



Inclusive Dance UK

Different in Life - United in Dance

Official Invitation

Manchester, 28th August 2026

Dear Dancer,

In this package you will find all relevant documents for the;

British Open International Training Day

Saturday 31st October 2026

and

British Open Inclusive Para Dance Sport Championship

Sunday 1st November 2026

Sadly, this will no longer be a World AbilitySport Endorsed Competition.

We hope that you will be able to join us.

We are looking forward to receiving your applications.

Sincerely,

Ray Bulpitt

CEO Inclusive Dance UK

British Open Inclusive Dance Championship 2026

+44 7828 201 044

[Inclusivedanceuk.uk/events](https://inclusivedanceuk.uk/events)

British Open

Inclusive Para Dance Sport

Championship 26

Promoter: Ray Bulpitt
CEO Inclusive Dance UK,
Unit 4 at 3 Hawthorne Lane,
Wilmslow SK9 1AA UK
Telephone: +44 1625 540 567
Mobile: +44 7828 201 044

E-Mail: ray@inclusivedanceuk.uk

Date: 1st November 2026

Timetable Start: 10.00am

Competition Venue: Stevenage Arts & Leisure Centre,
Lytton Way,
Stevenage,
SG1 1LZ

Entry fee: £20.00 per person Training Day
£20.00 per person British Open (Competitor or Spectator)

Accommodation: Recommended Hotel: Stevenage Holiday Inn
St. Georges Way, Stevenage, SG1 1HS GB
Reservations: +1 (833) 311-7147

Transport: Transport airport/hotel/ Airport transfers to the hotel will be provided from Heathrow Luton and Stansted Airports. The cost of this per person will be £35 per single journey from and to Luton and Stansted Airports and £55 per person from and to Heathrow Airport. This charge will apply to all athletes, coaches and support staff.

Transportation must be confirmed and paid to Inclusive Dance UK no later than 30th September 2026
Airport transfers will only be available for athletes, coaches and support staff using the official hotel, Stevenage Holiday Inn.

The venue and hotel are close to each other and in easy walking or pushing distance. As a result, no transport will be provided to or from the accommodation to venue. There is a good Uber service.

If you come by car, limited (first come first serve) onsite car park available £12.00 per night. Public car park located across the road, at reduced cost £5.00 per exit.

Eligibility: **This event is open to all dancers.**

Visas: Inclusive Dance UK will be happy to provide an invitation letter but will not cover the cost of visas.
All visitors who previously enjoyed visa-free travel to the United Kingdom will now require a UK ETA, Electronic Travel Authorisation, before traveling. This includes citizens from such countries as Australia, Canada, Germany, and the USA. Each person needs their own UK ETA. An Electronic Travel Authorisation will cost £16.
Apply online or through the UK ETA app or <https://www.gov.uk/eta/apply>

Procedure: Wheelchair Couples will be dancing in two classes
Class (LWD) 1
Class (LWD) 2
For Duo the class is depending on the sum of points of the classification results of both partners as per WPDS Classification.

We will be running events for Intellectually Impaired athletes, Visually Impaired athletes and physically impaired (standing athletes).

Doping: Doping is forbidden in accordance with World Abilitysport/WPDS Anti-Doping code

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

Security: **This is a ticketed event. Entry will be only on presentation of Wrist Band or Lanyard, and these must be visible at all times for entry to the sport hall.**

Photography: Photographers must register using a request form obtainable from Inclusive Dance UK in advance.

Dances - Timing:

Standard Ballroom Dances

	Class 1	Class 2 & Standing
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	48-50bars/min	50-52 bars/min

Time limit:

A maximum of 1½ minutes for Waltz, Tango, Slow Foxtrot, and Quickstep.

A maximum of 1 minute for Viennese Waltz.

Latin-American Dances:

	Class 1	Class 2 & Standing
Samba	48-50 bars/min	50-52 bars/min
Cha-Cha-Cha	28-30 bars/min	30-32 bars/min
Rumba	24-25 bars/min	25-27bars/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:

D CLASS:

Combi, Duo, Singles, Ambulant Couples and singles:

Standard - Slow Waltz, Tango, Quickstep

Latin American – Samba, Cha Cha Cha, Rumba

Single Dances:

Slow Waltz, Tango, Samba,

A CLASS

Standard Dances:

Combi, Duo

Slow Waltz, Tango, Viennese Waltz, Quickstep

Ambulant Couples and Singles

Slow Waltz, Tango, Slow Foxtrot, Quickstep

Latin-American Dances:

Combi, Ambulant Couples

Samba, Cha-Cha-Cha, Rumba, Jive

Duo

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

Single Dances:

Slow Waltz, Tango, Samba, Rumba

MAIN CLASS:

Standard Dances:

Combi, Duo, Singles, Ambulant Couples

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

Latin-American Dances:

Combi, Duo, Ambulant Couples

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

Single Dances

Slow Waltz, Tango, Samba, Rumba, Jive

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

GROUP DANCE:

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

Props are not permitted.

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 ShowdanceEvents)

The music must meet a specific length:

The duration for Singles: 1:30 min to 2min

The duration for Combi: 2:30 to 3min

The duration for Duo: 2:00 to 2:30min

Music must accompany entry form in mp3 format and must be audible and cleanly edited to correct time.

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

Entry: Please use the Official Entry Forms

All entries to be received by the organiser by 30th September 2026.

No entries will be considered without an entry form that is signed by the athlete. There will be a late entry fee of £50.

Entry Fees Competitors x £20.00

Entry fee Support staff and coaches x £20.00

Late Entry fee & alterations x £50.00

Payment: All entry, visitor fees and Training-day fees, are to be paid by the

Final Entry Deadline 30th September 2026.

There will be no refund of entry fees after 30th September 2026

To be paid by bank transfer to;

Inclusive Dance UK

IBAN: 68763093

BIC: NWBKGB2L

REF: Group/ Instructor name

NatWest Bank Sort code:01-09-69 Account No: 68763093

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

E-Mail: info@inclusivedanceuk.uk

www.inclusivedanceuk.uk

British Open
International Training Camp
Saturday 31st October 2026

Stevenage Arts & Leisure Centre
Lytton Way Stevenage SG1 1LZ

11:00am – 5:00pm

Full Programme will be confirmed on the IDUK website.