

2024 AAU DANCESPORT RULES

International & American Ballroom



Amateur Athletic Union
Where Champions Are Made

AAU DANCESPORT RULES

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The Governing Handbook for the AAU International & American Syllabus
& Open Ballroom DanceSport Program. Single Dances & Multi Dance Events

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AAU DanceSport Rule Book & Regulations

PREAMBLE

The AAU Dance National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations for the advancement of that purpose. The AAU Dance Committee operates under the governance of the AAU Code in addition to rules herein.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

1. **National Chair** – The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers.
2. **Executive Committee Composition**
3. **National Sport Committee Composition** - The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each Affiliated member that registers members in the sport. The President may appoint up to five (5) members-at-large
4. **Other Committee Positions** – N/A
5. **Voting** – Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sport's operating rules, the elected or appointed District sports director or a representative from each Affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.

B. Sport Committee Meetings

1. **National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
2. **Non – Regular Sport Committee Meetings** - National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years' subject to the following provisions:
 - a. The meeting is called by the Chair following approval of the National Office.
 - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **National Sport Committee Special Meetings.** Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. The purpose of the Special meeting must be stated in the Notice for the meeting.
4. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of Executive Committee Meetings.

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5. Agenda Additions

- a. **Sport Committee Meeting Order (Agendas)** – The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5)

II. SPORT POLICIES

A. SPORTSMANSHIP

Is a general way of thinking and behaving: the following sportsmanship policy items are listed for clarification:

1. Be courteous to all (participants, advisors, judges, staff, and fans).
2. Know the rules, abide by, and respect the judges' decisions.
3. Win with character and lose with dignity.
4. Display appreciation for good performance regardless of the team.
5. Exercise self-control and reflect positively upon yourself, team, and school.
6. Permit only positive sportsmanlike behavior to reflect on your school or its activities.
7. All parents, teachers and athletes will hold the sport of dance in the highest regard. regard.
8. All entries must be processed on regulation entry forms.
9. No videos or flash photography will be permitted.
10. Dancers/parents shall not sit in the vicinity of the judges or approach the judges. All inquiries shall be made through coaches only.
11. No coaching from wings or audience.
12. Appropriate music, costuming and choreography will be utilized. All entries must be considered "family entertainment."

B. MEDICAL PROCEDURES

1. **Bleeding** - When it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform/costume, the participant shall stop performing to receive proper treatment.
2. **Communicable Disease Procedures** - While risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:
 - a. The bleeding must be stopped, the open wound covered and if there is an excessive
 - b. amount of blood on the uniform/costume, it must be changed before the member may participate.
 - c. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
 - d. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
 - e. Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resume

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- d. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
- a. Although saliva has not been implicated in HIV transmission, to minimize the need
- b. for emergency mouth to mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use
- c. Teachers/coaches/trainers with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolved.
- d. Contaminated towels should be properly disposed of or disinfected.
- e. Follow acceptable guidelines in the immediate control of bleeding and when handling blood dressing, mouth-guards and other articles containing body fluids.

C. ENTRY FORMS

1. Entry forms or contact information may be found on the AAU Dance website, www.aaudance.org. Entry forms or electronic registration must include the name and address of each partner and their current AAU registration numbers. For athletes under the age of 18, the consent signature of a parent or guardian must also be obtained.

D. AGE REQUIREMENTS

1. **Age Category Classifications:** The following definitions determine competitive age categories:
 - a. **Petite/Pre-Teen:** competitors who are 11 years old and younger. Pre-teen competitors may dance up one age classification to the Junior category. A Pre-teen competitor may not dance up to the Youth category unless they request permission in writing and receive approval. Under no circumstance will a Pre-teen competitor be allowed to compete in the Adult age category.
 - b. **Junior:** competitors who are 12, 13, 14, or 15 years old. Junior competitors may dance up one age classification to the Youth category. A Junior competitor may not apply for permission to dance up to the Adult category until they are 15 years old.
 - c. **Youth:** competitors who are 16, 17, or 18 years old.
 - d. **Under 21:** competitors who are 16, 17, 18, 19, or 20 years old.
 - e. **Amateur Adult:** competitors who are 20 years of age or older. Adult B classifications are for those adults who are 35 years of age or older. Senior classifications are for those adults who are 50 years of age or older.
 - f. A couple's age classification eligibility is defined as the age of the older partner on Sept 1st of current registration year for the Pre-teen, Junior, Youth and Adult classifications.
2. **Age Divisions:**
 - a. 20 and under = youth
 - b. 21 and up = adult

E. AAU REGISTRATION

1. **General guidelines for Registration:**
 - a. Registration will be accepted through the AAU website, www.aausports.org or on Official Registration Forms.
 - b. Registration with the AAU runs from **September 1st through August 31st** regardless of when the registration is received throughout the year.
 - c. All registrants must register with the AAU for the current registration year or will not be allowed to participate at any AAU event until they are correctly registered.
 - d. All registrants will receive a numbered registration card indicating the valid registration period. It is the responsibility of all registrants to show competition organizers their valid registration cards when so requested.

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- e. Additionally, all registrants can print a copy of the AAU Dancesport Rules on the AAU Dance website at www.aadance.org.
- f. Awareness of the contents of the Rulebook is the responsibility of each registrant. Please read and study them carefully.

III. SPORT PROCEDURES

A. DANCE SPORT/BALLROOM

1. SELECTION OF OFFICIALS:

- a. Required number of judges and scrutineers:
- b. At all AAU sanctioned events, at least one qualified Chairman of Judges must officiate. In all Amateur Championship Events, a minimum of five (5) judges shall officiate. At all AAU sanctioned events, at least one qualified Scrutineer must officiate.
- c. Judges Qualifications:
 - 1) Organizers must select Judges who are qualified and certified in the categories they are to judge, i.e. International Style, American Style, Theatre Art/ Cabaret/ Exhibition Styles, Swing, etc.
- d. Chairman of Judges Qualifications:
 - 1) The Chairman of Judges for AAU sanctioned events must hold a full qualification in all categories included in the event

B. RULES FOR JUDGES:

1. JUDGES RESTRICTIONS:

- a. The adjudicating panel for each category, level and style shall consist of an odd number of qualified judges who are certified as a judge.
- b. A judge must excuse himself from an adjudicating panel on any occasion when he has a member of his immediate family, or any member of the same household dancing in a particular heat of competition. "Immediate family" is defined as first cousin or above, their spouses, domestic partners, and household members.
- c. Judges must be Qualified and Certified in the type and style of the competition they are engaged to adjudicate.
- d. Officials, including Judges, Scrutineers, Registrars, Masters of Ceremonies, Music Directors and Organizers, are not allowed to give coaching lessons, on or off the premises, during the entire period of time commencing at noon on the day prior of the first competitive session and concluding with the end of the last session. This does not apply to Lectures or Seminars scheduled by the organizer and open to any interested parties.
- e. If officials and competitors mutually consent to discuss markings and results after the conclusion of the event, they should do so in a civil, ethical, and professional manner

C. JUDGES CONDUCT:

- 1. Judges shall stand or be seated apart from one another and at such locations that they do not interfere with the competitor.
- 2. Judges are reminded that if they converse with any spectators, contestants, or coaches, they may not discuss any competitors' performance until after the close of the entire event.
- 3. Judges are not to compare notes and must judge independently.
- 4. Judges may move about freely in order to see all couples.

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5. Judges are required to remain on the floor until the end of the music.
6. Judges shall mark and sign their score cards in ink, including the code letter, and shall initial each and every alteration.
7. While on the competition premises, judges shall conduct themselves with the utmost of professional decorum, including refraining from consuming alcohol during a judging session.

D. CHAIRMAN OF JUDGES:

1. The Chairman of Judges shall be responsible for the following:
 - a. Determining the number of couples to be recalled.
 - b. The Chairman must ask for at least 50 % of the number of couples to be recalled in each round. However, if the number of couples that are actually recalled by the adjudicators would require an additional round, then the Chairman is allowed to recall less the 50% of the couples. If the chairman asks for a 50 % recall for a second round and the actual number is more than 50%, the chairman may still call for a 50% recall of his original desired number of couples in the third round, etc.
 - c. The maximum number of couples that will be allowed in any final round will be eight.
 - i. For any championship competition, if there are eight or more couples preregistered to compete then a semifinal round must be scheduled. Likewise, if there are fifteen or more couples pre-registered then a quarterfinal must be scheduled.
 - ii. The chairman should consult with the competition organizer whenever there is a question in regard to the number of couples to be recalled.
 - d. The chairman should determine when a semi-final should be split into two heats, considering the size of the floor, the number of couples in the semi-final, and the style being danced. This should be done in consultation with the competition organizer. When the semi-final is split all couple must dance concurrently for a minimum of 30 seconds prior to any heat being split.
 - e. When the judges are instructed to select a given number of couples to dance in a final, only that number shall dance, except in the event of a tie.
 - f. In all matters relating to the conduct of the competition, questions on judges' markings, and changes in program scheduling, the Chairman's decision shall be final.
 - g. Observance of the established timetable for the competition, or alteration to the established timetable if required.
 - h. Instructing judges on points of evaluation and scoring system.
 - i. Correct interpretation of marks by inspecting marks after each heat, and verifying that they have been correctly transcribed.
 - j. Referring any score card requiring correction to the adjudicator concerned.
 - k. In all matters related to the conduct of the competition, questions on judges marking, changes in program scheduling; the Chairman's decision is final.
 - l. Excusing a judge from officiating when he feels that his sound judgment might be impaired.
 - m. The signing of all Final Summary Marking Sheets.
 - n. The IDSF Skating System will be utilized in all competitive events. A description of the Skating System is included at the end of the rulebook.
 - o. No individual, official, judge or organization shall discriminate against any competitor on the basis of race, color, religion, age, sex, or national origin; neither deny or threaten to deny any eligible competitor the opportunity to participate in competitive events for which he or she is eligible if he or she has adhered to all requirements.

IV HOST RESPONSIBILITIES

A. CONDUCT OF COMPETITIONS:

1. The organizer is responsible for the observance of the following:
 - a. The organizer shall draw up a timetable and make it available to all competitors prior to the competition. The organizer is responsible for adhering to this timetable so that the individual events do not start more than thirty (30) minutes earlier than the scheduled time. The first event of the day shall not start ahead of the scheduled time. Organizers must appoint all adjudicating panels before the event commences, and these panels should be strictly adhered to expect incases of emergency.
 - b. The organizer shall arrange for suitable and separate changing room facilities for male and female competitors.
 - c. The organizer is required to adhere to all categories, dances and levels specified in his promotional material. The organizer is also responsible for enforcement of all AAU rules regarding Syllabus and/or Dress, particularly for the Pre-teen, Junior, and Youth categories as well as applying penalty marks for infractions.
 - d. No participating dancers will be permitted to compete unless registered with the AAU.
 - e. At least two (2) couples must participate in any featured event for it to be accepted as a bona-fide competition. For Championship competitions, at least three (3) couples must participate.
 - f. In events where only one couple is entered the following are offered as suggestions
 - 1 . When the event is a one-dance event and the category is at medalist level, the judges may adjudicate the couple against an accepted standard and the couple's placement is determined by majority opinion of the judges.
 2. When the event is a multiple dance event, each dance may be treated as in (i) above with the overall placement determined by the overall judges' marks. Alternatively, the organizer may choose to allow the couple to dance without evaluation and automatically award the couple first place.
 - g. During the same competition session in all "championship amateur" competitions an intermission of not less than twenty (20) minutes, and not more than sixty (60) minutes must be granted to couples in between rounds. It is recommended that for other multi-dance amateur competitions that an intermission of five (5) minutes per dance (up to twenty minutes total) be granted.
 - h. The order to be danced in all Theater Arts/Cabaret divisions shall be determined by draw. Couples must dance the same program for all rounds of the competition.
 1. The Skating System of score evaluation shall be used, with the exception of Formation Teams and Team Matches, which may be judged on a cumulative point system.
 - i. Each Judge shall mark and sign a score card for each heat adjudicated. The organizer shall appoint a steward who shall be responsible for collecting judges' score cards and delivering them to the scrutineer unless an electronic judging system is being utilized.
 - j. For Open Amateur events the length of music must be as follows:
 1. Other than for the International Style Viennese Waltz and Paso Doble the music shall be played for a minimum of one minute and thirty seconds to a maximum of two minutes (1:30-2:00).
 2. In the International Style Viennese Waltz the music shall be played for a minimum of one minute and fifteen seconds to a maximum of one minute and thirty seconds (1:15-1:30).

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- a. In the International Style Paso Doble the complete song must be played in the final round (2:05).
- k. Only the Chairman of Judges and Scrutineer shall have access to the marks until the end of the competition.
- l. Master scrutineer sheets, or copies, shall be publicly posted in a conveniently accessible area for public inspection, only after they have been certified correct by the Scrutineer and Chairman of Judges, and immediately after the results have been announced and the prizes awarded or shall be made available through any online system being utilized at the event.
- m. Before the marks are posted the Master Scrutineer Sheets should be signed by the Scrutineer and Chairman of Judges, but not necessarily by the organizer.
- n. No smoking will be allowed in the ballroom or any designated competitor assembly area at any time.
- o. AAU recognizes that competition/championship organizers own the television and/or video rights to their events.
- p. Floors for championship events competition must be a minimum of 60 feet long and a minimum of 36 feet wide, or 2,160 square feet. Practice Floor min of 36 feet long and 20 feet wide or 720 square feet is required for Championship Events or the competition floor may be made available for practice 1 hour prior to each session.
- q. Organizers must pay all officials for services rendered, at that event, before the end of the last session of the last day.
- r. Unless prior agreement is made with the organizer and/or Chairman of Judges, all officials and adjudicators must be available until the conclusion of the competition as stated in the program of events.
- s. To ensure that the competitors of an AAU event receive an “appropriate” presentation of awards, it is recommended that awards be presented after each level of competition; however, all awards must be presented no later than the conclusion of each session.
- t. In all competition rounds, excluding cabaret, formation teams and team match, all couples in each heat, including the final, must dance against each other concurrently.
- u. An on-deck area for competitors is required for championships and strongly recommended for competitions. It is also recommended that an on-deck captain be provided during sessions with a large number of entries and/or heats.
- v. Once a final round commences, if it becomes necessary for a couple to withdraw from the competition (due to injury or illness) then that couple will be awarded last place for any dances in which they did not dance.
- w. If a couple withdraws from a competition after any round and before the commencement of the next round, then the chairman may at his discretion replace this couple with the next eligible couple.
- x. Organizers who anticipate that their events will be videotaped with the intent of distribution to television must clearly outline in the publicity whether the event has been contracted to appear on television or if the filming is being done “with the intent” of being aired on television.
- y. In the “Theatrical” dance category lifts are allowed for no more than 50% of the number of measures of music. There is no restriction for the “Cabaret” category. (Organizer may impose restrictions. Any additional restrictions must be posted a minimum of 60 days prior to event and noted on entry form.)
- z. In a “Ten-Dance” competition each dance shall be a separate competition. The skating system of scrutineering shall be applied to all ten dances together to

determine the winner. The number of call-backs from the Semi-final (and Quarter-final if necessary) shall be used to determine placements for couples not making the finals

- aa. Confirmation that all amateur dancers competing at their event are currently registered with the AAU.
- bb. Competitors and officials are not permitted to give media interviews at any time during a competitive round in which they are taking part. Any such interviews may be done between rounds and may not be broadcast to those present in the ballroom.
- cc. Organizers are responsible for ensuring that all competitors must comply with the guidelines given in the Dress and/or Grooming section.
- dd. The announcement of placement and awarding of prizes should be done as soon after the end of the final round as possible, and within 90 minutes.

B. EVENT SPECIFICATIONS

PRELIMINARY REQUIREMENTS:

1. SPECIFICATION OF EVENTS:

- a. In the promotional materials, the organizer must include a full list of categories and divisions offered dances, dress requirements, and any additional rules he may wish to stipulate. The organizer may introduce further subdivisions in the various categories listed in the materials, but he must clearly define these and enumerate them in his advance publicity.
- b. The organizer has the responsibility to inform all competitors of the rules under which their competitions will be conducted. Syllabus and/or Costuming requirements must be spelled out correctly and completely on the appropriate entry forms.
- c. Information as to how infractions of syllabus and/or costuming requirements will be penalized must be included in writing in the organizer's promotional material and/or entry forms.

C. ELIGIBILITY

1. ELIGIBILITY DEFINITIONS:

- a. A competitor is eligible to dance in the "Syllabus", "Novice/Advanced", and/or "Pre-Championship" proficiency classifications until they accumulate three (3) proficiency points. There is no limit to the number of proficiency points that may be accumulated in the "Open Amateur" level.
- b. A competitor receives one point when they either a) place first in their current classification when a semi-final round was danced, or b) dance in the final of a higher proficiency event where a semi-final round was danced.
- c. In the "Syllabus" categories proficiency points should be accumulated independently for each dance.
- d. The eligibility to compete in a classification is applied to individual amateur competitors and not the couple as an entity.
- e. An amateur couple is only eligible to compete in a classification if both members of the couple are eligible.
- f. An amateur competitor's eligibility is based on his/her accomplishments regardless of the number or length of partnerships they have had.
- g. It is the responsibility of all amateur competitors to insure that they are eligible for the category in which they desire to dance.
- h. An amateur competitor may enter at most two consecutive proficiency classifications in any particular style and age group at a particular competition.
- i. An amateur competitor's ineligibility begins at the conclusion of the competition in which his/her third point was acquired. In this case the word "competition" refers to

the entire event (generally a “weekend”).

D. UNIFORM

1. PETITE (Under 7) PRE-TEEN I & II

- a. International Standard /American Smooth and International Latin /American Rhythm
- b. Closed / Open Syllabus Proficiency Levels—Dress Specifications

2. MALE ATHLETE

a. Required:

1. A plain white long-sleeved shirt, cotton or cotton/polyester blend preferred
2. A plain black long-sleeved shirt for Latin/Rhythm/Smooth (Optional).
3. Black tie/bow tie.
4. White tie/bow tie for Latin/Rhythm/Smooth is allowed. v.Black Vests (Optional)
5. Black trousers (black satin strip down the outside length of the trouser leg and around the waist, is allowed).
6. Black socks.
7. Black shoes (1.5” maximum heel height). ix. Stirrup Strap (optional)
8. Long hair must be worn in a ponytail.

Not Allowed:

9. Personal or decorative jewelry of any kind, including studs, cufflinks, necklaces,etc
10. Shiny or patterned materials, including stripes alternation between sheer and opaque.
11. Trousers with any strips, other than allowed above.
12. Tail shirts, tux shirts, shirts with wing collars and/or French cuffs.
13. Un-tucked shirt.
14. Turtle-neck or mock turtle-neck shirt.
Rolled up sleeves.
15. Cosmetics or make-up of any kind.
16. Decoration, material, or shoes with any light reflective qualities.
18. No Rhinestones, Sequins or Metallics 4.

3 FEMALE ATHLETE

a. Required:

- i. A plain one-color one-piece dress, or a white or black blouse, lor leotard, tucked into a black skirt, or leotard with same color skirt that does not have any light effects added, including metallic threads or other reflective threads woven into the material.
- ii. Skirt may be plain or pleated; with a minimum of 1 half circle to a maximum of 1½ circles of the same length.
- iii. One plain underskirt of the same length as the overskirt is allowed.
- iv. Outer skirt may be made of transparent material the same color as the rest of the dress, provided the underskirt is made of opaque, non-transparent material.
- v. Bodice may be made of transparent material, including lace, provided it is lined with opaque, non-transparent material in the same color.
- vi. A sewn in waistband, the same material and color as the skirt, that is no more than 2” wide is allowed
- vii. Skirt hem must not be shorter than 4” above the knee, or longer than just under the kneecap.
- viii Acceptable necklines are jewel, scoop, boat, gathered, square, V-neck,

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sweetheart, peter pan, or turtleneck. (No open Back) Back Keyhole opening

with button closure allowed.

- ix. Acceptable sleeves are sleeveless, short sleeves, $\frac{3}{4}$ length sleeves, long sleeves, puffed sleeves (short or long), mesh or lace material that is the same color as the top is allowed as sleeves from the shoulder to the wrist only.
 - x. Acceptable skirts are gored, gathered, waist height v-bodice, pleated, dropped waist, dropped-waist with v-bodice.
 - xi. A shoe with a block heel (1½" maximum heel height) without any embellishments or glitter, except on side buckle.
 - xii. Short white socks with a row of lace folded down or flesh, light pink or white colored tights must be worn.
 - xiii. Dance trunks/pants black or same color as dress must be worn (Flesh color not allowed)
- b. Not Allowed:**
- i. Underskirts which are larger (in any dimension) than the overskirt.
 - ii. More than 2 layers of skirt as described above.
 - iii. Skirts underskirts with ruffles or frills.
 - iv. Skirts or underskirts hemmed with boning, soft boning, fish line, or anything else that will stiffen the hem. (Optional: Skirt fabric may extend over and cover up to 2" crinoline in hemline.
 - v. Skirts with slits.
 - vi. Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
 - vii. Personal or decorative jewelry of any kind, including earrings, necklaces, bracelets, etc.
 - viii. Cosmetics or make-up of any kind including tanning products.
 - ix. Decoration, material, or shoes with any light reflective qualities, other than allowed above.
 - x. Hair decorations including any flowers, headbands, including colored or glittered hairspray and any other decorations.
 - xi. Gloves or floats.
 - xii. Mesh tights.

NOTE

- a. Materials Not Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:
- b. Any material that has anything added or threads woven into the material including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.
- c. Foil, beads, sequins, rhinestones, glitter, metallic thread, or anything that the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories
- d. Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

5. JUNIOR I & II

International Standard/American Smooth/International Latin/American Rhythm
Closed Syllabus Proficiency Levels — Dress Specifications

1. MALE ATHLETE

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- a. **Required:**
 - i. A plain white long-sleeved shirt, cotton or cotton/polyester blend preferred) for Standard. A plain black long-sleeved shirt for Latin/Rhythm/Smooth is allowed.
 - ii. Black or White bow tie or Black tie. (optional for Latin/Rhythm)
 - iii. Black vest (optional).
 - iv. Black trousers, (black satin strip down the outside length of the trouser leg and around the waist, is allowed).
 - v. Black socks.
 - vi. Black shoes, patent leather optional.
 - vii. Long hair must be worn in a ponytail.
 - viii. Shirt may be open to breast bone. (optional for Latin/Rhythm)
 - b. **Not Allowed:**
 - i. Decorative jewelry of any kind, including studs, cufflinks, necklaces, etc.
 - ii. Shiny or patterned materials or weave, (stripes alternating between sheer and opaque.)
 - iii. Tail shirts, tux shirts, shirts with wing collars and/or French cuffs.
 - iv. Trousers with any strips, other than allowed above.
 - v. Un-tucked shirt.
 - vi. Turtle-neck or mock turtle-neck shirts (allowed for Latin and Rhythm.)
 - vii. Rolled up sleeves.
 - viii. Decoration or material with any light reflective qualities.
 - ix. No Rhinestones, Sequins or Metallic
2. **FEMALE ATHLETE**
- a. **Required:**
 - i. A one-piece single or multicolored dress, or a blouse tucked into a skirt (decorations without light reflective qualities are allowed on dress).
 - ii. Athlete's skirt must cover dance pants and buttocks completely when athlete is standing still.
 - iii. In Standard and Smooth the Athlete's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than the mid-thigh.
 - iv. A shoe with a heel height of 3" maximum without any embellishments or glitter, except the side buckle of the shoes.
 - v. Short white socks with a row of lace folded down or flesh, light pink or white colored tights may be worn. (optional)
 - vi. Any non-reflective hair accessory may be worn. (optional)
 - vii. Decoration jewelry without light reflective qualities may be worn. (optional)
 - b. **Not Allowed:**
 - i. Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
 - ii. Decoration jewelry with light reflective qualities, including earrings necklaces, bracelets, etc.
 - iii. Decoration, material, or shoes with any light reflective qualities, other than allowed above.
 - iv. Hair decoration not specified above, including colored or glittered hairspray and any other light reflective decorations.
 - v. Gloves or floats.
 - vi. Mesh tights.

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NOTE: Materials Not Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:

- a. Any material that has anything added or threads woven into the material
- b. including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.
- c. Foil, beads, sequins, rhinestones, glitter, metallic thread, or anything that may give the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories.
- d. Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

7. YOUTH

International Standard/American Smooth/International Latin/American Rhythm Closed Syllabus Proficiency Levels—Dress Specifications

1. MALE ATHLETE

a. Required:

- i. A plain white long-sleeved shirt for standard; any color plain long-sleeve shirt Latin/Smooth/Rhythm.
- ii. Tail shirts, tux shirts, shirts with wing collars and/or French cuffs. (optional)
- iii. Studs and/or cufflinks. (optional)
- iv. Black or white bow tie or black tie for Standard; tie/bow tie may be one color for Smooth, tie/bow tie optional for Latin & Rhythm.
- v. Black vest for Standard (optional); vest may match the shirt color in Smooth/Latin/ Rhythm. (optional)
- vi. Black trousers, (black satin strip down the outside length of the trouser leg and
- vii. Black socks.
- viii. Black shoes, patent leather optional.
- ix. Long hair must be worn in a ponytail.
- x. Shirt may be open to breast bone for Latin/Rhythm

Not Allowed:

- i. Decoration jewelry.
- ii. Shiny or patterned materials or weave (stripes alternating between sheer and opaque).
- iii. Trousers with any strips, other than allowed above. iv. Un-tucked shirt.
- v. Rolled up sleeves.
- vi. Decoration or materials or shoes with any light reflective qualities.
- vii. No Rhinestones, Sequins or Metallic

9. FEMALE ATHLETE

a. Required:

- i. A one-piece single or multicolored dress, or a blouse tucked into skirt, or a blouse/trouser combination.
- ii. Athlete's skirt must cover dance pants and buttocks completely when athlete is standing still.
- iii. In Standard or Smooth the Athlete's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than mid-thigh.
- iv. Non-reflective decoration is allowed on the dance apparel, except the side

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buckle of the shoes.

v. Any non-reflective hair accessory may be worn. (optional) vi. Decoration

jewelry without light reflective qualities may be worn. (optional)

vii. The distance between bra cups must be less than 2 inches (5 cm).

b. Not Allowed:

i. Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.

ii. Decoration jewelry with light reflective qualities, including earrings necklaces, bracelets, etc.

iii. Decoration, material, or shoes with any light reflective qualities other than allowed above.

iv. Colored or glittered hairspray and any other light reflective hair decorations.

v. Gloves or floats..

NOTE I:

a. Materials Not Allowed for Syllabus Apparel for Pre-Teen through Youth age categories:

b. Any material that has anything added or threads woven into the material including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.

c. Foil, beads, sequins, rhinestones, glitter, metallic thread, or anything that may give the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories.

d. Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

NOTE II:

a. Materials Required for Syllabus Apparel for Pre-Teen through Youth age categories:

b. If the dress/costume material is matte or low-sheen, it is allowed.

c. Materials Not Allowed for Syllabus Apparel for Pre-Teen through Adult age categories:

d. Any material that has anything added or threads woven into the material including threads such as metallic, sequences, rhinestones, or metallic flecks is not allowed.

e. Foil, beads, sequins, rhinestones, glitter, metallic thread, or anything that may give the appearance of glitter or sheen, or anything that may give the appearance of the above but is not mentioned is not allowed on any syllabus apparel for Pre-Teen through Youth age categories.

f. Any questionable fabrics/designs must be cleared with the Chair of the DanceSport Rules Committee or the Chairman of Judges and/or Dress Code Official for the event, prior to the actual start of the competition.

10. JUNIOR/ YOUTH

International Standard

Open Proficiency Levels.-Dress Specifications

MALE ATHLETE

a. Required

i. Minimum allowed attire of the age appropriate Standard syllabus dress code.

ii. Black or midnight blue tails suit with white long sleeve shirt and all standard

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accessories allowed.

- iii. Black or midnight blue vest or black or suit jacket, with white shirt and black or white bow tie or black long tie.
- iv. Black or midnight blue trousers.
- v. Black or midnight blue socks.
- vi. Black or midnight blue shoes.
- vii. Long hair must be worn in a ponytail.

b. Not Allowed

- i. Rolled up sleeves.

FEMALE ATHLETE

a. Required

- i. Minimum allowed attire of the age appropriate Standard syllabus dress code.
- ii. Competition dress for Open Standard.
- iii. Athlete's dress must have a long skirt which at minimum covers both her knees. if the skirt is split it must not be split higher than the mid-thigh.
- iv. Costume must have body suit or dance pants. Dance pants must cover the buttocks completely; tangas/thongs are not allowed.
- v. Breast area must be covered with opaque fabric if such fabric is skin colored, it must be decorated heavily.

b. Not Allowed

- i. Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- ii. Skin colored or flesh-toned dresses.
- iii. Dance pants may not be skin colored or flesh-toned.
- iv. Dance pants may not be less than 2" from top to bottom at narrowest point in the hip area.
- v. The distance between bra cups may not be more than 2 inches (5 cm).
- vi. Cut out or sheer fabric on front of dress.

11. JUNIOR/ YOUTH

American Smooth

Open Proficiency Levels—Dress Specifications

MALE ATHLETE

a. Required

- i. Minimum allowed attire of the age appropriate Smooth syllabus dress code.
- ii. Competition apparel for Open Smooth.
- iii. Tie/Bow Tie required.
- iv. A vest, jacket, or bolero jacket in same color as trousers. (optional)
- v. Trousers. Any color allowed except flesh.
- vi. Socks.
- vii. Shoes.
- viii. Long hair must be worn in a ponytail.

b. Not Allowed

- i. No skin colored or flesh-toned suits, jackets, vests, or shirts.
- ii. No Rolled up sleeves.

FEMALE ATHLETE

a. Required

- i. Minimum allowed attire of the age appropriate Smooth syllabus dress

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- code.
 - ii. Competition dress for Open Smooth.
 - iii. Costume must have body suit or dance pants. Dance pants must cover the buttocks completely; (tangas/thongs are not allowed.)
 - iv. Athlete's skirt must cover dance pants and buttocks completely when athlete is standing still.
 - v. Breast area must be covered with opaque fabric; if such fabric is skin colored, it must be heavily decorated.
 - vi. Athlete's dress must have a long skirt which at minimum covers both her knees; if the skirt is split it must not be split higher than the dance trunk/pants line.
 - vii. Breast area must be covered with opaque fabric; if such fabric is skin colored, it must be heavily decorated.
- b. Not Allowed**
- i. Dance pants may not be skin colored.
 - ii. Dance pants may not be less than 2" from top to bottom at narrowest point in the hip area.
 - iii. The distance between bra cups may not be more than 2 inches (5 cm).
 - iv. Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
 - v. No cut out or sheer fabric on front of dress.
 - vi. Skin colored or flesh-toned dresses.

JUNIOR/ YOUTH

International Latin/American Rhythm
Open Proficiency Levels—Dress Specifications

MALE ATHLETE

a. Required

- i. Minimum allowed attire of the age appropriate Latin/Rhythm syllabus dress code, however short sleeved shirts are allowed.
- ii. Shirt/Top.
- iii. Shirt may be open to midpoint of sternum and navel.
- iv. Trousers Any color allowed except flesh.
- v. Vest, jacket, or bolero jacket in same color as trousers. (optional)
- vi. Tie. (optional)
- vii. Socks.
- viii. Shoes.
- ix. Long hair must be worn in a ponytail.

b. Not Allowed

- i. Skin color or flesh-toned shirt, top, trousers, vest, jacket, or bolero jacket.
- ii. Rolled up sleeves.

FEMALE ATHLETE

a. Required

- i. Minimum allowed attire of the age appropriate Latin/Rhythm syllabus dress code.
- ii. Competition dress for Open Latin/Rhythm.
- iii. Athlete's skirt may be broken or spilt from bottom of dance trunk/pants line and must cover the
- iv. buttocks completely when athlete is standing still.
- v. Breast area must be covered with opaque fabric if such fabric is skin

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colored, it must be heavily decorated.

- vi. Dance pants must be opaque and cover at least 2 inches (5 cm) from top to bottom at the narrowest point in the hip area.
- vii. Dance pants must cover the buttocks completely; tangas/thongs are

not allowed.

b. **Not Allowed**

- i. Two-piece dresses with gaps between the upper garment and the lower garment allowing skin to show when athlete is either still or in motion.
- ii. Dance pants may not be skin colored.
- iii. Skin colored or flesh-toned dresses.
- iv. The distance between bra cups may not be more than 2 inches (5 cm).

Teacher Student and Mixed Proficiency Event

- 1. The judged Athlete must follow dress regulation requirements for the age category and dance style in which they are competing.
- 2. The Teacher or unjudged partner, in Teacher Student and Mixed Proficiency events must follow Youth or lower age syllabus dress requirements per dance style, when competing with Pre-Teen, Junior, or Youth partners in syllabus events.
- 3. In all other events, they may wear open proficiency level costumes.
- 4. In Solo Competitive and Theatre Arts Open Proficiency events, age appropriate level costuming must be used, although costuming demonstrate or suggest the theme of the choreography/performance.

E. **DRESS REGULATIONS**

General

- 1. Apparel must create the Characteristic shape for each discipline; International Standard, American Smooth, International Latin and American Rhythm (shape area).
- 2. Apparel must cover the intimate parts of the female dancer's body at all times (Intimate Area); this includes the breast area, buttocks, hip area etc. Apparel and make-up must respect age and proficiency level of dancers. The use of religious symbols as decoration or decoration jewelry is not allowed (this does not apply to personal jewelry).
 - a. The Chair of Adjudicators has the authority to require any athlete to remove items of decoration jewelry, personal jewelry or decoration applied to a piece of apparel, if such item(s) are deemed dangerous. While athletes are not required to wear costumes in any style or proficiency level, they must minimally comply with the syllabus dress code for the style in which they are competing.
 - b. All couples must accept the competitor's number (Number Card) as issued by the organizer and are not allowed to modify the card in any way.
 - c. Advertising by up to four (4) sponsors is allowed on a couple's competition costumes. Gentleman may advertise up to three (3) sponsors and Ladies may advertise one (1) sponsor. The size of the advertisement may not be more than 6.2 square inches (40 cm²) per sponsor. Such advertising may only be displayed and located on the waist, chest, or sleeves.

3. Good Taste Rule

- a.. Any use of material, construction, decoration, or other contrivance including acceptable costume taste, that gives the appearance of non-compliance with these dress regulations, even though there is no breach of the literal wording of these regulations, will be considered a breach of these regulations if so determined by the Chairman of Judges and/or Dress Code Official. Approval of any deviation from these dress regulations must

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be obtained in advance from the on-site DanceSport Official If an athlete is not dressed in accordance with these Dress Regulations and receives a warning from the Chairman of Judges, the athlete must correct the dress code violation or be subject to disqualification by the Chairman of Judges.

F. Definitions of Terms/ Restrictions

1. Shape area Minimum area that must be covered in addition to Intimate Area.
2. Transparent materials are allowed in Shape Areas. Transparent materials are not allowed within the panty area, area between the (Hip Line) and (Panty Line) unless lined with opaque material. Within the breast area unless lined with opaque material.
3. Intimate Area Female intimate area, includes both breast and panty areas. Intimate areas must be covered by opaque fabric/material, or transparent fabric lined with opaque material if the fabric is transparent or skin color, then it must be heavily stoned/decorated if allowed by age category and proficiency level.
4. Transparent fabrics are allowed in other parts of the dance apparel outside of intimate areas. Transparent fabrics do not include “fishnet type” material.
5. Panty Area Hip Line top of panty area May be below the waist but must be above the buttocks in the back and continue around the body in a horizontal line. Buttocks muscles and the separation between the buttocks must not be visible. Panty Line bottom of panty area In Back – whole buttocks must be covered at all times. In Front – follows line between flexed leg and body. Skin colored dance pants are not allowed. Must fully cover the buttocks (tangas/thongs are not allowed).
6. The complete area between the HIP LINE and PANTY LINE must be covered by Athletes dance pants and skirt. The covering between the top and bottom edges of the dance pants on the side of the hips/buttocks must be greater than 2 inches (5 cm).
7. If skin color material is used to cover the breast area, it must be heavily stoned/decorated so that it is clearly covered. The distance between bra cups must be less than 2 inches (5 cm).

Basic Material

1. Material which comprises the dance apparel.
2. Decoration – (anything fixed on or glued to, the basic material of the apparel, hair, or skin) with light effects (rhinestones, sequins, beads, pearls, metallic thread, etc.). Without light effects (feathers, flowers, bows, fringe, lace applications, ribbons, etc.).
3. Tie clips, studs, cufflinks, and buckles without light effects are not considered decorations unless otherwise not allowed.
4. Two-piece Dress Any blouse/top and skirt/trousers/short/bottom combination which are not attached and separate between the upper garment and the lower garment, allowing skin to show when athlete is either still or in motion.
5. Float & Gloves Float, any non-structural material that flows behind the athlete while the athlete is in motion (i.e., a long scarf, cords or ribbons hanging from sleeves or body of the dress, sashes, etc.). Glove, any material that covers any part of the hand or arm that is not attached to the basic costume.
6. Long sleeves with a single finger loop on each sleeve is allowed; long sleeves that incorporate a glove (with or without fingers) that covers any part of the hand is not allowed.
7. Make-up Includes facial make-up, artificial tan, artificial nails, and artificial eyelashes.
8. Decoration Jewelry and/or accessories designed to be a part of specific Dance apparel, whether or not attached to said apparel, including chokers, arm/wrist bands and/or earrings that are made of or covered with the same or similar material as the basic apparel material.
9. Personal Jewelry that is unattached to the dance apparel and would be worn in the course

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of everyday life, such as necklaces or earrings, wedding rings, etc.

10. Plain material means no stripes, ribs, additional seams front or back and no change in fabric weave or type creating a pattern, stripping or ribs. Means no light reflecting threads, such as satin/high sheen or metallic threads, woven into the basic material of the costume.

Pants/ Trousers

1. Are allowed for female athletes in the Adult – Senior age groups, at all proficiency levels, but must follow all the rules of coverage and decoration, as stated for skirts and dresses. Restrictions for All Female Athletes regardless of level Tangas/Thongs are NOT ALLOWED. Skin colored dance pants are NOT ALLOWED. Breasts must be covered at all times. Panty area must be covered at all times. The distance between bra cups must be less than 2 inches (5 cm).
2. Restrictions for All Male Athletes regardless of level Man’s Top Opening Point (TOP) – The point to which a man’s shirt can be opened in front, depends on age and proficiency level. Long Sleeves – Where long sleeves are indicated, the sleeves must be to the wrist. Rolled up sleeves are not allowed. Sleeve-less shirts are not allowed.

Dress for Formation Teams

1. Pre-Teen formation teams shall be allowed to wear the following for both competitive categories:
 - a. Boys: dark trouser, plain, undecorated shirts, optional tie, cummerbund and/or vest. No sequins, rhinestones, fringe, or other similar decorations are allowed.
 - b. Girls: a party dress or a simple costume provided it does not have any sequins, rhinestones, feathers, fringe, or other similar decorations.
2. 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:
 - a. 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.
 - b. Girls may wear a party dress, or a simple costumer provided it does not have any sequins, rhinestones, feathers, fringe, or other similar decorations.
3. Youth formation teams shall be allowed to wear the dress approved for Junior formation teams in addition to the following:
 - a. 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.
 - b. Girls may wear costumes in either division, including decorations.
4. Adult formation teams shall be allowed to wear the dress approved for Youth formation teams.
5. The organizer of a formation competition may establish additional dress guidelines if so desired.
6. No change of clothing/costume is permitted once the competition begins.
7. **See Dress Regulations Addendum for up-to-date changes in dress Code.**

CATEGORIES OF COMPETITION

A. Proficiency Classifications

1. Syllabus: Restricted to “medalist” level figures (Bronze, Silver, Gold.) Organizers may restrict the level but must use all approved syllabi for the dance or level in question.
2. Novice/Advanced: 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:

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- a. International Standard: Waltz, Slow Foxtrot and Quickstep.
 - b. International Latin: Cha-Cha, Samba, and Rumba.
 - c. American Smooth: Waltz, Tango, and Foxtrot.
 - d. American Rhythm: Cha-Cha, Rumba and East Coast Swing.
3. Pre-Championship: Open syllabus. It is recommended that “Pre Championship” competitions generally be restricted to three or four (3 or 4) of the allowed dances for each style. Suggested dances are as follows:
 - a. International Standard: Waltz, Tango, Slow Foxtrot and Quickstep.
 - b. International Latin: Cha-Cha, Samba, Rumba and Paso Doble or Jive.
 - c. American Smooth: Waltz, Tango, Foxtrot and Viennese Waltz.
 - d. American Rhythm: Cha-Cha, Rumba, East Coast Swing and Bolero.
 4. Open Amateur: Open syllabus. All of the dances in each style must be danced in this category in all rounds, and in the prescribed order.
 5. Competitors whose choreography is determined by the Invigilator (or Chairman of Judges) not to be within the prescribed or approved syllabus and ability level classification shall be given a verbal warning if the violation occurs in a round prior to the final round or reduced to last place in that dance in a final.
 5. Continued violations may be cause for disqualification from the competition by the Chairman of Judges

B. Dances and Tempi

1. Approved Dances

- a. The following dances are approved for Competitions and Championships with the exception of Cabaret, all couple must dance all dances:
- b. **International Style Standard Ballroom:** Waltz, Tango, Viennese Waltz, Slow Foxtrot and Quickstep. 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 my not include all five dances it is recommended that they still offer the dances in the order listed, minus those dances not being offered.
- c. **International Style Latin:** cha-cha, Samba, Rumba, Paso Doble and Jive. 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.
- d. **American Style Smooth:** Waltz, Tango, Foxtrot and Viennese Waltz. 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 four dances it is recommended that they still offer the dances in the order listed, minus those dances not being offered
- e. **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 my not include all five dances it is recommended that they still offer the dances in the order listed, minus those dances not being offered.
- f. **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.
- g. **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

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which couples select their own music and appear one at a time or as a Team Group or as a style of ShowDance. All Cabaret routines are limited to a set time. Detailed Cabaret rules are separate from DanceSport and are not limited to Ballroom styles. Details and judging criteria may be found in the AAU National Dance Rule Book

on audance.org.

- h. **Lifts:** Lifts are allowed in the Theater Arts/Cabaret dance categories. 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.

2. Approved Tempi

- a. The following tempi for International and American Style dances are approved, given in Measures per Minute – MPM.
- b. 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.
- Dance Measures per Minute

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

American Style	Dance	Measures pre Minute
Smooth	Waltz	28-30
	Tango	30
	Foxtrot	30
	Viennese Waltz	54

Rhythm	Cha Cha – Rumba	30 32
	Swing Bolero	36 24
	Mambo	47
	Hustle - Merengue	28 -30
	West Coast Swing/Lindy	28-32 29-32

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3. Music Length

- a. 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 / 120 secs
	Foxtrot	90 secs / 120secs
	Quickstep	90secs / 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

American 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

American Style	Dance	Minimum / Maximum
Rhythm	Cha-Cha	90 secs / 120 secs
	Rumba	90 secs / 120 secs
	Bolero	90 secs / 120 secs
	Mambo	90 secs / 120 secs
	East Coast Swing	90 secs / 120 secs

C. FORMATION TEAMS

1. 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.

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- 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

5. Categories

- a. 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).

V RULES/ RESTRICTIONS

A. RULES FOR COMPETITORS

1. Dance Requirements

1. Competitors are restricted to entering only those categories for which they are eligible.
2. 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.
3. 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.
4. Competitors are required to remain on the floor until the end of the music to avoid the possibility of disqualification.
5. 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.
6. All competitors are subject to Anti-Doping controls as prescribed by IDSF, USOC and AAU.
7. 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.
8. Competitors are responsible for being in attendance and ready to compete thirty (30) minutes prior to the scheduled time for the event(s) entered and for checking in with the registrar.
9. Competitors are responsible for adherence to the dress code requirement specified by the event organizers.
10. Competitors are responsible for dancing only in those divisions and classification categories for which they are eligible under the rules found in this rulebook.
11. Any competitor who removes, defaces, or destroys any of the Master Scrutineering Sheets shall be subject to disciplinary action.

ii. Conduct

1. While on the competition premises, competitors shall conduct themselves at all times in a civil and sportsmanlike manner.
2. Competitors must be in attendance at least one-half hour in advance of the advertised time scheduled for the events he is entering. Organizers are not required to delay the program for the benefit of latecomers.
3. Competitors shall accept as final the individual markings of the judges, and no appeal against them may be made except when it can be shown that the actual markings have been incorrectly evaluated.
4. If officials and competitors mutually consent to discuss markings and results after

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the conclusion of the event, they should do so in a civil, ethical, and professional manner.

5. A competitor who removes any of the Master Scrutineer Sheets without the permission of the organizer shall face disciplinary action.
6. If a couple fails to appear for an event without notifying the organizer in advance, then the organizer is not obligated to accept entries from that couple for future competitions.

iii. Prohibited Activities

1. **Dancing as a profession.** The following acts are considered evidence that an individual has become a professional.
 - a. By publicly declaring himself or herself to be a professional, whether verbally or in writing.
 - b. By competing in a professional category.
2. **Material gain:** Amateur competitors are prohibited from generating a net profit from the use of his or her dance skills, with the exception of those competitors who are considered World Class or Certified by other member organizations.
3. **Commercial agreements:** Amateur competitors are only permitted to enter into commercial or business agreements either written or verbal with individuals or organizations wherein his or her dance skills are provided in exchange for money or other valuables.
4. **Doping violations:** Competitors are not permitted to use substances and/or methods classified as doping under the IDSF, USOC and AAU Anti-Doping codes. Competitors may not refuse to submit to a doping test administered by the above-mentioned entities.

b. SYLLABUS

- i. Couples competing in the “Pre-teen” category must dance restricted syllabi as noted. Couples competing in the “Junior”, “Youth”, and “Adult” categories are not restricted in syllabi unless competing in a “Syllabus” event, or otherwise stipulated by the organizer.
- ii. Pre-teen couples competing in this age category may only dance Bronze, Silver, and Gold syllabus figures from approved syllabi.
- iii. The following syllabus listings are provided as a guideline to Athletes, Coaches, Organizers, Invigilators and Chairs of Adjudicators to govern the material limitations that can be danced in a given RESTRICTED SYLLABUS EVENT.
 1. No continuity style in Bronze Smooth.
 2. In the American Style dances, any pattern or figure may be danced as long as it is not in conflict with American Style USA Dance Approved Figures, Elements & Restrictions.
 3. Spirals are not permitted in the Bronze level.
 4. One under arm or solo turn at a time is the maximum allowed in the Bronze level
 5. Elements and figures unique to one dance or style may not be used in another dance, unless specified.
 6. A single curtsy facing partner in Viennese Waltz is allowed.
 7. No embellishments of standard figures. No change of levels, foot flicks, syncopations or delayed timings unless specifically approved.
 8. Start in the appropriate hold and position for the syllabus figure being danced.
 9. All figures must be danced with the timing(s) given in the syllabus.

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10. All figures must be danced with the hold and Dance Position given in the syllabus.
11. When “no Hold” is allowed in American Smooth syllabus events, partners must not be further apart than a comfortable arm’s length.

VI. AMERICAN STYLE SMOOTH

a. American Style WALTZ i.

Bronze Level

1. Left Closed/Box (Reverse) Turn - Right Closed/Box (Natural) Turn 2. Forward Progressive/Change Step, right foot, or left foot
3. Follower’s Under Arm Turn to the Right, two Measures/6 beats or Left (Reverse), 3 count pivot turn.
4. Balance Steps/Hesitations, Fifth Position Breaks
5. Closed Twinkles: to and from PP and CPP, Progressive Forward and Back 6. Cross Body Lead from LF Forward Hesitation or from 1-3 of Left Closed/Box (Reverse] Turn)
7. Natural Spin Turn (same as International Style) 8. Forward Twist to Left from P.P.
9. Syncopated Promenade Chasse (may end in PP or Closed)
10. Simple Grapevine or Zigzag (No Syncopation)
11. In & Out change steps/Butterfly

ii. **Bronze Level Restrictions**

1. Partners may not completely separate. Open work is limited to single or double hand holds and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
2. No continuity style in Bronze Waltz, feet must be closed on three except on allowed figures
3. No foot changes/fakes, shadow, tandem, solo, or same foot figures. Partners must always be on opposite feet
4. No consecutive pivots left or right, one (1) pivot is allowed 5. No open left or right box turns
6. No fallaway actions of any kind. Whisks, 5th Position Breaks are allowed. 7. No picture lines or figures (i.e. contra check, chair, over sways, lunges, etc.) 8. One under arm or solo turn is the maximum allowed in the Bronze level.
9. No syncopations other than chasse from Promenade - No syncopated under arm turns
10. No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs.
11. Both feet must remain close to the floor at all times (no aerial rondes, develop, etc.)

iii. **Silver Level**

1. Open Left Box Turn & Open Right Box Turn
2. Open Twinkles – Single, Progressive, Passing, Flip-Flops 3. Grapevine to Left or Right – single or double hand hold 4. Running Steps
5. Traveling Crosses 6. Syncopated Locks
7. Syncopated Under Arm Turns - One syncopation (One split beat) per

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measure

8. Fallaway Reverse Turn Slip Pivot, Fallaway Grapevine 9.

Weaves, Quick Left Turns

10. Chair and Slip Pivot, Wing, Hairpins

11. Picture Lines: Over sways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.

12. Kicks, Rondes, Developes – no more than waist high

13. Standing Spins – Up to 2 measures with 1 syncopation allowed

14. Continuous Partnership Pivots – Up to 2 measures with 1 syncopation allowed

15. Swivels: Fans, Gem, Zig Zag, Outside

iv. Silver Level Restrictions

1. Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars.
2. Open work may not comprise more than 50% of any routine.
3. No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position before returning to a Promenade or Closed Dance Position for at least 2 measures of music
4. No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs.
5. Picture lines not allowed: No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway, Over sways.
6. No lifts. v.

Gold Level

1. Continuous “partnership” pivots are allowed
2. Shadow Position, Tandem, and Side by Side figures without hold 3. Picture Lines.

vi. Gold Level Restrictions

1. Partners may completely separate. Open Work is limited to single or double hand holds, Shadow
2. Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
3. No lifts.

b. American Style TANGO i.

Bronze Level

1. Tango Walks - All Slows
2. Forward Basic, Closed or O.P. (SSQQS timing only)
3. Promenade turning to left or right (SSQQS timing only) 4.

Corte

5. Open Fan

6. Open Fan to Same Foot Rocks 7.

Right Side Fan/Outside Swivel

8. Rocks - closed or P.P. pos.(may be danced w/ or w/o turn to left or right in any direction)

9. Single Pivot from P.P.

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10. Linking action to and from PP (Progressive Link, Promenade Link) 11. Left/Reverse Turn (Open or Closed)
12. Under Arm Turn Left or Right from Open Fan 13. Twist Turn to Left or right from P.P.
14. Running Step/Progressive Sidestep or argentine walks (basic w/alternative

timing

ii. Bronze Level Restrictions

1. Partners may not completely separate. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8) consecutive measures before
2. regaining normal hold for a minimum of two consecutive bars. Open work may not comprise
3. more than 25% of any routine.
4. No foot changes/fakes, shadow, solo, or same foot figures. Partners must always be on opposite feet, except for #6 above
5. No shadow, solo, or same foot figures except for #6 above
6. No more than six (6) consecutive quicks including the Tango Close 7. No syncopations except brush-point (&S) as in the Open Fan
8. Although the Corte is permitted, other picture lines/figures (i.e. contra check, chairs, over sways, lunges, etc.) are not allowed
9. No fallaway actions
10. No consecutive pivots left or right, one (1) pivot is allowed
11. Both feet must remain close to the floor at all times (no aerial rondes, develop, ganchos, or hooks, etc.)
12. No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
13. No lifts.

iii. Silver Level

1. Open Right Turn
2. Syncopated Locks & Chasses 3. Fallaway actions
4. Syncopated Under arm Turns – up to two syncopations allowed 5. Chair and Slip Pivot
6. Fallaway Reverse And Slip Pivot
7. Picture Lines: Over sways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Spanish Drags, Fencing Lines are permissible, but these may not be held longer than two measures of music.
8. Swivels: Fans, Zig Zag, Outside, Inside
9. Kicks, Rondes, Developes' no more than waist high
10. Ganchos/Hooks, Leg Crawls
11. Continuous Partnership Pivots – up to 2 measures with 1 syncopation allowed
12. Standing Spin – up to 2 measures with 1 syncopation allowed
13. Back to Back, Traveling Cross
14. Viennese Crosses **iv.**

Silver Level Restrictions

1. Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for

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more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars.

2. Open work may not comprise more than 50% of any routine.
3. No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Over sways
4. No more than 8 measures of music may be danced in Open, Side by Side, or Shadow Position, before returning to hold for at least 2 measures of music.
5. No dips or drops. No knee drops or sit drops, floor slashes, etc.. No Sitting Hens, Horse & Carts, Pot Stirs.
6. No lifts. v.

Gold Level

1. Continuous "partnership" pivots are allowed
2. Shadow Position, Tandem, and Side by Side figures without hold 3. Picture Lines.

vi. Gold Level Restrictions

1. Partners may completely separate. Open Work is limited to single or double hand holds, Shadow
2. No lifts. Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a normal hold for a minimum of two consecutive bars.

c. American Style FOXTROT i.

Bronze Level

1. Forward Basic, Closed or O.P. - (with or without quarter turn) - SSQQ 2. Back Basic, Closed or O.P. - (with or without quarter turn) - SSQQ
3. Promenade - SSQQ
4. Rock Turn/Ad Lib to Left or Right - SSQQ
5. Follower's Under arm Turn to the Right - two Measures/8 beats - SQQSQQ 6. Left Closed Box/Reverse Turn - SQQ
7. Cross Body Lead - SQQ
8. Closed Twinkles: to and from PP and CPP, Progressive Forward and Back. -SQQ
9. Single Promenade Pivot - SSQQ
10. Syncopated Promenade Chasse - SQ&Q
11. Forward twist to left from promenade - SSQQ 12. Sway step/Side Balance - SSQQ
13. Promenade Under Arm Turn to Right or Left - SSQQ
14. Simple Grapevine or Zigzag (8 quicks max. No Syncopations)

ii. Bronze Level Restrictions

1. Partners may not completely separate. Open Work is limited to single or double hand holds and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
2. No continuity style in Bronze Foxtrot except Grapevines and Chasses
3. No foot changes/fakes, partners must always be on opposite feet
4. Timing is limited to SSQQ or SQQ in Bronze Foxtrot, except for Grapevine actions
5. Continuous quicks are NOT permitted except in the Simple Grapevine (#14) or extra chasses/side steps.
6. No consecutive pivots right or left, one (1) pivot is allowed
7. No open left or right box turns

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8. No syncopations other than chasse from Promenade - No syncopated under arm turns
9. No picture lines or figures (i.e. over sways, contra check, chair, lunges, etc.)
10. No fallaways of any kind or slip pivot from fallaway (Whisk, 5th position breaks are allowed)
11. No solo, shadow, or same foot figures
12. No more than eight (8) quicks, or 2 measures, of a grapevine/zig zag action and must be followed with a closed figure.
13. Both feet must remain close to the floor at all times (no aerial rondes, develops, etc.)
14. No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
15. No lifts **iii**.

Silver Level

1. American Style Open Left Turn
2. Open Right Turn
3. Open Twinkles – Single, Progressive, Passing, Flip-Flops
4. Running Steps
5. Syncopated Locks
6. Syncopated Under arm Turns one syncopation per measure
7. Chair and Slip Pivot, Wing, Hairpins
8. Traveling Cross
9. Weaves
10. Continuous "partnership" pivots are allowed, up to two measures, but may include only one syncopation.
11. Shadow Position, Tandem, and Side by Side figures with hold.
12. Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
13. Fallaway actions, Fallaway Reverse Turn Slip Pivot
14. Kicks, Rondes, Developes' no more than waist high
15. Standing Spin - Up to 2 measures with 1 syncopation allowed
16. Swivels: Fans, Gem, Zigzag, Outside

iv. Silver Level Restrictions

1. Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for more than eight (8)
2. consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 50% of any routine.
3. No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs
4. No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways
5. No lifts.

v. Gold Level

1. Continuous "partnership" pivots are allowed
2. Shadow Position, Tandem, and Side by Side figures without hold
3. Picture Lines

vi. Gold Level Restrictions

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1. Partners may completely separate. Open Work is limited to single or double hand holds, Shadow Positions, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
2. No lifts.

d. American Style VIENNESE WALTZ i.

Bronze Level

1. Left Turns/Reverse Turns
2. Right Turns/Natural Turns
3. Progressive/Change Steps
4. Balance Steps/Hesitations/Fifth Position Breaks
5. Cross Body Lead
6. Under arm Turn from Fifth Position Break or Cross Body Lead.
7. Closed Twinkles
8. In & Out Change steps/ butterfly
9. Left box w/Follower's left or right under arm turn

ii. Bronze Level Restrictions

1. Partners may not completely separate. Open Work is limited to single or double hand holds and may not last for more than eight (8) consecutive measures before regaining normal hold for a minimum of two consecutive bars. Open work may not comprise more than 25% of any routine.
2. Syncopations are not permitted
3. No open left or right box turns
4. No continuous pivots right or left, one (1) canter pivot is allowed
5. No fallaways of any kind or slip pivot from fallaway
6. Partners must remain on opposite feet at all times
7. No solo, shadow, or same foot figures
8. Both feet must remain close to the floor at all times (no aerial rondes, etc.)
9. No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs, or standing spins for Leader or Follower are allowed.
10. No lifts. **iii.**

Silver Level

1. Left and Right Turns with Under Arm Turns
2. Progressive Fifth Positions
3. Open Left Turn
4. Open Right Turn
5. Open Twinkles – Single, Progressive, Passing, Flip-Flop
6. Spot Turn Combinations
7. Chair and Slip Pivot
8. Canter Lilts and Canter Spins
9. Continuous "partnership" pivots, including Canter Pivots, up to two measures, but may only include one syncopation.
10. Shadow Position, Tandem, and Side by Side figures with hold.
11. Picture Lines: Oversways, Contra Checks, Same Foot Lunges, Right & Left Lunges, Explosions, Hovers, Fencing Lines are permissible, but these may not be held longer than two measures of music.
12. Fallaway Position

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13. Standing Spin – up to 2 measures with 1 syncopation allowed
14. Kicks, Rondes, Developes' no more than waist high
15. Swivels: Fans, Gem, Outside, Reverse
16. Parallel Runs, Traveling Cross
17. Figures employing consecutive "Canter Rhythm" Definition: "Canter Rhythm" a hesitation on either beat 2 or 3 of a Waltz in 3/4 time.

iv. Silver Level Restrictions

1. Partners may not completely separate for more than one measure. Open Work is limited to single or double hand holds, Shadow Positions, and may not last for
 2. more than eight (8) measures before regaining normal hold for a minimum of two
 3. consecutive bars.
2. Open work may not comprise more than 50% of any routine.
3. No dips or drops. No knee drops or sit drops, floor slashes, etc. No Sitting Hens, Horse & Carts, Pot Stirs
4. No Hinges, Left Whisks, X-Lines, Eros Lines, Throwaway Oversways
5. No lifts.

v. Gold Level

1. Continuous "partnership" pivots are allowed
2. Shadow Position, Tandem, and Side by Side figures without hold
3. Picture Lines.

vi. Gold Level Restrictions

1. Partners may completely separate. Open Work is limited to single or double hand holds, Shadow, or no hold and may not last for more than eight (8) consecutive measures before regaining a hold for a minimum of two consecutive bars.
2. No lifts.

VII. AMERICAN STYLE RHYTHM

a. American Style CHA CHA i.

Bronze Level

1. Basic Step (Closed, Single or Double Handhold)
2. Cross Over Breaks - (single only - no timing changes)
3. Offset Breaks - O.P. (FORWARD & BACKWARD)
4. Open Break
5. Follower's Under Arm Turn left or right
6. Walk Around Turns (May be danced under arm or free turn to Right or Left)
7. Chase Turns ½ Turn or Full
8. Cross Over Break with Swivel
9. Fifth Position Breaks
10. Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
11. Three Cha Chas - chasses may be danced forward or back or side
12. Back spot turn / Natural Top
13. Parallel Breaks/Sweetheart/Cuddle - Same foot is allowed on this pattern with Leader's timing of 2341.
14. Apart Back and Forward Runs or There and Back

ii. Bronze Level Restrictions

1. Allowable timings as follows: 234&1 or 234&1 2&3 4&1 for the three Cha Cha Cha's, and 2341 for the leader on figure # 13. No other timings are

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- allowed. No guapacha or other timing changes are allowed at the bronze level.
2. No syncopated turns except for the Under Arm Turn Left if danced on 4&1
 3. Partners may not completely separate for more than one measure of music except Chase Turns and Apart Back and Forward Runs. When separated with “no hold” partners should never be further apart than a comfortable arm’s length.
 4. No double under arm turns, no foot changes or fakes, partners must always be on opposite feet except for #13 above
 5. Both feet must remain close to the floor at all times. (No aerial rondes', develops', hopping, skipping actions, freezes/holds or picture lines allowed,)
 6. No Lifts
 7. No open solo work
 8. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are
 9. allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
 10. No entrances allowed. Partners must start in a closed or open facing hold.

iii. Silver Level

1. Open Boxes
2. Back to Back, Paseo, Aida, Grapevines
3. In addition to the timings allowed at the bronze level, Guapacha and/or Syncopated Figures using no more than 2 bars/measures of music are allowed.
4. Half Moon
5. Challenge
6. Twinkles
7. Swivels, Push Away actions, Knee Lift
8. Foot Flicks, Rondes, and Developes’ no more than waist high
9. Leader’s Foot Changes
10. Forward Spot/ Reverse Top

Silver Level Restrictions

1. No more than 8 bars/measures of music may be danced in Open, Shadow, Apart (or no hold) or Side by Side Position, before returning to a Closed, or Open Position, for at least 2 bars/measures of music.
2. No Picture Lines may be used
3. No Lifts
4. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
5. No entrances allowed. Partners must start in a closed or open facing hold.
6. Continuous partnership pivots are allowed up to two measures

v. Gold Level

1. Partners may completely separate for eight measures of music.
2. Tandem Position figures may be used
3. Picture Lines may be used.

vi. Gold Level Restrictions

1. No more than 8 measures of music may be danced in Open, Side by Side, apart (not hold) or Shadow Position, before returning to a Dance position with hold for at least 2 measures of music.

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2. No lifts.

b. American Style RUMBA i.

Bronze Level

1. Box Step
2. Cuban Walks - Closed and Open (may be danced in side by side position)
3. Follower's Under arm Turn to Right or Left
4. Rock Steps & Breaks (Forward, side or back)
5. Cross Body Lead/Turn
6. Fifth Position Breaks

7. Open Break - May end in Closed, Open or Open Counter Promenade Positions
8. Cross Over Breaks
9. Offset Breaks O.P. (FORWARD & BACKWARD)
10. Walk Around Turn (May be danced under arm or free turn to Right or Left)
11. Back Spot Turns/ Natural Top

ii. Bronze Level Restrictions

1. Partners may not completely separate for more than one measure of music
2. The timing for Bronze Rumba may be either SQQ or QQS
3. No other timing is permitted, no foot changes or fakes, partners must always be on opposite feet
4. Both feet must remain close to the floor at all times. (No rondes', developes', etc.)
5. No Picture Lines may be used
6. No Lifts
7. One Under arm or solo turn is the maximum allowed
8. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed
9. No dips or drops. No knee drops or sit drops, floor slashes, etc. 10. No entrances allowed. Partners must start in a closed or open facing hold.

iii. Silver Level

1. Open Box Step
2. Quick Under arm Turns, Follower's Pivot Turns, and double under arm turns.
3. Grapevine
4. Fencing Lines
5. Back to Back, Paseo, Aida
6. Parallel Walks
7. Spiral Actions: Rope Spinning, Curl, Spiral
8. Swivels
9. Solo Spin Exits. (SQQ or QQS timing allowed)
10. Fallaway, Shadow, Contact, Side by Side and Left Angle figures, with hold
11. Leader's Foot Changes
12. Figures incorporating Foot Swivels
13. Rondes' and developes' actions are allowed – no more than waist high
14. Syncopated Figures using no more than 2 bars/measures of music are allowed
15. Forward Spot/ Reverse Top

Silver Level Restrictions

1. Partners may not completely separate for more than four measures of music.
2. Continuous partnership pivots are allowed up to two measures but may include only one

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syncopation

4. No Picture Lines may be used
5. No Lifts or drops.
6. No open solo work
7. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are
8. allowed. No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
9. No entrances allowed. Partners must start in a closed or open facing hold.

v. Gold Level

1. Partners may completely separate for a maximum of eight measures of music
2. Tandem Position figures may be used 3.
Picture Lines may be used

vi. Gold Level Restrictions

1. No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Dance position with hold for at least 2 measures of music.
2. No lifts.

c. American Style EAST COAST SWING

i. Bronze Level

1. Tuck in Turn/American Spin/Follower's Free Spin
2. Continuous Tuck in Turn
3. Back Pass/change hands behind back
4. Sweetheart/Cuddle/Wrap
5. Lindy Whip - up to Basic w/ or w/o Turn left or right
6. Follower's Under Arm Turn to Right
7. Follower's and Leader's Under Arm Turn to Left
8. Throwaway four quicks
9. Hitch Kicks
10. Lindy Whip with under arm turn L or R - up to 4 quicks
11. Stop and Go/Peek-a-Boo
12. Back Walks & Points
13. Swing Walks/Promenade Walks/Jive Walks
14. Sugar Foot Swivels – no more than 4 quicks

ii. Bronze Level Restrictions

1. Partners may not separate completely for more than one measure of music
2. No side by side work is allowed in Bronze
3. One under arm turn or solo turn is the maximum allowed
4. No hopping, skipping actions are allowed
5. No continuous chasses, for example 1&2&3&4&
6. No more than 4 consecutive chasses, 1&2, 3&4, 5&6, 7&8
7. No foot changes or fakes, partners must always be on opposite feet
8. Both feet must remain close to the floor at all times. (No aerial rondes', developes', etc.)
9. Use of handshake holds, double hand holds are permitted
10. No Picture Lines may be used
11. No Lifts

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12. No open solo work
13. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
14. No entrances allowed. Partners must start in a closed or open facing hold.
15. No swivel action figures such as Swing swivels, Chicken walks, Toe-Heel Swivels, (except for Sugar Foot swivels)

iii. Silver Level

1. Lindy Wraps, Whip Turns (incorporating Left and Right Under arm Turns and Hand Changes)
2. Fallaway, Apart, Shadow and Side by Side figures
3. Figures incorporating Foot Swivels, Chicken Walks, Toe-Heel Swivels, Fallaway, Boogie Woogie
4. Solo Spins
5. Figures incorporating Kick Steps, hopping, skipping actions, and Freezes/Holds – no more than 4 beats
6. Manhattan
7. Head Loops, Miami Special
8. Sailor Shuffles
9. Side Passes
10. Boogie Walks
11. Pushaway actions
12. Continuous syncopated figures using no more than 2 bars/measures of music.
13. Double under arm Turns
14. Leader's Foot Changes
15. Foot Flicks, Rondes', and developes' actions –no more than waist high are allowed.
16. Progressive & Continuous chasses actions are allowed.

iv. Silver Level Restrictions

1. No more than 8 bars/measures of music may be danced in Open, Shadow, Apart or Side by Side Position, before returning to a Closed, or Open Position hold, for at least 2 bars/measures of music
2. No Picture Lines may be used
3. No Lifts
4. No open solo work
5. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are
6. allowed. No dips or drops below waist level. No knee drops or sit drops, floor slashes, etc.
7. No entrances allowed. Partners must start in a closed or open facing hold.
8. Continuous partnership pivots are allowed up to two measures but may include only one syncopation.

v. Gold Level

1. Partners may completely separate for eight measures of music.
2. Tandem Position figures may be used
3. Picture Lines may be used.

vi. Gold Level Restrictions

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1. No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Dance Position with hold for at least 2 measures of music.
2. No lifts or drops. **d.**

American Style BOLERO

i. Bronze Level 1.

Basic

2. Open Break (Leader may use Flex Point)
3. Fifth Position Breaks
4. Cross Over Breaks
5. Cross Body Lead - May end in Closed, Open or Open Counter Promenade

Positions

6. Follower's Under Arm Turns to Left and Right
7. Free Walk Around Turn from Cross Over
8. Side Passes Left and Right
9. Open Cuban Walks, Open and Closed Positions - may be danced in side by side position
10. Rock steps (May be danced in any direction)
11. Back Spot Turn (Natural Top)

ii. Bronze Level Restrictions

1. Partners may not completely separate for more than one measure of music
2. Timing for Bolero must be SQQ. No other timing is permitted
3. No foot changes or fakes. Partners must always be on opposite feet
4. Both feet must remain close to the floor at all times. (No rondes \ developes', etc.)
5. No Lifts
6. No open solo work
7. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
8. No entrances allowed. Partners must start in a closed or open facing hold.
9. No hopping, skipping actions, freezes/holds allowed

iii. Silver Level

1. Basic Step (including the "Drop, Drift" action)
2. Syncopated figures, turns, spins, solo spin exits – no more than one syncopation per measure
3. Follower's Pivot Turns, spiraling actions, Rope Spinning, Curl, Spiral
4. Grapevine
5. Swivels
6. Back to Back, Paseo, Aida
7. Continuous and Double under arm turns
8. Parallel Walks
9. Forward Spot/Reverse Top
10. Continuous Forward/Back Spot Turns with or without Follower's Under arm turn
11. Fallaway, Apart, Shadow and Side by Side figures
12. Sit Checks, Knee Crawls and Rudolph Rondes, rondes', and developes' – no more than waist high
13. Body Lines: Oversway, Contra Check, Same Foot Lunge, Right and Left Side

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Lunges, Explosion

14. Leader's Foot Changes

iv. Silver Level Restrictions

1. No more than 8 bars/measures of music may be danced in Open, Shadow, or Side by Side Position, before returning to a Dance Position with hold for at least 2 bars/measures of music
2. No Lifts
3. No open solo work
4. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed. No dips or drops. No knee drops or sit drops, floor slashes, etc.
6. No entrances allowed. Partners must start in a closed or open facing hold.
7. Continuous partnership pivots are allowed up to two measures but may include one syncopation v.

Gold Level

1. Partners may completely separate for eight measures of music.
2. Tandem Position figures may be used
3. Picture Lines may be used.

vi. Gold Level Restrictions

1. No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a dance position with hold for at least 2 measures of music.
2. No lifts.

e. American Style MAMBO

i. Bronze Level

1. Basic, open, closed, progressive w/ or w/o turn to right or left
2. Open Break
3. Offset Breaks O.P. (FORWARD & BACKWARD)
4. Fifth Position Breaks
5. Cross Over Breaks
6. Follower's Under arm Turn to Right and Left
7. Walk Around Turn turns to left or right
8. Cross Body Lead - May end in Closed, Open or Open Counter Promenade Positions
9. Chase Turns ½ or full
10. Side Breaks
11. Promenade Walks
12. Cross Over Break
13. Progressive Walks
14. Parallel Breaks/Sweetheart/Cuddle - same foot is allowed

ii. Bronze Level Restrictions

1. Partners may not completely separate for more than one measure of music
2. Couples must break on the *two* beat in Mambo. No other timing is permitted
3. No foot changes or fakes. Partners must always be on opposite feet except 14 above
4. Both feet must remain close to the floor at all times. (No rondes', developes', etc.)
5. No Picture Lines may be used

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6. No Lifts
7. One under arm or solo turn is the maximum allowed
8. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower are allowed.
9. No dips or drops. No knee drops or sit drops, floor slashes, etc.
10. No entrances allowed. Partners must start in a closed or open facing hold.
11. No hopping, skipping actions, freezes/holds

iii. Silver Level

1. Open Basic
2. Passes & Riff Turns
3. Double Under arm Turns
4. Spiral Actions: Rope Spinning, Curl, Spiral

5. Head Loops/Neck Wraps
6. Grapevine
7. Half Moon
8. Swivels
9. Back to Back/Paseo/Aida
10. Parallel Walks & Turns
11. Continuous Forward/Back Spot Turns with or without Follower's under arm turn
12. Kick Styling & Knee Lifts
13. Skipping and Hopping actions and Freezes/Holds – no more than 4 beats
14. Foot Flicks, Rondes, and Developes' actions
15. Leader's Foot Changes

iv. Silver Level Restrictions

1. No more than 8 bars/measures of music may be danced in Open, Shadow, Apart or Side by Side Position, before returning to a dance position with hold, for at least 2 bars/measures of music
2. No Picture Lines may be used
3. No Lifts
4. No sitting hens, horse and carts, pot stirrers, or standing spins for Leader or Follower permitted.
5. No dips or drops. No knee drops or sit drops, floor slashes, etc.
6. No entrances allowed. Partners must start in a closed or open facing hold.
7. Continuous partnership pivots are allowed up to two measures but may include only one syncopation.

v. Gold Level

1. Partners may completely separate for eight measures of music.
2. Tandem Position figures may be used
3. Picture Lines may be used

vi. Gold Level Restrictions

1. No more than 8 measures of music may be danced in Open, Side by Side, apart (no hold) or Shadow Position, before returning to a Promenade or Closed Dance Position for at least 2 measures of music.
2. No lifts.

VIII. INTERNATIONAL STYLE STANDARD

For the International Standard and Latin American dances, AAU Dancesport only recognizes the Imperial Society of Teachers of Dancing's "The Ballroom Technique" (for

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Waltz, Tango, Foxtrot, and Quickstep) and the “Latin American Cha Cha Cha”, “Latin American Samba”, “Latin American Rumba”, “Latin American Paso Doble”, and “Latin American Jive” manuals. “The Ballroom Technique” and Latin American manuals include precedes, follows, timing, hold and positions.

The following exceptions and or allowances will be made in the interest of adapting these syllabi in the best interest of competitive DanceSport.

Any follow may be used provided the timing or dance positions of the preceding figure and following figure are not changed. FIGURES MUST BE COMPLETED.

Figures must be danced in their entirety, with the exception of composite figures as listed

below. Figures must be completed as provided in the syllabus books, with the exception of Composite Figures (figures that are composed of different figures (components) such as the V6 in Quickstep and the Open Telemark, Natural Turn to Outside Swivel and

Feather Ending) where the singular component (figure) may be danced but must be completed with any precede or follow being an entire allowable figure (timing and dance position rules apply).

Silver Fox Trot: Open Telemark Natural Turn, Outside Swivel and Feather Ending.

Silver Quickstep: Running Right Turn

a. International Style

WALTZ i. **Bronze**

Level

1. Closed change
2. Natural Turn
3. Reverse Turn
4. Natural Spin
- Turn
5. Whisk
6. Chasse from Promenade
- Position
7. Closed Impetus
8. Hesitation
- Change
9. Outside Change
10. Reverse Corte
11. Back Whisk
12. Basic Weave – Note: The Chasse from PP may be followed by the Basic Weave, as described in the Foxtrot, starting with a forward step on step one.
13. Double Reverse
- Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chasse to Right – Note: The Progressive Chasse to the R making ½ turn followed with an outside change is allowed at the Bronze Level.

ii. **Silver Level**

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1. Weave from Promenade Position
2. Closed Telemark
3. Open Telemark & Cross Hesitation
4. Open Telemark & Wing
5. Open Impetus & Cross Hesitation
6. Open Impetus & Wing
7. Outside Spin
8. Turning Lock
9. Drag Hesitation*

iii. Gold Level

1. Left Whisk
2. Contra Check – Note: The Contra Check may be held for one extra bar.
3. Closed Wing
4. Turning Lock to Right
5. Fallaway Reverse & Slip Pivot
6. Hover Corte
7. Fallaway Whisk* b.

International Style TANGO

i. Bronze Level

1. LF or RF Walk
2. Progressive Sidestep
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Follower Outside
7. Back Corte
8. Open Reverse Turn, Follower in Line
9. Progressive Sidestep Reverse Turn
10. Open Promenade
11. Left Foot and Right Foot Rocks
12. Natural Twist Turn
13. Natural Promenade Turn

ii. Silver Level

1. Promenade Link | Reverse Promenade Link
2. Four Step
3. Back Open Promenade
4. Outside Swivel, Methods 1 – 4
5. Fallaway Promenade
6. Four Step Change
7. Brush Tap

iii. Gold Level

1. Fallaway Four Step
2. Oversway – Note: Oversway may be held for up to two extra Slows.
3. Basic Reverse Turn
4. The Chase
5. Fallaway Reverse & Slip Pivot
6. Five Step
7. Contra Check- Note: Contra Check may be held for one extra bar.

c. International Style FOXTROT

- Two additional timings may be used for the Foxtrot Heel Pulls: SQQ or SS(S)S.
- Parentheses around the timing indicate no weight change on that step
- It is understood and noted that the last step of each feather is also the first step of any following figure.
- No extended Weave actions in Bronze or Silver International Foxtrot. Weaves may be extended 2 counts in Gold.

i. Bronze Level

1. Feather
2. Three Step
3. Natural Turn

4. Reverse Turn
5. Closed Impetus & Feather Finish
6. Natural Weave
7. Change of Direction – Note: May be danced with an extra Slow
8. Basic Weave

ii. Silver Level

1. Closed Telemark
2. Open Telemark & Feather Ending
3. Top Spin
4. Hover Feather
5. Hover Telemark
6. Natural Telemark
7. Hover Cross
8. Open Telemark, Natural Turn, Outside Swivel & Feather End –Note: A Closed or Open Impetus, may replace the Outside Swivel. The Outside Swivel may be danced with an extra slow.
9. Open Impetus
10. Weave from Promenade Position
11. Reverse Wave

iii. Gold Level

1. Natural Twist Turn
2. Curved Feather to Back Feather- Note: Three steps of a Curved Feather may be followed with a Closed or Open Impetus, or Top Spin. Six steps of the Curved Feather and Back Feather is allowed, followed with a figure that commences moving forward.
3. Natural Zigzag from Promenade Position
4. Fallaway Reverse & Slip Pivot
5. Natural Hover Telemark
6. Bounce Fallaway with Weave Ending

d. International Style QUICKSTEP

i. Bronze Level

1. Quarter Turn to R
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chasse

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7. Chasse Reverse Turn
8. Forward Lock
9. Heel Pivot*
10. Closed Impetus
11. Back Lock
12. Reverse Pivot
13. Progressive Chasse to Right
14. Tipple Chasse to Right
15. Running Finish
16. Natural Turn & Back Lock
17. Double Reverse Spin
18. Zig-Zag Back Lock, Running Finish*

19. Cross Chasse*
20. Change of Direction

*** ii. Silver Level**

1. Checked / Underturned Tipple Chasse
2. Quick Open Reverse
3. Fishtail
4. Running Right Turn – Note: The Running Right Turn is a composite figure. Steps 1-8 may be followed with a Tipple Chasse to the Right in place of the Running Finish or a Tippy to R in Gold.
5. Four Quick Run
6. V6
7. Closed Telemark

iii. Gold Level

1. Cross Swivel
2. Six Quick Run
3. Rumba Cross
4. Tippy to Right and Left
5. Hover Corte – Note: Hover Corte may be held for one extra bar.

e. International Style VIENNESE WALTZ

i. Bronze Level

1. Reverse Turn
2. Natural Turn
3. Forward Change
4. Backward Change

ii. Silver Level

1. Reverse Fleckerl

iii. Gold Level

1. Natural Fleckerl
2. Contra Check

VIII. INTERNATIONAL STYLE LATIN

- For the International Standard and Latin American dances, AAU Dancesport only recognizes the Imperial Society of Teachers of Dance “The Ballroom Technique” (for Waltz, Tango, Foxtrot, and Quickstep) and the “Latin American Cha Cha Cha”, “Latin American Samba”, “Latin American Rumba”, “Latin American Paso Doble”, and “Latin American Jive” manuals. “The Ballroom Technique” and Latin American manuals include precedes, follows, timing, hold and positions.

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- General Statement: Any follow may be used provided it doesn't change the timing or dance position of the figure or the preceding figure. Figures must be completed (exception the Mooch in Jive)

a. International Style SAMBA

- Hesitation Voltas are allowed at the Bronze and Silver Level
- Foot Changes using methods not listed in the manual are accepted.
- Figures allowed in right shadow position at the bronze and silver level are: voltas bota fogos, samba walks (not cruzado walks). At the gold level cruzado walks and corta jaca are allowed.

i. **Bronze Level**

1. Basic Movement
2. Whisks
3. Samba Walks
4. Rhythm Bounce

5. Volta Movements (Traveling & Spot)
6. Traveling Bota Fogos Forward
7. Criss Cross Bota Fogos (Shadow Bota Fogos)
8. Traveling Bota Fogos Back
9. Bota Fogos to Promenade and Counter Promenade
10. Criss Cross Voltas
11. Solo Spot Volta
12. Foot Changes
13. Shadow Traveling Volta
14. Reverse Turn
15. Corta Jaca – Silver variation and the ability to turn is allowed at the Bronze level.
16. Closed Rocks

ii. **Silver Level**

1. Open Rocks
2. Back Rocks
3. Plait
4. Rolling off the Arm – Note: Alternative methods of preceding and ending not listed in the manual are acceptable.
5. Argentine Crosses – Note: Followers Under Arm Turn to Left is allowed at the Silver level.
6. Maypole
7. Shadow Circular Volta
8. Circular Volta

iii. **Gold Level**

1. Contra Bota Fogos
2. Roundabout
3. Natural Roll
4. Reverse Roll
5. Promenade and Counter Promenade Runs
6. Three Step Turn
7. Samba Locks
8. Cruzados Walks and Locks

b. International Style CHA CHA CHA

- Slip, Ronde, Twist and Split Cuban Break Chasses (4&1) for Leader or Follower may

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be substituted for compact, forward, back, and side chasses at the Bronze level, provided it doesn't change the timing or dance position of the figure.

- Guapacha timing is allowed in Silver and above on any figure. It is allowed also in the Bronze Time Step.

i. Bronze Level

1. Basic Movements
2. Alternative Basic – with the timing of 2 3 4&1, 2&3, 4&1 may be used.
3. New York – Note: Silver and Gold Level: Both partners may dance a Ronde on count 3 with a sailor shuffle type chasse.
4. Spot Turns Left and Right
5. Shoulder to Shoulder
6. Hand to Hand
7. Three Cha Chas Forward and Backward

8. Side Steps
9. There and Back
10. Time Steps
11. The Cha Cha Chasse and Alternatives
12. Compact Chasse
13. Alternative Compact Chasse
14. Cuban Cross Chasse
15. Fan – The Fan Development is allowed at the Bronze Level
16. Alemana
17. Hockey Stick
18. Natural Top
19. Natural Opening Out Movement
20. Closed Hip Twist - Note: The Advanced Hip Twist is allowed at the Bronze and Silver Levels

ii. Silver Level

1. Open Hip Twist
2. Reverse Top
3. Opening Out from Reverse Top
4. Aida
5. Spiral Turns
6. Cross Basic
7. Cuban Breaks
8. Chase
9. Fan Development – Note: Fan Development is allowed at the Bronze Level

iii. Gold Level

1. Advanced Hip Twist
2. Hip Twist Spiral
3. Turkish Towel
4. Sweetheart
5. Follow My Leader
6. Foot Changes
7. Follower's Runaway Chasse

c. International Style RUMBA

- On any Natural Opening Out Movement, the Leader may step forward on Step 1, with the exception of the Opening Out to Right and Left.

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i. Bronze Level

1. Basic Movements
2. Open Basic – Follower may dance an Extended backward walk (delayed) using the timing as described for the Extended Forward Walk.
3. Cucarachas
4. New York
5. Spot Turns Left and Right
6. Shoulder to Shoulder
7. Hand to Hand – Note: Step 3 of the Hand to Hand may be forward in line to end back at the Bronze Level.
8. Progressive Walks Forward & Backward
9. Side Steps
10. Cuban Rocks
11. Fan – Note: The Fan Development is allowed at the Bronze Level.

12. Alemana
13. Hockey Stick
14. Natural Top
15. Opening Out Right and Left
16. Natural Opening Out Movement
17. Closed Hip Twist – Note: The Advanced Hip Twist is allowed at the Bronze and Silver Levels because of the natural development of the rotation on step 3 and over 5&6.

ii. Silver Level

1. Open Hip Twist
2. Reverse Top
3. Opening Out from Reverse Top
4. Aida
5. Spiral Turns: Spiral; Curl; Rope Spinning

iii. Gold Level

1. Sliding Doors – Note: Leader must maintain a minimum of one hand hold on partner. Follower may dance an under arm turn to the right on steps 11 & 12.
2. Fencing
3. Three Threes
4. Three Alemanas
5. Hip Twists

d. International Style PASO DOBLE i.

Bronze Level

1. Sur Place
2. Basic Movement
3. Chasse to Right and Left
4. Drag
5. Displacement
6. Promenade Link
7. Promenade
8. Ecart
9. Separation
10. Separation with Follower's Caping Walks
11. Fallaway Ending to Separation
12. Huit

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13. Sixteen
14. Promenade and Counter Promenade
15. Grand Circle
16. Open Telemark

ii. Silver Level

1. La Passe
 2. Banderillas
 3. Twist Turn
4. Fallaway Reverse Turn
5. Coup de Pique
6. Left Foot Variation
7. Spanish Lines
8. Flamenco Taps

iii. Gold Level

1. Syncopated Separation
2. Traveling Spins from Promenade Position
3. Traveling Spins from Counter Promenade Position
4. Fregolina (Farol)
5. The Twists
6. Chasse Cape, all endings

e. International Style JIVE

- Flick Ball Change in any direction and Hesitation actions may be used at the Bronze Level.

i. Bronze Level

1. Basic in Place
2. Fallaway Rock
3. Fallaway Throwaway
4. The Link: Flick, Ball Change or Hesitation Ball Change
5. Change of Places Right to Left
6. Change of Places Left to Right
7. Change of Hands Behind the Back
8. Hip Bump (Left Shoulder Shove) – must start and end with a hold, but may release during the figure.
9. American Spin
10. The Walks
11. Stop and Go – may release hold at all levels.
12. Mooch – You may choose to dance only 10 steps of the Mooch. Steps 12 through 22 of a the mooch may be danced if preceded by steps 1 to 5 of the Fallaway Rock.
13. Whip
14. Whip Throwaway

ii. Silver Level

1. Reverse Whip – Note: Steps 6 and 7 may be repeated.
2. Windmill
3. Spanish Arms
4. Rolling Off the Arm – Spin ending allowed at the Silver level.
5. Simple Spin –Note: Sailor Shuffle may be used in place of the preceding Chasse. Leader may spin as Follower spins instead of his two steps in place.

6. Miami Special
7. Jive Alternatives
8. Overturned Fallaway Throwaway

iii. Gold Level

1. Curly Whip
2. Shoulder Spin
3. Toe Heel Swivels
4. Chugging
5. Chicken Walks
6. Catapult
7. Stalking Walks, Flicks into Break
8. Overturned Change of Places Left to Right

IX. FORMATIONS

a. Rosters

- i. Coaches of formations teams are required to submit a roster with the name and AAU number of each competitor on their team, including reserves, at least 30 days prior to the competition.

b. Rules for Organizers

- i. Organizers are not required to hold a formation team competition in any category that has less than three entries.
- ii. Before a competition adequate facilities must be provided for formation rehearsals.
 1. Each formation team must be permitted an equal time span in which to rehearse in the facility.
 2. This time span should be a minimum of ten minutes per team.
- iii. Formation coaches are required to submit a roster, which includes birth dates to the competition organizer at least 30 days prior to the competition.
- iv. A member of the event organizing committee may be appointed. The designated representative, may attend rehearsals and warn any team infringing the rules. Once warned, a team may be disqualified if they continue to infringe upon the rules. Disqualification would be by the chairman, after consultation with the adjudicators and organizer.
- v. The chairman is allowed to videotape each team's performance at their official rehearsal in the facility, for the purpose of confirming adherence to the rules.
- vi. The order of dancing for each round will be determined by draw, under the supervision of the chairman of judges, or his designated representative.
- vii. Each round of each competition must be conducted without any interruption.
- viii. In each round of competition, no more than 50% of the teams should be eliminated for the subsequent round. No more than eight teams should participate in the final round. If the Chairman calls for the appropriate number of callbacks and the marks do not allow for the correct number of teams to be advanced, then the Chairman has the authority to place less than 50% of the teams in the subsequent round. This can be considered especially if an additional round would be required in order to comply with the desired 50%.
- ix. In the preliminary rounds judges must call back the required number of formation teams. This will be done by secret ballot, with the complete judging results being released after the competition has concluded.
- x. Secret ballots must be used by the adjudicators for the finals of Pre-Teen and Junior

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formation competitions. For the finals of Youth and Adult formation competitions the adjudicators may use the open marking system. Again, the complete judging results must be released after the competition has concluded.

- xi. During the duration of each performance the formation team's entry number/letter, as listed in the program, must be clearly shown near the dance floor for the benefit of the judges.
 - xii. The adjudicators should be positioned at an appropriate distance from each other, and in the front for formation competitions. They may be positioned at either a close or far proximity to the dance floor, or a combination of both. At least some adjudicators should be positioned in an elevated place if at all possible.
 - xiii. The coach(es) of each formation team may stand adjacent to or on, the floor when their team is competing. The organizer has the right to direct the coach (es) as to where they may be allowed to stand when their team is dancing
- c. **Size of Formation Teams**
- i. Teams of four, five, six, seven and/or eight couples may compete in each formation style. A couple is one boy and one girl.
- d. **Time Restrictions**
- i. **Pre-Teen Formation Teams** shall be limited to two minutes of music for their routine. Up to an additional thirty seconds will be allowed for their entrance and exit combined. This adds up to two and one-half minute's total on the floor.
 - ii. **Junior Formation Teams** shall be limited to three minutes of music for their routine. UP to an additional thirty seconds will be allowed for their entrance and exit combined. This adds up to three and one-half minutes total on and off the floor.
 - iii. **Youth Formation Teams** shall dance for a minimum of three minutes, but shall be limited to a maximum of four and one-half minutes of music for their routine. Up to an additional one minute will be allowed for their entrance and exit combined. This adds up to a maximum of five and one-half minutes total on and off the floor.
 - iv. **Adult Formation Teams** shall dance for a minimum of three minutes, but shall be limited to a maximum of four and one-half minutes of music for their routine. Up to an additional one and one-half minutes will be allowed for their entrance and exit combined. This adds up to a maximum of six minutes total on and off the floor.
 - v. The timing of formation team routines begins when the first person sets foot onto the dance floor. The timing ends when the last person on the team steps off the dance floor.
- e. **Number of Dances**
- i. **Pre-Teen Formation Teams** shall be limited to one or two dances from the approved list for each style.
 - ii. **Junior Formation Teams** shall be limited to one, two or three dances from the approved list for each style.
 - iii. **Youth Formation Teams** must perform a minimum of three dances and up to a maximum of five dances from the approved list for each style.
 - iv. **Adult Formation Teams** must perform a minimum of three dances and up to a maximum of five dances from the approved list for each style. Sixteen (16) bars of one additional dance may be performed. This additional dance needs not be one on the approved list for each style
- f. **Entrance and Exits**
- i. **Pre-teen and Junior Formation Teams** are not allowed to use music for their entrance and exit. The team must remain motionless for a period of at least two seconds before the start of the music and then again at the end of the dance before they start their exit.

- ii. **Youth and Adult Formation Teams** are allowed to use music for their entrance and exit if desired. When music is used for the entrance and/or exit there must be either a “gong” sound or a complete break in the music for the space of at least two seconds that separates the entrance/exit from the routine music proper. The formation team must remain motionless during this break both before and after the routine proper

g. Lifts and Properties

- i. No lifts are allowed at any time in any competitive age category for Pre-Teen, Junior, and Youth formation teams. This includes the team’s entrance and exit.
- ii. Lifts are allowed during the entrance and/or exit only for Adult formation teams.
- iii. No properties (props) are allowed at any time in any competitive age category for formation teams. This includes the team’s entrance and exit.
- iv. A prop is defined as any item that is not part of the regular costume worn by the dancers, and that is not attached to the dancer or their costume for the full duration of time that the dancers are on the floor.
- v. A hat will be considered a prop if it is removed at any time from the dancer’s head, including entrance and exit

h. Solo (Open) Work

- i. In all age categories (Pre-Teen, Junior, Youth and Adult) the formation team may dance up to 50% of their bars of music as solo (open) work. At least 50% of their bars of music must be danced completely in the traditional competitive ballroom hold.
- ii. The coach of the formation team should be prepared to present a breakdown of the phrasing of the music, indicating which measures are open, to the Chairman of Judges at the team’s rehearsal in the competition facility.
- iii. If a couple is in open position at the end of a bar of music, then that bar is counted as solo. If a couple is in closed position at the end of a bar of music, then that bar is not counted as open.

i. Rehearsal in the Competition Facility

- i. Each formation team will be allowed an equal amount of rehearsal time in the tournament facility. At the commencement of this rehearsal they may dance their routine with music and perform their entrance and exit one time for the Chairman of Judges, or his designated representative at Organizers request.

j. Team Disqualification

- i. A member of the event organizing committee may be appointed and may attend the official rehearsal that is held in the competition facility to warn any team infringing the rules. If the rules are infringed during the contest the member will have the right to disqualify formation teams that infringe upon these rules, after consultation with the adjudicators and organizer.

k. Judging

i. Judging and Marking

1. Formation Events shall be judged by at least three (3) judges who are qualified and certified in the type and style of ballroom dancing concerned.
2. Formation Teams shall be judged on:
 - a. Entry and Exit of teams.
 - b. Precision and Neatness of Lines and Patterns.
 - c. Presentation and Character of the Dances(s) performed.
 - d. Choreography.
3. The Skating System of Scrutineering must be used.
4. If more than six (6) teams compete, there shall be a Semi-Final round.
5. Coaches shall not judge formation event in which their own teams

participated. This rule covers all persons who are connected with the school (studio) where participating teams are trained.

ii. Skating System of Judging

1. The Marking of Adjudicator's Cards
 - a. In all rounds each judge must vote for the number of couples demanded by the Chairman of Judges.
 - b. In the Final round the judge shall mark his first couple 1, his second couple 2, his third 3, and so on in each of the dances.
 - c. In the Final round each judge shall place all the competing couples in order of merit in each of the dances.
 - d. A judge must not tie couples for any place in the Final of any dance. Note: In the Final round the open system of marking may be used

iii. The Allocation of Positions in Each Dance

1. The following is a description of the Skating System of Judging, which shall be used in all competitions: The winner of a particular dance is the couple who is placed first by an absolute majority of the judges; second, the couple who is placed second or higher by an absolute majority. The remaining positions are allocated in a similar way.

iv. If More Than One Couple has a Majority for the Same Position

1. The couple with the largest majority shall be allocated the position under review and the couple with the next largest majority, the following position.
 - a. Note: If the position under review is the "2nd" and two couples have a majority of "2nd and higher" places, the couple with the larger majority shall be placed "2nd" and the other couple "3rd". We now examine the remaining competitors' markings, and the couple with the largest majority of "3rd and higher" places shall be allocated the next position, which in this example, is the "4th".
 - b. If none of the remaining couples has a majority of "3rd and higher" places then include the "4th" places (and, if necessary, lower places).

v. If Two or More Couples have an Equal Majority for the Same Position

1. If such majorities are equal, then the lowest total of marks given by those judges, who form the majority, shall determine the allocation of the position under review.
 - a. Note: If the position under review is the "2nd" and two couples have a similar majority of "2nd and higher" places, the couple with the lower total of marks given by those judges who form the majority, shall be allocated the "2nd" position and the other couple the "3rd". See notes under Rule 6. If the totals of marks are equal, then the next lower place (or places, if necessary), in respect of the particular couples concerned, must be included.
 - b. It should be noted that only the couples who have a majority for the position under review (say, for example, the "2nd" position) must be considered at this stage, and only their "3rd" places (and if necessary, lower places) should be referred to, until the "2nd" position has been allocated.
 - c. A definite result will eventually be obtained unless the remaining markings are exactly the same, and should the latter be the case, there will, of course, be a tie for "2nd" position. If two couples were concerned, they would be allocated "2 ½" each.

d. See notes under Rule 6.

vi. If No Couple Receives a Majority for the Position Under Review

1. If no couple receives a majority of “Firsts” then the winner is the couple
2. who are placed “2nd and higher” by a majority of judges. If no couple receives a majority of “1st” and “2nd” places, then the “3rd” places (and if necessary, lower places) must be included. (Subject to Rules 6 and 7.) The “2nd” and other positions should be calculated in a similar way.

vii. Compilation of the Final Summary

1. When all the dances have been concluded, the order ascertained for each dance shall be carried to another sheet, showing the position achieved by each couple in each dance. The first in each dance shall be given one mark, the second two, and so on. These place marks received by each couple shall be added up and the couple with the lowest aggregate shall be the winner.

viii. If there is a tie for a Place in the Final Summary

1. If this results in a tie for first place, the winner shall be the couple who has actually won the greater number of dances. If there is a tie for the “2nd” place, the “2nd” prize shall be awarded to the couple who has obtained “2nd or higher” in the greatest number of dances. If the couples have obtained the same number of “2nd or higher” place marks, then add the “2nd and higher” place marks together and the couple with the lowest total should be awarded second prize.
 - a. Note: If more than two couples tie for second place, the second prize shall be awarded to the couple who has obtained the most “2nd and higher” place marks. Still only considering the remaining “tie” couples, the “3rd” prize is awarded to the couple who has won the most “3rd and higher” place marks.
2. If after applying Rules 9 and 10 this still results in a tie, then treat the judges’ marks of the “tied” couples over all dances, as for an individual dance (Rules 5 to 8). If this still results in a tie, there shall be at the discretion of the organizers of the competition, either a re-dance or the prizes for the places under review shall be divided.
3. If the tie is for first place, a majority of “1st” marks to the credit of either of the “tied” couples (4 dances-5 judges-majority 11) would win. If neither of the “tied” couples obtain a majority of “firsts” see Rule 8.
4. If the tie is for second place, a majority of “2nd and higher” marks to the credit of either of the “tied” couples would be necessary. If neither of the “tied” couples obtain a majority of “2nd and higher” marks see Rule 8.
5. The “3rd” or any other “tied” places should be decided on similar principles.
6. If 3 (or more) couples tie for a place under Rule 10 (say, 2nd place) Rule 11 is applied to all couples concerned in the tie, and the best couple is awarded the “2nd” place. Rule 10 is now applied to the remaining “tied” couples for consideration of the place now under review, which is the “3rd”. However, if they now tie for “3rd” place under Rule 10, then Rule 11 is again applied to these “tied” couples, commencing this time with the “3rd and higher” judge’s marks in the individual dance.

X. EXCERPTS FROM AAU CODE BOOK

A. AAU Membership. All participants must be a member of the AAU in order to participate in any AAU licensed event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. It is not a right. The AAU at its sole discretion reserves the right to accept or reject any applicant(s) for membership

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the AAU Code, including its Constitution, Bylaws, Policies, procedures, regulations, and rules of the AAU.
2. **Categories of Membership.** Categories of membership in the AAU are as follows:
 - a. **District Member.** An organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:
 - i. Youth Athlete
 - ii. Adult Athlete
 - iii. Non-Athlete
 - d. **Allied Member.** An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except:
 - a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 - d. The National Board of Review will determine issues of residency.
3. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern the participation of non-U.S. residents in AAU competitions.

C. Eligibility

1. **Participation.** A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District. For Volleyball, a maximum of three (3) members may participate with a team in an adjoining District.
2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included).
A youth member may be attached to only one club with the following exceptions:
 - d. An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 - e. Participation in an AAU licensed league does not create club attachment.
1. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to

another club in the same sport as follows:

- a. If the youth member has not competed in any AAU authorized events in that Sport for a period of sixty (60) days no permission is necessary.
- b. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.)
- c. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
- d. If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

D. Use of Marks and Logos

1. **AAU Registered Marks.** The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. No person or entity may use the AAU's intellectual property without the prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, at any time in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).
 - a) Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
 - b. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property.
Level 2 and Level 3 Clubs may use AAU's registered marks only as follows:
 - i. For the purpose of promoting an AAU licensed event.
 - ii. For promoting the club's AAU related activities.
 - iii. Neither members nor clubs may use the name AAU in their legal name, domain name, email, or any other name without the express written consent of the National AAU.
 - c. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.
2. **Use of Olympic Marks.** No license will be granted by the AAU for any event were The word "Olympic" or any derivative thereof is used in any advertisement or notice in any manner in connection with AAU competitions.

E. Event License

1. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. A license may be issued to any club in good standing, and which meets the membership criteria. A license application should be reviewed by the District Sport Committee Director or the Governor if there is no District Sport Director. If the license application is rejected, the applicant shall be notified.
2. No license shall take effect until approved or until the 15 day review period has expired.

3. The National Registration Executive Committee has the authority to:
 - a. Issue a license in an unchartered District.
 - b. Issue a license for events in locations where there is no active District member.
 - c. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - d. Issue a license for events directly sponsored by the National AAU or National Sports Committee (The National Sport Committee shall consult with the District Sports Director and Governor prior to seeking an event license.)
 - e. Review and approve any licenses rejected by the District.
 - f. Revoke an approved license for good cause.
6. Event licenses issued to one organization cannot be transferred to another organization.
7. No event license will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

F District Sport Committee Biennial Meetings

1. District Sport Committee Biennial Meeting. In even years, it is the duty of the District Sport Committee to hold a biennial meeting, the date, time, and location of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee.
2. **Notice of District Sport Meetings.** Notice of the biennial or special meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled Meeting.
 - a. Quorum. Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
 - b. Voting. Each club that has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club Membership application.
 - I. The club by written notice to the District Sports Director may withdraw its representative and submit a new representative. Written notice to the District Sports Director of the withdrawal and replacement must be received seven (7) days prior to the meeting. The Club Replacement shall be at least eighteen (18) years of age as of the date of the meeting.
 - II. There shall be no voting by proxy.
 - III. Each members of the Sport Committee shall have one vote.
 - c. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

A. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following:
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee.
 - b. District Sport Committee Officers as defined by that sport's operating rules.
 - c. The Governor may appoint up to two (2) at-large members.
3. **Duties.** The duties of the District Sport Committee are to:
 - a. In even years, hold a Biennial meeting, the date, time, and location of which shall be approved by the District Executive Committee.
 - b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National

Sport Committee rules.

- c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
- d. Provide for the conduct of the District championships.
- e. If the District Sport Committee is organized as an administration club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.

H. Functions of the District Sport Director

1. **Election.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. The District Sport Director takes office upon election.
2. **Appointment.** When there are fewer than five clubs registered to the Sport, the Sport Director may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
3. **Term of Office.**
 - a. The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. Once elected, each District Sport Director is required to purchase a four. (4)-year membership that will complete their entire term.
 - b. The term of office for an appointed District Sport Director shall be one year; or until removed by the Governor; or until the Sport Committee has met the criteria to elect a Director.
 - c. Vacancies. A vacancy occurring in an elected District Sport Director position shall be filled by the Governor with approval of the National Sport Committee Chair.
 - d. If a District Sport Director vacancy occurs, or if a sport reaches the five-club threshold, between a scheduled election year and the next Biennial Meeting, there shall be an election at the interim Biennial Meeting for a director to serve until the next regularly scheduled election. All Notice and nomination requirements must be complied with.
4. **Duties.** The Sport Committee Director shall:
 - a. Develop a budget for the Sport Committee to file with the District Treasurer.
 - b. Perform the duties set forth in the Committee Rules of Operation.
 - c. Review and approve, or for reasonable cause deny, event licenses in the sport.
 - d. Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee rules.
 - e. Preside at Sport Committee meetings.
 - f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
 - g. File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
 - h. At the conclusion of service as Sport Director, turn over all records to the successor to the position.
4. **Removal.** District Sport Directors may be removed as follows:
 - a. By District Sport Committee. An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. By National Sport Chair. Each National Sport Chair shall annually review

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the number of events held in their sport. If the minimum number of licensed days of activity, excluding practice licenses is below the minimum established by the National Sports Council the National Sport Chair may remove the District Director with consent of the Governor. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision, which shall be binding.

- b. By National Board of Review. A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings.
- c. By the National Board of Review Chair after the failure of the District Sports Director to file minutes, reports and records as required by this article.

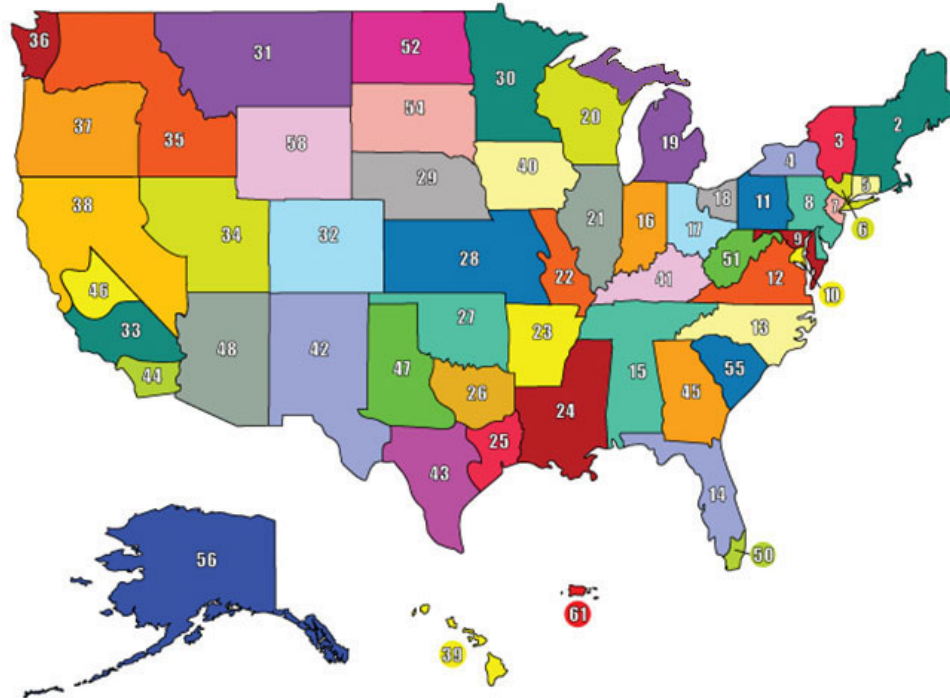
The complete AAU Code Book is available at aausports.org

XI. APPENDIX

APPENDIX A

For a list of District Directors, please visit www.ausports.org

APPENDIX C District Map and Alignment



3 - ADIRONDACK DISTRICT (Organized January 31, 1920). That portion of New York State east and north of Broome, Cortland, Dutchess, Onondaga, Orange, Oswego, and Sullivan Counties. Neighboring Districts: Connecticut, Middle Atlantic, New England, New York Metropolitan and Niagara.

56 - ALASKA DISTRICT (Organized December 3, 1965). State of Alaska. Neighboring Districts: None

48 - ARIZONA DISTRICT (Organized March 10, 1956). State of Arizona. Neighboring Districts: Colorado, New Mexico, Pacific Southwest, Southern Nevada, Southern Pacific, and Utah

23 - ARKANSAS DISTRICT (Organized February 16, 1936). State of Arkansas and (added December 1948) Bowie County, Texas. Neighboring Districts: Southeastern, Southern, Southwestern, Oklahoma, Missouri Valley, and Ozark

12 -CENTRAL DISTRICT (Organized 1890). Illinois, except Calhoun, Greene, Jersey, Madison, Monroe, and St. Clair Counties (counties of Calhoun, Greene, Jersey, Madison, Monroe, and St. Clair given to Ozark District, with reservation that all judo therein to be controlled by Central District).Neighboring Districts: Wisconsin, Iowa, Ozark, Kentucky and Indian

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46 - CENTRAL CALIFORNIA DISTRICT (Organized 1952). Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, Tulare in the State of California. (Territory re-aligned, December 1963.) Neighboring Districts: Pacific, Southern Nevada, and Southern Pacific

32 - COLORADO DISTRICT (Organized November 1906). State of Colorado. (Territory re-aligned December 1963, 1965, 1968. Renamed October 2004.) Neighboring Districts: Wyoming, Nebraska, Missouri Valley, Oklahoma, New Mexico, Arizona, and Utah

5 - CONNECTICUT DISTRICT (Organized September 17, 1929). State of Connecticut. Neighboring Districts: Adirondack, New England, and New York Metropolitan

14 - FLORIDA DISTRICT (Organized January 1925). Florida, except Miami-Dade (official county name has been changed to Miami-Dade), Broward, that part of Hendry County West of Route 833 and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972, and 1999.) Neighboring Districts: Florida Gold Coast, Georgia and Southeastern

50 - FLORIDA GOLD COAST DISTRICT (Organized December 30, 1959). Counties of Broward, Miami-Dade (official county name has been changed to Miami-Dade), that part of Hendry County East of Route 833, and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972 and 1999.) Neighboring Districts: Florida

45 - GEORGIA DISTRICT (territory realigned September 1989). State of Georgia Neighboring Districts: Florida, North Carolina, Southeastern and South Carolina

25 - GULF DISTRICT (Organized March 6, 1931). That part of the State of Texas bounded on the North and including the counties of Angelina, Houston, Leon, Nacogdoches, Robertson, and Shelby; on the East by the State of Louisiana; on the South by the Gulf of Mexico and on the West by and including the counties of Austin, Brazos, Colorado, Fort Bend, Grimes, Matagorda, Robertson, Waller, Washington, and Wharton. (Territory re-aligned September 1992.) Neighboring Districts: Southern, Southwestern and South Texas

39 - HAWAIIAN DISTRICT (Organized November 1910). State of Hawaii. Neighboring Districts: None

16 - INDIANA DISTRICT (Organized August 22, 1919). All of State of Indiana excepting Clark, Dearborn, and Floyd Counties with the reservation that all wrestling therein be controlled by the Indiana District. Neighboring Districts: Central, Kentucky, Michigan, and Ohio

35 - INLAND EMPIRE DISTRICT (Organized April 25, 1937). State of Washington, counties of Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Spokane, Stevens, Walla Walla, Whitman, and Yakima County. State of Idaho, State of Nevada, counties of Elko, Eureka, and White Pine. (Territory re-aligned September 1987.) Neighboring Districts: Pacific Northwest, Pacific, Oregon, Southern Nevada, Utah, Wyoming, and Montana

40 - IOWA DISTRICT (Organized January 15, 1939). State of Iowa. Neighboring Districts: Minnesota, South Dakota, Wisconsin, Missouri Valley, Nebraska, Ozark and Central

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41 - KENTUCKY DISTRICT (Organized February 27, 1939). The Commonwealth of Kentucky and Clark and Floyd County in the State of Indiana (except for the sports of wrestling, boys', and girls' basketball). (Territory re-aligned, September 1987; October 2003). Neighboring Districts: Central, Indiana, Ohio, Ozark, Southeastern, Virginia and West Virginia

18 - LAKE ERIE DISTRICT (Organized January 5, 1931, As Northeastern Ohio District. Name changed at 1956 Convention). The Counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne. (Territory re-aligned December 1960 and September 1991.) Neighboring Districts: Ohio and Western Pennsylvania

9 - MARYLAND DISTRICT (Organized, 1981). State of Maryland (except the counties of Montgomery and Prince Georges.) (Territory re-aligned December 1968.) Neighboring Districts: Potomac, Virginia, West Virginia, Western Pennsylvania, and Middle Atlantic

19 - MICHIGAN DISTRICT (Organized November 1923). State of Michigan. (Territory re-aligned December 1962 and October 1971.) Neighboring Districts: Indiana and Ohio

8 - MIDDLE ATLANTIC DISTRICT (Organized 1906). New Jersey, south of Mercer and Monmouth County; all of the State of Delaware and the Commonwealth of Pennsylvania, east of and including Bedford, Centre, Clinton, and Potter Counties (Territory re-aligned December 1962.) Neighboring Districts: Adirondack, New Jersey, New York Metropolitan, Niagara, Western Pennsylvania, and Maryland

30 - MINNESOTA DISTRICT (territory realigned September 1989). State of Minnesota. Neighboring Districts: Iowa, North Dakota, South Dakota, and Wisconsin

28 - MISSOURI VALLEY DISTRICT (Organized February 14, 1931). All of Kansas and that portion of the western part of the state of Missouri including and bounded by Adair, Audrain, Benton, Callaway, Christian, Cole, Greene, Hickory, Macon, Montineau, Morgan, Polk, Randolph, Schuyler, and Taney. (Territory re-aligned December 1962.) Neighboring Districts: Iowa, Nebraska, Colorado, Oklahoma, Arkansas, and Ozark

31 - MONTANA DISTRICT (Organized February 15, 1936). State of Montana. Neighboring Districts: Inland Empire, North Dakota, South Dakota, and Wyoming

29- NEBRASKA DISTRICT (Organized June 26, 1922). State of Nebraska. (Territory re-aligned September 1986.) Neighboring Districts: South Dakota, Wyoming, Colorado, Missouri Valley, and Iowa

2 - NEW ENGLAND DISTRICT (Organized, 1890). New Hampshire, Maine, Massachusetts, Rhode Island, and Vermont. (Territory re-aligned September 1987.) Neighboring Districts: Adirondack and Connecticut

7 - NEW JERSEY DISTRICT (Organized April 21, 1930). New Jersey north of and including Hudson, Mercer, and Monmouth Counties. Neighboring Districts: Middle Atlantic and New York Metropolitan

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42 - NEW MEXICO DISTRICT (Organized May 29, 1947). State of New Mexico and the counties of Brewster, Culbertson, Crockett, El Paso, Hudspeth, Jeff Davis, Presidio and Terrell in the State of Texas. (Territory re-aligned September 1988.)
Neighboring Districts: Colorado, Utah, Arizona, West Texas, South Texas, and Oklahoma

6 - NEW YORK METROPOLITAN DISTRICT (Organized, 1890). New York, south of and including Dutchess, Orange, Sullivan, and Ulster Counties; also, the Canal Zone. (Renamed October 2004)
Neighboring Districts: Adirondack, Connecticut, Middle Atlantic, and New Jersey

4 - NIAGARA DISTRICT (Organized September 27, 1919). State of New York west of and including Broome, Cortland, Onondaga, and Oswego Counties.
Neighboring Districts: Adirondack, Middle Atlantic, and Western Pennsylvania

13 - NORTH CAROLINA DISTRICT (Organized December 5, 1965). State of North Carolina. Neighboring Districts: Georgia, South Carolina, Southeastern and Virginia

52 - NORTH DAKOTA DISTRICT (Organized December 1, 1962). State of North Dakota
Neighboring Districts: Minnesota, Montana, and South Dakota
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17 - OHIO DISTRICT (Organized May 1, 1923). State of Ohio (except the counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne); and the Dearborn County in the State of Indiana. (Territory re-aligned, December 1959, 1960, 1962, 1963, and October 2003).
Neighboring Districts: Indiana, Lake Erie, Michigan, Kentucky, West Virginia, and Western Pennsylvania

27 - OKLAHOMA DISTRICT (Organized February 23, 1936). State of Oklahoma.
Neighboring Districts: Missouri Valley, Colorado, New Mexico, West Texas, Southwestern and Arkansas

37 - OREGON DISTRICT (Organized September 23, 1935). State of Oregon and the following counties of Washington: Clark, Cowlitz, and Skamania. (Territory re-aligned September 1987.) Neighboring Districts: Inland Empire, Pacific, and Pacific Northwest

22 - OZARK DISTRICT (Organized, 1935). Missouri east of and including the following counties, Camden, Dallas, Douglas, Knox, Miller, Monroe, Montgomery, Osage, Ozark, Pike, Scotland, Shelby, including the city of St. Louis, and Webster. Counties of Calhoun, Greene, Jersey, Madison, Monroe, and St. Clair in Illinois with reservation that all judo therein be controlled by Central DISTRICT. (Territory re-aligned December 1962.)
Neighboring Districts: Arkansas, Central, Kentucky, Iowa, Missouri Valley and Southeastern

38 - PACIFIC DISTRICT (Organized, 1890). The State of California, north of but not including the counties of Fresno, Madera, Mariposa, Merced, Mono and San Luis Obispo and the Counties of Churchill, Douglas, Humboldt, Lander, Lyon, Mineral, Ormsby, Pershing, Story, and Washoe in the State of Nevada. (Territory re-aligned December 1961 and December 1962 and 1963.)
Neighboring Districts: Central California, Inland Empire, Oregon, Southern Nevada, and Southern Pacific

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36 - PACIFIC NORTHWEST DISTRICT (Organized June 1905). Washington, west of but not including Chelan, Kittitas, Okanogan, and Yakima Counties and north of but not including Cowlitz, Klickitat, and Skamania Counties. Neighboring Districts: Inland Empire and Oregon

44 - PACIFIC SOUTHWEST DISTRICT (Organized December 10, 1949, as Southwest Pacific Border DISTRICT. Name changed at 1956 Convention). Imperial and San Diego Counties, California. Neighboring Districts: Arizona and Southern Pacific

10 - POTOMAC VALLEY DISTRICT (Organized October 15, 1929). All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia. (Territory re-aligned December 1968. Formerly District of Columbia District. Renamed December 1972.)
Neighboring Districts: Maryland and Virginia

61 - PUERTO RICO DISTRICT (Organized September 8, 1984). Puerto Rico and U.S. Virgin Islands. Neighboring Districts: None

55 - SOUTH CAROLINA DISTRICT (Organized December 5, 1965). State of South Carolina. Neighboring Districts: Georgia and North Carolina

54 - SOUTH DAKOTA DISTRICT (Organized December 4, 1964). State of South Dakota. Neighboring Districts: Iowa, Minnesota, Montana, Nebraska, North Dakota, and Wyoming

43 - SOUTH TEXAS DISTRICT (Organized November 12, 1945). That part of the State of Texas bounded on the East by and including the counties of Burleson, Fayette, Jackson, Lavaca, Lee, Milam and on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Schleicher, Sutton, and Val Verde, and on the North by and including the counties of Bell, Burnett, Coryell, Falls, Lampasas, Llano, Mason, and Menard. (Territory re-aligned December 1961, 1963, and September 1992.) Neighboring Districts: Gulf, Southwest, South Texas, New Mexico, and West Texas

15 - SOUTHEASTERN DISTRICT (Organized August 13, 1951). The State of Alabama and the State of Tennessee. (Territory re-aligned December 1958, December 1972, September 30, 1989, and September 1999) Neighboring Districts: Kentucky, Virginia, North Carolina, Georgia, Southern, Arkansas and Ozark

24 - SOUTHERN DISTRICT (Organized, 1892). The State of Louisiana and the State of Mississippi. www.saau.org Neighboring Districts: Southeastern, Arkansas, Gulf and Southwestern

33 - SOUTHERN PACIFIC DISTRICT (Organized November 1909). Including the counties of Los Angeles, Orange, Riverside, San Bernardino, San Luis Obispo, Santa Barbara, and Ventura all within the State of California. (Territory re-aligned October 1973.) Neighboring Districts: Arizona, Central California, Pacific, Pacific Southwest, Southern Nevada

26 - SOUTHWESTERN DISTRICT (Organized May 8, 1936). That part of the State of Texas bounded on the South but not including the counties of Angelina, Brown, Callahan, Coryell, Falls, Houston, Lampasas, Leon, Milam, Mills, Nacogdoches, Robertson, and Shelby; on the East by the State of Louisiana, State of Arkansas and the county of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the

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counties of, but not including Foard, Hardeman, Haskell, Jones, and Knox in the State of Texas. (Territory re- aligned September 1992.)

Neighboring Districts: Oklahoma, Arkansas, Southern, Gulf, South Texas, and West Texas

34 - UTAH DISTRICT (Organized November 1910). State of Utah. (Territory re- aligned December 1978.) Neighboring Districts: Inland Empire, Wyoming, Colorado, New Mexico, Arizona, and Southern Nevada

12 - VIRGINIA DISTRICT (Organized December 9, 1934). Commonwealth of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church.) (Territory re-aligned December 1968.) Neighboring Districts: Potomac Valley, West Virginia, Kentucky, Southeastern and North Carolina

11 - WESTERN PENNSYLVANIA DISTRICT (Organized November 16, 1917). All counties in Pennsylvania west of Bedford, Centre, Clinton, Huntingdon and Potter Counties and the Counties of Brooke, Hancock, Marshall, and Ohio in West Virginia. (Territory re-aligned December 1959 and September 1991.)

Neighboring Districts: Middle Atlantic, Niagara, Maryland, West Virginia, Ohio, and Lake Erie

47 - WEST TEXAS DISTRICT (Organized 1952). All that part of the State of Texas bounded on the South side and including the counties of Concho, Irion, McCulloch, Pecos, Reeves, Regan, San Saba, Tom Green, and Upton, on the West by the State of

New Mexico; on the North by the State of Oklahoma; on the East by the State of Oklahoma and by and including the counties of Brown, Callahan, Foard, Hardeman, Haskell, Jones, Knox, Mills and San Saba in the State of Texas. (Territory re-aligned December 1961; October 1976.) Neighboring Districts: Oklahoma, New Mexico, South Texas and Southwestern

51 - WEST VIRGINIA DISTRICT (Organized February 28, 1960). The State of West Virginia. (Territory re- aligned December 1963, October 1973, and October 2003)

Neighboring Districts: Maryland, Western Pennsylvania, Ohio, Kentucky, and Virginia

20 - WISCONSIN DISTRICT (Organized June 6, 1935). State of Wisconsin. (Territory re- aligned December 1964 and September 30, 1989)

Neighboring Districts: Michigan, Minnesota, Iowa and Central

58 - WYOMING DISTRICT (Organized December 9, 1968). State of Wyoming. Neighboring Districts: Montana, South Dakota, Nebraska, Colorado, Utah, and Inland Empire.

APPENDIX B

Definitions/Glossary

AAU Code - The AAU Code is the collective reference to the Constitution, Bylaws, National Policies, National Sports Committee rules and District Sport Committee rules and regulations. The AAU Code is available at www.aausports.org.

Athlete - A person who participates in an AAU sports activity as defined by the appropriate AAU Adult or Youth Sports Committee in regard to eligibility, rules, age, gender, etc.

Attached - An individual registered athlete becomes attached to an AAU club or team when the athlete participates as a club representative in a competition sanctioned by a District which includes two or more teams.

Membership - An agreement to participate under the rules, regulations, Code, policies, and procedures of the AAU. Membership entitles participation; it does not create agency or authorize member(s) to be spokesperson(s) on behalf of AAU.

Non-Athlete - A person who participates in the AAU in an administrative role such as Administrator, Bench Personnel, Coach, Instructor, Manager, Official, Team Leader, Tournament Director, Volunteer or other who supports the sport's activity but does not compete as an athlete.

Practice - For the purpose of AAU sanctioning, "practice is organized and/or regularly scheduled sessions supervised at all times by a registered non-athlete member of the AAU and conducted for the purpose of preparing, training, instructing, and conditioning only AAU member athletes for AAU sanctioned competitions. Tryouts and scrimmages are included as long as they meet all the requirements of the above definition.

*Practices do not require a separate sanction application but are included in the AAU Club Membership (Level 1, 2 and 3).

License - The written approval of the AAU to authorize registered athletes to participate in a specific competition or activity (Updated 10/13).

Scrimmage - A practice of an AAU member club against other member athletes or another club. A scrimmage does not qualify as a practice if an admission fee is charged, or the officials are paid. Scrimmage results must not affect the team's standing or rankings.

Supervision - Supervision requires that an AAU non-athlete member (coach/instructor) be physically present at all times at the practice premises or site during each practice session.

Transfer - A change in an athlete's attachment, or club affiliation, from one club to another.

Unattached - An AAU Athlete who represents no club member

APPENDIX C

**AAU NATIONAL ATHLETE PROTECTION
and
ABUSE PREVENTION
POLICY**

PLEASE VISIT WEBSITE TO DOWNLOAD A COPY OF THE HANDBOOK

<https://image.aausports.org/pdf/Athlete-Protection-Handbook.pdf>