 countries in the event, there are two choices:

- a) The event is cancelled with no competition at all, or
- b) The couple/athlete will be given the option of competing with a higher class (the event will not get specific medals, however in case the athletes reach the podium in the higher class, medals shall be normally awarded). The placement points will be carried to their specific ranking.

14. Official Hotel:

Toshi Centre Hotel

The Hotel is located at the center of Tokyo. It is 4.5 km away from the Venue. Access to the hotel is convenient from several stations by Tokyo Metro services.



Address:

2-4-1 Hirakawa-cho, Chiyoda-ku, Tokyo 102-0093, Japan

The door's inner width in the rooms is as follows:

	At Front (cm)	At toilet (cm)	At shower/bath (cm)
Single room	78	60	60
Twin/Double room	78	60	60
Deluxe Twin room	78	70	70

There are limited number of deluxe rooms in the hotel. The rooms will be awarded to the first teams that request to the LOC. The remaining rooms are wheelchair friendly, however, in case the wheelchairs are bigger

than the door width, the LOC offers a smaller wheelchair to be used to enter the toilet upon your request. (See photos below as an example of the small chair.)



15. Fees:

A. Entry fee:

Athlete: 3,000 yen per day (approximately 20 euro)

Staff: 3,500 yen per day (approximately 25 euro)

Visitors are free of charge.

B. All-inclusive competition package:

(including accommodation, 3 meals per day, reception, transportation (Hotel↔Venue) and TAX.)

Single room: 32,000 yen per person, night (approximately 228 euro)

Twin/Double room: 27,000 yen per person, night (approximately 192 euro)

Deluxe Twin room: 30,000 yen per person, night (approximately 214 euro)

C. JPDSA shuttle bus service (Airport↔Hotel):

Narita: 5,000 yen per person, one-way (approximately 35 euro)

Haneda: 3,000 yen per person, one-way (approximately 21 euro)

The JPDSA shuttle schedule will be informed on the Tokyo2023 website.

Note: There will be public transportation services (shuttle buses, train so on) from/to airports

※Price in euro is only for your information and the rate may vary.

Exchange rate: 1 euro = 140 yen (as of 2023 Jan)

16. Rules and Regulations:

The competition will be conducted under the World Para Dance Sport Rules and Regulations and World Para Dance Sport Classification Rules and Regulations.

17. Order to Entry Tickets and Competition Package, and Payment:

Entry tickets and package to order for the Tokyo 2023

Order form is [here](https://forms.gle/MRndy4RaG6KJ1ebf7). <https://forms.gle/MRndy4RaG6KJ1ebf7>

An invoice will be sent to you after receipt of your order-form. Please transfer the full amount to the

payment and note that you are responsible for any remittance charges.

Cancellation fee prior arrival:

25% will be charged when cancelled more than 30 days prior arrival,

50% will be charged when cancelled 29-15 day prior arrival,

75% will be charged when cancelled 14-8 day prior arrival,

100% will be charged when cancelled less than 8 days prior arrival.

Payment to be proceeded directly to the organiser.

18. **VISA:**

In case your delegation needs to get Visa, please contact the LOC. Please also check passport expiration date. Passport needs to be valid 6 month after the last day of the competition.

19. **Doping:**

Doping is forbidden in accordance with the IPC Anti-Doping Code.

20. **Therapeutic use exemption (TUE):**

It is an athlete's responsibility to ensure that any medication or method they take to treat an illness or medical condition is not prohibited according to the World Anti-Doping Agency (WADA) Prohibited List. Athletes may have to take a medication that is on the WADA Prohibited List to treat an acute or chronic illness or medical condition. Before doing so, they must apply for a TUE and be given an approval for the particular medication and/or method. Athletes should consult with their NPC team physician to guide them through this process. All TUEs will be managed as per the WADA International Standard for TUEs (ISTUE) and entered into ADAMS (a secure online database).

NPCs are encouraged to:

- Be proactive in assisting their athletes in verifying the status of their medications
- Identify, along with the athlete's physician, therapeutic use alternatives to prohibited medications or methods, if appropriate
- Submit legible and complete TUE application forms in a timely manner
- The most common reason a TUE is denied is because of lack of proper medical documentation.

Athletes and NPC medical staff are encouraged to ensure documentation related to all medical treatment such as proper diagnoses and treatment plans are included.

21. **COVID-19 precaution:**

A more detailed document about COVID19 precaution matters will be prepared and shared with the teams closer to the competition, as the measures and situation are still changing on a weekly basis.

The LOC ensures it will follow all national guidelines and requirements.

For general information, feel free to check;

["Safe return to Para Dance Sport"](#) @World Para Dance Sport

["COVID-19 and a Return to sport"](#) @International Paralympic Committee

["Border measures to prevent the spread of COVID-19"](#) @Ministry of Foreign Affairs of Japan

