

Welcome to the “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 competitors that will welcome you into our special world of competitive country dancing.

Below is a brief 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 Divisions

Pro Am Divisions are designated by Gender, Age and Experience Level and use three-letter abbreviations i.e.: FSA-Female Silver Advanced, FOI-Female Open Intermediate, MCB-Male Copper Newcomer

Gender - *Male or Female* is indicated by the first letter

Age - *Gold (60+), Silver (50+), Bronze (40+), Copper (30+), Open (18+), Jr. Teen (13-17), Jr. Youth (10-12), and Jr. Primary (9 and under)* is the second letter

Experience Level - *B-Newcomer, N-Novice, I-Intermediate, A-Advanced* is indicated by the third letter

Couples Divisions

Couples Divisions are designated by Age and Experience Level (see Couples Open Divisions below)

Age - *Gold (60+), Silver (50+), Bronze (40+), Jr. Teen (13-17), Jr. Youth (12 and under)*

Experience Level – *Novice (equivalent to Div III), Intermediate (equivalent to Div II), Advanced (equivalent to Div I), Royal SuperStars (40+)*

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 midriffs, no bare legs for Pros, Am's & couples
- Western boots are required for all Pros and Am's & couples, except for Pre-Newcomer division
- A western hat for the male is required for Pros and Am's & couples, except for Pre-Newcomer division
- No drops, lifts or aerials are permitted 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 and Counter Promenade and Fan)
- Newcomer Pro Am and Division IV allows no Leans, Splits, Acrobatics, De'veloppe', or Aerial Rhonde
- SuperStars and Royal SuperStars are allowed low lifts no higher than waist level

Dance Descriptions

- Triple Two Step – “Smooth” Progressive Dance with loops, laces and swirl patterns, performed with Curved sway motion on the triples to create *volume* with a casual, playful character
- Polka----- “Rhythm” Progressive Dance with runs, narrow weaves and leap frog patterns, performed with Lilt motion, using pitch to create *pulse*, with a true country (not formal) character
- Night Club----- “Smooth” Stationary Dance with passes, diamonds and carousel patterns, performed with sway and counter sway motion with an *intimate* character
- Cha Cha----- “Rhythm” Stationary Dance with intersecting, surging and rotating patterns, performed with Cuban motion, with an *aggressive*, machismo character
- Waltz----- “Smooth” Progressive Dance with diagonal, streamline and looping patterns using a hovering action on two, performed with Swing and Sway motion with an elegant, *formal* character
- Two Step----- “Hybrid” Progressive Dance with weaves, streamline and slingshot patterns *accenting the downbeat*, using no motion, (body still) with the character of a party with friends
- East Coast Swing— “Rhythm” Stationary Dance with passes, 8 count and rotating patterns performed with a Lilt motion and hip release, with a *lively*, sock hop character
- West Coast Swing— “Hybrid” Stationary Dance with slotted pushes, passes and whip patterns performed using no motion and Semi Cuban motion to create a *groovy feeling* character

Judging Criteria

Most importantly, the judges are looking for you to have a good time! Relax and enjoy yourself. 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 Level

Good posture, correct timing, and show basic concepts of lead/follow including frame.

Novice Level

Newcomer skills plus connection (applied lead/follow concepts), floor craft and attempt at correct motion

Intermediate Level

Novice skills plus correct motion and character of the dance

Advanced Level

Intermediate skills plus styling