

Pre-Competitive Program “ DanceSport to Enjoy”



Dance National League

Rules for competitions and dance festivals in recreational ballroom dancing (DANCESPORT TO ENJOY)

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1. Goals and tasks.

1.1 Invite residents of Canada to regular physical training, improve their physical fitness and sportsmanship, promote healthy and active lifestyle.

1.2 Keep motivation of dancers to dance sport.

1.3. Promote ballroom dancing among local community and engage more kids and parents to DanceSport.

1.4. Preparation of dance couples for dance competitions (“The highest achievements in Dancesport”)

2. 2.1 Main Dance levels International Standard and Latin

Dance levels	The number of dances	Dance program
Newcomers-3 (N-3)	3	W, CH, J
Newcomers-4 (N-4)	4	W, Q, CH, J
Newcomers-5A (N-5)	5	W, Q, S, CH, J
Newcomers-5B(N-5)	5	W, Q, CH, R, J
Newcomers-6A (N-6A)	6	W, T, Q, S, CH, J
Newcomers-6B (N-6B)	6	W, F, Q, CH, R, J

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2.2. Additional Dance Levels International Standard and Latin

Dance levels	The number of dances	Dance program
Newcomers-1 (N-1) ST	1	W or Q
Newcomers-1 (N-1) LA	1	CH or J
Newcomers-2 (N-2) ST	2	Any two dances from ST
Newcomers-2 (N-2) LA	2	Any two dances from La
Newcomers-3 (N-3) ST	3	W, T, Q,
Newcomers-3 (N-3) LA	3	CH, R, J

3. Required age groups.

3.1. Every age group only allowed to participate in the following dance categories:

6 y.o and under.....N-1,N-2,N-3, N-4
 7-9 y.o.N-1,N-2,N-3, N-4, N-5, N-6
 10-11 y.o.....N-1,N-2,N-3, N-4, N-5, N-6
 12-13 y.o..... N-1,N-2, N-3, N-4, N-5, N-6
 14 y.o. and up.....N-1,N-2,N-3,N-4, N-5, N-6

3.2. Organizer has a right to make different age groups, combine or split them if this is required.

3.3. Dancers can participate in their current dance level and age group. Also dancers can dance on one age group and level higher.

4. The rules for syllabus:

4.1. All participants can follow the syllabus and dance more advanced figure in pre-competitive program.

4.2. Figures are executed in accordance with the description in technique books.

5. The list of figures:

5.1. International Standard and Latin

Level N-3

Slow Waltz

- 1) Closed Changes (on the spot)
- 2) Natural Turn
- 3) Reverse Turn

Cha-Cha-Cha

- 1) Closed Basic Movement
- 2) Time Steps
- 3) New York
- 4) Hand To Hand
- 5) Spot Turns

Jive

- 1) Fallaway Rock
- 2) Fallaway Throwaway
- 3) Link

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5.2. Level N-4

Slow Waltz

- 1) Closed Changes
- 2) Natural Turn
- 3) Reverse Turn
- 4) Progressive Chasse

Quickstep

- 1) Quarter Turn to Right
- 2) Progressive Chasse
- 3) Tiple Chasse to Right and to Left

Cha-Cha-Cha

- 1) Open Basic Movement
- 2) Time Steps
- 3) New York
- 4) Hand To Hand
- 5) Spot Turns
- 6) Three Cha-Cha-Chas
- 7) Underarm Turn to Right (to Left)
- 8) Shoulder to Shoulder

Jive

- 1) Fallaway Rock
- 2) Fallaway Throwaway
- 3) Link
- 4) Change of Places Left to Right
- 5) Hip Bump

5.3. Level N-5

Slow Waltz

- 1) Closed Changes
- 2) Natural Turn
- 3) Reverse Turn
- 4) Whisk
- 5) Chasse from PP.
- 6) Natural Spin Turn
- 7) Outside Change
- 8) Hesitation Change
- 9) Closed Impetus
- 10) Progressive Chasse to Right

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Quickstep

- 1) Quarter Turn to Right
- 2) Progressive Chasse
- 3) Forward Lock
- 4) Back Lock
- 5) Natural Turn and Back Lock
- 6) Natural Turn and Hesitation
- 7) Natural Spin Turn

Samba

- 1) Basic Movement
- 2) Whisk to Right and to Left
- 3) Samba Walks in PP.
- 4) Side Samba Walks
- 5) Stationary Samba Walks
- 6) Criss Cross Bota Fogos

Cha-Cha-Cha

- 1) Basic Movement
- 2) Time Step
- 3) New- York
- 4) Hand To Hand
- 5) Three Cha-Cha-Chas
- 6) Underarm Turn to Right (to Left)
- 7) Cross Basic
- 8) Fan
- 9) Alemana
- 10) Shoulder to Shoulder
- 11) Natural Opening Out Movement
- 12) Side Steps

Jive

- 1) Fallaway Rock
- 2) Fallaway Throwaway
- 3) Link
- 4) Change of Places Left to Right
- 5) Change of Places Right to Left
- 6) Change of Hands Behind Back
- 7) Stop and Go,
- 8) Hip Bump

5.3. Level N-6

Slow Waltz

- 1) Closed Changes
- 2) Natural Turn
- 3) Reverse Turn

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- 4) Closed Impetus
- 5) Whisk
- 6) Chasse from PP.
- 7) Natural Spin Turn
- 8) Outside Change
- 9) Back Lock
- 10) Progressive Chasse to Right
- 11) Hesitation Change
- 12) Double Reverse Spin

Tango

- 1) Walk
- 2) Progressive Side Step
- 3) Progressive Link
- 4) Closed Promenade
- 5) Rock Turn
- 6) Open Reverse Turn, Lady Outside
- 7) Back Corte
- 8) Open Reverse Turn, Lady in Line
- 9) Progressive Side Step Reverse Turn

Foxtrot

- 1) Feather Step
- 2) Three Step
- 3) Natural Turn
- 4) Reverse Turn (Incl. Feather Finish)
- 5) Closed Impetus and Feather Finish

Quickstep

- 1) Quarter Turn to Right
- 2) Progressive Chasse
- 3) Forward Lock
- 4) Back Lock
- 5) Natural Turn and Back Lock
- 6) Natural Turn and Hesitation
- 7) Progressive Chasse to Right
- 8) Tiple Chasse to Right and to Left
- 9) Natural Spin Turn
- 10) Natural Pivot Turn
- 11) Chasse Reverse Turn
- 12) Closed Impetus
- 13) Revers Pivot
- 14) Double Revers Spin

Samba

- 1) Basic Movement
- 2) Whisk to Right and to Left

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- 3) Samba Walks in PP.
- 4) Side Samba Walks
- 5) Traveling Bota Fogos
- 6) Stationary Samba Walks
- 7) Bota Fogos to Promenade and Counter Promenade Position
- 8) Shadow Bota Fogos
- 9) Solo Spot Volta
- 10) Foot Changes 1&2
- 11) Revers Turn

Cha-Cha-Cha

- 1) Basic Movement
- 2) Time Step
- 3) New- York
- 4) Hand To Hand
- 5) Three Cha-Cha-Chas
- 6) Underarm Turn to Right (to Left)
- 7) Cross Basic
- 8) Fan
- 9) Alemana
- 10) Shoulder to Shoulder
- 11) Hockey Stick
- 12) Natural Top
- 13) Closed Hip Twist
- 14) There and Back

Rumba

- 1) Basic Movement (Closed, Open, In Place, Alternative)
- 2) Cucarachas Left Foot and Right Foot
- 3) New York to L and R
- 4) Spot Turn (Incl. Switch and Underarms Turns)
- 5) Shoulder to Shoulder
- 6) Hand to Hand
- 7) Progressive Walks Frwd or Back
- 8) Side Steps to L or R
- 9) Cuban Rocks
- 10) Fan
- 11) Alemana
- 12) Hockey Stick
- 13) Natural Top
- 14) Closed Hip Twist
- 15) Natural Opening Out Movement

Jive

- 1) Fallaway Rock
- 2) Fallaway Throwaway

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- 3) Link
- 4) Change of Places Left to Right
- 5) Change of Places Right to Left
- 6) Change of Hands Behind Back
- 7) American Spin
- 8) Stop and Go,
- 9) Windmill
- 10) Hip Bump
- 11) Mooch
- 12) Walks

6. Dress code.

6.1.Competitors must have the appropriate dance costumes.

6.1.1.Boys: Dance Wear

- Black pants, a simple white shirt with long sleeves.
- Black tie or bow tie.
- Chance of a black belt with a metal buckle, metal tie clip.
- Shirts must be tucked into pants.
- Shoes - black low-heeled shoes with black socks.
- In the level N-3 any clean shoes are allowed.
- Not permitted jewelry, makeup, costume decoration.
- Long hair should be collected in a ponytail.

6.1.2.Girls. Standard and Latin programs.

One dress for both programs without imitation of a program.

6.1.2.1.Girls:

Dance Wear

- Leotard with wrap-over skirt or a simple dress
- One simple circular underskirt is **permitted**
- Must have sleeves
- Sequins, rhinestones or similar decoration are **not permitted**
- No bare midriiffs
- No more than 10cm above the knee and no longer than just below the kneecap
- The panties of the dress have to cover the underwear

Colour:

- Dresses of a print fabric or solid colour fabric are **permitted**
- Dresses must be the same fabric throughout
- Combinations of different colour fabrics are **not permitted**
- Skin colour or see through inserts are **not permitted**

Materials:

- Materials must not have metallic thread, light effects, or be decorated with sequins, lace, diamond rhinestones,



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fluorescent paint, feathers, fringe, bows or any other similar trimmings

- Any colour except flesh (skin colour)

Shoes:

- Block heel only with a maximum height of 3.5-cm
- High heel shoes are **not permitted**
- In the level N-3 any clean shoes are allowed
- Shoes may be worn with white short socks
- Skin colour tights may be worn but mesh tights are **not permitted**

7.The rules for organizing competitions.

7.1. Organizer of the competition using program “Dancesport to enjoy” can be a member of any Dancesport Organization. Organizer should provide date, time, place of the event with all scheduled categories. This information will be available for all DNL members on the DNL website.

7.2. All participants will be evaluated based on a point system (1,2 and 3 points), where 3 points is the highest score.

7.3. During the competition all registered competitors should be divided into the heats with no more than 10 couples or 15 individual athletes.

7.4. The final result is determined by the formula: $S:N=R$

R =	S=
	N=

where: R - the result of the participant or the couple, S - the amount of points earned participant or a couple of all dances from all judges, N - number of judges assess the performance of the participant or the couple.

7.5.The result should be recorded in the DNL Score Book of the athlete with the final score in the current age and level category he or she participated only (1 entry will be recorded only).

Main Dance Levels

N-3		N-4		N-5		N-6	
8-9 points	green	10-12 points	green	12-15 points	green	15-18 points	green
6-7 points	yellow	7-9 points	yellow	8-11 points	yellow	9-14 points	yellow
3-5 points	red	4-6 points	red	5-7 points	red	6-8 points	red

Additional Dance Levels

N-1		N-2	
3 points	green	5-6 points	green
2 points	yellow	4-3 points	yellow
1 points	red	1-2 points	red

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- To move the athlete from the starting category N-1 to N-2 you need to collect 10- 15 points
- To move the athlete from the starting category N-2 to N-3 you need to collect 15- 20 points
- To move the athlete from the starting category N-3 to N-4 you need to collect 25- 50 points
- from N-4 to N-5 of 35 to 65 points
- from N-5 to N-6 of from 50 to 75
- from N-6 to Pre-BronzeB level from 60 to 85.

7.6. It is not allowed to participate in a lower category

7.7. In competitive program can participate only category Newcomers 6 (N-6).

7.8. Every part of the competition should not last more than 3 hours, for example Category Newcomers 3 6-7y should finish their competition within 3 hours.

7.9. Organizers and Main Adjudicator should be responsible for the rules at the competition.

8. Characteristic of dance music.

8.1. The duration of every dance should be at least 1.5 minutes.

8.2. For all levels should be played only instrumental music without vocals, with a clear rhythm.

8.3. This is acceptable number of beats per minute in every dance:

W	28-29	S	50-51
VW	58-60	Ch	30-31
Q	50-51	J	42-44

9. Registration:

9.1. Registration takes place by providing a score book of DNL in accordance to the starting category of athlete.

10. References

10.1.:

- “Technique of Ballroom Dancing” – Guy Howard, sixth edition, 2011
- “Viennese Waltz”, WDSF, Luca Bussoletti, Tjasa Vulic, 2011
- “The Laird Technique of Latin Dancing” – Walter Laird, The Commemorative Edition 2009

10.2. Additional

- “The Ballroom Technique”, ISTD, 1994
- “ Viennese Waltz”, B.D.C. Recommended version 2001
- “Latin American” – ISTD,
 1. “Rumba”, 1998
 2. “Cha-cha-cha”, 2003
 3. “Paso Doble”, 1999
 4. “Samba”, 2002
 5. “Jive”, 2002
- 6. New Technique WDSF 10 Books, 2013

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