

GKT STUDY GUIDE

#1 ENGLISH

1. fundamental	underlying
2. principles	rules
3. obliged	required
4. integral	necessary
5. athlete	competitor
6. ethics	morals
7. prohibited	banned
8. refusing	denying
9. method	technique
10. preliminary	preceding
11. component	part
12. performance	demonstration
13. assessment	evaluation
14. indicative	analytical
15. qualities	merits
16. outstanding	exceptional
17. statements	declarations
18. describe	explain
19. expected	anticipated
20. required	necessary
21. drunk	intoxicated
22. device	gadget
23. copy	duplicate
24. permit	allow
25. corruption	bribery
26. organise	administrate
27. costume	outfit
28. regulations	rules
29. score	marks
30. authority	power
31. money	fund
32. notes	handout
33. to release from	disengage
34. righteous	ethical
35. show	perform
36. to assist	support
37. double	duplicate

38. strength	power
39. required	obliged
40. technique	method
41. bribery	corruption
42. granting	permitting
43. insignificant	unimportant
44. banned	prohibited
45. audience	spectators
46. rules	regulations
47. help	assist
48. recommend	advise
49. entitled	eligible
50. improve	enhance
51. reputation	status
52. effective	efficient
53. instruction	education
54. gravity	weight
55. finish	cease
56. bent	flexed
57. equitable	fair
58. instruct	to brief
59. choreography	routine
60. pace	speed
61. function	officiate
62. conventions	rules
63. specification	criteria
64. decent	honest
65. equipment	device
66. duly	on time
67. acknowledge	confirm
68. average	medium
69. choose	select
70. intermission	break
71. necktie	tie
72. rotate	revolve
73. evaluation	analysis
74. general	common
75. preamble	introduction
76. conduct	behaviour
77. conflict	breach
78. knowledge	information
79. accreditation	qualification
80. portable	movable
81. relationship	association
82. partnership	alliance
83. supportive	understanding
84. adhere	obey

85. member	affiliate
86. official	approved
87. tempo	pace
88. licence	qualification
89. signature	autograph
90. extended	prolonged
91. resume	recommence
92. Chairperson	Chair
93. concentrate	focus
94. efficient	capable
95. adjudicator	judge
96. sponsor	supporter
97. compere	host
98. invigilator	overseer
99. benefit	advantage

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#2 WDSF KNOWLEDGE – HISTORY / COMPETITION RULES / ETHICS / CODE OF CONDUCT / ANTI DOPING / COMPETITION FIXING

W - WDSF KNOWLEDGE AND HISTORY

W1. Federation Internationale de Danse pour Amateurs (FIDA) was founded in_____.

Prague

W2. FIDA was dissolved in _____?

1956

W3. Originally IDSF was founded under the name of _____ (abbreviation)?

ICAD

W4. The WDSF is the sole authority worldwide for the determination of amateur status.

True

W5. Federation Internationale de Dance pour Amateurs (FIDA) founded in?

1935

W6. In 1990 International Council of Amateur Dancers (ICAD) changed its name to ?

IDSF

W7. What significant thing happened in 2003?

IDSF created the Grand Slam series

W8. The WDSF affirms its loyalty to the Olympic ideal inspired by _____.

Pierre de Coubertin

W9. WDSF membership with the IOC made DanceSport _____.

eligible for inclusion in the Olympic Games

W10. What do the letters WDSF stand for?

World DanceSport Federation

W11. The resources of WDSF and its Member Bodies may be used only for _____.

the benefit of DanceSport

W12. Which of the following is not included within the WDSF?

Cultural Dance

W13. The current President of WDSF is _____.

Lukas Hinder

W14. WDSF head office is in _____.

Switzerland

W15. When and where was the inaugural World Championship held?

1936 in Germany

W16. What is SportAccord?

a General Association of International Sports Federations

W17. IDSF and DanceSport were granted full recognition by the International Olympic Committee in _____.

1997

W18. What is ARISF the abbreviation for?

Association of IOC Recognised International Sport Federations

W19. To meet the requirements of the IOC, IDSF adopted _____.

the WADA's Anti-Doping Code

W20. The first World DanceSport Games were held in 2013 in _____.

Kaohsiung, TPE

W21. From Aug 2016, all Adjudicators wishing to be qualified for selection to judge Championships, Cups, Grand Slams and Games must have passed ____.

AJS and GK Tests

W22. WDSF Commissions are founded in order to ____.
advise and support WDSF

W23. The WDSF DanceSport Academy provides information and training on all aspects of DanceSport to Trainers, Adjudicators and Athletes through ____.
lectures, congresses, proficiency tests and examinations

W24. The WDSF Presidium is elected by the delegates to the AGM every ____.
4 years

W25. Every WDSF National Member Body can nominate ____ to the AGM.
2 delegates maximum

W26. Provisional Members of the WDSF have ____.
no voting rights

W27. The General Meeting (AGM) is convened by ____.
the WDSF General Secretary

W28. The official language in WDSF ____.
is English

W29. The Members of the Athletes' Commission are elected by ____.
the Athletes



- W30. Members of the Athletes' Commission must be _____.
active competitors or have ceased competing no longer than 3 years ago
- W31. WDSF coined the word "DanceSport" _____.
in the early 80s
- W32. DanceSport is a sport and dance activity that _____.
has adopted a sports-based culture
- W33. DanceSport is a medal sport in the _____.
IWGA World Games
- W35. WDSF promotes DanceSport as _____.
a sport for all
- W36. What are the types of WDSF Adjudicator's License?
Class A and Class B
- W37. Which of the following is not a WDSF Commission?
Organisers' Commission
- W38. WDSF Member bodies shall promote and advocate for the _____.
health, safety, well-being and medical care of the Athletes

W39. To further expand and develop DanceSport the WDSF started working on:

Vision 2020

W40. Dance turned into genuine sport _____

at the beginning of the 20th century

W41. The first Tango tournament with international participation took place in _____.

Nice, France in 1907

W42. In the inaugural World Championship in 1936, _____ nations were involved.

fifteen

W43. 'International Style' for the most popular ballroom dances was adopted from the:

English style

W44. The 5 Latin American dances have their heritage in _____ cultures.

Latin American, Hispanic and American

W45. The first World Championships in Rock 'n' Roll were held in _____.

1984

W46. Good performance includes Technique and three A's which are _____.

artistry, athleticism and aesthetics



W47. For the disciplines Latin American, Standard and Ten Dances alone, WDSF grants approximately _____ competitions annually to organisers around the world.

1000

W48. In March 2015, ____ was named as the main partner in the WDSF Grand Slam Series.

Swarovski

W49. DanceSport and its governing body are firmly embedded in the structures that constitute _____.

world sports

W50. WDSF seeks to have DanceSport events added to future editions of the ____.

Games of the Olympiad

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R - COMPETITION RULES

R1. Class B WDSF Adjudicator's License holders can judge up to _____.

WDSF Open

R2. No discrimination should be allowed in DanceSport on the basis of _____.

race, gender and religion

- R3. It is not necessary for every competitor who competes in a competition granted by WDSF to be a Member of or registered or affiliated with a WDSF Member body.

False

- R4. During the conduct of a competition, the Adjudicators on the judging panel shall:

follow any instruction given by the Chair

- R5. The Competition Programme book must not be used by Adjudicators, _____ the judging of the competition.

before and during

- R6. The follow spotlights may only be used _____.

in the solo dances to illuminate each couple in the same way

- R7. The Chairperson has the power to sanction _____ for misconduct during a competition.

Athletes and Adjudicators

- R8. When a Chairperson has not been appointed to an event by WDSF, the _____ must appoint a Chairperson.

Organiser

- R9. The Rule Book states that the person responsible for ensuring that the WDSF Competition Rules are followed at competitions granted under these rules is ____.

the Sports Director

R10. Who is responsible for enforcing the WDSF Competition Rules?

The Presidium

R11. Mixed heats are used beginning with the commencement of ____ or fewer in WDSF Ranking Competitions.

96

R12. All ____ must become familiar with the contents of the WDSF Operating Policy.

Adjudicators

R13. “Immediate and extended family” includes ____.

an adoption order and someone with whom he/she cohabits

R14. What constitutes a ‘lift’?

one member of the couple has both feet off the floor at the same time with the assistance or support of the partner

R15. The _____ may disqualify couples who perform lifts during competition.

Chairperson

R16. In all competitions the invigilator reports to the _____.

Chairperson

R17. An Adjudicator who holds a WDSF Adjudicator’s licence may resume competing as an athlete:

immediately after surrendering his/her Adjudicator’s licence to the Sports Director

- R18. In competitions of the IOC, OCA and IWGA couples of mixed nationality are ____.
not permitted
- R19. All participants in WDSF-granted competitions must be identified by ____.
a WDSF ID card
- R20. The number on any Competition Number Card on WDSF Championships and/or Cups shall be a minimum of ____ Arabic numerals and may not exceed ____ numerals.
2 and 3
- R21. The male may advertise up to ____ sponsors on their competition costumes as set out by the rules.
3
- R22. The female may advertise up to ____ sponsors on their competition costumes as set out by the rules.
2
- R23. An athlete may _____ while they are actively competing.
not become a WDSF Adjudicator
- R24. WDSF definition of a couple is _____.
“A couple consists of a male and a female partner”

R25. In WDSF Rising Star competitions in the Adult age group, couples ranked in the top ___ can't participate.

50

R26. If the timetable is under pressure, _____ in the competition.

required breaks must be maintained between rounds

R27. An Adjudicator can represent a country if he/she has stayed in that country for at least ___ days out of one year.

183

R28. A female athlete may compete wearing_____.

a costume which is required in a lower category

R29. Each athlete may change costume up to ___times in all of the rounds of any competition.

three

R30. An athlete must have stopped competing for a minimum of ___ before obtaining an Adjudicator's licence.

12 months

R31. WDSF Member Bodies are responsible for compliance with the WDSF Competition Rules in their respective countries.

True

R32. WDSF is the governing body for all DanceSport Competitions.

True

R33. For all WDSF competitions the Adjudicators must be recognised by the Presidium.

True

R34. A Chairperson may not need to brief the Adjudicators if he/she has nothing special to inform them.

False

R35. A minimum of 7 Adjudicators shall officiate at WDSF World Championships, WDSF Continental Championships and WDSF World Open competitions.

True

R36. WDSF has introduced the “Other Dances” as a new discipline.

True

R37. A minimum of 9 Adjudicators shall officiate at WDSF World Championships, WDSF Continental Championships and WDSF World Open competitions.

False

R38. WDSF has introduced the Salsa and Hip Hop as new disciplines.

True

R39. A de facto or personal relationship to a competitor in the competition may cause a conflict of interests.

True

R40. Adjudicators may bring their family who have competed in that event, to the VIP area at the completion of the competition.

False

R41. An Adjudicator appointed in a competition may act as Chairperson in another category if it is necessary.

False

R42. Unequal treatment of men and women is strictly prohibited in DanceSport.

True

R43. An Adjudicator can judge in an event if his/her spouse is a Chairperson of the event.

False

R44. An organiser can also act as an Adjudicator at the same event.

False

R45. "Immediate and extended family" includes anyone who is related by blood or marriage but doesn't include adopted children or de facto partners.

False

R46. Once an Adjudicator is engaged to officiate at an event, he/she can only act as an Adjudicator throughout the entire event.

True

R47. The current official dress code allows Black or Navy suits.

False

R48. Both members of a partnership must hold a valid and subsisting passport of the represented country at the time of registration to compete in any WDSF Championship.

False

R49. Mobile devices are allowed on or near the competition floor during judging, if it's only to take a photograph.

False

R50. Once an Adjudicator has acquired his/her licence, he/she is not required to maintain and develop his/her judging skills by keeping himself/herself informed on developments in technique and style, and any changes in WDSF rules and policies on judging.

False

R51. An Athlete who previously has a WDSF Adjudicator's license can only act as an Adjudicator after reactivating his/her license by informing the Sport Director in writing at least 6 months in advance prior to judging a competition.

True

R52. The WDSF Competition Rules apply to DanceSport governed by the World Dance Council and all of its Members.

False

R53. The Chairperson can serve only in a non-voting capacity.

True

R54. The WDSF Presidium is responsible to the Chairperson.

False

R55. WDSF has no rules regarding dance floor dimensions and quality.

False

R56. In WDSF Championships, mixed heats are used from the first rounds, including redance.

True

R57. It is the responsibility of the invigilator to ensure that competitors dance in their assigned heats.

False

R58. Only the Chairperson and Scrutineers have access to the marks until they are delivered to the Competition Organiser.

True

R59. The athlete's costume must cover the intimate parts of the athlete's body.

True

R60. The Chairperson may suspend from competition any athlete who fails to comply with the Dress Regulations.

True

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C – CODE OF CONDUCT, ETHICS

- C1. In the WDSF Code it states “Our reputation demands that we conduct our business ethically and legally, and that our conduct always reflects the values and principles enshrined in the ___

Olympic Charter

- C2. The Code of Conduct and Standard of Ethics is intended to provide a _____ for conduct and ethics for Adjudicators.

framework of standards

- C3. The “Code” has been developed as an Operating Policy of the WDSF Presidium in recognition of the fundamental responsibility of all Adjudicators to maintain the _____ of judging panels as a whole.

integrity, competence and effectiveness

- C4. The “Code” has been developed as _____ in recognition of the fundamental responsibility of all Adjudicators.

an Operating Policy of the WDSF Presidium

- C5. It must be recognised that the “Code” cannot anticipate all possible situations. In all cases appropriate behaviour remains the responsibility of _____.

the individual Adjudicator

- C6. The provisions of the WDSF Code of Ethics shall be governed by and interpreted in accordance with _____.

Swiss law

- C7. The values and principles written in the WDSF Code of Ethics reflect the common ethical basis of _____.

any person involved in DanceSport

- C8. The “Code” applies to all _____.

Adjudicators and Chairmen of Adjudicators.

- C9. The “Code” may be amended from time to time by _____.

the WDSF Presidium

- C10. Adherence to the standards reflected in the “Code” is essential to _____.

WDSF’s future success

- C11. An Adjudicator who has a personal relationship with an active athlete cannot at any time be accompanied by this athlete in any official area during a WDSF event where he/she is acting as an Adjudicator. This includes _____.

VIP areas and official facilities, restaurants and the hotel accommodation

- C12. When visiting another country to judge, an Adjudicator shall not coach, teach or give any advice at any lesson, camp, workshop or other training facility at any time during the ____ period prior to the start of the WDSF competition he/she has accepted to adjudicate.

two week

- C13. An Adjudicator shall refrain from publicly taking any partisan position in respect of any couple he/she may judge in any competition. What does “partisan position” mean?

strongly supportive

C14. An Adjudicator may not use _____ on or near to the competition floor during judging.

portable digital-information devices of any kind

C15. An Adjudicator shall not make any false representation in respect of his/her _____ in relation to his/her Adjudicators' licence.

accreditation level or experience

C16. An Adjudicator must be _____ in his/her decisions.

objective and neutral

C17. Where an Adjudicator is permitted by the "Code" to judge the couples he/she coaches or has coached in the past, the Adjudicator should not _____.

allow this relationship to influence his/her judgement

C18. An Adjudicator must maintain and develop his/her _____ by keeping himself/herself informed.

judging skills

C19. An Adjudicator must keep himself/herself informed of _____.

any changes in WDSF rules and policies in judging

C20. An Adjudicator must keep himself/herself informed of _____.

developments in technique and style

- C21. Regardless of the status of the competition, the Adjudicator shall not ____ before and during any period of the event.

consume any alcoholic beverage or recreational drugs

- C22. Adjudicators who are present at an event without being an official judge of the competition itself are _____.

subject to the rules regarding General Behaviour of Adjudicators

- C23. Adjudicators who are present at an event without being an official judge of the competition itself _____.

must not publicly question his/her fellow Adjudicator's judgement

- C24. Adjudicators who are present at an event without being an official judge of the competition itself _____.

shall not act in any way that may bring the image of WDSF or DanceSport into disrepute.

- C25. It is a basic requirement of the Adjudicator's licence that any Adjudicator engaged to judge at a competition shall _____.

arrive on time at the venue

- C26. It is a basic requirement of the Adjudicator's licence that any Adjudicator engaged to judge at a competition shall _____.

be in reasonable physical and mental condition

- C27. It is a basic requirement of the Adjudicator's licence that any Adjudicator engaged to judge at a competition shall _____.

ascertain the timetable of the competitions

- C28. It is a basic requirement of the Adjudicator's licence that any Adjudicator engaged to judge at a competition shall _____.
report his/her presence to the organiser and Chair of Adjudicators
- C29. It is a basic requirement of the Adjudicator's licence that any Adjudicator engaged to judge at a competition shall _____.
be available to perform the duties of a WDSF Adjudicator as scheduled
- C30. It is a basic requirement of the Adjudicator's licence that any Adjudicator engaged to judge at a competition shall _____.
behave in such a way during the competition as to preserve the good reputation of DanceSport and the WDSF
- C31. During the rounds of a competition, the Adjudicators on the judging panel shall:
stand apart from one another
- C32. During the rounds of a competition, the Adjudicators on the judging panel shall:
stand at such locations that they do not interfere with the competitors
- C33. During the rounds of a competition, the Adjudicators on the judging panel shall:
move to whatever position is required to see all the couples
- C34. During the conduct of a competition, the Adjudicators on the judging panel shall:
judge independently

- C35. During the conduct of a competition, the Adjudicators on the judging panel shall:
not compare notes with the other Adjudicators
- C36. The Code may be amended from time to time by _____.
the WDSF Presidium
- C37. The rules and standards set out in the Code are intended to _____.
assist the Adjudicators to establish appropriate standards of conduct
- C38. During the conduct of a competition, the Adjudicators on the judging panel shall:
not make any attempt to become familiar with names, numbers and nationalities of the participants by using the official programme
- C39. During the conduct of a competition, the Adjudicators on the judging panel shall:
follow any instruction given by the Chair
- C40. During the conduct of a competition, the Adjudicators on the judging panel shall:
concentrate on judging only
- C41. During the conduct of a competition, the Adjudicators on the judging panel shall:
not have any communication with the audience
- C42. An Adjudicator and their spouse are allowed to judge on the same panel _____.
under no circumstances

- C43. An Adjudicator may use a mobile phone when he/she is judging _____.
under no circumstances
- C44. An Adjudicator is allowed to drink alcoholic beverages ____ in the judges' room.
under no circumstances
- C45. An Adjudicator's appointment as an Adjudicator in a Championship will be ____.
published on the WDSF website prior to the event
- C46. An Adjudicator can speak to competitors during the event _____.
under no circumstances
- C47. Adjudicators can discuss a couple's performance with them during an event:
under no circumstances
- C48. An Adjudicator can speak about the performance of a couple with another Adjudicator during a competition - _____.
under no circumstances
- C49. An Adjudicator cannot accept gifts from people during a competition _____.
under any circumstances
- C50. _____ are not allowed to interfere with the running of Sports Institutions.
Both Sponsors and Broadcasters

C51. WDSF Member bodies are not required to advocate for the health, safety and well-being of Athletes.

False

C52. Officials shall strive to prevent the exploitation of Athletes.

True

C53. Accusing someone of a breach of the Code of conduct, while knowing that the accusation is false, constitutes a breach of this Code.

True

C54. Chairpersons do not have the power to sanction Adjudicators for misconduct during a competition.

False

C55. All forms of harassment in Dancesport are prohibited.

True

C56. It is the responsibility of the competing Athletes to move around in order to be seen by all Adjudicators.

False

C57. Adjudicators can stand in each other's personal space on the floor as long as they are not talking.

False

C58. An Adjudicator can take his/her eyes off the competitors during the competition if he/she has finished marking.

False

C59. An Adjudicator can discuss or comment on the performance of competing Athletes as soon as he/she has finished judging the event.

False

C60. Our reputation demands that we conduct our business ethically and legally.

True

C61. The Code of Conduct is an Operating Policy of the WDSF Presidium.

True

C62. All Adjudicators must maintain physical fitness to be competent.

False

C63. All competitors are judged on their merits.

True

C64. WDSF expects every Adjudicator to act in a manner consistent with IOC values and principles.

True

C65. WDSF officials are not required to be mindful of acting in a manner likely to tarnish the reputation of WDSF.

False

C66. Adjudicators should uphold the highest standards of behaviour at all times

True

C67. The Code of Conduct applies only to Adjudicators and not the Chairperson.

False

C68. An Adjudicator cannot judge his/her immediate family but can judge an athlete with a past personal relationship.

False

C69. An Adjudicator may not accept money, favours or promises of any future consideration, whether as a gift or as payment for services, from any competitor or organiser, or any third party.

True

C70. WDSF Adjudicators are morally obliged to put their own personal needs ahead of the WDSF rules.

False

C71. An Adjudicator shall not seek by any means to improperly influence or intimidate another Adjudicator.

True

C72. An Adjudicator must mark every competitor on their merits unless they can recall a better performance previously in which case they can score them more highly.

False

C73. An Adjudicator must not publically question his/her fellow Adjudicators' judgement, honesty or good faith.

True

C74. The Chairperson is responsible to the WDSF Presidium.

True

C75. In all WDSF competitions, Chairpersons, Adjudicators and all other officials, must follow the official dress code.

True

C76. WDSF expects every Adjudicator to take personal responsibility for complying with the Code and acting in a manner consistent with WDSF and IOC values and principles.

True

C77. An Adjudicator shall not judge in any event and shall retire from the panel, if he/she knows or believes that his/her physical or mental condition does not allow him/her to perform the job properly without any limitations.

True

C78. The Code of Ethics governs the organisation of competitions.

False

C79. The Ethics Committee is constituted and shall act according to the corresponding provisions in the WDSF Statutes..

True

C80. If it is unclear whether a conflict of interest exists in any situation, any such person should always err on the side of caution and ethics, and shall submit the question to the Ethics Committee for a recommendation.

True

C81. An Adjudicator must be consistent, objective and neutral in his/her decisions. Biased judging undermines the whole basis of competition.

True

C82. The Disciplinary Council is an independent jurisdictional organ of WDSF.

True

C83. The values and principles written in the WDSF Code of Ethics reflect the common ethical basis of all spectators and Adjudicators.

False

C84. WDSF bears no responsibility to safeguard the integrity and the authenticity of DanceSport.

False

C85. WDSF will take all possible measures to eliminate corrupt, immoral or unethical activities.

True

C86. The intent of the Code of Ethics is to ensure that DanceSport is practiced and administered under ideal conditions which is more than just being in compliance with the Rules and Regulations.

True

C87. An Adjudicator must be prepared to support 50% of the principles and objectives obtained in the Code of Ethics.

False

C88. The Code of Ethics does not apply to invigilators.

False

C89. Everyone who is subject to the Code of Ethics is responsible to be familiar with the terms of the Code.

True

C90. Safeguarding the dignity of the individual is not a fundamental requirement of DanceSport.

False

C91. You should always question the judgement of your fellow Adjudicators.

False

C92. WDSF officials shall not, directly or indirectly, accept or offer any form of remuneration or commission unless it's well concealed.

False

C93. WDSF officials are allowed to influence the results of a competition by subjective or unfounded act.

False

C94. Officials must not act in a manner likely to tarnish the reputation of WDSF.

True

C95. Salaries or fees approved by WDSF are considered bribes.

False

C96. Gifts, hospitality or other benefits associated with their official tasks may be given or accepted as an expression of courtesy or token of friendship if they are of nominal value, do not bring suspicion on the Official's integrity and do not compromise the integrity of WDSF.

True

C97. The hospitality shown to members of the WDSF shall not exceed the standards prevailing in the host's country, but this does not apply to persons accompanying them.

False

C98. WDSF Officials may accept invitations to attend sports or social events due to their WDSF status, even if they are of more than nominal value, as long as such invitations are disclosed forthwith to the Presidium.

True

C99. WDSF Officials must not be involved with persons, associations or other legal entities whose reputation is inconsistent with the principles set out in the Olympic Charter.

True

C100. Safeguarding the dignity of the individual is a fundamental requirement of DanceSport.

True

C101. WDSF Adjudicators do not have to disclose apparent conflicts of interest – it's the responsibility of the Presidium to check.

False

C102. If an Adjudicator is unsure if they have a conflict of interest, they should notify the scrutineers.

False

C103. WDSF Adjudicators shall not perform their duties when there is an existing or potential conflict of interest.

True

C104. WDSF Officials shall respect and abide by public and private legal obligations.

True

C105. WDSF is above the Rule of Law.

False

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A - ANTI-DOPING

A1. Doping is “Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete’s Sample.”

True

A2. WADA stands for WDSF Doping Agency.

False

A3. Refusing to submit a sample for collection isn’t an Anti-Doping Rule violation.

False

A4. WDSF Athletes can also be subjected to out-of-competition anti-doping tests.

True

A5. WADA is the abbreviation for World Anti-Doping Agency.

True

A6. It is each athlete’s personal duty to ensure that no Prohibited Substance enters his/her body.

True

A7. There is no Therapeutic Use Exemption allowed.

False

A8. The abbreviation for Therapeutic Use Exemption is TUES.

False

A9. All participants of WDSF-granted events must abide by the WDSF Anti-doping code

True

A10. All WDSF Athletes are subject to doping controls which include urine analyses and blood test

True

A11. All participants except Chairperson of WDSF-granted events must abide by the WDSF Anti-doping code.

False

A12. All WDSF Athletes except senior 4 are subject to doping controls which include urine analyses and blood tests.

False

A13. All participants in WDSF DanceSport including, and limited to, Athletes, Chairpersons and Adjudicators, must abide by the WDSF Anti-Doping Code.

False

A14. The WDSF will keep WADA fully apprised as to the status of pending cases and the results of all hearings.

True

A15. WDSF has authority to conduct results management in respect of any anti-doping rule violation.

True



A16. The WDSF Disciplinary Council will act in a fair and impartial manner towards all parties at all times.

True

A17. The WDSF Disciplinary Council will inform an athlete of a result at the end of a hearing but will not provide reasons.

False

A18. The decision of the WDSF Disciplinary Council is final and there is no right to appeal.

False

A19. An anti-doping rule violation for which an Athlete has established No Fault shall still be considered a prior violation.

False

A20. Each anti-doping rule violation must take place within the same ten-year period in order to be considered multiple violations.

True

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F - COMPETITION FIXING

F1. “Manipulation of sports competitions” means an intentional arrangement, act or omission aimed at an improper alteration of the result or the course of a sports competition in order to remove all or part of the unpredictable nature of the aforementioned sports competition with a view to obtaining an undue advantage for oneself or for others.

True

F2. Competition manipulation is the improper influencing of the course or result of a competition for an advantage.

True

F3. ‘Match-fixing’ is terminology used by all sports.

False

F4. The term ‘competition manipulation’ includes both ‘result-fixing’ and ‘sport-fixing’.

True

F5. Competition manipulation is not a form of corruption.

False

F6. ‘Fact’ and ‘innuendo’ mean the same.

False

F7. 'Inside information' is information relating to a competition that has already been published and is public knowledge.

False

F8. 'Source' is any individual who provides relevant information to aid an inquiry or a criminal investigation.

True

F9. In the White Paper on Combatting Competition Manipulation, TF stands for Task Force.

True

F10. In the White Paper on Combatting Competition Manipulation, CM stands for Master of Ceremonies.

False

F11. Competition manipulation is a breach of sports integrity.

True

F12. The CCM TF was established to start a progress that will require the paradigms to be shifted.

True

F13. Unsportsmanlike conduct is not regarded as a breach of sports integrity.

False

F14. Breaches to sports integrity can have far-reaching repercussions that include sports disciplinary proceedings.

True

F15. Breaches to sports integrity can have far-reaching repercussions but do not include criminal proceedings.

False

F16. Breaches to sports integrity can have far-reaching repercussions that include fan and sponsor loss.

True

F17. Legal betting has been found to be a serious problem in Dance Sport at the present time.

False

F18. Historically, competition manipulation has arisen from the situation where principal competition stakeholders switch from being teacher / trainer one moment, to being a refereeing official the next.

True

F19. The White Paper is the first official publication released by the members of the Presidential Task Force to Combat Competition Manipulation in DanceSport.

True

F20. Even if a person doesn't agree with the assumptions and conclusions made throughout the White Paper, it should still serve as a point of departure and reference in the discussion of the topic of Competition Fixing.

True

#3 GENERAL PRINCIPLES / STANDARD TECHNIQUE / LATIN AMERICAN TECHNIQUE / AJS / MUSICALITY & TEMPI

G - GENERAL PRINCIPLES

G1. A dancer's foot can be placed ____.

forward, backward, sideways, diagonally, crossed and closed

G2. "Before Foot Position" is a position whereby the body weight is situated ____.

halfway between the "centre balance position" and the moving foot

G3. In anatomy, the human body is defined by three imaginary planes of movement.

Frontal, sagittal and horizontal plane

G4. A step is a coordinated transfer of _____ from one foot to another.

full or partial weight

G5. The historic technique has always been ____ for athletes and teachers.

a guideline

G6. The WDSF technique books have introduced _____, respecting the fundamental principles of the past.

a new method of codification

G7. The WDSF technique books respect the fundamental principles of the past but include ____.

the dynamic changes of the present

G8. The new WDSF technique books use a similar chart system to that of the historic technique with an introduction of several new columns that _____.

describe additional technical detail

G9. In anatomy, the human body is defined by ___ imaginary planes of movement.

3

G10. In Foot Placement/Positions, w/o is the abbreviation for _____.

without

G11. In the Charts, LOD is the abbreviation for _____.

line of dance

G12. Amount of Turn is measured _____.

between the feet

G13. In the Charts, IE is the abbreviation for _____.

Inside Edge

G14. Body actions are all actions involving the ____.

upper part of the body

G15. The Foot Action 'Ball' _____

covers all degrees of flexion of the foot from when the Heel is just off the floor until one degree less than 'Toe'.

- G16. The posture used in all 5 Latin American dances _____.
remains the same except for Paso Doble
- G17. Which of the following is not a body action?
Line
- G18. 1/8 of a turn is _____.
45 degrees
- G19. 'Slight Turn' indicates a Rotation of the centre of _____.
less than 1/8 turn
- G20. In dance terms, the abbreviation ET stands for _____.
Extreme Toe
- G21. A 'Natural Turn' rotates _____.
to the Right
- G22. Alignment refers to the _____.
position of the foot in relation to the room.
- G23. 'Facing', 'Backing' and 'Pointing' are terms used when describing _____.
Alignment

G24. 'CBM' stands for 'Contra Body Movement' and is a _____.

Body Action

G25. 'Shaping' in Latin American describes the design of the contact points _____.

in holds and in silhouettes

=====

S - STANDARD TECHNIQUE

S1. An action is a principal movement which _____.

does not involve the transfer of weight

S2. Swing side step is taken _____.

forward and finishing to side

S3. In swing dances, drive action is generally used on the _____ step of each figure.

first

S4. In preparation for moving backwards, the free leg should _____.

move slightly backwards before lowering the standing leg

S5. From a "rise" position, the dancer will first lower _____.

the feet followed by the knees

S6. In Counter Promenade Position, the _____ of the lady are in contact.

left side of the man and the right side

S7. In Tango walks, the feet are _____.

slightly lifted and placed on each step

S8. Which of the following is NOT a characteristic of a Tango Walk action?

slight rise and fall

S9. Due to the speed of the music, the elevation of the Viennese Waltz is generally completed at the end of the _____ step.

1st

S10. An extension should start from the ___ part of the body and follow in the ___ part of the body.

upper lower

S11. Technical sway is a basic form of sway which involves the _____.

entire body from foot to head

S12. Generally there are 3 types of rise which are _____.

foot rise, leg rise and body rise

S13. Which is the maximum quantity of turn on a Pivot?

1/2 turn

S14. How many bars of music are being used for the Weave from PP in Foxtrot?

2

S15. What is the quantity of turn for the Heel Pull?

3/8 to R

S16. Step 4 of the Natural Spin Turn for the Man is _____.

Natural Pivot

S17. What is the starting Alignment and Direction for the Reverse Turn in the Viennese Waltz?

Facing Diag. Wall

S18. What is the quantity of turn between the last step of the preceding figure and first step of Natural Turn in Viennese Waltz?

1/8 to R

S19. What is the basic Sway in Progressive Chassé to Right in Waltz?

Straight, straight, straight, straight

S20. The Man's Footwork in the Hesitation Change in Waltz is _____.

TH, H then I/E of F and Whole F, I/E of B

S21. The normal timing for the Closed Promenade in Tango is _____.

SQQS

S22. The Man's Foot Placement of step '1' of the Outside Spin is _____.

LF bwd in CBMP (small step)

S23. In the WDSF Technique book, the Man's Footwork in the Natural Turn in Quickstep is _____.

H Flat, T, TH

S24. What is the Sway in the Four Quick Run in Quickstep?

No Sway

S25. What is the timing for the Three Step in Slow Fox?

SQQ

S26. The Sway in the Lady's Feather Step in Slow Fox is _____.

Straight, Left (Cosmetic), Left (Cosmetic)

S27. The Man's footwork on step 1 of Reverse Fleckerl in Viennese Waltz is _____.

BH

S28. The Rules state that open choreography in Viennese Waltz is allowed in _____.

Championships, Cups and other competitions

S29. The Heel Pull action is used in order to _____.

decelerate the body and change the direction of movement

S30. The Man's Footwork of step 5 of Reverse Wave in Foxtrot is _____.

T

S31. The Man's footwork on step 1 of Natural Fleckerl in Viennese Waltz is _____.

HB

S32. The biggest developments have been made in the way modern Standard dancers use _____.

the upper part of the body

S33. "Body Actions" are those actions that involve the _____.

upper part of the body

S34. There are 3 major Body Actions in Standard. These are _____.

rotation, sway, extension

S35. In the charts, CBMP is included as part of _____.

foot placement/positions

S36. When dancing a forward step in Standard with a Heel lead, the Centre of Balance position will be when _____.

50% of the weight is on the front Heel and 50% on the back Toe/Ball

S37. In Standard, the Couple Position is the specific combination of the _____ between man and lady.

hand hold and centre connection

S38. In Standard the height of the Man's left hand when in Closed Position is ____.

approximately Lady's eye level

S39. One of the general functions of the Hand Hold in Standard is _____.

keeping the shoulders parallel to each other

S40. In Closed Position in Standard, the Lady's left hand is placed _____.

at the lower end of the Man's right deltoid muscle

S41. There are ____ possible positions of the centre in Standard where the Hand Hold will not vary.

9

S42. In Closed Position in Standard the ____ side of the Lady's Centre is in contact with the ____ of the Man's Centre.

Right Right

S43. In Standard a step outside the partner on the Right side is referred to as _____.

OP

S44. In Outside Partner Position in Standard, both Man and Lady make a slight torsion to the right to create approximately ____ of a turn between the shoulders and hips.

1/8

S45. The angle between Man's and Lady's feet in Promenade and Fallaway Positions in Standard is approximately ____.

90 deg (1/4 turn)

S46. The angle between Man's and Lady's hips in Promenade and Fallaway Positions in Standard is approximately ____

45 deg (1/8 turn)

S47. The shoulders of the Man and Lady in Promenade and Fallaway Positions in Standard should:

remain as close to parallel as possible

S48. The Right Angle Position requires the ____ of the Lady's body in relation to the Man's body.

sliding

S49. In the Wing Position in Standard, the ____ side of the Lady's centre is in contact with the ____ side of the Man's centre.

left left

S50. The use of the head position in Standard ____.

is subjective and depends on choreography and style of the couple

S51. Fallaway Position is used when both partners have to move backwards in the same direction.

True

S52. Fallaway Position is the same as Counter Promenade Position.

False

S53. The term “Wing” refers to both a figure in the syllabus and a position of the centre.

True

S54. Wing Position is the opposite of the Closed Hold.

True

S55. Head Position is the position of the chin in relation to the shoulders or sternum.

True

=====

L - LATIN AMERICAN TECHNIQUE

L1. Delayed actions are actions where the foot _____.

is placed without weight and the weight is transferred later

L2. In Rumba Walks, the foot is positioned and centre balance is reached on the number count and the weight is transferred _____.

on the "&" count

L3. The Latin Cross is executed with _____.

knees compressed and held together

- L4. In backward steps of the travelling Botafogo, advanced dancers tend to ____.
keep the knees straightened for aesthetic reasons
- L5. Which are the General Actions in Latin American Dance which are common to all dances?
Swivel actions, Spiral actions, Delayed actions, Latin Cross
- L6. In general, what are Swivel actions?
They are turning actions where the weight is held over one foot
- L7. Which dances commonly use the Merengue action?
Jive, Samba and Cha Cha Cha
- L8. Which of the following are not Hip Muscular Actions described in the WDSF Technique books?
Twist, Direct and Circle
- L9. Which are the Foot Actions for a Side Chasse in Cha Cha Cha in the WDSF Technique book?
B Flat, B, B Flat
- L10. Which type of bounce is used in Natural Basic in Samba?
Normal Bounce
- L11. General actions in Samba's Criss Cross Voltas are _____.
Latin Cross and side step with part weight

- L12. The elevation phase in Samba Bounce Timing occurs on _____.
the '&' counts
- L13. The footwork for the Jumping Chassé LRL (Man/Lady) in Jive is _____.
Ball, Ball, Ball Flat Ball
- L14. What is the Single Beat Chassé to the Left or Right in Jive?
One step to the side counted 'S'
- L15. On a Checked Forward Walk in Rumba, ____ of the body weight is transferred forward.
50%
- L16. There is a _____ General Action in New York to Left or Right in Rumba.
Swivel
- L17. Checked Forward Walk in Cha Cha Cha has _____ turn.
no
- L18. The Cuban Break action in Cha Cha Cha is _____ the Checked Forward Walk.
significantly faster than
- L19. Footwork for March Action in Paso Doble is _____.
Heel lead

L20. Flamenco Taps in Paso Doble have _____.

Sway and Rotation

L21. The practical use of the Link in Jive is _____.

to return from Open Position to Closed Position

L22. The Ecart in Paso Doble is also known as _____.

Fallaway Whisk

L23. The evolution of the Latin American dances has produced _____.

an increase in the amount of movement *and* dramatic change to the dynamics of dance

L24. Bounce Action is specific to _____.

Samba

L25. Swivel Action is specific to _____.

all five Latin American dances

L26. A Swivel Action is usually danced on _____ count.

an "&" count

L27. Spiral Turn is used when the turn exceeds _____.

7/8

L28. What practical use has the Progressive Basic Movement in Samba?

It is used to progress

L29. In Latin American there are 2 different types of lead, they are ____.

connection and visual

L30. The Lead through connection is based on the principles of ____.

pressure

L31. Bounce Action is used in Samba and Jive.

False

L32. Heel Leads are never used in the Latin American dances.

False

L33. Parallel Position is known as the 6th Position in Modern Ballet.

True

L34. Continuous Spins and Three Step Turns are not allowed in Latin American.

False

L35. The Heels may be lowered lightly in Sur Place in Paso Doble.

True

L36. Sur Place and Basic Movements in Paso Doble are the same.

False

L37. Elevation may not be used on the Separation in Paso Doble.

False

L38. The normal footwork in Rumba is Ball flat.

True

L39. In Right Side Position the Lady is on the Man's Right side, facing opposite ways.

False

L40. Appel is from the French word meaning to call – the Matador's call to the bull.

True

L41. A position in which the weight of the body is situated half way between the "Centre Balance Position" and the moving foot is known as the Before Foot Position.

True

L42. Turn can be made to the Left or Right when dancing the Side Step in Rumba.

True

L43. A Foot Slip is an action where a foot is moved approximately 25cms while maintaining full weight on that foot.

False

L44. The Posture for the Man and the Lady is the same in Latin American.

False

L45. The Man must remember to stop the bounce action on the preceding step when dancing Corta Jaca in Samba.

True

L46. The Paso Doble originated in France.

True

L47. Lead in dancing is the method of communication between partners, used to indicate a specific movement or shape.

True

L48. Counter Fallaway Position is not used in Latin American.

False

L49. There is no 'Recovery' phase on a checked forward walk.

True

L50. A Checked Backward Walk is not always followed by a Weight Transfer in Place.

False

L51. Delayed actions are actions where the foot is first placed without weight and the weight is transferred later.

True

L52. Delayed actions are used to create pleasing aesthetic lines, especially of the arms and hands.

False

L53. Delayed actions can be danced with a straight knee or a bent knee.

True

L54. Swivel Change is an action which combines a Back Swivel with a Forward Swivel.

True

L55. All Latin American dances progress around the floor in an anti-clockwise direction.

False

=====

JS - ABSOLUTE JUDGING SYSTEM

JS1. Which of the following is the method of judging when using AJS?

Absolute Judgement

JS2. What does PAS stand for?

Performance Assessment Standard

JS3. The abbreviations of the four categories used in AJS are?

TQ, MM, CP, PS

JS4. Marks should be awarded based on _____.

PAS/IQs

JS5. How many judges are allocated per category in AJS?

3 (or 6 when judging 2 categories)

JS6. In the case of tied places in AJS _____ used to calculate the result.

no extra calculations are

JS7. Posture is a sub-component under _____.

TQ for Standard and Latin American

JS8. The category chosen for each judge to mark is _____.

a computerised random selection

JS9. AJS is used from _____.

Quarter Final (24 couples)

JS10. Absolute Judgement is the method of judging used in _____?

AJS

JS11. In AJS, IQs is the abbreviation for _____?

Indicative Qualities

JS12. How many Judging Components are there?

4

JS13. When using the AJS, the judges are divided into ____ groups.

4 (or 2 when judging 2 categories)

JS14. The recommended number of judges for the WDSF Absolute Judging System is ____.

12

JS15. With the Absolute Judging System, ____.

.25, .5 and .75 can also be used

JS16. The sub components under each of the Judging Components in AJS in Standard and Latin American are ____.

some the same and some different

JS17. TQ stands for ____.

Technical Qualities

JS18. PAS is ____.

a defined standard of assessment for judging

JS19. What is the highest possible score on AJS?

10

JS20. When using AJS, in the final the dances are performed with ____.

some solo and some all couples on the floor

JS21. When judging 2 categories, which of the following combinations are not linked?

TQ & MM

JS22. In AJS, what does MM stand for?

Movement to Music

JS23. In AJS, what does CP stand for?

Choreography and Presentation

JS24. In AJS, what does PS stand for?

Partnering Skills

JS25. When judging a final with AJS, adjudicators _____.

are not allowed to know the accumulating results

=====

M - MUSICALITY & TEMPI

M1. Beat duration in Shuffle Timing can be increased until it reaches ____ its original value.

twice

M2. Beat duration in Shuffle Timing can be decreased until it reaches ____ of its original value.

50%

M3. The beat value of 'a' in the Charts in Samba is _____.

1/4 beat

M4. The beat value of '&' in the Charts in Samba is _____.

1/2 beat

M5. The beat value of '1' in the Charts in Waltz is _____.

whole beat

M6. In 4/4 Time Signature (eg Slow Foxtrot), a 'S' has ____ value.

2 beats

M7. In 4/4 Time Signature (eg Slow Foxtrot), a 'Q' has ____ value.

1 beat

M8. In 2/4 Time Signature (eg Samba), a 'S' has ____ value.

1 beat

M9. In 2/4 Time Signature (eg Samba), a 'Q' has ____ value.

1/2 beat

M10. The Time Signature is described in the form of a _____.

fraction

M11. In musical theory, syncopations are always associated with the _____ whole beat.

preceding

M12. The Time Signature in Jive is _____?

4/4

M13. In Samba the _____ beat is accented.

second

M14. In general, the Musical Phrase is usually _____ bars.

8

M15. A musical composition usually has a _____ bar introduction.

4

M16. A chorus is a series of musical phrases and is usually composed of _____.

32 bars

M17. The time signature of Paso Doble is _____.

2/4

M18. The tune of the composition is the _____.

melody

M19. What is the definition of Musical Structure?

The ability of the dancers to dance to all elements of the music (Phrase, Melody, Chorus, Intensity, etc.)

M20. The Tempo for Waltz is ____.

28 - 30bpm

M21 The Tempo for Tango is ____.

31 - 33bpm

M22. The Tempo for Viennese Waltz is ____.

58 - 60bpm

M23. The Tempo for Slow Foxtrot is ____.

28 - 30bpm

M24. The Tempo for Quickstep is ____.

50 - 52bpm

M25. The Tempo for Samba is ____.

50 - 52bpm

M26. The Tempo for Cha Cha Cha is ____.

30 - 32bpm

M27. The Tempo for Rumba is ____.

25 - 27bpm

M28. The Tempo for Paso Doble is ____.

60 - 62bpm

M29. The Tempo for Jive is ____.

42 - 44bpm

M30. What does bpm stand for?

bars per minute

M31. Timing is the correct use of Tempo when executing steps and actions.

True

M32. Tempo is the speed of the music.

True

M33. The plural of Tempo is Tempi.

True

M34. Beat value is the quantity of a beat used for the step/action and is a derivative of Timing.

True

M35. In Dance Sport the timing for each figure is established and written clearly in the Charts. Shuffle Timing is not allowed.

False

M36. Dancers are not allowed to personalise duration of timing of steps according to their physical characteristics and personal ability.

False

M37. Shuffle Timing gives dancers the possibility to increase the artistic and musical value of their performance.

True

M38. The standardised Beat values should be observed, as a fixed rule and not as a guideline.

False

M39. Dancesport is a discipline based on Sound-Movement combination and is directly connected to music.

True

M40. It is not a requirement for a Dancesport Adjudicator to have a general knowledge of musical elements in order to allow a correct evaluation.

False

M41. To achieve musicality, a couple's coordinative skills do not need to relate to the musical element.

False

M42. While dancers and adjudicators are expected to understand the essentials of music and its structure, they are not expected to be musicians.

True

M43. The two major components used to construct a musical composition are melody and rhythm.

True

M44. Melody is the words of a musical composition.

False

M45. For a dancer, the end of a Chorus should coincide with the end of an amalgamation of figures.

True

M46. The Time Signature for Tango is 4/4 and only the first beat should be accented.

False

M47. The Time Signature for Waltz is 3/4 and the first beat is accented.

True

M48. The Time Signature for Samba is 2/4 and the first beat is accented.

False

M49. The Time Signature for Rumba is 4/4 and the fourth beat is accented.

True

M50. The basic rhythm of each dance is organised into bars using different types of percussive accents.

True

M51. The numerator (top half of the fraction) in the Time Signature indicates the number of beats contained in one bar.

True

M52. The speed of the Music is measured by kph.

False

M53. In Dancesport, the basic rhythm can be varied through syncopations as long as the speed of the action isn't affected.

False

M54. A Slow Step should be executed placing the foot on the first beat of music and completing the weight transfer on the second beat in order to be 'on time'.

True

M55. In off-beat steps the division of the beats in relation to the steps is not at the discretion of the dancer.

False

