



## **2026 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.*

Revised 1/20/2026

## **Official ACDA Rules**

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## 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 provide appropriate coverage suitable for a general audience.

**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. 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 Championships. For line dance competitors, hats and boots are not required for non-country dances such as Cuban, Street, or Novelty.

**1.08 Cabaret, show dances/solo medley and spotlight dances (Pro Am and Couples):** Hats and boots are not required in these categories; however, costuming should fit the character of the performance and song selection and must be appropriate for a family-oriented venue.

## **2.0 Music**

**2.01** All music, except for self-selected music, may be played at a BPM of +/- 4 BPMs of the optimum BPM listed in APPENDIX C.

**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 C 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. Noncountry Line Dances such as Cuban, Street, and Novelty can use non-country music. The use of AI generated music will be approved for Superstar, Royal, and Regal couples and line, as well as teams.

**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 preapproved if 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.

**2.11** Music for line dance will be faded at approximately 1 ½ minutes for all dances except for dances that have multiple A, B, C, and D pattern structure, which will be the entire song.

### **3.0 Divisional Cross-Over from Other Organizations**

Any person competing on the ACDA circuit must enter a level equal to or above, except for ascension divisions, at which they have competed at any other regional or national competition.

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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:*

Amateur refers to any dance competitor who does not meet any of the definition of a “Professional” as outlined in the “Professional” definition of the ACDA rules (see below).

An individual who regularly assists a “Pro” or dance instructor during classes must dance in Pro-Am level Novice or above and must enter Couples Division III/Novice or above.

An individual who teaches social classes, non-competitive line dance, non-competitive couples, ballet, jazz, tap and other non-couple dances must dance in Pro-Am level Intermediate or above and must enter Couples Division II/Intermediate or above. An exception may be made to dance in a lower Couples division if said competitor is eligible to drop to that division due to a new partnership.

Any amateur on a 2-year hiatus (or greater) may drop down one (1) competitive division skill level. However, no amateur may drop down to Division IV/Newcomer or Pro-Am Newcomer if they have ever danced Novice or above.

Any prize money given from a sanctioned ACDA event (e.g., Top Student) awarded belongs to the Pro-Am student and is not considered to be professional compensation.

#### *Professional Definition:*

A Professional/Instructor is someone who currently teaches/has taught any competitive partner dance forms in the last five (5) years. Anyone who meets this standard MUST start at a minimum in Couples Level II or Pro-Pro Rising Star.

If a Professional does not teach any competitive partner dance form for five (5) years, they may start at Couples Level II or Pro-Am Intermediate.

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

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

**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 C.

**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 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. Once a competitor dances in the Elite Division, they may not drop back down to Advanced, unless they have a two (2) year hiatus (see Amateur definition 1.01 of Pro-Am General Rules above).

Three (3) divisions will be offered:

- Open (18 and above)
- Bronze (40 and above)
- Gold (60+)

**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 (C). 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.

Competitors must have earned 24 Novice points (i.e., earned Intermediate status) to be eligible to dance in any Showcase division. No self-graduation is allowed.

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 D)

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.

**Open Role Divisions:** (all divisions are eligible): 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 the gender for which they identify.

**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.

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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 Open 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 with the exception of choreographed role reversal not to exceed 16 beats in 4/4 dances, 12 beats in Waltz, and 24 beats in Viennese Waltz (i.e., dancers may switch lead/follow role in different heats). (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 C

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

## **2.1 Couples Divisions** (See also APPENDIX D)

**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 for that year.

**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 Open 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 (C). 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 or qualified to dance 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 2.10).

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: there is **NO** crossover from Royal/Regal SuperStars to Classic Superstars. Classic SuperStars may cross over to Royal or Regal Superstars if both partners meet the age requirements and one (1) of the following criteria are met: the partnership is either new, or both partners have not competed in Superstars for two (2) years.

### **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 2.10).

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 cross over 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 2.10).

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 cross over 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 2.09).

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 2.09).

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 2.09).

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 APPENDIX D)

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

**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.**

#### **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, 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. 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 the 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 ProAm 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**

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## Teams General Rules

### **3.0 Team Competition Rules**

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

#### **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 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 the above movements **are** allowed in the SuperStars 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 level of experience but may not compete for an overall placement in that level.

### **Line Dance Age Levels**

- **Starter Jr. Primary**: Dancers Aged 0-4
- **Starter Jr. Primary**: Dancers Aged 5-6
- **Starter age**: (Three Age Categories offered for Dancers ages 7-17; 18+; 50+)
- **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.

#### **4.13 Line Dance Format**

- a. The title, step description (including motion, rhythm, counts, and walls), name/s of the Choreographer/s, and video for each Classic Line Dance will be released annually. If there is a discrepancy between the posted video and step description for any dance, please default to the video.
- b. Because Choreographers create steps to a specific song, that song must be played for competition.
- c. Line Dance competitors will be spaced or staggered on the floor relative to each other and begin the dance after the verbal or non-verbal “count-in” in the direction designated by the Choreographer.
- d. Line Dance competitors must follow the Basic Rule which requires that:
  - i. Competitors begin with one (1) wall of “vanilla”, which is a complete rendition of the entire step description without variation. In an ABC dance, each section of the dance. i.e., A, B, or C must begin with a full vanilla before any variation may be performed.
  - ii. Once a Competitor performs the vanilla measures of the basic (without variation from the step description), they may then vary any measures to allow for musical interpretation. Variations must follow the flow of the dance.
- e. Movement Limitations (unless the move is specifically called for in a Line Dance step description):
  - i. Moves that include acrobatics, pirouettes, fouettés, sitting on the floor, lying on the floor, bridging on the floor, spins in adagio, splits, and sits to recover from splits are not allowed except for SuperStars, Royal and Regal SuperStars.
  - ii. Jumps and jetés are not allowed, except for SuperStars, Royal and Regal SuperStars. iii. Dance movements that rotate on balance in adagio are permitted to turn only up to 360 degrees, except SuperStars, Royal and Regal SuperStars.
  - iii. During the intro music prior to count-in, competitors of all skill levels may move their bodies to express the mood and character of the music and dance but must stay within a 24-inch radius of the dancer’s starting position.
  - iv. Use of hands, arms, facial expressions, body styling, skirt work, and hat-work are allowed without limit throughout the dance.
  - v. Newcomer competitors must dance only complete renditions of the entire step description without variation throughout the song.
  - vi. SuperStars, Royal and Regal SuperStars Dances ‘A’ and ‘B’ follow the Classic Line Dance format including the Basic Rule For which the dance is intended.
- f. SuperStars and Royal and Regal SuperStars dancers - Choreographic interpretation of the music is being judged. Competitors should select the movement that they feel best interprets the musical nuances, tempo, character and mood of the musical selection and the dance’s characterizing rhythm, motion, and style.

g. Movement allowances and limitations for Line Dance Solo Medleys within SuperStars, Royal and Regal SuperStars:

- i. A competitor may begin the dance facing any direction of his or her choosing and may begin the dance at any time.

## **4.2 Line Dance Skill Levels**

**4.21 Starter Jr Primary ages 0-4, Starter Junior Primary ages 5- 6, Starter age 7-17; 18+; 50+ and Newcomer:**  
Dancers who have never competed in a Line Dance competition at an interstate dance contest at the Novice level or above.

**Starter and Newcomer Line Dance Movement Limitations:**

During the intro music prior to count-in, competitors may move their bodies to express the mood and character of the music and dance but must stay within a 24-inch radius (approximately one step in any direction) of the dancer's starting position. A competitor must also remain facing in the original direction throughout the introduction. No turns or rotations of any kind are allowed. 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.

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 formal 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:** This Division is for 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.

**4.23 Intermediate:** This Division is for 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.

**4.24 Advanced:** This Division is for 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)

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

During the intro music prior to count-in, competitors may move their bodies to express the mood and character of the music and dance but must stay within a 24-inch radius (approximately one step in any direction) of the dancer's starting position. A competitor must also remain facing in the original direction throughout the introduction. No turns or rotations of any kind are allowed. 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.

**4.25 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 (Dance A and Dance B) as well as a Solo Medley, 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 Dance A and Dance B dances “plain vanilla.” Tear away skirts are allowed in the Solo Medley. Non-country music may be used in the SuperStar Solo Medley.

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

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

**4.28 Rising Stars:** Same as SuperStars above except **for Junior Teen (ages 13 – 17 as an ascension division)**

### **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.

Open Newcomer Line Dance Overall competitors must compete in at least four (4) dances in the Open category. Age Division Line Dance Overall competitors must compete in at least three (3) dances in the Age Divisions category and are not required to dance the Street category. While it shall be offered, it will not be used towards the Overall Placements.

- Open Division Required Dances - Pulse, Cuban, Stage & Street
- Age Divisions Offered Dances - Pulse, Cuban, Stage & Street

Open Novice Line Dance Overall competitors must compete in at least five (5) of the offered dances for overall. Age Division Line Dance Overall competitors must compete in at least 4 (4) dances in the Age Divisions category and are not required to dance the Street category, while it shall be offered. While it shall be offered, it will not be used towards the Overall Placements.

- Open Divisions Required Dances - Rise & Fall, Cuban, Smooth, Stage & Street
- Age Divisions Offered Dances - Rise & Fall, Cuban, Smooth, Stage & Street

Open Intermediate Line Dance Overall competitors must compete in all six (6) of the offered dances for overall. Age Division Line Dance Overall competitors must compete in at least five (5) dances in the Age Divisions category and are not required to dance in the Street category. While it shall be offered, it will not be used towards the Overall Placements.

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

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

Age Division Line Dance Overall competitors must compete in at least five (5) dances in the Age Divisions category and are not required to dance in the Street category. While it shall be offered, it will not be used towards the Overall Placements.

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

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

Any music preview will be at the discretion of the Event Director. Music will be faded at approximately 1 ½ minutes for all dances except for dances that have multiple A, B, C, and D pattern structure, which will be the entire song. Dance selections will be rolled out at the beginning of the month for any or all dances that may be changing throughout the year and will remain in effect for the entire dance season. See ACDA Line Dance Matrix on the website at [www.DanceACDA.com](http://www.DanceACDA.com).

# ACDA



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## ACDA Championships

## **5.0 ACDA CHAMPIONSHIPS**

**5.01** In order to qualify for the ACDA 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 elect to dance in the division in which they started at the beginning of the season for the Championships. 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 but may dance at the previous lower level at the Championships. 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 division 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 winner with less than three (3) competitors MAY move if they wish after the (Championships), but competitors will not be forced to graduate; **this does not apply to ascension division winners** (reference 5.04 (a) below).

**5.04 (a)** Any ascension division winner with less than three (3) competitors may only ascend after having earned at least 50% Gold Graduate scores at the Championships.

**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.

# ACDA



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## **SPECIAL DISPENSATIONS**

## **6.0 SPECIAL DISPENSATION**

Please note that all rules apply equally to everyone. However, in certain situations where an Event Director or Contest Coordinator may not be able to satisfy some unforeseeable situation or condition that may fall outside the scope of these rules, the competitor may submit a written request for a “Special Dispensation” to the Head of Rules. <mailto:RowdyACDA@gmail.com>

Competitors may request a dispensation for the following reasons:

A. Competition Dance Level Change

If a competitor believes they are in the incorrect dance level, they may request a dispensation to change their level for an event. The request must include a detailed explanation and, if applicable, copies of the competitor's scores to support their claim. Please note that competition dance level changes will **not** be considered for the ACDA Championships, only for single events.

B. Single Event Dispensation Eligibility

A single event dispensation may be requested if the competitor is not able to attend or compete at an event for which they registered due to extenuating circumstances. This dispensation applies only when the missed event would have been required for qualification at the ACDA Championships. Examples of valid extenuating circumstances include:

- Medical procedures that prevent the competitor from dancing,
- Attending the funeral of an immediate family member, or
- Serious family emergencies.

Dispensations for extenuating circumstances will not be considered for the ACDA Championships.

C. Costuming Variances Due to Medical Reasons

A costuming variance may be considered if a competitor has a medical reason, such as a chronic condition, existing injury, or recovery from an injury/surgery. The dispensation request will need to be supported by documentation from a practicing medical professional.

D. Pro Changes at the ACDA Championships

If a professional dancer (Pro) is unable to partner with their amateur (Am) partner in a second event due to legitimate reasons—such as injury or serious family emergencies—a dispensation may be considered to allow another Pro who has not danced on the ACDA circuit that year to partner with the Am for the Championships.

A dispensation will be reviewed by the Rules Committee and be brought forward to the ACDA Board on a case-by-case basis, assuming it meets the criteria outlined above. Decisions by the ACDA Board are final.

# 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 skill division (e.g., Novice, Intermediate, etc.), with at least one (1) of the competitions danced having three (3) or more competitors. Points will not be combined by age divisions (e.g., points for Silver and Gold will not be combined).

OR

- One (1) win for overall at the ACDA Championships in any division with three (3) or more competitors.
- Dancers will accumulate points as follows:

#### Pro-Am Points

<b># of Competitors Dancing for Overall</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		

#### Couples Points (points will be divided equally between the partners)

<b># of Couples Dancing for Overall</b>	<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>
3	8 points/couple	4 points/couple	2 points/couple
2	4 points/couple	2 points/couple	
1	2 points/couple		

- Graduation will 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.

## REQUIRED POINTS FOR GRADUATION

Division Level	Graduating To	Points Needed
Line Newcomer	Line Novice	24
Line Novice	Line Intermediate	24
Line Intermediate	Line Advanced	24
Line Advanced	Line SuperStars	24
Line SuperStars	Graduation is not applicable in this division	
Couples Newcomer	Couples Novice	24
Couples Novice	Couples Intermediate	24
Couples Intermediate	Couples Advanced	24
Couples Advanced	Couples SuperStars	24
Couples SuperStars Classic	Graduation is not applicable in this division	
Couples 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 Elite	24
Pro-Am Elite	Graduation is not applicable in this division	
Pro-Pro + Pro-Pro Showcase	Graduation is not applicable in this division	

### **GRADUATION CRITERIA**

- 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 end.
- A Contestant's age for the entire dance year shall be based on their age on the last day of the ACDA Championships for that year.
- Graduation points are non-transferable between age divisions.
- If there are two (2) or less dancers in any division at the ACDA Championships, the dancer will not be forced to graduate to the higher division.

## 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. Exception: Classic Superstars, Classic Royal Superstars, Classic Regal Superstars, and Pro-Pro Classic may dance ride (aka “horse and cart”) type movements (see definition below).

**Note:** Showcase SuperStars, Showcase Royal SuperStars, Showcase Regal SuperStars, Showcase Couples, Pro-Pro Showcase, Pro-Am Showcase, and Cabaret Teams have no movement limitations.

### Movement Definitions:

1. **LIFT** - where both feet of either partner are off the floor with the weight being supported by the other partner.
2. **DROP** - where both the head and torso of either partner are below the knee level, with the weight supported by the other partner.
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.
5. **AERIAL** - where both feet of a dancer are air born (off the floor) at the height of waist level or above.
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 the Pro-Am Pre-Newcomer levels. In the Newcomer level, a ronde' is allowed if the foot remains in contact with the floor the duration (i.e. floor sweep).

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. **RIDE** (aka: Horse & Cart) - any move where the head or torso of one partner is at or above the knee level of the other partner and weight is at least partially counter-balanced by the other partner. One partner rotates the other around an axis.
11. **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-leadable. Shine is not allowed in Division IV or the Pro-Am Pre-Newcomer or Newcomer levels.
12. **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.
13. **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 C – Dances

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

### TRIPLE TWO

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 80 to 88, Intermediate/Advanced = 74 to 84 A step pattern that uses six beats of music and includes two triple steps and two 1 beat steps and progresses counterclockwise 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 = 104 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 62, Intermediate/Advanced = 50 to 55 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 “sidestep” and has a definite sway motion to it.

### CHA-CHA

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 100 – 110, Intermediate/Advanced = 110 - 120 A step pattern of any combination of eight counts (1, 2,3, 4&, 5, 6,7, 8&) Cha-Cha patterns that breaks (rocks) or accents the 2nd and 6th 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 SYLLABUS. See Syllabus on next page:

Novice and Up is OPEN

Optimum BPM: Newcomer/Novice = 133 to 150, Intermediate/Advanced = 145 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 = 86-92, Intermediate/Advanced = 78 -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 = 166 -184, Intermediate/Advanced = 184-196

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,S,S)

### EAST COAST SWING

26 beat syncopation limit, Optimum BPM: Newcomer/Novice =124-132 Intermediate/Advanced = 132-146

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, 56, 7,8)

## WEST COAST SWING

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 90 – 100, Intermediate/Advanced = 90 -102

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

# Viennese Waltz – Bronze Syllabus Checklist

## Bronze I

- Box Step (Straight)
- Box with Underarm Turn
- Progressive
- Left Turning Box
- Right Turning Box

## Bronze II

- Balance Steps
- Balance and Box
- Simple Twinkle
- Two-Way Underarm Turn
- Face to Face – Back-to-Back
- Sway Step
- Promenade Underarm Turn
- Sway Underarm Turn
- Zig Zag In Line
- Zig Zag Outside Partner
- Box Step
- Progressive Rocks
- Open Fan
- Open Fan with Underarm Turn
- Running Steps
- Checked Promenade
- Reverse Turn
- Closed Twinkle

## Bronze III

- Reverse Turn
- Natural Turn
- Progressive Twinkles
- Turning Twinkles
- Twinkle
- Fallaway Twinkles
- Promenade Twinkles
- Turning Twinkles to Outside Partner
- Reverse Turn
- Reverse Turn with Outside Swivel
- Right Side Fans
- Contra Rocks
- Continuous Left Rock Turn

## Additional Full Bronze Figures

- Grapevine
- Promenade Chassé
- Fallaway and Box
- Twinkle and Weave

## APPENDIX D – Competition Divisions

### Couples Categories

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

## Pro-Am, Pro-Pro Categories

DIVISION	LEVEL					Pro-Pro Pro-Pro Rising Star SuperStars, Royal SuperStars & Regal SuperStars Pro-Am Elite
	Pre-Newcomer Newcomer	Novice	Intermediate	Advanced		
<10 Junior Primary	X	X	X	X		
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		

## Line Dance Categories

DIVISION	LEVEL					
	Starter	Newcomer	Novice	Intermediate	Advanced	Rising Star SuperStars, Royal SuperStars & Regal SuperStars
Junior Primary 0 - 4	X					
Junior Primary 5 - 6	X					
Starter Age 7-17, 18+, 50+	X					
10 - 12 Junior Youth		X	X	X	X	
13 - 17 Junior Teen		X	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 E - ACDA Crossover Rules

<b>From Couples</b>	<b>To Pro-Am</b>	<b>To Line Dance</b>
SuperStars	Advanced	Advanced
Royal & Regal SuperStar	Advanced	Advanced
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>	<b>To Couples</b>	<b>To Line Dance</b>
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>	<b>To Pro-Am</b>	<b>To Couples</b>
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

Pro-Am	Line	Couples
Pro-Pro	Intermediate or Above	II (any age) or Higher
Pro-Pro Rising Star	Intermediate or Above	II (any age) or Higher
Pro-Am Elite	Intermediate or Above	II (any age) or Higher
Pro-Am Advanced (both partners)	Intermediate or Above	II (any age) or Higher
Pro-Am Advanced (one partner)	Intermediate or Above	III (any age) or Higher
Pro-Am Intermediate (both partners)	Novice or Above	III (any age) or Higher
Pro-Am Novice (both partners)	Newcomer or Above	IV (any age) or Higher
Pro-Am 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.