

# Manchester Grand Prix

## Open Inclusive para Dance Sport Championship

### Sunday 28th June 2026

The Forum Hall, Wythenshawe, Manchester M22 5RX United Kingdom

#### Official Invitation

Manchester, 28<sup>th</sup> April 2026

Dear Friends of Para Dance and Inclusive Dance,

In this package you will find all relevant documents for the

**MANCHESTER GRAND PRIX**  
Open Inclusive Para Dance Sport Championship  
Sunday 28<sup>th</sup> June 2026

**CESTER GRAND PRIX Para Dance Sport Training & Lecture Day**  
Saturday 27<sup>th</sup> June 2026

**We will be holding the AGM for Inclusive Dance UK immediately after the Lectures have finished. Full details will be sent to all members prior in the next few weeks. All members are invited to attend.**

We hope that dancers from your country will be able to join us.

Looking forward to your applications.

Sincerely,



Ray Bulpitt  
Promoter - Manchester Grand Prix Para Dance Championship  
Strictly Wheelchair Dancing  
Inclusive Dance UK

## **MANCHESTER GRAND PRIX OPEN INCLUSIVE PARA DANCE CHAMPIONSHIP**

SUNDAY 28<sup>th</sup> June 2026

**Competition Entry fee: IDUK Members £20.00 per person  
Non Members £25.00 per person**

**Start Times: 10:00am – 17.00pm**

**Eligibility:** This event is open to all Wheelchair Dancers.  
Categories for Blind, Deaf and Mentally handicapped competitors will be included subject to entries.

**Classification:** Couples will be dancing in two classes  
Class (LWD) 1: Class (LWD) 2:

**Liability:** The organiser is not liable for personal injuries, damage, or loss of property.

**Dances - Timing:**

### **Standard Ballroom Dances**

	Class 1	Class 2
Waltz	28-30 bars/min	28-30 bars/min
Tango	31-33 bars/min	31-33 bars/min
Viennese Waltz	56-58 bars/min	58-60 bars/min
Slow Foxtrot	28-30 bars/min	28-30 bars/min
Quickstep	48-50 bars/min	50-52 bars/min

### **Time limit:**

A minimum of 1½ minutes for Waltz, Tango, Slow Foxtrot and Quickstep. A minimum of 1 minute for Viennese Waltz.

### **Latin-American Dances:**

	Class 1	Class 2
Samba	48-50 bars/min	50-52 bars/min
Cha-Cha-Cha	28-30 bars/min	30-32 bars/min
Rumba	25-27 bars/min	25-27 bars/min
Paso Doble	58-60 bars/min	60-62 bars/min
Jive	40-42 bars/min	42-44 bars/min

### **Time limit:**

A maximum of 1½ minutes for Samba, Cha-Cha-Cha, Rumba and Paso Doble. A maximum of 1 minute for Jive.

Dances in each Competition:

**DEBUTANT STARTER CLASS**

**Combi, Duo, Standing and Solo:**

Slow Waltz, Quickstep, Samba

**DEBUTANT CLASS:**

**Combi, Duo, Standing and Solo:**

**Standard** - Slow Waltz, Tango, Quickstep

**Latin American** – Samba, Cha Cha Cha, Rumba

**AMATEUR CLASS**

Standard Dances:

**Combi, Duo**

Slow Waltz, Tango, Viennese Waltz, Quickstep

**Standing**

Slow Waltz, Tango, Slow Foxtrot, Quickstep

Latin-American Dances:

**Combi, Standing**

Samba, Cha-Cha-Cha, Rumba, Jive

**Duo**

Samba, Cha-Cha-Cha, Rumba, Paso Doble

**Solo Dances:**

Slow Waltz, Tango, Samba, Rumba

**MAIN CLASS:**

Standard Dances:

**Combi, Duo and Standing**

Slow Waltz, Tango, Slow Foxtrot, Viennese Waltz, Quickstep

Latin-American Dances:

**Combi, duo and Standing**

Samba, Cha-Cha-Cha, Rumba, Paso Doble, Jive

**Solo Dances**

Slow Waltz, Tango, Samba, Rumba, Jive

**\*\*\* Senior classes will be added subject to the number of entries \*\*\***

**GROUP DANCE:**

**Time limit:** 3 Minutes (Recommended) Excluding Entry and Exit.

Props are permitted but should be kept to a minimum

**Inclusive pairs**, in which one of the partners is physically impaired.

**Inclusive dance groups**, that have members with a disability, and members without a disability.

**Age categories for participants:**

Children (3-12 years)

Juniors (13-18 years)  
Youth and Adults (19 years and older)  
Choreography in this event can include all dance styles of dance.

**FREESTYLE:**

Athletes may choose any type of music for Freestyle Showdance Events.

The music must meet a specific length:

The duration for Singles: 1:30 min to 2.00 min

The duration for Combi/Duo: 2:30 to 3.00 min

The duration for Groups: 2:00 to 4.00 min

Dancers must submit their music for the relevant competition in mp3 format with entries. Music should be audible and cleanly edited.

Dance Floor: 19m X 14m

A maximum of Eight (8) couples is allowed on the dance floor in each heat in each dance.

Judging: 5 or 7 Adjudicators

**Entries to the organiser no later than 14<sup>th</sup> June 2026**  
**Music for Freestyle events No Later than 14<sup>th</sup> June 2026.**

Payment: All entry fees are to be paid before the commencement of the Training and competition. We have a payment link on our website [inclusivedanceuk.uk](https://www.inclusivedanceuk.uk)

**PLEASE CONTACT US IF YOU HAVE ANY QUERIES OR CONCERNS.**  
**WE WILL DO OUR BEST TO ASSIST.**

# Manchester Grand Prix

## Inclusive Para Dance Sport Training & Lecture Day Saturday 27th June 2026

**Inclusive Dance UK** would like to invite you to attend our Para Dance Sport Training and Lecture Day developed especially for coaches and athletes. This training provides comprehensive Para Dance Sport technique and practical application for coaches and dancers, who are eager to develop and improve their skills to practice and teach Para Dance Sport.

Our training allows coaches to work together with their athletes under our supervision. The course will be conducted by a team of Inclusive Dance UK Para Dance Sport specialists.

If you are interested in participating, please submit the below form for the course, fully completed including any necessary attachments, to [inclusivedanceuk@gmail.com](mailto:inclusivedanceuk@gmail.com)

### Programme date & time:

- **Arrival date:** 27 June 2026 – check in at 10:00am for 10:30am start
- **Time:** 10:30am – 16.00pm

### Programme location:

**Lostock School**, Selby Road, Stretford, Manchester, M32 9PL

Arrival information: Detailed information on access to the Sport Hall will be sent to you on confirmation of booking.

Please make payment via the payment link on the Inclusive Dance UK website.

Entry: Please use the MGP Entry Form.

**Entries to the organiser no later than 14<sup>th</sup> June 2026**  
**IDUK Members £20.00 per person - Non Members £25.00 per person**

Payment: All entry fees are to be paid before the commencement of the Training and competition. We have a payment link on our website [inclusivedanceuk.uk](http://inclusivedanceuk.uk)

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