

# Welcome to American Country Dance Association

We are happy to have you as part of our dance family. You will find our dancers to be friendly and supportive and we are all happy to welcome you into our special world of competitive country dancing.

Below is a recap of some information that you may find helpful, along with a listing of the criteria that judges will be using to grade your performances.

## Competitive Divisions-Pro Am

Pro Am divisions are designed for amateur dancers to compete with a professional partner. These divisions are designated by Gender, Age and Experience Level and use three-letter abbreviations

**Gender** is indicated by the first letter

**Male**

**Female**

**Age** is indicated by the second letter

**Platinum (70+)**

**Gold (60+)**

**Silver (50+)**

**Bronze (40+)**

**Copper (30+)**

**Open (18+)**

**Jr Teen (13-17)**

**Jr Youth (10-12)**

**Jr Primary (9 and under)**

**Experience Level** is indicated by the third letter

**PNC-PreNewcomer (no age divisions)**

**B-Newcomer**

**N-Novice**

**I-Intermediate**

**A-Advanced**

Example: **FSA**-Female Silver Advanced, **FOI**-Female Open Intermediate, **MCB**-Male Copper Newcomer

# Competitive Divisions-Couples

Couples divisions are divided into Age Divisions and Open Divisions.

## Couples Age Divisions

### Age Divisions

- Gold **GL** (60+)
- Silver **SL** (50+)
- Bronze **BZ** (40+)
- Jr Teen** (13-17)
- Jr Youth** (12 & under)

### Experience Levels

- B**-Newcomer equiv to Open Div IV
- N**-Novice equiv to Open Div III
- I**-Intermediate equiv to Open Div II
- A**-Advanced equiv to Open Div I
- Pro Pro
- Royal SuperStars (40+) equiv to SuperStars

Example: SLA-Silver Advanced, GLN-Gold Novice, BZI-Bronze Intermediate

Age Divisions are offered as follows:

Novice Gold	Novice Silver	Newcomer Bronze
Intermediate Gold	Intermediate Silver	Novice Bronze
Advanced Gold	Advanced Silver	Intermediate Bronze
		Advanced Bronze
Jr Teen	Pro Pro Bronze	
Jr Youth	Pro Pro Open	
	Royal Superstars	

## Couples Open Divisions (18+)

- Division IV** equivalent to Newcomer Pro Am
- Division III** equivalent to Novice Pro Am
- Division II** equivalent to Intermediate Pro Am
- Division I** equivalent to Advanced Pro Am
- SuperStars**

## **Rules Recap**

- No bare legs
- No bare midriffs for Pro Am Newcomer or Novice divisions
- No bare midriffs for Couples Division IV or Division III
- Western boots are required except for Pre-Newcomer and Newcomer Pro Am divisions and Couples Division IV, but are required for all Pros
- A western hat is required except for Pre-Newcomer and Newcomer Pro Am divisions and Couples Division IV, but are required for all male Pros
- Western hats and boots are mandatory for all competitors for ACDA Nationals
- No drops, lifts or aerials in any division (see exception for SuperStars and Royal SuperStars)
- Newcomer Pro Am and Division IV must start in one of the seven (7) closed dance positions: Right and Left Inside Partner, Right and Left Outside Partner, Promenade, Counter Promenade and Fan, not to include single or double hand hold starting positions
- No leans, splits, acrobatics, develope's, or aerial rondes for Pro Am Newcomer and Couples Division IV
- SuperStars and Royal SuperStars are allowed low lifts no higher than waist level

## **Judging Criteria**

Most importantly, the judges are looking for the competitors to have a good time! Remember, everyone in the audience is pulling for you to do the best job you can and they are all happy to see your accomplishments. Here is what the judges will be looking for at each level.

### **Newcomer & Division IV**

This is the social bridge to competitive dancing. Judges expectations are posture and frame, timing, basic concepts of lead/follow, relaxed and confident appearance. Choreography is not performance based and should consist of core patterns (school figures) without emphasis on phrase endings or presentations; material that one newcomer would lead or follow another newcomer is appropriate.

### **Novice & Division III**

Judges expectations are Newcomer skills plus connection (applied lead/follow concepts), correct rhythm, attempt at correct motion and footwork. Choreography should consist of core patterns with variations and phrase endings.

### **Intermediate & Division II**

Judges expectations are Novice skills plus correct motion and footwork, signature characteristics of the dance which allows an expression of the feeling of that dance. Choreography should include more complex and intricate movements with defined male and female roles.

### **Advanced & Division I**

Judges expectations are Intermediate skills plus styling, character of the dance and animated performance using shading and texture, each dance should be developed with a storyline. Advanced is our Rising Star division, the last step to reaching the highest level of competition.

### **SuperStars & Royal SuperStars**

Judges expectations are Advanced skills in each of the dances. Choreography should be designed for a stage and should have high entertainment value.

### **ACDA Ballots**

The following information is included to help our competitors better understand their score sheets which are distributed at no charge during the awards ceremony.

There are 16 scores available in our Pro Am Divisions, listed below from lowest to highest

Bronze	Gold 8
Silver 5	Gold 7
Silver 4	Gold 6
Silver 3	Gold 5
Silver 2	Gold 4
Silver 1	Gold 3
	Gold 2
	Gold 1
	Gold w/ Honors
	Gold Graduate

The scores in the left column are below the expected standard for the dance, the scores on the right column are for those that are accomplishing the expected standard of the dance or above. In addition to receiving a medal, the judges will also rank competitors first to last place.

Couples Divisions will also be ranked first through last place and given a grade instead of a medal for each dance preformed. Grades lowest to highest are F, D (equiv to Bronze), C (equiv to Silver), B (equiv to Gold), A (equiv to Gold w Honors), AA (equiv to Gold Graduate).

Please feel free to contact any of our ACDA event directors if you have any questions or need assistance. Thank you for your continued support, we look forward to seeing each of you on the dance floor!

# Dance Descriptions

## Triple Two

Smooth progressive dance

Uses loops, laces and swirl patterns

Performed with curved sway in the triples using sideward action to create *volume Casual*, almost playful character, intimate but in a public setting

## Polka

Rhythm progressive dance

Uses runs, narrow weaves and leap frog pattern

Performed with lilt and pitch to create *pulse*

True country character, not formal

## Night Club

Smooth stationary dance

Uses passes, diamond and carousel patterns

Performed with sway and counter sway motion

*Intimate* in character, intimate in a private setting

## Cha Cha

Rhythm stationary dance

Uses intersecting, surging and rotating patterns

Performed with Cuban motion,

*Aggressive*, machismo character

## Waltz

Smooth progressive dance

Uses diagonal, streamline and looping patterns

Performed with swing and way to create a hovering action on two

Elegant *formal* character

## Two Step

Center driven progressive dance

Uses weaves, streamline and slingshot patterns *accenting the downbeat*

Performed with no motion, body still

Party with friends, Saturday night social in character

## East Coast Swing

Rhythm stationary dance

Uses passes, 8 count and rotating patterns

Performed with a lilt and hip release

*Lively*, sock hop character

## West Coast Swing

Center driven stationary dance

Uses slotted pushes, passes and whip patterns

Performed with semi cuban motion on the triples

*Groovy feeling* character