



## **2024 RULES**

# American Country Dance Association

### Mission Statement

*The American Country Dance Association was organized for the purpose of promoting Country & Western Dance primarily through the means of competitive dance events.*

**Official ACDA Rules**  
**Table of Contents**

<b><u>Mission Statement</u></b> .....	<b>Page 1</b>
<b>ACDA GENERAL RULE FOR ALL CATEGORIES</b>	
<b><u>1.0 Costuming</u></b> .....	<b>Page 3</b>
<b><u>2.0 Music</u></b> .....	<b>Page 4</b>
<b>Pro-Am and Pro-Pro Dance Category Rules</b>	
<b><u>1.0 General Rules</u></b> .....	<b>Page 7</b>
<b><u>1.1 Divisions (See also Appendix E)</u></b> .....	<b>Page 8</b>
<b><u>1.2 Pro-Am Levels (See also Appendix E)</u></b> .....	<b>Page 10</b>
<b><u>1.3 Pro-Am and Pro-Pro Scoring Format</u></b> .....	<b>Page 10</b>
<b>Couples Dance Category Rules</b>	
<b><u>2.0 General Dance Rules</u></b> .....	<b>Page 12</b>
<b><u>2.1 Divisions (See also Appendix E)</u></b> .....	<b>Page 12</b>
<b><u>2.2 Levels (See also Appendix E)</u></b> .....	<b>Page 15</b>
<b><u>2.3 Scoring Format (See also Appendix C)</u></b> .....	<b>Page 16</b>
<b>Teams Dance Category Rules</b>	
<b><u>3.0 Competition Rules</u></b> .....	<b>Page 18</b>
<b><u>3.1 Divisions/Levels</u></b> .....	<b>Page 18</b>
<b>Line Dance Category Rules</b>	
<b><u>4.0 General Rules</u></b> .....	<b>Page 20</b>
<b><u>4.1 Divisions</u></b> .....	<b>Page 20</b>
<b><u>4.2 Levels</u></b> .....	<b>Page 21</b>
<b><u>4.3 Level Rules</u></b> .....	<b>Page 22</b>
<b><u>4.4 Music</u></b> .....	<b>Page 22</b>
<b><u>4.5 Scoring Format (See also Appendix C)</u></b> .....	<b>Page 22</b>
<b>National Championships &amp; Dispensation</b>	
<b><u>5.0 ACDA National Championships</u></b> .....	<b>Page 24</b>
<b><u>6.0 Special Dispensation</u></b> .....	<b>Page 24</b>
<b>Appendices</b>	
<b><u>Appendix A - Graduation Criteria Page</u></b> .....	<b>Page 26</b>
<b><u>Appendix B - Movement Limitations Page</u></b> .....	<b>Page 28</b>
<b><u>Appendix C - Scoring</u></b> .....	<b>Page 29</b>
<b><u>Appendix D - Dances</u></b> .....	<b>Page 31</b>
<b><u>Appendix E – Competition Divisions</u></b> .....	<b>Page 32</b>
<b><u>Appendix F – ACDA Crossover Rules</u></b> .....	<b>Page 33</b>

## General Rules

### **1.0 Costuming (Pro-Am, Pro-Pro, Couples, Teams, and Line Dance)**

**1.01** If the dress code is not adhered to, there will be a mandatory medal drop in that dance.

This also includes the Pro of a Pro-Am partnership with a mandatory medal drop in that dance. (i.e., Any placement in a gold medal will result in an automatic drop to silver, etc.).

**1.02** Costumes must be appropriate for a family-oriented venue.

**1.03** No bare legs allowed.

**1.04** No bare midriffs allowed for Primary, Youth, or Juniors. Costumes must be appropriate to the dance, the arena, and the competitor wearing them. Remember that how a competitor presents themselves for performance is part of the final placement, in every dance, according to the style and story of the dance. It is essential to consider that the entire visual or “look” of the performance is judged including costuming as well as steps. (Bare midriff is defined as any bare skin showing on the center part of the torso from the breast line to the waistline and from side seam to side seam.)

**1.05** LEADERS - Shirts, jeans or pants, cowboy boots, and cowboy hat are required except as is outlined in 1.07 below.

**1.06** FOLLOWERS - Shirts or blouses, skirts, jeans or pants, dresses, and western boots are required except as is outlined in 1.07 below and 1.2 in the Pro-Am rules.

**1.07** The requirement for boots and hats in all Pre-Newcomer and Newcomer Divisions is optional for Amateur competitors during the year but mandatory for the Pros. Boots and a hat are required for the female Pro leading, during the year. However, boots and hats are mandatory for all competitors by the ACDA National Championships. For line dance competitors, hats and boots are not required for non - country dances such as Cuban, Street, or Novelty.

**1.08** **Cabaret** Costuming should fit the character of the performance but must be appropriate for a family-oriented venue.

## **2.0 Music**

**2.01** With the exception of self-selected music, all music may be played at a BPM of +/- 2% of the optimum BPM listed in APPENDIX (D).

**2.02** All Pro-Am, Pro-Pro and Couples music will be approximately 1-1/2 minutes (90 seconds) in length, including Pre Newcomer.

**2.03** Music for dances as outlined in Appendix D used in an ACDA sanctioned event must be "Country" music, except where outlined below. Country music is defined as any music with country style. The usage of non-country music in the Cha Cha, West Coast Swing, Waltz, Viennese Waltz, and Night Club will be allowed at the ACDA Rules Committee discretion. Non-country Line Dances such as Cuban, Street, and Novelty can use non-country music.

**2.04** Random music appropriate to each division and of appropriate BPM will be selected for Pro-Am, Pro-Pro and Couples competition by the D.J. or Event Director.

**2.05** With the exception of flighted contests, dance order for all events will be as follows: Triple Two, Night Club, Viennese Waltz, Waltz, Polka, Cha Cha, East Coast Swing, Two Step and West Coast Swing.

Flighted contests for Classic SuperStars, Royal SuperStars, and Regal SuperStars will retain their normal format dance order as follows:

**Slow Dance Flight: Viennese Waltz, Waltz, Night Club, Triple Two, and West Coast Swing**

**Fast Dance Flight: Two Step, Cha-Cha, Polka, and East Coast Swing**

There will be a break between flights. Music will be 1-1/2 minutes maximum in length. The Show Dance will be 2 to 2-1/2 minutes in length when the music starts. The Show Dance must be a single dance and can be one song or a medley of songs.

**2.06** Each event may run music previews at the discretion of the event director.

**2.07** Spotlight music shall be 2½-4 min and shall have no BPM limitations. One non-country song may be integrated into the dance, but more than 50% of the music selected must be country music.

**2.08** Cabaret Teams will be allowed to use non-country music but must include at least 30 seconds of country music. Prior to the first performance of the cabaret entry, music selection must be sent to the event specific Contest Coordinator at least two weeks before the competition. Subsequent use does not have to be pre-approved as long as the music does not change.

**2.09** Showcase SuperStars, Royal SuperStars, and Regal SuperStars: This division has self-selected music. A full program has Waltz, Two Step, and Solo Medley, and will be danced in that order. Maximum length for Waltz & Two Step is 3 ½ minutes. Solo Medley may be 4 to 7 minutes in length, with internal requirements of at least two rhythm dances and one swing dance with each a minimum of 45 seconds in length. Medleys are judged on entertainment value and should be themed, theatrical presentations. Non-country music may be used in the Solo Medley.

**2.10** SuperStars, Royal SuperStars, and Regal SuperStars **Line Dance**: The Solo Medley may be 4 to 7 minutes in length and must include at least 60 seconds in one-line dance motion (Rise & Fall, Pulse, Smooth, Cuban, or Funky) and at least 60 seconds of another line dance motion. At least one of these motions must be different

from the two required in the SuperStars, Royal SuperStars, and Regal SuperStars division. The remainder of the Solo Medley may consist of any line dance motion desired by the competitor. Non-country music may be used in the Solo Medley.

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## Pro-Am and Pro-Pro General Rules

## **1.0 Pro-Am and Pro-Pro General Rules**

### **1.01** Pro-Am Professional Definitions

Amateur Definition = An amateur is someone who has NEVER taught any partner OR non-partner dance forms. They may not be advertised or listed as an instructor on any promotional material or website. An individual who regularly assists a “Pro” or dance instructor during classes may dance in Pro-Am level novice or above and must enter Couples Division III/Novice or above. All Pro-Am Amateur competitors MUST be AMATEUR only. A person who only teaches Line Dance may compete in Novice and Above Pro-Am as an amateur. (see Crossover Rules)

Professional Definition = A Professional/Instructor is someone who teaches any partner OR non-partner dance forms, including Wedding Couples, Studio specials for new students, or group classes, and/or social dance. Anyone meeting this standard MUST start in Couples Level II/Intermediate or higher. Exceptions will be made for those who solely teach Tap, Ballet, Jazz and other non-Couple Dances (Line dancing is excluded).

NO PRO COMPETITORS ARE ALLOWED TO COMPETE IN PRO-AM. (see Crossover Rules)

**1.02** A Contestant’s age for the entire dance year shall be based on what their age is on the last day of the ACDA National Championships.

**1.03** Age division competitors may dance in ALL age divisions they are qualified for and may also dance in any of the younger age divisions as well as the open division at the same event.

**1.04** Any competitor that has danced Novice or above may only drop down one (1) level after being out for a minimum of two (2) years from the date of the event in which they wish to compete.

**1.05** Competitors may dance “up” one (1) experience level but may not compete for an overall placement in that level.

**1.06** Dance Categories are the same for both Pro-Am, Pro-Pro and Couples. See Appendix D.

**1.07** For advancement criteria, please see Appendix A.

## **1.1 Pro-Am and Pro-Pro Divisions**

**(ALL TRADITIONAL DIVISIONS OFFERED IN MALE AND FEMALE)**

See 1.2 for skill level definitions.

**Junior Primary: (4 Skill levels)** These age divisions are for students who are under 10 years of age.

**Junior Youth: (4 Skill levels)** These age divisions are for students who are 10 to 12 years of age.

**Junior Teen: (4 Skill levels)** These age divisions are for students who are 13-17 years of age.

**Open: (4 Skill Levels)** This division is for students who are a minimum of 18 years of age.

**Copper: (4 Skill Levels)** This age division is for students who are a minimum of 30 years of age.

**Bronze: (4 Skill Levels)** This age division is for students who are a minimum of 40 years of age.

**Silver: (4 Skill Levels)** This age division is for students who are a minimum of 50 years of age.

**Gold: (4 Skill Levels)** This age division is for students who are a minimum of 60 years of age.

**Platinum: (4 Skill Levels)** This age division is for students who are a minimum of 70 years of age.

**Pearl: (4 Skill Levels)** This age division is for students who are a minimum of 80 years of age.

**Pro-Pro Rising Star (Open, Bronze, and Gold):** This division is for new or transitioning Professionals/Instructors who are continuing their country dance training with another Professional. Rising Star Pros may only have students dancing in Novice and below Pro-Am divisions. Only the competing Pro is judged.

**Pro-Pro (Open, Bronze, and Gold):** This division is for the Professional/Instructor who is continuing their country dance training with another Professional. Teachers with any students dancing in Pro-Am from syllabus up to Pro-Pro may dance in this division. Only the competing Pro is judged.

**Pro-Am Elite Divisions:** This division is only for those competitors who have graduated from the Advance divisions of Pro-Am. Competitors in the Elite Pro-Am division may choose either to dance flights like Classic SuperStars with a show dance or the Showcase Format of Two Step, Waltz, and a Solo Medley (Showcase music rule 2.09 applies). **COMPETITORS MAY ONLY DANCE IN ONE OF THESE DIVISIONS.** (See Couples rules section 2.1)

Three (3) Divisions will be offered:

Open (18 and above),

CB Combined (30 to 49)

SGP Combined (50 and above)



**Pro-Am Spotlight:** This division consists of a single dance or medley of dances choreographed to music of the contestant's choice (in compliance with the music requirements in Section 2.0). Each dance portion must be recognizable in pattern, accent, motion, and character to one of the competition dance categories listed in Appendix (D). Tear away skirts are allowed in the Solo Medley. The syncopation rule does not apply to this division. Only Pro-Am dancers at Intermediate (Level 2) or above are eligible to compete in this division. Spotlight shall be gender driven with male and female divisions judged by placement rather than medals.

**Pro-Pro Spotlight:** Refer to the above explanation for Pro-Am Spotlight. All Pro-Pro dancers are eligible to compete in Pro-Pro Spotlight.

**Pro-Am & Pro- Pro Showcase:** In this division, competitors dance to music which is pre-selected for each dance on a rotating schedule. Pro-Am Showcase competitors may dance Divisions III, II, or I in Couples Classic, or Novice, Intermediate, Advanced, or Elite levels of Pro-Am or Line Dance Classic. Pro-Am Showcase competitors may not enter the Classic Division IV or Newcomer levels of dance.

Five (5) Divisions will be offered:

Youth (10 - 12)

Teen (13 - 17)

Bronze (40 and above)

Open (18 and above)

Pro-Pro (Bronze and Open)

## **1.2 Pro-Am Skill Levels** (See also APPENDIX E)

Rising Star Pro-Pro and Pro-Pro Open Professionals/Instructors are NOT ALLOWED TO COMPETE AS AMATEURS IN ANY PRO-AM DIVISION.

**Traditional Role Divisions:** In all Pro-Am divisions, professionals are subject to the following rules: female pros may dance with female amateurs and male pros may dance with male amateurs. In no case will male pros be allowed to dress as females. Female pros leading will be allowed to dress in jeans or pants.

**Mixed Role Divisions:** (Newcomer, Novice, Intermediate, Advanced, Elite, Spotlight & All Pro-Pro Divisions): For Pro-Ams where each partner may be of any gender to include one (1) leader and one (1) follower. Amateurs and Pros must adhere to the existing dress code to their presented gender.

**1.21 Pre-Newcomer (Level V):** This division is for brand new dancers who have not competed in Pro-Am Newcomer or above; or in couples Division IV or above. **Level 4 rules apply** & basic syllabus is preferred. **Pre-Newcomers** will be eligible to dance in **Pre-Newcomers** division at the ACDA Championships. Please check ALL limitations in Newcomer Level IV. Males and Females will NOT compete against each other.

**1.22 Newcomer (Level IV):** This division is for the student who has had minimal dance training and minimal competition experience OTHER THAN PRE-NEWCOMER LEVEL V. THIS LEVEL IS INTENDED STRICTLY FOR THE BEGINNING C&W AMATEUR DANCE COMPETITOR. **Leans, leverage, balance, acrobatic moves of any kind, développés, aerials, rondes, splits, pantomime and shine movements will not be allowed in this division.** Floor sweeps, where the sweeping foot stays in contact with the floor, will be allowed. Competitors must begin in one of the seven (7) closed dance positions (i.e., right or left inside partner position, right or left outside partner position, promenade or counter promenade position, and fan), not to include single or double hand hold starting positions. Breaking these rules will be a drop in placement. (i.e., A gold medal will result in an automatic drop to Silver, etc.). Please check ALL Level IV rules and limitations.

**1.23 Novice (Level III):** This division is for the student that is no longer considered a beginner level dancer. Couples Level I, II, and III rules will apply. Novice dancers are eligible for all Couples Novice Level III divisions. Rising Star Pro-Pro and Pro-Pro Open Teachers are NOT ALLOWED TO COMPETE AS AMATEURS IN THIS DIVISION

**1.24 Intermediate (Level II):** This division is for the moderately experienced student. Couples division I, II, & III rules will apply. Intermediate dancers are eligible for all Couples' Intermediate Level II divisions. Rising Star Pro-Pro and Pro-Pro Open Teachers are NOT ALLOWED TO COMPETE AS AMATEURS IN THIS DIVISION

**1.25 Advanced (Level I):** This division is for the more experienced student who has advanced in their dance training. Couples division I, II, and III rules will apply. Advanced dancers are eligible for all Couples Advance Level I divisions. Rising Star Pro-Pro and Pro-Pro Open Teachers are NOT ALLOWED TO COMPETE AS AMATEURS IN THIS DIVISION.

## **1.3 Pro-Am & Pro-Pro Scoring Format**

Only the competing Pro is judged in the Pro-Pro levels.

See APPENDIX (C) for explanation of relative placement scoring.

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## Couples General Rules

## **2.0 Couples General Rules**

**2.01** Couples must consist of a leader and a follower. The ACDA Rules & Regulations define a traditional couple in Country dance as a male and a female, where the male leads and the female follows. In the Mixed Role category, couples may be of any gender combination. Once a leader or follower is established in a heat, they must remain so throughout the entirety of said heat (in other words, dancers may switch lead/follow in different dances). (See 2.12 for definitions and divisions offered)

**2.02** Dance Categories (“The dances”) are the same for both Pro-Am, Pro-Pro and Couples. See Appendix D

**2.03** For advancement criteria, please see Appendix A

**2.1 Couples Divisions** (See also APPENDIX E)

**2.11** Contestant’s age for the entire dance year shall be based on what their age is on the last day of the ACDA Championships.

**2.12** Couples may dance in ALL age divisions (including Open) for which they are both qualified.

**Junior Primary:** This age division is for couples who are 9 years old and under, with one partner being under 9 years old.

**Junior Youth:** This age division is for couples who are up to 12 years old, with one partner being at least 10 to 12 years old.

**Junior Teen:** This age division is for couples who are up to 17 years old, with one partner being at least 13 to 17 years old.

**Open Divisions and Mixed Role Divisions (4, 3, 2, 1, & SuperStars):** For couples where each partner is at least 18 years old.

**Copper:** For couples where each partner is at least 30 years old.

**Bronze:** For couples where each partner is at least 40 years old.

**Silver:** For couples where each partner is at least 50 years old.

**Gold:** For couples where each partner is at least 60 years old.

**Platinum:** For couples where each partner is at least 70 years old.

**Pearl:** For couples where each partner is at least 80 years old.

**Couples Spotlight:** A single dance or medley of dances choreographed to music of the contestant’s choice, that is in compliance with the music requirements in Music - Section 2.0. Each dance portion must be recognizable in pattern, accent, motion, and character to one of the competition dance Categories listed in Appendix (D). Only Couples who dance at the Intermediate age or Level II or above are eligible to compete in this division. Tear away skirts are allowed. See Music Rules 2.07.

### **Classic SuperStars**

This division is for couples who have Graduated from Open Division I or who last won a Championship title in the highest possible division in any other regional or national competition on another Country and Western dance circuit. A full program consists of Two Step, Waltz, one (1) Swing dance, two (2) Non-Swing dances, and a Show Dance. See Music Rules 2.09

Low lifts that come off the floor no higher than waist level and for no longer than 4 measures are allowed. The syncopation rule does not apply to this division.

Props are allowed but the contestants are the only ones allowed for set-up and take-down and can do so without delaying the contest.

Crossover: there is **NO** crossover between Classic SuperStars and Royal SuperStars.

### **Classic Royal SuperStars**

This division is for couples at least 40 years of age who have Graduated from Couples Age Division I or who last won a Championship title in the highest possible division in any other regional or national competition on another Country and Western dance circuit. A full program consists of Two Step, Waltz, one (1) Swing dance, two (2) Non-Swing dances, and a Show Dance. See Music Rules 2.8

Low lifts that come off the floor no higher than waist level and for no longer than 4 measures are allowed. The syncopation rule does not apply to this division.

Props are allowed but the contestants are the only ones allowed for set-up and take-down and can do so without delaying the contest.

Crossover: Royal SuperStars can only crossover to SuperStars by dancing in and graduating from Division I Open.

### **Classic Regal SuperStars**

This division is for couples at least 60 years of age who have Graduated from Couples Age Division I or who last won a Championship title in the highest possible division in any other regional or national competition. A full program consists of Two Step, Waltz, one (1) Swing dance, two (2) Non-Swing dances, and a Show Dance. See Music Rules 2.09

Low lifts that come off the floor no higher than waist level and for no longer than four (4) measures are allowed. The syncopation rule does not apply to this division.

Props are allowed but the contestants are the only ones allowed for set-up and take-down and can do so without delaying the contest.

Crossover: Regal SuperStars can only crossover to SuperStars by dancing in and graduating from Division I Open.

### **Couples Showcase**

In this division, competitors dance to music which is pre-selected for each dance on a rotating schedule. Showcase competitors may dance Divisions II or I in Couples Classic, Intermediate, Advanced, or Elite levels of Pro-Am or Line Dance Classic. Couples Showcase competitors may not enter the Classic Division IV, III or Newcomer or Novice levels of dance.

Two (2) Divisions will be offered:

Bronze (40 and above)

Open (18 and above)

### **Showcase SuperStars**

This division is for couples who have graduated out of the Open Level 1 Couples Division in any nationally recognized competition circuit, or contestants who already compete in those organizations highest competitive Open Division. A full program consists of Two-step, Waltz, and a Solo Medley. See Music Rules 2.10.

Props are allowed but the contestants are the only ones allowed to set up and take-down and must be able to do so without delaying the contest.

There are NO movement limitations in Showcase SuperStars. No syncopation rules apply.

### **Showcase Royal SuperStars**

This division is for Age Division couples who have graduated from Couples Advanced Age 40 or higher or who last won a Championship title in the highest possible division in any other regional or national competition. This division has the same self-selected music rules as Showcase SuperStars. A full program consists of Two-step, Waltz, and a Solo Medley. See Music Rules 2.10.

Props are allowed but the contestants are the only ones allowed for set-up and take-down and can do so without delaying the contest.

There are NO movement limitations in Showcase SuperStars. No syncopation rules apply.

### **Showcase Regal SuperStars**

This division is for Age Division couples who have graduated from Couples Advanced Age 60 or higher or who last won a Championship title in the highest possible division in any other regional or national competition. This division has the same self-selected music rules as Showcase SuperStars. A full program consists of Two-step, Waltz, and a Solo Medley. See Music Rules 2.10.

Props are allowed but the contestants are the only ones allowed for set-up and take-down and can do so without delaying the contest.

There are NO movement limitations in Showcase SuperStars. No syncopation rules apply.

## **2.2 Couples Levels** (See also APPENDIX E)

**2.21** In the event that two Pro-Am competitors partner together to dance couples, refer to Appendix F.

**2.22** Competitors may dance “up” one experience level but may not compete for an overall placement in that level.

**2.23** An individual who regularly ASSISTS a “Pro” or dance instructor in classes must dance in Pro-Am Novice or above and must enter Couples Division III/Novice Age or above as well as Line Dance Novice and above.

**2.24** Competitors in Division II through SuperStars/Royal SuperStars/Regal SuperStars may drop down one Level if both partners have not competed in (2) two years or if they are no longer competing with the partner they last competed with.

**2.25** Members of a Couples partnership MAY have multiple partners IN DIFFERENT DIVISIONS. All partners must dance at the same ability level. Couples may dance in all Age Divisions they are qualified for and dance in the Open Division of the same level. Example: John Doe with Partner A in Silver Novice, John Doe with Partner B in Bronze Novice, and John Doe with Partner C in Divisions III. Novice and Divisions III are equal, Intermediate and Divisions II are equal, and Advanced and Division I are equal.

**2.26** In order to qualify for a specific dance division at the ACDA Championships, that division must be danced two (2) times during the year, one being a full program. A full program (Two-Step, Waltz, 2 Non-Swings and one Swing) must be danced in at least one of the two events.

New partnerships MUST adhere to the same qualifying rules regardless of events danced with former partners.

**2.27 READ CAREFULLY:** The Professional and Amateur definition in 1.01 Pro-Am states **Couples Division IV** is strictly for pure amateurs. A competitor who assists teaching, as well as Pro-Pro Rising Star teachers who are dancing with a partner are allowed to dance in Couples Division III or Novice Age Divisions.

All Pro-Pro Open competitors must dance in Couples Division II or above.

### **Newcomer (Level IV):**

This division is for the new dancers who have minimal dance training and competition experience, and who have never competed in an organized interstate dance competition in Couples Division III or Novice Age or above. **Leans, leverage, balance, acrobatic moves of any kind, développés, aeriels, rondes, splits, pantomime, and shine movements will not be allowed in this division.** Floor sweeps, where the sweeping foot stays in contact with the floor, will be allowed. Couples must begin in one of the seven (7) closed dance positions (i.e., right or left inside partner position, right or left outside partner position, promenade or counter promenade position, and fan), not to include single or double hand hold starting positions. Costuming is optional but dress code must still be adhered to. Level 4 dancers are eligible for Pro-Am Newcomer only. **ONLY AMATEURS AS DEFINED ABOVE ARE ALLOWED**

### **Novice (Level III):**

This division is for the dancers who are no longer considered beginner level dancers and who are not eligible for Couples Division IV or Newcomer Age, or who last competed in Division III, or the Novice Age Divisions in any other regional or national competition. Dancers are eligible for Division III or Novice Age divisions, if qualified, and Pro-Am Novice Divisions. **ONLY AMATEURS THAT ASSISTED IN GROUP CLASSES AS DEFINED PREVIOUSLY**

**ARE ALLOWED. Pro-Pro Rising Star teachers who are dancing with a partner at the Novice level are allowed to drop down to this level.**

**Intermediate (Level II):**

This division is for the moderately experienced dancers who are not eligible for Couples Division III or Novice Age Divisions, or who last competed in Couples Division II, or an Intermediate Age Division, in any other regional or national competition. Dancers are eligible for Division II or Intermediate Age Divisions, if qualified, and Pro-Am Intermediate Divisions. **ALL PROFESSIONAL COMPETITORS MUST ENTER COUPLES LEVEL 2 OR ABOVE**

**Advanced (Level I):**

This division is for the more experienced dancers who have advanced in their dance training and who are not eligible for Couples Division II or the Intermediate Age Division, who last competed in Couples Division I or an Advance Age Division, in any other regional or national competition. Dancers are eligible for Couples Division 1 or Advanced Age Divisions, if qualified, and Pro-Am Advanced OR Pro-Pro. **ALL PROFESSIONAL COMPETITORS MUST ENTER COUPLES LEVEL 2 OR ABOVE**

### **2.3 Couples Scoring Format**

See APPENDIX (C) for explanation of relative placement scoring.



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## Teams General Rules

### **3.0 Team Competition Rules**

**3.01** Open to groups consisting of at least three (3) members. Performance will be judged from the beginning of the group's music until the end. The total length shall be at least three (3) minutes and not exceed ten (10) minutes.

**3.02** For scoring, see Appendix (C)

### **3.1 Team Competition Divisions/Levels**

**OPEN LINE:** Routines must be performed as individuals dancing in any non-lead / follow configuration.

**OPEN PARTNER:** Open to teams of couples consisting of one (1) lead and one (1) follow. Lead / follow partner routine or one multi-partner routine is required.

**SILVER OPEN LINE:** All members must be a minimum of 50 years of age. Routines must be performed as individuals dancing in any non-lead / follow configuration.

**SILVER OPEN PARTNER:** All members must be a minimum of 50 years of age. Open to teams of couples consisting of one (1) lead and one (1) follower. Lead/follow partner routine or one multi-partner routine is required.

**CABARET:** Open routines where props are allowed. There are no movement limitations for the Cabaret division. Cabaret Teams will be allowed to use non-country music. Same gender partners are allowed.

**COMBINED TEAMS:** Combined Teams allow for both partner and line dance in one category. This may be dancing in both lead and non-lead configurations.

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## Line Dance General Rules

## **4.0 Line Dance General Rules**

**4.01** For a listing of the Competition Line Dances, see ACDA Line Dance Matrix or please refer to the ACDA web site: [www.danceacda.com](http://www.danceacda.com).

**4.02** See APPENDIX (A) for advancement criteria.

**4.03** See APPENDIX (B) for explanation of movement limitations.

**4.04** A “**Professional/Instructor**” who teaches line dance **MUST** enter **Intermediate** line dance divisions or above.

An individual who regularly assists a “Pro” or dance instructor in Couples only classes may dance in Novice line dance or above.

**4.05** A competitor must begin the dance facing a pre-designated direction positioned in a “line” with other competitors and perform the dance’s prescribed pattern after its official countdown (“5-6-7-8”) is spoken by the event DJ or is pre-recorded.

**4.06** All **Pre – Newcomers and Newcomers** must perform all walls “plain vanilla” (see section 4.21 below for more information on movement limitations). All **Novice and above** dancers must perform the first wall “plain vanilla” and may perform variations after the first vanilla at any time.

**4.07** Dance movements that incorporate slides, splits, and jumps, are not allowed unless they are movements that are strictly called for by the step description of the dance. However, all of the above movements **are** allowed in the SuperStar Line Dance Divisions.

## **4.1 Line Dance Divisions**

**4.11** There will be separate divisions for male and female dancers in each of the divisions listed in 4.12.

**4.12** Competitors may dance “up” one experience level but may not compete for an overall placement in that level.

**Junior Primary:** Dancers < 10 years of age or younger

**Junior Youth:** Dancers 10 to 12 years of age or younger.

**Junior Teen:** Dancers 13 to 17 years of age.

**Open:** This division is for individuals who are a minimum of 18 years of age.

**Copper:** This age division is for individuals who are a minimum of 30 years of age.

**Bronze:** This age division is for individuals who are a minimum of 40 years of age.

**Silver:** This age division is for individuals who are a minimum of 50 years of age.

**Gold:** This age division is for individuals who are a minimum of 60 years of age.

**Platinum:** This age division is for individuals who are a minimum of 70 years of age.

## **4.2 Line Dance Levels**

**4.21 Pre – Newcomer and Newcomer:** Dancers who have never competed in a Line Dance competition at an interstate dance contest at the Novice level or above.

### **Newcomer Line Dance Movement Limitations:**

A dancing introduction is not allowed during the initial “instrumental” phrase of the music prior to the countdown. Competitors are only permitted to use their hands, arms, facial expressions, body styling, and skirt or hat work. A competitor must remain stationary with only a shift of weight allowed. A competitor must not take a step in any direction during the dancing introduction. A competitor must also remain facing in the original direction throughout the introduction. No turns or rotations of any kind are allowed.

A competitor must perform the basic “vanilla” pattern exactly as the step description calls for. No added syncopations or rhythm breaks are allowed within a dance’s basic pattern nor are any other variations allowed beyond the dance’s dance description (dance movements that incorporate kicks, flicks, and floor sweeps, unless they are part of the dance description.) Movements that incorporate positions done “adagio” are not allowed.

**4.22 Novice:** Dancers who are not eligible for the Newcomer division or who last competed in the Novice line dance division of any other regional or national competition. (See 4.25)

**4.23 Intermediate:** Dancers who are not eligible for the Novice division or who last competed in the Intermediate line dance division of any other regional or national competition. (See 4.25)

**4.24 Advanced:** Dancers who are not eligible for the Intermediate division or who last competed in the Advanced line dance division of any other regional or national competition. (See 4.25)

### **4.25 Novice, Intermediate, Advanced Movement Limitations:**

A dancing introduction is allowed during the initial “instrumental” phrase of the music before the countdown. The introduction must be generally stationary (within the circumference of a single step in any direction,) thus maintaining the contestant’s position in line. Variations should retain the mood and character of the dance’s “motion.” Dance presentations that incorporate pantomime, singing, speaking, lip-synching, or acted themes are allowed and encouraged.

**4.26 SuperStars:** Dancers who are not eligible for the Advanced division or who last competed in any division higher than the Advanced division in any other regional or national competition. Competitors may not “self-promote” to the SuperStars division but may only advance to this division according to the ACDA graduation criteria.

SuperStars will perform the two dances listed in these rules (Lilt and Rise & Fall,) as well as a Solo Medley, in order to qualify for overall placement. The Solo Medley will be no more than 7 minutes long and must include at least 60 seconds in one-line dance motion (Lilt, Rise & Fall, Smooth, Cuban, and Funky,) and at least 60 seconds of another line dance motion. At least one of these motions must be different from the two required in the SuperStars division. The remainder of the Medley may consist of any line dance motion desired by the

competitor. SuperStars must perform the first wall of their Lilt and Rise & Fall dances “plain vanilla.” Tear away skirts are allowed in the Solo Medley.

Non-country music may be used in the SuperStar Solo Medley.

**4.27 Royal SuperStars:** Same as SuperStars above except minimum age is 40 years old.

**4.28 Regal SuperStars:** Same as SuperStars above except minimum age is 60 years old.

### **4.3 Line Dance Level Rules**

The Novelty/Stage and Street dances will be offered for all divisions. Age divisions will not be required to dance Street, but may elect to do so, though it will not be counted towards an overall placement. Open Division Dancers may elect to dance the Novelty/Stage dances, but it will not count towards an overall placement.

Newcomer Line Dance Overall competitors must compete in at least three (3) the offered dances for overall.

Open Division Required Dances - Pulse, Cuban & Street

Age Divisions Required Dances - Pulse, Cuban & Stage

Novice Line Dance Overall competitors must compete in at least four (4) of the offered dances for overall.

Open Divisions Required Dances - Rise & Fall, Pulse, Cuban & Street

Age Divisions Required Dances - Rise & Fall, Pulse, Cuban & Stage

Intermediate Line Dance Overall competitors must compete in all five (5) of the offered dances for overall.

Open Divisions Required Dances - Rise & Fall, Pulse, Smooth, Cuban & Street

Age Divisions Required Dances - Rise & Fall, Pulse, Smooth, Cuban & Stage

Showcase, Advanced Open, and Advanced Youth Line Dance Overall Competitors must compete in all six (6) of the offered dances for overall.

### **4.4 Line Dance Competition Music**

Music preview will be at the discretion of the Event Director. Music will be faded at approximately 1 ½ minutes for all dances. Dance selections will remain in effect for the entire dance season. See ACDA Line Dance Matrix.

### **4.5 Line Dance Scoring Format**

See APPENDIX (C) for explanation of relative placement scoring.

**(Rise & Fall, Pulse, Smooth, Cuban, Stage, or Street.)**

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## ACDA National Championships

## **5.0 ACDA NATIONAL CHAMPIONSHIPS**

**5.01** In order to qualify for the ACDA National Championships (“Championships”), each Divisional Couple, each Pro-Am Student, each Pro-Pro Competitor, each Team Member, and each Line Dance Competitor must dance in two (2) qualifying events. However, to qualify for a specific dance division at the ACDA Championships, EACH division must be danced two (2) times during the year, with one (1) of those events being a full program.

A full Pro-Am, Pro-Pro or Couples program shall consist of Two-Step, Waltz, 2 Non-Swings and a Swing.

The Professional of the Pro-Am Couple must have competed in at least one (1) ACDA sanctioned event.

**5.02** If a competitor advances to a higher division during the regular season due to advancement points, they may drop down and dance in the division in which they started at the beginning of the season. However, if a competitor advances to a higher division because they elect on their own to do so, they must dance in the higher division at the ACDA Championships.

If a Pro-Am student receives a majority medal placement of Gold Graduate in all five (5) of the required dances at two (2) events before June 1st, they must graduate to the next level at the next event. That competitor must stay at that graduated level for the remainder of the year and dance the Championships at that higher graduated level. If a Pro-Am competitor receives a majority of medal placements of Gold Graduate at the Championships, they MUST graduate to the next higher level.

**5.03 All competitors must dance a full program at the ACDA Championships. If a competitor drops a dance at the ACDA Championships, which would take them out of the overall, then they would receive NO PLACEMENTS for any of their dances. No refunds will be distributed.**

**5.04 Winning in any Divisions with at least three (3) Couples, Pro-Am, or Line Dancers in a division will require the competitor to graduate up to the next division. Any winners with less than three (3) competitors MAY move if they wish after the (Championships), but competitors will not be forced to graduate.**

**5.05** A Couple may not move themselves “up” into a division that they have not danced in for the ACDA Championships.

**5.06** The ACDA Championships will offer required dances only.

## **6.0 SPECIAL DISPENSATION**

Please note that all rules apply equally to everyone. However, in some situations where an Event Director or Contest Coordinator may not be able to satisfy some unforeseeable situation or condition that may escape the boundaries of these rules, the contestant may in writing contact the Head of Rules for “Special Dispensation”. If needed, the Rules Committee will consider a possible variance(s), and then forward their suggestion on to the ACDA Board for review. Issues such as health, division eligibility or costuming variances for medical reasons are a few examples. Items will be reviewed by the Rules Committee and only brought forward to the ACDA Board on a case-by-case basis. Decisions by the ACDA Board are final.

If a Pro cannot dance at a 2nd event with his or her Am's for a legitimate reason, including but not limited to, injury, or serious family problems, etc., there could be a special dispensation given to another Pro to dance with said Am's; however, the replacing Pro must have danced at least one (1) ACDA event.



# ACDA



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## APPENDICES

## APPENDIX (A) – Graduation Criteria

### Graduation Criteria for Pro-Am, Couples and Line Dance

A Dancer must Graduate up, after earning: twenty-four (24) points in any Division, (1) of which must have three (3) or more competitors.

Any points earned will follow through to the following year.

OR

One (1) win for overall at the ACDA Championships in Any Division with three (3) or more Competitors.

Dancers will accumulate points at all events where there are only 1 or more competitors.

- competitor in the division earns 1 point for overall placement
- competitors in the division earns 2 points for overall placement
- or more competitors in the division earns 4 full points for overall placement.

When three or more competitors are placed for overall, the points shall be administered as follows:

First (1st) place overall shall receive 4 points

Second (2nd) place overall shall receive 2 points

Third (3rd) place overall shall receive 1 point

- If a dancer wins two (2) events where there are only two (2) competitors, they will earn four (4) points.
- All competitors must win at least one (1) Overall where there are three (3) or more competitors.
- Points will only be earned or determined by the number of competitors dancing for overall.
- If there are competitors dancing less than five (5) dances, they will not be counted for the awarding of points.
- Graduation shall take place the day after the ACDA Championships ends.
- Points that are accumulated during the year will be carried over to the following year.
- Points will also be awarded at the ACDA Championships.

See Points table below:

**GRADUATION CRITERIA**

**A level graduation table (for further detailed information see below the table).**

<b><u>Division Level</u></b>	<b><u>Graduating to:</u></b>	<b><u>Points needed:</u></b>
Line Newcomer	Line Novice	24
Line Novice	Line Intermediate	24
Line Intermediate	Line Advanced	24
Line Advanced	Line SuperStar	24
Line Star	Graduation is not applicable in this division	
Couple Newcomer	Couple Novice	24
Couple Novice	Couple Intermediate	24
Couple Intermediate	Couple Advanced	24
Couple Advanced	Couple SuperStars	24
Couple SuperStars Classic	Graduation is not applicable in this division	
Couple SuperStars Showcase	Graduation is not applicable in this division	
Pro-Am Pre Newcomer	Pro-Am Newcomer	24
Pro-Am Newcomer	Pro-Am Novice	24
Pro-Am Novice	Pro-Am Intermediate	24
Pro-Am Intermediate	Pro-Am Advanced	24
Pro-Am Advanced	Pro-Am Star	24
Pro-Am Supreme	Graduation is not applicable in this division	
Pro-Pro + Pro-Pro Showcase		

- ❖ All Pre-Newcomer competitors may self-graduate to the Newcomer Division at any time.
- ❖ All Newcomer competitors may self-graduate to the Novice Division at any time.
- ❖ All Novice competitors may self-graduate to the Intermediate Division at any time.
- ❖ All Intermediate competitors may self-graduate to the Advanced Division.
- ❖ Advanced competitors may not self-graduate to the SuperStars Division.
- ❖ Graduation shall take place the day after the ACDA Championships ends.
- ❖ Your age is the age you will be on the last day of that calendar year.
- ❖ Graduation points are non-transferable between age divisions.
- ❖ If there are 2 or less dancers in any division at the ACDA Championships, the dancer will not be forced to graduate to the higher division.

**Overall Competitors Placement**

<b># of Competitors</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>
3	4 points	2 points	1 Point
2	2 points	1 point	
1	1 point		

## APPENDIX (B) - Movement Limitations

**NO LIFTS, DROPS OR AERIALS ----** The use of these movements in Classic divisions may be grounds for disqualification in that dance.

**NOTE: Showcase SuperStars, Royal SuperStars, Regal SuperStars and Showcase Couples and Line Dance SuperStars, Royal SuperStars & Regal SuperStars, have no movement Limitations.**

- 1. LIFT** - where both feet of either partner are off the floor with the weight being supported by the other partner. Lifts are only allowed in Showcase SuperStars, Royal SuperStars, Regal SuperStars and Cabaret Teams.
- 2. DROP** - where both the head and torso of either partner are below the knee level, with the weight supported by the other partner. Drops are only allowed in SuperStars, Royal SuperStars, Regal SuperStars and Cabaret Teams.
- 3. LEAN** - is any stationary move where the head or torso of either partner is at or above the knee level standing of the other partner and weight is partially supported (leaning-in) or countered balanced (leaning-out) by the other partner. A lean is not allowed in Division IV or in the Pro-Am Pre -Newcomer or Newcomer level.
- 4. JUMP** - any move where a contestant compresses into the floor and uses knees and thighs to independently propel both feet off the floor. A jump is seen as a contestant becoming airborne by design. Jumps are only allowed in SuperStars, Royal SuperStars and Cabaret Teams.
- 5. AERIAL** - where both feet of a dancer are air born (off the floor) at the height of waist level or above. Aerials are only allowed in SuperStars, Royal SuperStars and Cabaret Teams.
- 6. ACROBATIC** - is any move where a contestant independently or in partnership passes their foot, leg, or body above and across the plane of his/her head or the other partner's head or passes their body through the legs of the other partner, while maintaining contact with the floor. Acrobatic moves are not allowed in Division IV or the Pro-Am Pre-Newcomer or Newcomer levels.
- 7. DEVELOPPE'** - any move where either partner has one foot placed with full supporting contact to the floor and elevates the opposite leg. The elevated leg is extended with a bent knee forwards and upwards until the elevated leg is straightened at the height of the movement. A Developpe' is not allowed in Division IV or the Pro-Am Pre-Newcomer or Newcomer levels.
- 8. RONDE'** - any move where either partner rotates his/her body while having placed one foot with supporting contact to the floor, sweeps the second foot around his/her body in an arc with the foot and leg being in the air. Ronde's are not allowed in Division IV and the Pro-Am Pre-Newcomer or Newcomer levels.
- 9. SPLIT** - any move where feet separate while staying in contact with the floor and the body is lowered to the floor angle of leg is greater than 45 degrees or right angle. Splits are not allowed in Division IV or the Pro-Am Pre-Newcomer or Newcomer levels.
- 10. SHINE** - any move where a contestant in the pair's performance is not bodily connected to his/her partner and the move is deemed non-lead able. Shine is not allowed in Division IV or the Pro-Am Pre-Newcomer or Newcomer levels.
- 11. PANTOMIME** - the art or technique of conveying emotions, actions, feelings, etc., by gestures without speech. Pantomime is not allowed in Division IV or the Pro-Am Pre-Newcomer or Newcomer levels.

## APPENDIX (C) – Scoring

### Relative Placement

**Pro-Am, Couples, Pro-Pro, Line Dance and Teams**, will utilize the “Relative Placement” scoring format. This format will determine the “placement” of winners for each contest category. The “Relative Placement” scoring format will also determine Overall Championship winners.

In the Relative Placement format for each division, each judge shall mark on their ballot their 1<sup>st</sup> place choice with the number “1”, their 2<sup>nd</sup> place choice with the number “2”, their 3<sup>rd</sup> place choice with the number “3”, etc., until all contestants have received a placement number. Judges must complete all placements for all contestants and cannot assign the same “placement” to more than one contestant.

The contestant who receives a majority of 1<sup>st</sup> place marks will be the first-place winner. The contestant who receives a majority of 1<sup>st</sup> and 2<sup>nd</sup> place marks will be the second-place winner. The contestant who receives the majority of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place marks will be the third-place winner, etc., etc.

In the Finals for each division, the majority opinion of the judges shall determine the results.

Placements shall be determined in order from highest to lowest beginning with how many 1<sup>st</sup> place marks, followed by how many 2<sup>nd</sup> place marks, followed by how many 3<sup>rd</sup> place marks, etc., until all marks for the couple are accounted for.

### Pro-Am & Pro-Pro Scoring Format

1. **Pro-Am levels and Pro-Am Spotlight, will use the judge’s majority medal placement for the medal grade of the dance.** Each judge will mark a ballot with a “medal” grade of ability for all contestants that danced. Judges, therefore, grade each contestant’s relative ability against a standard for that titled level of competition. Each Judge shall mark on a ballot an assessed medal grade indicating a mark on his/her ballot a “prioritized” assignment to be attached to each contestant’s “medals” score. Each “medals” score will also receive a “Numerical” score creating rankings for placement within each “medal”.
2. Every contestant **SHALL BE RANKED** within **EACH MEDAL** so that the judges shall be responsible for the final placement of all contestants. For example, whereby all contestants ranked within the “silver medal” shall finish with a higher placement than all other ranked contestants in the “bronze medal”. All “gold medal” rankings will finish higher than all “silver medal,” etc.

### **Medal and Placement in the Dance.**

1. The **Contestant’s Medal** will be the majority of medals given by the Judging Panel for that dance; (3 out of 5 Judges are a majority.)
2. The Judge’s medal for each contestant in the dance sets up the placement. Highest medal to lowest medal. Highest medal is ranked 1<sup>st</sup>, lowest medal is lowest ranking.
3. A Judge cannot tie contestants in the same Division and Level for that dance. If a Judge uses the same medal for contestants in the same Division and Level for that dance, they must be ranked within the like medal. In the group of the same medal, the best contestant is ranked 1<sup>st</sup>, next best contestant is 2<sup>nd</sup>, etc.
4. This is to be used for all Judges on the dance panel.
5. The placement of the Judges for each contestant and use of relative placement will figure **Placement in the Dance**. Relative placement determined by most 1<sup>st</sup>, 1<sup>st</sup> & 2<sup>nd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup>, and 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> & 5<sup>th</sup>, etc.

**All ties in a dance are broken using head-to-head competition.**

### **Overall Placement in a Division.**

**This is determined by the Relative Placement in the five (5) required dances, Two-Step, Waltz, their two (2) highest Non-Swing, and their highest Swing**

Relative placement is determined by the most 1<sup>st</sup>, 1<sup>st</sup> & 2<sup>nd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup>, and 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> & 5<sup>th</sup>, etc.

**Ties shall be broken by:**

1. **Using relative placement on the common dances of those tied.**
2. **If a tie still exists, use Two Step and Waltz placements of those tied, best placement breaks tie.**
3. **If a tie still exists, we will use the best placement in the Two Step.**

## APPENDIX (C) – Scoring continued

### Couples Scoring Format

#### **Grade and Placement in the Dance:**

1. The **Contestant's Grade** will be the majority of grade given by the Judging Panel for that dance; (3 out of 5 Judges are a majority.)
2. The Judge's grade for each contestant in the dance sets up the placement. Highest grade to lowest grade. Highest grade is ranked 1<sup>st</sup>, lowest grade is lowest ranking;
3. A Judge cannot tie contestants in the same Division and Level for that dance. If a Judge uses the same grade for contestants in the same Division and Level for that dance, they must be ranked within the like grade. In the group of the same grade, the best contestant is ranked 1<sup>st</sup>, next best contestant is 2<sup>nd</sup>, etc.
4. This is to be used for all Judges on the dance panel.
5. The placement of the Judges for each contestant and use of relative placement will figure **Placement in the Dance**  
Relative placement is determined by the most 1<sup>st</sup>, 1<sup>st</sup> & 2<sup>nd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup>, and 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> & 5<sup>th</sup>, etc.  
**All ties in a dance are broken using head-to-head competition.**

#### **Overall Placement in a Division:**

**This is determined by the Relative Placement in the five (5) required dances of Two-Step, Waltz, their two (2) highest Non-Swing, and their highest Swing**

Relative placement is determined by the most 1<sup>st</sup>, 1<sup>st</sup> & 2<sup>nd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup>, and 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> & 5<sup>th</sup>, etc.

#### **Ties shall be broken by:**

1. **Using relative placement on the common dances of those tied.**
2. **If a tie still exists, use Two Step and Waltz placements of those tied, best placement breaks tie.**
3. **If a tie still exists, we will use the best placement in the Two Step.**

### Line Dance Scoring Format

#### **Grade and Placement in the Dance:**

1. The **Contestant's Grade** will be the majority of grade given by the Judging Panel for that dance; (3 out of 5 Judges are a majority.)
2. The Judge's grade for each contestant in the dance sets up the placement. Highest grade to lowest grade. Highest grade is ranked 1<sup>st</sup>, lowest grade is lowest ranking.
3. A Judge cannot tie contestants in the same Division and Level for that dance. If a Judge uses the same grade for contestants in the same Division and Level for that dance, they must be ranked within the like grade. In the group of the same grade, the best contestant is ranked 1<sup>st</sup>, next best contestant is 2<sup>nd</sup>, etc.
4. This is to be used for all Judges on the dance panel.
5. The placement of the Judges for each contestant and use of relative placement will figure **Placement in the Dance**.  
Relative placement is determined by the most 1<sup>st</sup>, 1<sup>st</sup> & 2<sup>nd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup>, and 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> & 5<sup>th</sup>, etc.

#### **Overall Placement in a Division:**

**This is determined by the Relative Placement in all the required dances.** Relative placement determined by most 1<sup>st</sup>, 1<sup>st</sup> & 2<sup>nd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup>, 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup>, and 1<sup>st</sup> & 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> & 5<sup>th</sup>, etc.

### Teams Scoring Format

#### **Grade and Placement in the Dance category:**

1. The **Contestant's Grade** will be the majority of grade given by the Judging Panel for that dance; (3 out of 5 Judges are a majority.)
2. The Judge's grade for each team in the **Dance category** sets up the placement. Highest grade to lowest grade. Highest grade is ranked 1<sup>st</sup>, lowest grade is lowest ranking.
3. A Judge cannot tie teams in the same **Dance category**. If a Judge uses the same grade for teams in the same **Dance category** they must be ranked within the like grade. In the group of the same grade, the best team is ranked 1<sup>st</sup>, next best team is 2<sup>nd</sup>, etc.

## APPENDIX (D) – Dances

All dances listed below are acceptable for entry into any and all divisions offered by the ACDA.

### TRIPLE TWO

**26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 80 to 86 Intermediate/Advanced = 76 to 86**

A step pattern that uses six beats of music and includes two triple steps and two 1 beat steps and progresses counter-clockwise around the dance floor. A smooth and semi-circular dance with a repetitive dance count of: 1,2, 3&4, 5&6

### POLKA

**28 beat syncopation limit, Optimum BPM: Newcomer/Novice = 106 to 114 Intermediate/Advanced = 114 to 120**

A step pattern that consists of continuous triples and progresses counter-clockwise around the dance floor. A pitched dance with lilt and a repetitive dance count of: 1&2, 3&4

### NIGHT CLUB

**28 beat syncopation limit, Optimum BPM: Newcomer/Novice = 56 to 60 Intermediate/Advanced = 52 to 56**

Any 8 count basic Night Club pattern (1, 2&, 3, 4&, 5, 6&, 7, 8&) may be used that has a generally stationary pattern. The dance generally accents counts **1 and 5** with a slow developing "side step" and has a definite sway motion to it.

### CHA-CHA

**26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 102 - 110 Intermediate/Advanced = 110 - 118**

A step pattern of any combination of eight count (1, 2, 3, 4&, 5, 6, 7, 8&) Cha-Cha patterns that breaks (rocks) or accents the 2<sup>nd</sup> and 6<sup>th</sup> beat of music. "Chase" patterns are considered a basic part of cha-cha and may be danced beyond the 26 beats of music.

### VIENNESE WALTZ

**Newcomer is CLOSED BRONZE DVIDA SYLLABUS. See Dance Vision at: <https://www.dancevision.com/>**

**Novice and up is OPEN**

**Optimum BPM: Newcomer/Novice = 130 to 150 Intermediate/Advanced = 130 to 162**

Progresses counter-clockwise around the dance floor, using the step pattern of (1,2,3 / 4, 5, 6)

### WALTZ

**24 beat syncopation limit, Optimum BPM: Newcomer/Novice = 86-90 Intermediate/Advanced = 80 -86**

Progresses counter-clockwise around the dance floor, using the step pattern of (1,2,3 / 4, 5, 6)

### TWO-STEP

**26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 168 -184 Intermediate/Advanced = 184-194**

A pattern that has a generally forward counter-clockwise progression accenting the downbeat and contains the Two-Step rhythm of: 1, 2, 3\_, 5\_ (Q,Q,S,S) **OR** 1, 2, 3\_, 5, 6, 7\_ **OR** (Q,Q,S, Q,Q,S) **OR** 1, 2, 3, 4, 5\_, 7\_ (Q,Q,Q,Q,S,S)

### EAST COAST SWING

**26 beat syncopation limit, Optimum BPM: Newcomer/Novice =126-132 Intermediate/Advanced = 132-144 (Average)**

A step pattern of any combination of six or eight count swing patterns that has a generally stationary, circular step pattern, each style having mutually performed rock steps or variations thereof. 6-count or 8-count swing may include single, double and/or triple rhythms. Basic dance rhythms are: (1&2,3&4,5,6) **OR** (1&2 ,3,4, 5&6, 7,8)

### WEST COAST SWING

**26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 92 - 100 Intermediate/Advanced = 96 -112**

A step pattern that consists of any 6 **OR** 8 count swing pattern that has a generally stationary, slotted step pattern: Basic dance rhythms are: (1,2, 3&4, 5&6) **OR** (1,2, 3&4, 5,6, 7&8) A coaster step is considered a forward progressive step and is not allowed in place of the anchor step.

**Other recognizable country dances may be offered at the Event Director's discretion.**

Example: Pony, Hoe-Down- (Heel-Toe Polka), Cotton-Eyed Joe, Ft. Worth Shuffle.

**Syncopation** - Splitting the beat of music or a step pattern variation. A couple may vary the step pattern for the given number of beats for each dance before returning to the basic step pattern.

## APPENDIX (E) – Competition Divisions

### COUPLES CATEGORIES

Exceptions are made for dancers dancing with a partner of a lower level

AGE DIVISION	LEVEL				
	Newcomer	Novice	Intermediate	Advanced	Stars Divisions
<10 Junior Primary	Div IV	Div III	Div II	Div I	
10 - 12 Junior Youth	Div IV	Div III	Div II	Div I	
13 - 17 Junior Teen	Div IV	Div III	Div II	Div I	
18 + Open /Mixed Role	Div IV	Div III	Div II	Div I	SuperStars
30 + Copper	Div IV	Div III	Div II	Div I	
40 + Bronze	Div IV	Div III	Div II	Div I	Royal SuperStars
50 + Silver	Div IV	Div III	Div II	Div I	
60 + Gold	Div IV	Div III	Div II	Div I	Regal SuperStars
70 + Platinum	Div IV	Div III	Div II	Div I	
80 + Pearl	Div IV	Div III	Div II	Div I	

### Pro-Am, Pro-Pro and LINE DANCE CATEGORIES

DIVISION	LEVEL				
	Pre – Newcomer Newcomer	Novice	Intermediate	Advanced	Pro-Pro Pro-Pro Rising Star SuperStars, Royal SuperStars & Regal SuperStars Pro-Am Elite
<10 Junior Primary					
10 - 12 Junior Youth	X	X	X	X	
13 - 17 Junior Teen	X	X	X	X	
18 + Open	X	X	X	X	X
30 + Copper	X	X	X	X	
40 + Bronze	X	X	X	X	X
50 + Silver	X	X	X	X	
60 + Gold	X	X	X	X	X
70 + Platinum	X	X	X	X	
80 + Pearl	X	X	X	X	



## APPENDIX (F) - ACDA Crossover Rules

<b>From Couples</b>	To Pro-Am	To Line Dance
SuperStars	Advanced	Advanced
Royal & Regal SuperStar	Intermediate or above	Intermediate or above
Div I /age Adv	Intermediate or above	Intermediate or above
Div II / age Int	Novice or above	Novice or above
Div III / age Nov	Newcomer or above	Newcomer or above
Div IV/ age NC	Newcomer or above	Newcomer or above
<b>From Pro-Am</b>	To Couples	To Line Dance
Elite	Div. II / age Int	Intermediate or above
Advanced	Div II or above	Intermediate or above
Intermediate	Div III or above	Novice or above
Novice	Div IV or above	Newcomer or above
Newcomer	Newcomer or above	Newcomer or above
PRO-PRO	Div II or above	Intermediate or above
PRO-PRO Rising Star	Div II or above	Intermediate or above
<b>From Line Dance</b>	To Pro-Am	To Couples
SuperStar	Advanced or above	Div. II or above
Royal & Regal SuperStar	Advanced or above	Div. II or above
Advanced	Intermediate or above	Div III or above
Intermediate	Novice or above	Div III or above
Novice	Newcomer or above	Div IV or above
Newcomer	Newcomer or above	Div IV or above

<b>ProAm</b>	<b>Line</b>	<b>Couples</b>
ProPro	Intermediate or Above	II (any age) or Higher
ProPro Rising Star	Intermediate or Above	II (any age) or Higher
ProAm Elite	Intermediate or Above	II (any age) or Higher
ProAm Advanced (both partners)	Intermediate or Above	II (any age) or Higher
ProAm Advanced (one partner)	Intermediate or Above	III (any age) or Higher
ProAm Intermediate (both partners)	Novice or Above	III (any age) or Higher
ProAm Novice (both partners)	Newcomer or Above	IV (any age) or Higher
ProAm Newcomer	Newcomer or Above	IV (any age)

- If there is a new partnership where both partners have not competed in two years, they may drop down a level.
- Level 4 is for Newcomers only. However, someone that dances in couples may not drop down a level if they moved into a Pro-Am partnership; they must stay at the same level.