

- rhinestones, fringe or other similar decorations are allowed.
- ii. Girls:** a party dress or a simple costume provided it does not have any sequins, rhinestones, feathers, fringe or other similar decorations.
- b.** Junior formation teams shall be allowed to wear the dress approved for Pre-Teen formation teams in addition to the following for both competitive categories:
 - i. Boys** may wear a simple costume, provided it does not have any sequins, rhinestones, fringe or other similar decorations. No jackets (including tail suits) will be allowed.
 - ii. Girls** may wear a party dress or a simple costume provided it does not have any sequins, rhinestones, feathers, fringe or other similar decorations.
- c.** Youth formation teams shall be allowed to wear the dress approved for Junior formation teams in addition to the following:
 - i. Boys** may wear jackets in either division, including tail suits for the Standard/Smooth category. Costumes are allowed, including decorations. If tails suits are worn they must be black in color.
 - ii. Girls** may wear costumes in either division, including decorations.
- d.** Adult formation teams shall be allowed to wear the dress approved for Youth formation teams.
- e.** The organizer of a formation competition may establish additional dress guidelines if so desired.
- f.** No change of clothing/costume is permitted once the competition begins.

vi. CATEGORIES OF COMPETITION:

1. PROFICIENCY CLASSIFICATIONS:

- a.** Syllabus: Restricted to “medalist” level figures (Bronze, Silver, Gold, Novice Bronze, Novice Silver, Novice Gold, etc.). Organizers may restrict the level, but must use all approved syllabi for the dance or level in question.
- b.** Novice: Open Syllabus. It is recommended that “Novice” competitions generally be restricted to two or three (2 or 3) of the allowed dances for each style. Suggested dances are as follows:
 - i.** International Standard: Waltz, Slow Foxtrot and Quickstep.
 - ii.** International Latin: Cha-Cha, Samba and Rumba.
 - iii.** American Smooth: Waltz, Tango and Foxtrot.
 - iv.** American Rhythm: Cha-Cha, Rumba and East Coast Swing.
- c.** Pre-Championship: Open syllabus. It is recommended that “Pre-Championship” competitions generally be restricted to

still offer the dances in the order listed, minus those dances not being offered.

- v. American Style Rhythm: Cha-Cha, Rumba, Swing, Bolero and Mambo. It is required that the above five dances be used (in the order listed) in all amateur “championship” competitions. When organizers choose to offer additional competitions that may not include all five dances it is recommended that they still offer the dances in the order listed, minus those dances not being offered.
- vi. Additional American Style dances: Other American Style dances may be offered as either one dance of multi-dance events by competition organizers. These dances could include but are not limited to: Peabody, Merengue, Salsa, Polka, West Coast Swing, Lindy, Hustle, etc.
- vii. Theater Arts/Cabaret Dances: Theater Arts events are those in which all couples dance at the same time to a pre-selected piece of music. Cabaret dances are those in which couples select their own music and appear one at a time. All Cabaret routines are limited to four (4) minutes long. This includes entrances onto and exits from the floor.
- viii. Lifts: Lifts are allowed in the Theater Arts/Cabaret dance categories only. A lift is any movement during which one of the dancers has both feet off the floor at the same time with the assistance or support of their partner for longer than two beats of music. Couples who perform lifts in categories where lifts are not allowed may be disqualified after one warning, or may be dropped to last place in the final, at the discretion of the Chairman of Judges.

b. APPROVED TEMPI:

- i. The following tempi for International and American Style dances are approved, given in Measures per Minute – MPM.
- ii. Music directors must have the equipment necessary to adjust the tempo/pitch while the music is playing, at the direction of the Chairman of Judges.

International Style	Dance	Measures per Minute
Standard	Waltz	28
	Tango	32
	Viennese Waltz	56-58
	Foxtrot	28
	Quickstep	50-52
Latin	Cha-cha	31
	Samba	50
	Rumba	26
	Paso Doble	60-62
	Jive	44

America Style	Dance	Measures per Minute
Smooth	Waltz	28-30
	Tango	30
	Foxtrot	30
	Viennese Waltz	54
Rhythm	Cha-Cha	30
	Rumba	32
	Swing	36
	Bolero	24
	Mambo	47
	Hustle	28-30
	West Coast Swing	28-32
	Lindy	
	Merengue	29-32

c. MUSIC LENGTH:

- i. The amount of music played for each dance in each should be monitored and made equal for each heat in a round.

International Style	Dance	Minimum/Maximum
Standard	Waltz	90 secs / 120 secs
	Tango	90 secs / 120 secs
	Viennese Waltz	60 secs / 90 secs
	Slow Foxtrot	90 secs / 120 secs
	Quickstep	90 secs / 120 secs
Latin	Cha-Cha	90 secs / 120 secs
	Samba	90 secs / 120 secs
	Rumba	90 secs / 120 secs
	Paso Doble	90 secs / 120 secs
	Jive	60 secs / 90 secs

America Style	Dance	Minimum / Maximum
Smooth	Waltz	90 secs / 120 secs
	Tango	90 secs / 120 secs
	Foxtrot	90 secs / 120 secs
	Viennese Waltz	90 secs / 120 secs
Rhythm	Cha-Cha	90 secs / 120 secs
	Rumba	90 secs / 120 secs
	East Coast Swing	90 secs / 120 secs
	Bolero	90 secs / 120 secs
	Mambo	90 secs / 120 secs

3. FORMATION TEAMS:

- a. In formation competitions the make-up of each formation team will be allowed as follows:
 - i. Pre-Teen teams: Confined to Pre-Teens with the following exception: up to two Juniors may participate on a Pre-Teen formation team (one boy and/or one girl).
 - ii. Junior Teams: Confined to Juniors with the following exceptions: (a) any number of Pre-Teens may participate on a Junior team, and (b) up to two

Youths may participate on a Junior formation team (one boy and/or one girl).

- iii. Youth Teams: Confined to Youths with the following exception: any number of Juniors may participate on a Youth team.
- iv. Adult Teams: Confined to Adults with the following exception: any number of Youths may participate on an Adult team.
- v. All age categories: All competitors may dance one time only in each style at any competition.
- vi. Coaches may replace team members with reserves for any round in the competition.
- vii. Substitutions may not occur during the actual time the team is on the floor competing.

4. SOLO (OPEN) WORK – STANDARD/SMOOTH CATEGORIES:

Solo (open) work is defined as when any couple in the formation team is not in the traditional competitive ballroom hold (which includes the lady's left hand being placed on the man's right shoulder).

vii. RULES/RESTRICTIONS:

1. RULES FOR COMPETITORS

a. DANCE REQUIREMENTS:

- i. Competitors are restricted to entering only those categories for which they are eligible.
- ii. All competitors are required to present a valid and current AAU registration card to the competition registrar before the gentleman's competition number may be issued to them at the event..
- iii. Competitors must adhere to the dress requirements specified by the Organizer, provided such requirements have been specified in his printed advertisements and/or entry blanks.
- iv. Competitors are required to remain on the floor until the end of the music to avoid the possibility of disqualification.
- v. Theater Arts and Cabaret competitors only are allowed to use props. A prop is defined, as any item that is not part of the regular costume worn by the dancers.
- vi. All competitors are subject to Anti-Doping controls as prescribed by IDSF, USOC and AAU.
- vii. While on the premises of a competition, competitors shall conduct themselves in a civil and sportsmanlike manner. Competitors shall not harass or challenge a judge about the markings of that judge before, during or after the event.