

United Kingdom Dance Council (UK-DC)



COMPETITION RULES 2016/2017

Divisional Information

This competition year begins on the 25th April. Your age on 25th April determines which division you will dance in for the competition year. If through a relevant birthday, you are eligible to move into an older age division, you may move up an age category during the year, however this is not compulsory. Moving between divisions is allowed although once you have moved into a higher-level division, you cannot move down to a lower division, the exception to this is if you have moved up an age category - it would be acceptable, for example for a Division 2 Junior Dancer to move into a Division 3 Teenage. For all finals, the division in which you last qualified will be the division in which you must dance. Dancers will only have to move into a higher level division in the following competition year if you have won three or more competitions or a UK-DC European Title during the dance year, although this does not apply to Division 1 Allstars Advanced (*see Recommendations and Promotional Rules* for further information). If you are the only competitor in your division, then you have the choice to either stay in the division you are in or to move up to the next higher level division, if UK-DC feel you are at the required standard to compete in the higher level division then we will invite you to move up. Dancers cannot enter more than one line dance division at an event.

If there is no qualifier held in your country, you are still eligible to compete at the Europeans.

Line Dance Age Categories and Divisions

Category	Age	Category	Age
Rugrats	0 - 6	Crystal	30+
Primary	0 - 8	Silver	40+
Junior	0 - 12	Gold	50+
Teen	13 - 17	Diamond	60+
Open	18+		

Each division will have 3 dances with 3 different categories & styles.

Set out below is a quick synopsis of each category.

This does not apply to all divisions. Newcomer Divisions & Division 4 Primary; these divisions will have two dances Vanilla & one dance Traditional. Starter Division will only dance 1 dance Vanilla.

Category	Explanation
Traditional	<ul style="list-style-type: none">• 2 walls vanilla, 1 wall variation, Then V & V rules apply• Footwear & dress code as per rules
Vanilla	<ul style="list-style-type: none">• Dance must be executed as per step sheet provided• Footwear & dress code as per rules
Freestyle	<ul style="list-style-type: none">• 2 Walls vanilla• Then anything goes you must follow direction of the dance, you will be penalised if you don't follow the line of dance• All foot wear allowed within the heel height 2" & 3.5" (see footwear rules) Trainers & runners are allowed• No dress code, No Midriffs to be exposed, except all open divisions & all-stars 50% allowed.• NO ACROBATICS• Splits are allowed in all divisions for Freestyle only• Tights must be worn with skirts or shorts in freestyle category• This category is not offered in Newcomer & novice primary divisions

Recommendations and Promotional Rules for Competitors:

RUGRATS
<p>This division is only for beginner dancers aged 0 – 6.</p> <p>Emphasis is on fun and enjoyment of the dance and to encourage our younger dancers to compete. Dances will be of a very basic level and only one dance will be offered in this division.</p> <p>The dress rules are relaxed for this division dancers are not required to have a yoke on their costume. Any suitable footwear may be worn.</p>

STARTER DIVISION

Age Categories Available:

Primary Age 0-8, Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+, Silver Age 40+, Gold Age 50+, Diamond Age 60+

Please note only one dance will be offered in this division at a basic level

General Summary:

This division is recommended for beginner dancers or dancers who have never competed before in any other dance competition. Dancers may compete in this division for 1 year only, they then must move to Newcomer division or one of the relevant age divisions.

Guidelines:

In this division competitors should show basic footwork, rhythm & timing & general confidence & presentation.

Variations are not allowed.

You may perform introductions but this is not judged. Use arm & body movements for styling.

Costumes & Footwear:

The dress rules are relaxed for this division dancers are not required to have a yoke on their costume. Any suitable footwear may be worn.

Please see page 22 & 23 for Costume & Footwear Rules.

NEWCOMER DIVISION

Age Categories Available:

Primary Age 0-8, Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+, Silver Age 40+, Gold 50+, Diamond 60+

***Please Note Newcomer Dancers will have 2 Vanilla dances, & 1 Traditional Dance**

General Summary:

This division is recommended for beginner dancers or dancers who have never competed before. Dancers may compete in this division a maximum of FIVE times, they then must move to Division 4 Novice or one of the relevant age divisions. If a Newcomer competitor wins three or more competitions or a UK-DC Europeans Title during the competition year, he/she must move into the next highest, relevant division for the following competition year.

Guidelines:

In this division competitors should show basic footwork, rhythm & timing & general confidence & presentation.

Variations are allowed in the Traditional category, you still may perform the dance as per step sheet. Dancers may not execute any turn/spin of more than 360 degrees on one foot.

You may perform introductions but this is not judged, use arm & body movements for styling.

Costumes & Footwear:

The dress rules are relaxed for this division dancers are not required to have a yoke on their costume. Please note that only Vanilla and Traditional dances are danced in this division, therefore Trainers are not allowed for any dance.

Please see page 22 & 23 for Costume & Footwear Rules.

DIVISION 4 NOVICE

Age Categories Available:

Primary Age 0-8, Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+, Silver Age 40+, Gold 50+, Diamond 60+

***Please Note Primary Dancers will have 2 Vanilla dances, & 1 Traditional Dance**

General Summary:

This division is recommended for dancers who have been line dancing for over one year, or who have some previous dance experience. If a Division 4 Novice competitor wins three or more competitions or a UK-DC Europeans overall title during the competition year, he/she must move into the next highest, relevant division for the following competition year.

Guidelines:

In this division competitors should show good footwork, rhythm & timing, technique & general confidence & presentation.

Variations are allowed in the Traditional & Freestyle Dances. Dancers may not execute any turn/spin of more than 360 degrees on one foot.

All vanilla patterns must be performed exactly as written on the official step descriptions. Dancers must keep to the basic footwork and direction of the dance. No additional turns or variations may be added. Hand/arm work and body styling/movement is allowed. Competitors will be disqualified if they include their own version of the dance during vanillas.

You may perform introductions but this is not judged, use arm & body movements for styling.

Costumes & Footwear:

Dress & footwear rules apply to this division. In the Freestyle Dance the Costume & Footwear rules are relaxed.

Please see page 22 & 23 for Costume & Footwear rules.

DIVISION 3 INTERMEDIATE

Age Categories Available:

Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+, Silver Age 40+, Gold 50+, Diamond 60+

General Summary:

This division is recommended for dancers who have been line dancing for 2-3 years, or who have three or more years of other dance training.

Dance teachers who are new to competition are recommended to begin in this division.

If a Division 3 Intermediate competitor wins three or more competitions or a UK-DC European overall title during the competition year, he/she must move into the next highest, relevant division for the following competition year.

Guidelines:

In this division competitors should show good footwork, foot positions, posture, deportment, rhythm & timing, technique & general confidence & presentation.

All vanilla patterns must be performed exactly as written on the official step descriptions. Dancers must keep to the basic footwork and direction of the dance. No additional turns or variations may be added. Hand/arm work and body styling/movement is allowed. Competitors will be disqualified if they include their own version of the dance during vanillas.

Variations are allowed in the Traditional & Freestyle Dances and should show an accomplished level dependant of age, dance style & good musicality within your routine and choreography.

You may perform introductions but this is not judged, use arm & body movements for styling.

Costumes & Footwear:

Dress & footwear rules apply to this division. In the Freestyle Dance the Costume & Footwear rules are relaxed.

Please see page 22 & 23 for Costume & Footwear rules.

DIVISION 2 ADVANCED

Age Categories Available:

Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+, Silver Age 40+, Gold 50+, Diamond 60+

General Summary:

This division is recommended for dancers who have been line dancing for over 3 years, or who have had competitive experience or who have an extensive dance background.

If a Division 2 advanced competitor wins three or more competitions or a UK-DC European overall title during the competition year, he/she must move into the next highest, relevant division for the following competition year. You must fulfil the criteria to eligible for Div. 1 all-stars

Guidelines:

In this division competitors should show excellent footwork, foot positions, posture, deportment, rhythm & timing, technique & general confidence & presentation.

All vanilla patterns must be performed exactly as written on the official step descriptions. Dancers must keep to the basic footwork and direction of the dance. No additional turns or variations may be added. Hand/arm work and body styling/movement is allowed. Competitors will be disqualified if they include their own version of the dance during vanillas.

Variations are allowed in the Traditional & Freestyle categories and should show an accomplished level dependant of age, dance style & good musicality within your routine and choreography.

You may perform introductions but this is not judged, use arm & body movements for styling.

Splits are permitted in this division.

Costumes & Footwear:

Dress & footwear rules apply to this division. In the Freestyle Dance the Costume & Footwear rules are relaxed.

Please see page 22 & 23 for Costume & Footwear rules.

DIVISION 1 ALL STARS

Age Categories Available:

Teen Age 0-17, Open Age 18+, Regal 40+

General Summary:

This division is for advanced dancers and is by Invitation only.

Dancers will be invited by letter from the UK-DC when they feel the dancer is at the appropriate standard for this division.

Guidelines:

In this division competitors should show excellent footwork, foot positions, posture, deportment, rhythm & timing, technique & general confidence & presentation.

Variations are allowed in the Traditional Dance and should show an accomplished level dependant of age, dance style & good musicality within your routine and choreography.

You may perform introductions but this is not judged, use arm & body movements for styling.

Division 1 All Stars third dance will be a Show Dance (this is not applicable for Division 1 Regal). The dancer will perform their own routine with their own chosen music. Props, Acrobatic moves, themes and singing are allowed. **BASICALLY ANYTHING GOES.** Music must be a minimum of 2 minutes and a maximum of 5 minutes. Costume rules apply within the Freestyle guidelines.

Splits are permitted in this division.

Costumes & Footwear:

Dress & footwear rules apply to this division. In the Show Dance the Costume & Footwear rules are relaxed.

Please see page 22 & 23 for Costume & Footwear rules.

Country Classic

Age Categories Available:

Junior Age 0 – 12, Teen Age 13 -17, Open Age 18+, Senior Age 30+

General Summary:

This is a Country Western Division. One dance will be offered which is danced to Country music. The emphasis of this division is on the 'Country' aspect; therefore all competitors must wear western wear, cowboy hats and cowboy boots.

In this division competitors should show good footwork, foot positions, posture, deportment, rhythm & timing, technique & general confidence & presentation.

Please note you do not have to attend a Competition Heat to dance in this division at the UK-DC Europeans

Guidelines:

The V & V rule applies in the division, after the first two walls dancers may add a turn to replace a vine or a shuffle, but any variations added outside of general social variations will be penalised.

You may perform introductions but this is not judged, use arm & body movements for styling.

Costumes & Footwear:

Dress & footwear rules apply to this division. Boots & Hats must be worn with no exceptions.

Please see page 22 & 23 for Costume & Footwear rules.

Line Dance Rules Summary

- Male and Female competitors may dance in separate or combined heats, except in UK-DC Europeans where they will dance separately.
- Dancers may choose to dance one or any combination of dances offered in the division. However, dancers will need to dance all specified dances to qualify for a placing.
- Dancers will be counted in 5678 or 456 depending on the timing or style of dance.
- If a dancer leaves the floor during a dance then they will be disqualified in that dance only.
- **Traditional Dance - V&V Rule (Vanilla and Variation):** Dancers must dance the first two walls as per step sheet - vanilla. You may use your hands, arms, head and upper body, but you cannot change any of the steps, they must be performed exactly as the official step description issued. You will be penalised if the official step sheet is not strictly adhered to. On the third, fifth and all following odd walls you may introduce variations. Variations must flow in the same direction of movement as the vanilla. On the fourth, sixth and all following even walls you must dance vanilla with styling.
- **Vanilla Dance:** Dancers must execute the dance as per issued step sheet, No variations are allowed, Arms & body movement are allowed for styling.
- **Freestyle Dance:** You must perform the first two walls of the dance as per step sheet, from wall 3 you are allowed to Freestyle the rest of the dance as long as you follow the line & direction of the dance.
- **Exceptions to Freestyle Dance – Starter, Newcomer & Division 4 Novice Primary:** These 2 Divisions will be offered 3 dances 2 Vanilla & 1 Traditional. Newcomers are now allowed to perform variations in the traditional dance, although variations are not compulsory, you can still dance vanilla patterns.

DUOS

Age Categories Available:

Junior Age 0 – 12, Teen Age 13-17, Open Age 18+, Senior Age 30+

General Summary:

Duos are two individuals, males, females or mixed.

If two dancers fall into different age categories the duo must dance in the division of the oldest dancer.

Lifts, Drops & Acrobatic moves are not permitted. Lying on the floor is not allowed.

Duos can touch join and/or use elements of couples or partner dancing.

A set piece of music will be pre-released to which Duos should choreograph their own routine.

Several duos will complete on the floor at the same time, therefore dance floor etiquette must be followed.

Dancers should start dancing when they choose, they will not be counted in.

No competitor may dance in more than one Duo at an event.

Guidelines:

In this division competitors should show good footwork, foot positions, posture, deportment, rhythm & timing, technique & general confidence & presentation. Dancing as a duo you should show mirror image, interaction and the portrayal of dancing as a duo.

Your routine should show an accomplished level of musicality & choreography dependant of age and dance style.

Costumes & Footwear:

Costume & Footwear Rules are relaxed for this division.

Please see page 22 & 23 for Costume & Footwear rules.

FREESTYLE DUOS

Age Categories Available:

Open Age Category

General Summary:

Freestyle Duos are two individuals, males, females or mixed.

Competitors choose their own piece of music.

Music can be country or non-country and any style of dance. More than one song can be used.

The music must be a Minimum of 2 minutes, maximum of 2 minutes 30 seconds for the routine (longer than the specified time limit may result in being penalised).

Anything goes. Acrobatic moves, Weight Bearing moves, Splits and Floor moves are allowed.

Freestyle Duos can touch join and/or use elements of couples or partner dancing.

Guidelines:

In this division competitors have the chance to express showmanship, creative choreography & the enjoyment to the routine

Your routine should show an accomplished level of musicality & choreography dependant of age and dance style

Please note you do not have to attend a Competition Heat to dance in this division at the UK-DC Europeans

Costumes & Footwear:

Costume & Footwear Rules are relaxed for this division.

Please see page 22 & 23 for Costume & Footwear rules.

QUADS

Age Categories Available:

Open Age Division

General Summary:

This combination of 4 dancers can be of any age or any mix of ages.

Quads are four individuals, males, females or mixed.

Lifts, Drops & Acrobatic moves are not permitted. Lying on the floor is not allowed.

Quads can touch join and/or use elements of couples or partner dancing.

A set piece of music will be pre-released to which all Quads should choreograph their own routine.

Several Quads will compete on the floor at the same time, therefore dance floor etiquette must be followed.

Dancers should start dancing when they choose; they will not be counted in.

No competitor may dance in more than one Quad at an event.

Guidelines:

In this division competitors should show good footwork, foot positions, posture, deportment, rhythm & timing, technique & general confidence & presentation. Dancing as a quad you should show mirror image, interaction and the portrayal of dancing as a small team.

Your routine should show an accomplished level of musicality & choreography dependant of age and dance style

Costumes & Footwear:

Costume & Footwear Rules are relaxed for this division.

Please see page 22 & 23 for Costume & Footwear rules.

PARTNER

Age Categories Available:

Junior Age 0 – 12, Teen Age 13 – 17, Open Age 18+, Senior Age 30+

General Summary:

Partners are two individuals, males, females or mixed.

Partner Dance consists of two dancers dancing with joined hands/arms.

No individual competitor may dance with more than one partner, or in more than one partner Division at an event.

If the two dancers competing together fall into different Age Groups, then they must dance in the division of the oldest dancer.

Dancers will score well for performing the Vanilla Sequences as per the written step script. Dancers should show a good level of interpretation containing different moves/styling; have a good standard of technique; show showmanship & styling relevant to the dance/music; have co-ordinated dress; demonstrate the ability to dance as a pair and complement each other.

The V& V rule applies: Dancers must dance the First two and every following even numbered sequence as Vanilla with styling. This means you can use your hands, arms, head and upper body to compliment the dance, but you may not change any of the steps, they must be performed exactly as the official step script issued. On the Third, Fifth and all following Odd sequences you may introduce Variations.

Dancers must not be out of hold for longer than 8 counts.

Lifts and Drops are not permitted.

Dancers will be counted in.

Dance floor etiquette for Partner Dancers as follows - overtaking is allowed, slower moving pairs must move towards the centre of the floor to allow faster moving pairs to pass.

Costumes & Footwear:

Dress & footwear rules apply to this division.

Please see page 22 & 23 for Costume & Footwear rules.

COUPLES

Age Categories Available:

Jun Teen Age 0-15, Div 4, Div 3, Div2 & Div 1 Age 16+

General Summary:

Couples can be danced, Males, Females or mixed. If two dancers competing together fall into different age groups, then they must dance in the division of the oldest.

Junior Teen Age 0 – 15

Dancers will score well for showing most of the popular and basic western dance positions and moves. Routines should have a combination of moves, incorporating basic patterns. Dancers should have a good standard of technique, including lead and follow and show personality and enjoyment of the dance.

Division 4 Age 16+

Dancers will score well for showing the basic western dance positions/moves. Dancers should have a fair standard of technique including lead and follow. Dancers should show personality and enjoyment of the dance.

Division 3 Age 16+

Dancers will score well for showing most of the popular western dance positions & moves. Routines should have a combination of moves, incorporating basic patterns. Dancers should have a good standard of technique including lead and follow. Dancers should show personality and enjoyment of the dance.

Division 2 & 1 Age 16+

Dancers will score well for showing an extensive range of western dance positions & moves. Showing a high level of difficulty. Making up the majority of the routine with combinations of moves, eliminating almost all of the basic patterns. Using unique moves and combinations. Interpret the dance theme and music including phrasing. Having an excellent standard of technique including lead and follow. Matching movements to different areas of the floor. Showing artistic interpretation, personality, enthusiasm and enjoyment of the dance.

Costumes & Footwear:

Dress & footwear rules apply to this division.

Please see page 22 & 23 for Costume & Footwear rules.

Couples Rules Summary

- No Competitor may dance in more than one Couples pairing at an event.
- Aerial Moves: Aerial moves are not permitted in any couples division. Our definition of an Aerial Move is as follows: An aerial move is where one dancer brings both feet off the floor **AND** a) one foot is above another dancers shoulder level **OR** b) both feet are above another dancers waist level. If Aerials are used where they are forbidden, you will not be recalled to the next heat or placed in the final.
- Lifts: Lifts are not permitted in any couples division. Our definition of Lifts is as follows: A lift is where both feet of one dancer are off the floor **AND** another dancer is supporting weight. If lifts are used where they are forbidden, you will not be recalled to the next heat or placed in the final.
- Weight Baring moves are allowed only in Division 1 & 2 only. A weight baring move is where the weight of one dancer is supported by the other, but please be aware Aerial moves and lifts are not allowed.
- In Division 1 & 2 only, a dancer's leg can be lifted higher than waist height. Splits are allowed.

Dance Floor Etiquette for Couples Dancers as follows:

Couples Stationery Dances: (East Coast Swing, West Coast Swing, Cha Cha etc).
Dancers must not interfere with the dance space of the competitors.

Couples Progressive Dances: (2 Step, Waltz, Polka etc).
Slower Moving Couples must move towards the centre of the floor to allow faster moving couples to pass.

PRO AM

Categories Available:

Starter, Newcomer, Novice, Intermediate & Advanced

General Summary:

ProAm can be danced Males, Females or mixed.

Starter

This division is offered in the following categories:

Primary Age 0-8, Junior Age 0-12, Teen Age 13-17, Open Age 18+, Senior Age 30+

Newcomer

This division is offered in the following categories:

Primary Age 0-8, Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+ and Silver Age 40+, Gold Age 50+, Diamond 60+

Division 4 Novice

This division is offered in the following categories:

Primary Age 0-8, Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+ and Silver Age 40+, Gold Age 50+, Diamond 60+

Division 3 Intermediate

This division is offered in the following categories:

Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+ and Silver Age 40+, Gold Age 50+, Diamond 60+

Division 2 Advanced

This division is offered in the following categories:

Junior Age 0-12, Teen Age 13-17, Open Age 18+, Crystal Age 30+ and Silver Age 40+, Gold Age 50+, Diamond 60+

Please note you do not have to attend a Competition Heat to dance in this division at the UK-DC Europeans

Costumes & Footwear:

Dress & footwear rules apply to this division.

Please see page 22 & 23 for Costume & Footwear rules.

TEAMS

Age Categories Available:

Junior Age 0-12, Teenage Age 13-17, Open Age 18+

General Summary:

The team must be a combination of at least 6 team members.

Members may touch & join to include partner, couples & line dance sequences.

Lifts, Drops and acrobatics are not allowed.

No sitting or lying on the floor is allowed.

Music must be a minimum of 2 minutes and a maximum of 5 minutes. This includes introductions & exits, 50% must be country music. Exceeding the limits will result in a penalty and lower placements.

The order of which teams dance will be selected by the event director in a random & impartial fashion.

If two or more dancers fall into different age groups, then the team must dance in the division of the eldest dancers.

Teams are responsible for Music to be given to the DJ clearly stating team name, a back-up is a good idea, Please bring your music on a CD.

You can only perform once in standard team & once in cabaret team

Guidelines:

In this division competitors should show good footwork, foot positions, posture, deportment, rhythm & timing, technique & general confidence & presentation.

Your routine should show an accomplished level of musicality & choreography dependant of age and dance style.

Costumes & Footwear:

Dress & footwear rules apply to this division.

Please see page 22 & 23 for Costume & Footwear rules.

FORMATION DIVISION

Age Categories Available:

Junior Age 0-12, Teenage Age 13-17, Open Age 18+

General Summary:

The team must be a combination of at least 6 team members.

A list of dances will be provided by the UK-DC committee for the team to choose from.

The Line Dance should be danced as written on the dance script, but travelling and turns may be dance, even if it is not stipulated on the dance script. For example if a Kick Ball Change was stated as on the spot on the dance script, it may be danced travelling in any direction. If a Shuffle Forward is stated on the dance script, it may be danced as a turning triple step.

The team can move around the floor to make different formations throughout the song.

Styling with use of arms is allowed.

The music used must be the music the dance was choreographed to and stated on the dance script. The full length of music will be played.

Members may touch & join.

No sitting or lying on the floor is allowed.

The order of which teams dance will be selected by the event director in a random & impartial fashion.

If two or more dancers fall into different age groups, then the team must dance in the division of the eldest dancers.

You can only perform once in a Formations Team.

Guidelines:

In this division competitors should show good footwork, posture, rhythm & timing, technique, general confidence & presentation.

Costumes & Footwear:

Dress & footwear rules apply to this division.

Please see page 22 & 23 for Costume & Footwear rules.

CABARET TEAMS

Age Categories Available:

Open Age Division

General Summary:

The cabaret must be a combination of at least 6 team members.

Members may touch & join to include partner, couples & line dance sequences.

Lifts and acrobatics are allowed. Weight bearing moves are permitted.

Sitting or lying on the floor is allowed.

Music must be a minimum of 2 minutes and a maximum of 10 minutes. This includes introductions & exits, exceeding the limits will result in a penalty and lower placements.

The order of which teams dance will be selected by the event director in a random & impartial fashion.

Props, acted themes, singing, comedy of any kind is allowed.

Anything goes.

You can only perform once in standard team & once in cabaret team during one event.

Please note you do not have to attend a Competition Heat to dance in this division at the UK-DC Europeans

Guidelines:

In this division competitors have the chance to express showmanship, creative choreography & the enjoyment to the routine

Costumes & Footwear:

Costume & Footwear Rules are relaxed for this division.

Please see page 22 & 23 for Costume & Footwear rules.

General Rules – All Divisions

- Gum Chewing is not allowed.
- Audio/Verbal sound/singing is not allowed (except in Team Cabaret). Lip-synching is allowed.
- Talking - Competitors must not talk to other competitors, judges or the audience while dancing on the floor in competition. You risk not being recalled to the next heat or placed in a final.
- Acrobatic moves are not allowed, except in Team Cabaret and Divisions 1 Show Dance. These moves are defined as follows:
 1. Any move where both legs are above waist height of the competitor
 2. Any move where the competitor's weight is on one or both hands
 3. Competitors must support their own weight at all times
 4. Any move where a competitor sits or lies on the floor
- Weight bearing moves are defined as follows:
 1. Any move where one competitor supports the weight of another i.e. drops & lifts
- Splits are permitted in the following divisions: Division 2 Advanced, Division 1 All-stars Advanced and Cabaret. Splits are also allowed in all Freestyle Dances.
- Kicks are allowed, however kicks must not interfere with or endanger any other dancer on the floor.
- All dancers must obey dance floor etiquette. If you are executing a move and by doing so cause interference with another competitor, you will not be recalled to the next heat or placed in a final. The offended competitor will not be affected.
- Props are not permitted, except in Cabaret & Division 1 Show Dance.
- Vulgar, suggestive or crude movements are not allowed. Movements beyond the point of flirtation, humour or comedy, will result in the dancer not being recalled to the next heat or placed in a final.

Costumes – All Divisions

Male: Shirt or Shirt & Waistcoat. Trousers or Jeans. A cowboy hat is optional.

Female: You must wear a Dress, Shirt, Top, Leotard or Blouse with Trousers, Jeans or a Skirt. You must wear dance Pants with skirts and dresses. Dance tights must be worn. A cowboy hat is optional.

For both male and female: No form of name or advertising should be displayed on any part of the costume. You are allowed to wear names or advertising in All Freestyle Dances, Division 1 Show Dance, Duos, Quads and Cabaret. If a cowboy hat, wristband, hair accessory or any other item of costume, is dropped during the course of the dance, and not retrieved at the earliest opportunity you will be penalised.

Costume Restrictions

Tops / Shirts / Blouses:

Strapless tops are not allowed.

Open back dresses - tops should finish no lower than the natural waistline.

Open divisions & All-Star divisions are allowed to show 50% of their midriff (Measured from the lower sternum to the top of the hip bone).

Skirts:

Skirts should flare from the waist or hips. Cha-cha skirts are allowed in Cuban/Latin dances.

All skirts are subject to the following rules: When standing still, No part of the leg should be shown more than 5" above the centre of the knee. This measurement is increased to 7" for Open & All-Stars divisions. This is measured from the middle of the knee vertically to the hem of the skirt at all angles. Handkerchief hems and split skirts are measured from the shortest point. Tearaway skirts are not permitted, except in all Team Divisions and Division 1 Show Dance.

Trousers:

Regular design trousers are required. Hipsters are allowed. No splits, rips, cut-outs or holes. Jeggings, Leggings, Harem Pants, combats or other type of fashion trousers are not allowed, except in the Freestyle Dance, Duos, Quads, Division 1 Show Dance and Cabaret.

The design of the regular trouser legs should not be exceptionally wide, bootleg trousers are permitted. As a guide to the width of the trousers, when the bottom of the leg material is pulled taut it must not go past the competitors toe. Trousers must be ankle length. Pockets are not compulsory. Trousers may be decorated to match the costume.

All Dancers, All Divisions, Male and Female:

See-through or flesh-coloured material used in any part of a dancer's costume that gives an immodest view of underwear or body that may give cause for embarrassment to competitors, judges or spectators is not allowed. Bare midriffs or outfits that give the appearance of a bare midriff are not permitted. Unless you are in an open or All-stars Division. Costumes must be worn for Awards Ceremonies.

Footwear

For all dances boots are optional, you will not be penalised for not wearing boots. All dancers are allowed to wear boots, Latin dance shoes or Jazz shoes. You are not allowed to wear Trainers or Runners except for the Freestyle Dance, Duos, Freestyle Duos, Quads, Division 1 Show Dance and Cabaret. Light Up shoes, Bare Feet, Foot Thongs or High Heels are not allowed.

Latin Shoes: Rugrats, Primary, Junior and all Male dancers must wear Latin shoes with no more than a 2" heel. All other dancers must not wear shoes with more than a 3.5" heel. Latin shoes outside the measurements outlined above is not permitted.

Trainers, Runners are not permitted in the Traditional or Vanilla categories.

Costumes & Footwear for Starter

The Dress Rules are relaxed for this division. Cowboy hats are optional for all dancers. Any suitable footwear may be worn, however high heels, bare feet & foot thongs are not allowed. Trainers are allowed in Starter Division.

Costumes & Footwear for Country Classic Division

Western Wear must be worn for this division. A yoke must be apparent from all angles. All competitors must wear a cowboy hat and cowboy boots must be worn.

Freestyle Dance, Duos, Freestyle Duos, Quads, Division 1 Show Dance and Team Cabaret costume exceptions

The above divisions are exempt from costume regulations, although any costume which is a cause of embarrassment to judges/spectators will be penalised. The midriff rule still applies - Bare midriffs or outfits that give the appearance of a bare midriff are not permitted. Unless you are in an open or All-stars Division.

If you are unsure of the legality of any aspect of your costume or footwear, please check with the judges before you compete.

General Information

Competition Ethics: Competitors MUST NOT question or consult the Judges about the competition during the event. They may consult the Judges after the Awards and Presentations, but only with regard to their own performance.

Competitors' Meeting: It is each competitor's responsibility to attend the Competitors Meeting. For teams, at least one team member should attend. This is the time to clarify any queries on dress or footwear.

Competitors' Responsibilities: It is the competitor's responsibility to ensure they are fully up-to-date with the rules relating to their division. This includes official line dance step descriptions and costume regulations. Competitors should make themselves aware of competitors' registration and meetings. All competitors must be in the competitor's area 5 minutes before they are required to dance. Each competitor's number will be called twice and if the competitor is not on the floor ready to dance they may be disqualified from the dance.

All teams must be ready to perform at the assigned time; delays may result in a lower placement.

All competitors are expected to behave in a professional and proper manner. Anyone acting in an unethical or unprofessional way may be disqualified from the event. If competitors do not abide by the published rules they will be disqualified. Improper behaviour, competition enquiries, protests or disputes must immediately be brought to the attention of the Event Director. All decisions of the Event Director, Contest Co-ordinator, Judges and scrutineers are final.

Competitors are to retrieve any item of costume dropped during the course of the dance as in Costumes – All Divisions above.

Dance Floor Etiquette: All dancers must obey dance floor etiquette. If you are executing a move and by doing so cause interference to another competitor, you will not be recalled to the next heat/final. The offended competitor will not be affected. All variations must flow in the natural direction of the scripted dance. Spectators are asked not to walk around, sit or do anything to disrupt the completion floor; this can be very distracting and could cause accidents to competitors, judges and spectators.

Judges: All judges must hold a UK-DC licence in order to Judge under UK-DC Rules. A minimum of 3 UK-DC Licensed judges is required at an event; five or seven judges are preferred, although any ODD number of judges may be used.

In Exceptional circumstances a non-UK-DC licensed judge may be used on application to the UK-DC: however the majority of the panel MUST be licensed UK-DC Judges. During the competition, judges/officials privy to competition scoring or results must not, under any circumstances or by any means, convey such information to the public or to a competitor. Judges & officials are not restricted from socialising at an event except whilst judging or carrying out official duties.

Judges Meetings: The reason for calling a judges' meeting and the result will only be conveyed to the dancers involved if necessary. If the Head Judge feels that a statement is required, then it will be made in general terms only and for the benefit/guidance of all competitors.

Junior/Teenage Competitors: Competitors aged under 18 must be accompanied by an adult who is held accountable for their conduct at all times. It is the adult's responsibility to convey all the information, step descriptions, dress rules, etc., to the dancer in their care.

Preliminary Heats: Preliminary heats are used to eliminate dancers in order to get to a final. Scores from prelims will only be used to decide final placings if scores from the finals themselves are tied. There may be occasions when another heat is required because of a tie resulting from the judges' marks.

LINE DANCE: The scores of all dances will be added together and the overall highest scoring dancers will move forward to the next heat/final. Heats will be held in all divisions with eight or more dancers. A percentage of the dancers in each heat will be recalled to dance again in the next heat until a maximum of seven competitors remain.

TEAMS: Preliminary heats must be held in all competitions with eight or more competitors in a division. A percentage of the teams will be recalled to dance again in the next heat until a maximum of seven teams remain.

Scoring Analysis: A scoring analysis of your performance is available. Request this from the registration staff or scrutineer. In the event of there being excessive numbers of requests for scores, they will be posted out after the competition.

Scrutineers: All Scrutineers must be licensed by the UK-DC. Events are not sanctioned unless they are scrutinised by Licensed Scrutineers. The system is used at all UK-DC sanctioned events any other scoring system used at events will result in the UK-DC declaring the results Null & Void.

Step Descriptions: The Event Director must issue a step description for each line dance offered at the Event. The dances will not include any tags or options. The competitors are required to dance to this sheet only and **must request** the step descriptions from the Event Director. A step description from any other source is **Not Valid** for the purposes of the competition.

By competing at any UK-DC sanctioned event, you are agreeing to the following statement:" We agree to hold the organisers of this event and their agents harmless for all suits, claims or demands of every kind and character arising out of and in conjunction with this event. We hereby authorise the reproduction, sale, copyright, exhibition, broadcast and/or distribution of any event videotape without limitation. We understand the physical risks of entering dance competitions and social dancing and assume full responsibility for any injury or personal damages resulting from the event".

- ***Please note – any competition that does not strictly adhere to these rules will not be classed as a UK-DC competition***
- ***Please note – these rules are subject to change at the discretion of the UK-DC.***
- ***Camera Passes are issued to you personally and not your equipment, once registered you can use any photographic equipment, however you must have your photographic id with you at the event to permit you to take videos, pictures etc.***
- ***We do not accept any responsibility for loss or damage of personal property***

Additional Terminology, Technique & Guide Notes

* Note: some steps and body classifications would not be found in the average step description/line dance, however they do occasionally occur in div 1 & 2 dances. In addition technical references have been added to assist competitors in what is required, and to help them understand judges feedback relating to technique.

GENERAL DEFINITIONS

Posture

The position the dancer holds their body upright against gravity.

- The pelvis is in a natural neutral position neither tilted forward or back.
- The knee joints are not hyper extended (locked back)
- Weight held forward over balls of feet with heels slightly touching floor.
- Maintaining a good posture enables us to function better and improves our ability to move with ease.

Poise

The correct way the dancer holds their body.

Dynamics of Movement

This is about adding interest to movement and can be achieved in many ways. Dancer can change the speed of a movement to make it individual, i.e.: slow spiral turn followed by a quick vertical arm extension. They can add their own gestures i.e.: sharp shoulder elevation and depression. Different degrees of body tension and weight transference will enhance the performance levels of a dancer i.e. a light spin with full body stretch could be followed by a heavy drop to one knee.

Figure

A number of steps linked together which make a movement.

Routine

A number of steps or figures that connect to make part of, or all of a dance.

Beat Values

By placing an & in a bar of music, it takes ½ off the preceding beat.

1 & 2 3 4

beat value ½ ½ 1 1 1

1 2 3 & 4

beat value 1 1 ½ ½ 1

Rhythm

Is the accents of music that recur at regular intervals that shape the character of music or dance.

Phrasing

A distinct passage of music that normally last 2, 4, or 8 bars. Normally when counting the beats in a piece of music, they are grouped into 8's due to popular music generally being arranged this way. Each group of eight is known as a phrase.

Four phrases together are one block. In the music there are significant changes that indicate the start of another phrase or block, which could be in the form of a guitar chord or the use of vocals in the track.

Rhythmical Expressions

The interpretation of the dancer and their individual way of expressing feeling in a movement.

Spring

From the preparatory flexing of feet and ankles, the body lightly elevates alighting onto the other. Also known as jete.

Jump

With both feet leaving the floor the body is elevated. Landing can be on one or both feet.

Coupe

A cutting movement one foot takes place of the foot that has just moved.

Flick

Extending the leg forward from the knee with a kick action.

Kick

A sharp, extended movement of the leg from the hip. A kick can be different levels and different directions. A kick keeps one foot on the ground, where as a jump takes both feet off the ground.

Plie (also called a squat)

The bending of the knees. Can be with feet wide apart or close together. A Demi Plie is half bending of the knees. A full or Grande Plie is full bending, and in this position the heels can come off the floor. Correct positioning is essential torso vertical with hips above knees and knees in line with toes to avoid excessive strain on the knee joints.

Tap

A light sound made with the foot without a transfer of weight. This can be done in open or closed position of any direction on the toe, ball or heel and finishes off the floor with weight retained on the supporting foot.

Beat

This is a heavier sound done with or without weight transference using the toe, ball or heel to place firmly on the floor.

Arm Styling

Positioning and movement of the arms, reflecting the character and style of the dance.

Attitude

A pose on one leg with the other lifted and flexed with the knee positioned slightly higher than the foot. The attitude can be with or without turn out. Attitude may be executed to front or back.

Arabesque

The position of the body when supported on one leg, the feet may be turned out or not turned out, with the knee flexed or straight. The other leg is fully extended to the back. The arms may be held in various positions.

Fouette

A whipping movement, moving the foot from one direction to another with speed.

Check

A step in any direction where the weight immediately returns to the other foot in place. Count 1, 2. or taking an additional third step in any direction to achieve a quicker movement. Count 1 & 2 or 1 2 &.

Developpe

The weight is taken onto one foot while the other leg raises with knee lifting first then the leg moves out to an extended position.

Lay-out

A forward flexion position of the torso parallel to the floor with weight taken onto one leg while the other is extended side or back.

Lay-out back

The body weight is taken onto one leg with knee flexed while the torso is taken back. The other leg can extend forward with kick or developpe action or can remain on the floor.

Bota fogo

A figure consisting of three steps. (1) right foot travelling step forward or back. (2) Left foot to side with part weight. (3) Replace weight to right foot. NOTE: step one can move across the body and either foot can be used. A turn to the left or right can be made. Normally the count of 1 & 2 or 1 2 & is used.

Jazz split

One leg extended forward in front of the body while the other leg is behind the body with knee flexed and turned out. Body facing the front leg.

Full split

Normally at an angle of 180° with one leg extended forward and one leg extended back. The shoulders, waist and hips should be facing front leg. Hands should be used for support at either side until correct position is attained.

Box split

Body facing front with both legs extended out to the side at 180°.

Ponche

From standing, the body weight is supported with one leg; raise the other leg behind body to splits position. Using forward flexion/lean take both hands forward towards the floor.

Spiral Turn

A turn on one foot while the other foot is held in front elevated so the heel is across the ankle or higher across the calf. i.e. left foot forward commencing to turn right and allow right foot to cross loosely in front of left foot.

Twist Turn

The placing of one foot in front or behind the other untwisting, finishing in the opposite direction where the feet would finish apart or to continue with the twist action until the feet re-cross making one complete turn and ending with the opposite foot in front.

Pirouette

A complete turn of the body executed on one leg. The other leg is placed with the foot at the side of the ankle or knee of the supporting leg. The turn is done in place with the supporting knee straight or flexed.

Fouette Turn

A turn usually done in a series, in which the working leg whips out of the side, then into the knee as the dancer rotates on the supporting leg. As the foot comes in, there will be a rise from the supporting foot.

Skaters Turn

This turn can be to the left or right (the example given is to the right.) Right foot maintaining light pressure on the toe of left foot held behind body- ronde the left leg around an imaginary circle – swivelling the foot in place with right knee flexed.

Bouncing

A movement from the knees, feet, or both to produce a rhythmical raising and lowering action.

Cha Cha

From the less inhibited night clubs and dance halls the Mambo underwent subtle changes. It was triple mambo and this then became a dance in itself.

Elevation

The ability to jump high into the air and give the appearance of remaining suspended at the apex of the jump.

Pique

Stepping directly onto the point of a foot.

Releve

A rising with a spring movement to point or demi-point.

BODY MOVEMENT TERMS

Contraction

There are different types of contractions. In relation to dance movement it refers to a muscle developing tension and shortening. It is the action of drawing together and therefore reducing in length. Contraction adds to the production of movement. The strength of muscles contractions depends of the amount of muscles brought into use.

Relaxation

When dancing, muscles are always in a slight state of tension ready to react to a stimulus from the nerve supply but during this phrase, there is no active contraction. This applies mainly to softer dances such as nightclub two-step and waltz.

Body Stretching

Many parts of the body can stretch in different ways and directions. Basically giving an increased joint range and length to one or more body parts.

Rhythmical Body Actions

The body can move in many different ways to express the rhythm of the music. This often included contraction and expansion.

Torso Twist (rotation)

Rib cage, shoulders and head facing in one direction, i.e. left. While pelvis is turned in the other direction i.e. right.

Shoulder Girdle Isolation

1	Elevation	Raising the shoulders as one i.e. shrugging
2	Depression	To pull shoulders down as one.
3	Protraction	Drawing the shoulders forward as one rounding out at the back.
4	Retraction	Drawing the shoulders backwards as one, opening the chest.
5	Full & Half Rotation	This can be forward or back.

NOTES PAIRS & TEAMS TERMINOLOGY

Identical

Doing the same thing in the same direction to the same count.

Mirroring

Doing the same actions at the same time but with opposite arm or leg. As though you are looking in a mirror. Can also be done side-to-side or back-to-back.

Travelling Round

One dancer stays on the spot while the other dances around.

Partner Repetition

One dancer performs a move and remains stationary, then the other repeats the move to end in the same position. i.e. first dancer moves for 1 & 2 then the second dancer repeats the move for 3 & 4.

Contrasting Shape

One dancer performs one shape, while the other reacts by dancing a contrasting shape.

Surrounding Shape

One dancer moves into a very compact position, while the other surrounds them with a different shape.

Travelling under, over or between.

Places can be changed by travelling through or over partners.

Team – concept guidelines.

Generally the content of the team should be simpler than that of a solo routine, however as dancers become more experienced, they can experiment with movements, timing and relationships to create complex shapes.

- A team dance should show changes of timing.
- The dance should have contrasting movements.
- The dance should have highlights.
- A team dance should show different ways of travelling – by using steps and figures.
- The dance should contain shapes, which could be shown individually. Or making one shape between all dancers.
- A team dance should include different heights whether stationary or moving.
- A team dance should vary the dynamics by using the body strongly or lightly.

*** There are a variety of techniques and effects that can be used within a routine to make the team dance look visually appealing.**

- To all perform the same movements with matching arm and leg lines aiming to perfectly synchronise the dancers.
- Half of the team ‘A’s’ to perform one movement whilst the other half of the team ‘B’s’ to perform a contrasting movement.
- Half of the team to perform a variation using one side of the body whilst the other half perform the same variation the opposite side of the body creating a mirror effect.
- A ripple or wave effect one team member to start a movement and the other team members take it in turns to repeat the movement.

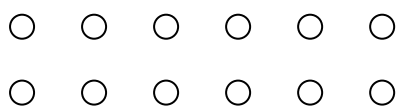
*** Things to consider when selecting music and choreographing a routine.**

- The choice of music should appeal to the dancers and audience.
- The music should also be family friendly and not contain any explicit or inappropriate lyrics.
- A mixture of 2-3 songs keeps the performance more interesting for the audience.
- A variety of different speeds and timing changes within a dance help it to be more interesting.
- Listen out for and use highlights in the music i.e. holding a position still on a highlighted beat in the piece of music.

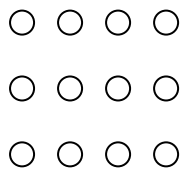
Basic Shapes & Formations (represents 1 dancer)



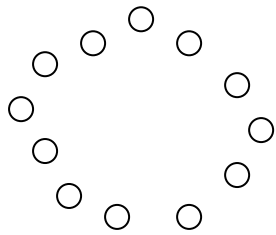
A Single Line (Horizontal or Vertical)



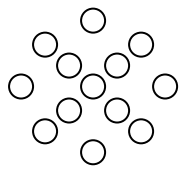
A Double Line (Horizontal or Vertical)



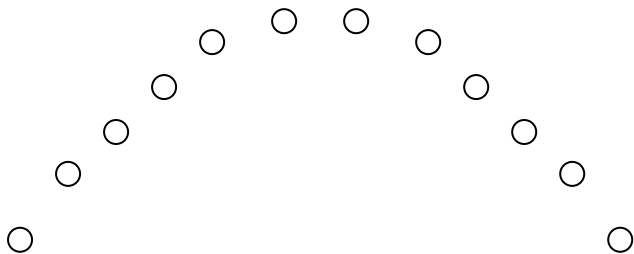
A Triple Line (Horizontal or Vertical)



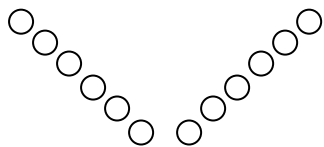
A Circle



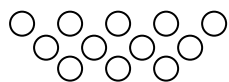
A Compact Circle or Huddle



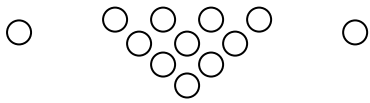
A Half Circle



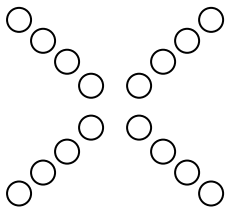
A 'V' Shape (may be inverted)



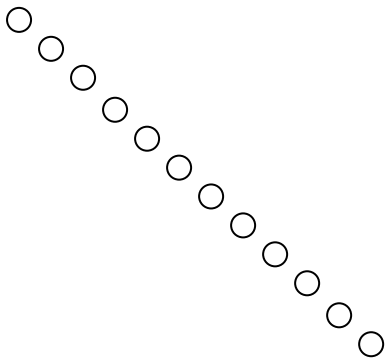
Part Pyramid



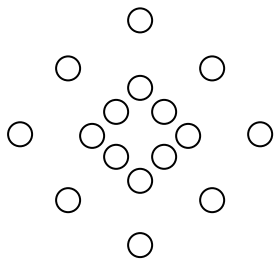
Pyramid with Individual Positions



A Cross



A Diagonal Line



One Circle or Shape Inside Another