

2010

American Country Dance Association

Mission Statement

The American Country Dance Association is organized for the purpose of promoting Country – Western Dance primarily through the means of competitive dance events.

2010 Events

March 26, 27, 28

Ft. Worth, TX
(940) 458-7276
www.dancetexashoedown.com

Texas Hoe-Down

Jerry & Virginia Rainey/Judi Caudle
jvdance@classicnet.net

April 23, 24, 25

Alexandria, LA
(318) 447-7459
www.lacountrydancehayride.com

Louisiana Country Dance Hayride

Ray Michiels
raysluckystars@aol.com

July 09, 10, 11

Wichita, KS
(316) 789-9295
www.dancewdr.com

Wichita Dance Roundup

Terry & Colleen Cummings
colleen@justgottadance.com

July 30, 31, Aug. 01

Gulfport, MS
(601) 798 8511
www.mississippidanceshowdown.com

Mississippi Dance Show-Down

Brian & Donna Perkins
perkinsjustdance@yahoo.com

August 13, 14, 15

Austin, TX
(512) 585-9409
www.lonestarcountrydance.com

LoneStar Invitational

Sherry Reynolds
sherry249@prodigy.net

September 17, 18, 19

Little Rock, AR
(501) 614-9090
www.arkansascountryclassic.com

Arkansas Country Classic

Richard & Bonnie Robertson
RiBonRober@aol.com

October 8, 9, 10

Houston, TX
(281) 821-1768
www.texastwostepers.com

Waltz Across Texas

Gerald & Pat Morris
we2step@texastwostepers.com

November 19, 20, 21

Dallas, TX
Virginia Rainey – (940)458-7276 jvdance@classicnet.net
Judi Caudle – (940)321-0438 jcdancefun@hotmail.com
www.americancountrydanceassociation.com

A.C.D.A. National Championships

Executive Board Members

Jerry Rainey	President
Richard Robertson	Vice President
Judi Caudle	Secretary
Sherry Reynolds	Treasurer

DRESS CODE

MEN - Western style shirts or collared shirts with vest, western style jeans or pants, cowboy boots, and cowboy hat required.

WOMEN - Western style shirts or blouses, skirts, jeans or western style pants, dresses, and western boots.

No bare legs or bare midriffs allowed for either Men or Women!

Bare Midriff – Any bare skin that is showing on the center part of the torso, from the breast line to the waist line and from side seam to side seam.

If the dress code is not adhered to, there will be a mandatory placement drop in that dance.

This also includes the Pro of a Pro-Am partnership.

COMPETITION MUSIC

Music used in an ACDA sanctioned event must be “Country” music. Country music is defined as any music with country style. The usage of non – country music in the Cha Cha and West Coast Swing will be allowed at the Event Director’s discretion. This will include all couples divisions, except Line Dance & Cabaret team. For Cabaret team music, see rules for teams. For Superstar music, see rules for Superstars. Couples music will be approximately 2 minutes in length. Pro-Am music will be approximately 1-1/2 minutes in length. Pre Newcomer Pro-Am music will be 45 seconds in length.

ADULT COUPLES DANCE DIVISIONS

Open to couples, one man and one woman, where one is at least 18 years of age (see youth & teen rules.)

A Professional/Instructor is one who teaches partnership dancing in a group or private setting. Example: Country-Western, Ballroom, Swing, etc. **A “Pro/Instructor”** must enter Division II/Intermediate or above. An **individual** who regularly assists a **“Pro”** or dance instructor **must enter Division III/Novice or above.**

Couples may select to participate in a higher division than the one in which they normally compete. (See advancement criteria.)

Competitors in division II through Superstars may drop down one division if they have not competed in two years or if they are no longer competing with the partner they last competed with. A competitor (singular) in division III may drop back to division IV if he or she has not competed in 2 years and his or her new partner has never competed before in a sanctioned dance competition.

A couple partnership must be maintained throughout dance entries during a specific dance event. Members of this partnership may not compete with a different partner in the same event in a country category.

Couples may move themselves, if qualified, from age divisions to open divisions throughout the year. This applies only to those who dance in divisions IV, III & II. Division I dancers may not move to an age division at any time. Once a couple has graduated to division I, they may not move to an age division within that dance year.

Couples may dance in two (2) age divisions, and may also dance in the open division at the same event. Example: A couple dancing in Silver Intermediate and Bronze Intermediate may also dance in division II at the same event; however, couples that dance in the open division may not dance in an age division unless they are of that division age. This is limited to only 3 divisions per couple per event.

All ACDA sanctioned events must offer all divisions listed below. Other divisions may be offered at the Event Director's discretion. The eight defined dances in these rules will be offered.

DIVISION IV

Couples who have never competed in an organized interstate dance competition in division III, Novice age division or above. **Leans, leverage, balance, acrobatic moves of any kind, de'veloppe's, aerial rhonde's, splits, pantomime and shine movements will not be allowed in this division.** Floor sweeps, where the sweeping foot stays in contact with the floor, will be allowed. Couples must begin in one of the five (5) closed dance positions (i.e. closed facing position, right parallel position, left parallel position, promenade or counter promenade position.) Costuming is optional but dress code must still be adhered to. Division IV dancers are eligible for pro-am newcomer only. **PROS/INSTRUCTORS ARE NOT ELIGIBLE FOR THIS DIVISION.**

DIVISION III

Couples who are not eligible for division IV, or who last competed in division III in any other regional or national competition. Division III dancers are eligible for division III or Novice Age divisions, if qualified, and pro-am novice divisions. **PROS/INSTRUCTORS ARE NOT ELIGIBLE FOR THIS DIVISION.**

DIVISION II

Couples who are not eligible for division III, or who last competed in division II in any other regional or national competition. Division II dancers are eligible for division II or Intermediate age divisions, if qualified, and pro-am intermediate divisions.

DIVISION I

Couples who are not eligible for division II, or who last competed in division I in any other regional or national competition. Division I dancers are eligible for advanced age divisions only. Any couple who dances in Division I in any ACDA event may not move to any other division within that year. Division I dancers are only eligible for the Pro-Am advanced division.

SUPERSTARS and ROYAL SUPERSTARS

Couples who are not eligible for division I or an advanced age division or who last won a Championship title in the highest possible division in any other regional or national competition. Couples will perform the Two-Step, Waltz, and a **solo routine (SuperStars)** and **solo medley (Royal SuperStars.)**

SuperStars: The Two-step and Waltz **music will be chosen by the competitor** and must conform to the ACDA divisional rules. Music will be 1-1/2 minutes maximum in length. The solo routine will **consist of a single dance spotlight which is to be two minutes maximum. The music for the solo routine will be competitor's choice.** Tear away skirts are allowed in the solo routine.

Royal SuperStars: The Two-step and Waltz **music will be chosen by the competitor** and must conform to the ACDA divisional rules. **Music will be 1-1/2 to 2 minutes in length.** The solo medley will consist of two or more recognized country dances, **2 to 5 minutes in length. Music of the solo medley will be competitor's choice.**

Superstars and Royal Superstars are allowed to have low lifts that come off the floor no higher than the waist level and for no longer than 4 measures.

The syncopation rule does not apply to the above divisions.

Royal Superstar couples must be a minimum of 40 years of age. The cross-over between Superstars and Royal Superstars will be both ways.

COUPLES AGE DIVISIONS

Junior Youth: For couples who are 12 and under. This division shall abide by the same rules as divisions III, II & I.

Junior Teen: For couples who are up to the age of 17, with 1 partner being at least, 13 – 17. This division shall abide by the same rules as divisions III, II & I.

Novice Bronze Division: This division is for the new dancers who have minimal dance training and competition experience. This division is for couples where each individual is a minimum of 40 years of age. Novice Bronze dancers are also eligible for division III.

Intermediate Bronze Division: This division is for couples where each individual is a minimum of 40 years of age. Intermediate Bronze dancers are also eligible for division II.

Advanced Bronze Division: This division is for couples where each individual is a minimum of 40 years of age. Advanced Bronze dancers are also eligible for division I.

Novice Silver Division: This division is for the new dancers who have minimal dance training and competition experience. This division is for couples where each individual is a minimum of 50 years of age. Novice Silver dancers are also eligible for division III.

Intermediate Silver Division: This division is for couples where each individual is a minimum of 50 years of age. Novice Silver dancers are also eligible for division II.

Advanced Silver Division: This division is for couples where each individual is a minimum of 50 years of age. Advanced Silver dancers are also eligible for division I.

Novice Gold Division: This division is for the new dancers who have minimal dance training and competition experience. This division is for couples where each individual is a minimum of 60 years of age. Novice Gold dancers are also eligible for division III.

Intermediate Gold Division: This division is for couples where each individual is a minimum of 60 years of age. Intermediate Gold dancers are also eligible for division II.

Advanced Gold Division: This division is for couples where each individual is a minimum of 60 years of age. Advanced Gold dancers are also eligible for division I.

PRO-AM

For Students and Instructors only

MALE & FEMALE STUDENTS: *The event director must offer these divisions of Pro-Am listed below, as a minimum only. Other divisions may be added if there is a demand for them. Couples must consist of 1 male and 1 female dancer. Pro-Am students will not be allowed to dance lower than division IV in any ACDA events. Each of the following categories is divided into 8 age levels. The 8 age levels are as follows:*
Junior Primary (9 and under), Junior Youth (10 - 12), Junior Teen (13 - 17), Open (18+), Copper (30+), Bronze (40+), Silver (50+), and Gold (60+).

Pro-Am competitors may dance in two (2) age divisions and also dance in the open division at the same event. Example: An amateur dancing in Bronze Intermediate and Copper Intermediate may also dance in Open Intermediate at the same event. Pro-Am competitors that dance in the open division may not dance in an age division unless they are of that division age. This is limited to only 3 divisions per Pro-Am competitor per event.

In the event that two Pro-Am competitors couple up to dance in a couples division, they may drop down one level from the highest Pro-Am level. Example: If an Intermediate competitor starts dancing with a Novice competitor, they could drop down and dance in division III or in the Novice age division. However, someone that dances in couples may not drop down a level if they moved into a Pro-Am partnership; they must stay at the same level.

PRE-NEWCOMER: For brand new dancers who have not competed in Pro-Am Newcomer or above; or Division IV Hats, boots, and costuming are optional. **Pre-Newcomers are not eligible to dance in a couples division.**

NEWCOMER: This division is for the student who has minimal dance training and competition experience. **Division IV rules will apply to this division.** Newcomer dancers are eligible for division IV.

NOVICE: This division is for the student that is no longer considered a beginner level dancer. Couples division I, II, and III rules will apply. Novice dancers are eligible for division III.

INTERMEDIATE: This division is for the moderately experienced student. Couples division I, II, & III rules will apply. Intermediate dancers are eligible for division II.

ADVANCED: This division is for the more experienced student who has advanced in their dance training. Couples division I, II, and III rules will apply. Advanced dancers are eligible for division I.

SPOTLIGHT: Will consist of a solo medley. The solo medley will be three (3) to seven (7) minutes in length that includes, as a minimum, 60 seconds of a swing and 60 seconds of a rhythm dance with the remaining time allotted for any other recognized country-dance or dances. . The music will be country in nature with an optional 90 seconds of non-country music. Tear away skirts are allowed in the solo medley. The syncopation rule does not apply to this division. Spotlight dancers are eligible for division III and above in the couples division or Novice and above in the Pro-Am division.

PRO-PRO: This division is for the professional who is continuing his or her dance training with another professional. Pro-Pro is a gendered division. Pro-Pro is scored as Pro-Am with medals. An established Pro-Pro partnership can only dance Division I. If either Pro takes a new partner, they can dance Division II or Division I.

PRO-PRO SPOTLIGHT: Refer to the above explanation for Pro-Pro and Spotlight.

COUPLES AND PRO-AM DANCE CATEGORIES

Syncopations are defined as splitting the beat of music or a step pattern variation. A couple may vary the step pattern for 24 beats in the Waltz before returning to the basic step pattern. A couple may vary the step pattern for 26 beats in the Triple Two-Step, Cha-Cha, Two-Step, East Coast Swing, and West Coast Swing before having to return to the basic step pattern. A couple may vary the step pattern for 28 beats in the Night Club Two-Step and Polka before returning to the basic step pattern.

TRIPLE TWO-STEP

26 beat syncopation limit, BPM 105 - 114

A step pattern that uses six beats of music and includes two triple steps and two 1 beat steps and progresses counter-clockwise around the dance floor.

POLKA

28 beat syncopation limit, BPM 114 - 128

A step pattern of any continuous triple step pattern and progresses counter-clockwise around the dance floor.

NIGHT CLUB TWO-STEP

28 beat syncopation limit, BPM 52 -64

Any 8 count basic Night Club pattern (1 2& 3, 4& 5, 6& 7, 8&) may be used that has a generally stationary pattern. The dance generally accents counts 1 3 5 and 7 with a slow developing “side step” and has a definite swing and sway motion to it.

CHA-CHA

26 beat syncopation limit, BPM 104 - 118

A step pattern of any combination of eight count (1 2 3 4 & 5 6 7 8 &) Cha-Cha patterns that breaks (rocks) or accents the 2nd and 6th beat of music. “Chase” patterns are considered a basic part of cha-cha and may be danced beyond the 26 beats of music.

WALTZ

24 beat syncopation limit, BPM 78 - 90

Progresses counter-clockwise around the dance floor, using the step pattern of 1, 2, 3, - 4, 5, 6,

TWO-STEP

26 beat syncopation limit, BPM 176 - 194

A pattern that has a generally forward counter-clockwise progression and contains the Two-Step rhythm of: Slow, Slow, Quick, Quick or Quick, Quick, Slow, Slow or Quick, Quick, Slow, Quick, Quick, Slow.

EAST COAST SWING

26 beat syncopation limit, BPM 130 - 146

A step pattern of any combination of six or eight count swing patterns that has a generally stationary, circular step pattern, each style having mutually performed rock steps or variations thereof. Six-count swing may include single, double and/or triple rhythms.

WEST COAST SWING

26 beat syncopation limit, BPM 102 - 114

A step pattern that consists of any six or eight count swing pattern that has a generally stationary, slotted step pattern: 1, 2, 3&4, 5&6 or 1, 2, 3&4, 5, 6, 7&8. A coaster step is considered a forward progressive step and is not allowed in place of the anchor step.

Other recognizable country dances may be offered at the Event Director's discretion.

Example: Pony, Hoe-Down-(Heel-Toe Polka), Cotton-Eyed Joe, Ft. Worth Shuffle.

TEAMS

Open to groups consisting of at least 3 members. Performance will be judged from the beginning of the group's tape through the tape's end and shall not exceed 10 minutes with a 3 minute minimum.

CATEGORIES:

OPEN LINE: Routines must be performed as individuals dancing in any non-lead / follow configuration.

OPEN PARTNER: Open to teams of couples consisting of 1 man and 1 woman. Lead / follow partner routine or one multi-partner routine is required.

SILVER OPEN LINE: All members must be a minimum of 50 years of age. Routines must be performed as individuals dancing in any non-lead / follow configuration.

SILVER OPEN PARTNER: All members must be a minimum of 50 years of age. Open to teams of couples consisting of 1 man and 1 woman. Lead / follow partner routine or one multi-partner routine is required.

CABARET: Open routines where props are allowed. Lifts, drops, and aerials are allowed at Event Director's discretion. These movements are allowed only in the Cabaret division. Cabaret Teams will be allowed to use non-country music but must include at least 30 seconds of country music. Same gender partners are allowed.

LINE DANCE GENERAL RULES

A **“Professional/Instructor”** who teaches line dance must enter **Intermediate** line dance divisions or above.

To be eligible for overall placement, a competitor must compete in three out of five separate dance categories as defined in these rules. If a competitor competes in all five dance categories offered, the competitor’s best three placements will be the placements that are counted.

The DJ will preview all line dances prior to the first heat rather than throughout the line dance contest. Music will be faded at approximately two (2) minutes for dances of 40 counts or less, two minutes (2) for dances over 40 counts in length. Dance selections will remain in effect for the entire dance season.

A competitor must begin the dance facing a pre-designated direction positioned in a “line” with other competitors and perform the dance’s prescribed pattern after its official countdown (“5-6-7-8”) is spoken by the event DJ or is pre-recorded.

A competitor must perform the dance “plain vanilla” on the start of the dance and then must be “plain vanilla” on every other restart thereafter. (***Note: This does not apply to the Newcomer who must perform all walls “plain vanilla”.***)

An advanced dancer must perform the first wall “plain vanilla” and the first 8 or 6 counts (Waltz) of the third wall “plain vanilla.”

Dance movements that incorporate slides, splits, jumps, pantomime, singing, speaking, lip-synching, or acted themes are not allowed unless they are movements that are strictly called for by the dance’s step description. However, all of the above movements **are** allowed in the Superstar Line Dance Division.

Newcomer Line Dance:

1. A dancing introduction is not allowed during the initial “instrumental” phrase of the music prior to the countdown. Competitors are only permitted to use their hands, arms, facial expressions, body styling, and skirt or hat work. A competitor must remain stationary with only a shift of weight allowed. A competitor must not take a step in any direction during the dancing introduction. A competitor must also remain facing in the original direction throughout the introduction. No turns or rotations of any kind are allowed.
2. A competitor must perform the basic “vanilla” pattern exactly as the step description calls for. No added syncopations or rhythm breaks are allowed within a dance’s basic pattern, nor are any other variations allowed beyond the dance’s dance description (dance movements that incorporate kicks, flicks, and floor sweeps, unless they are part of the dance description.) Movements that incorporate positions done “adagio” are not allowed.

Junior, Silver, Novice, Intermediate, Advanced:

1. A dancing introduction is allowed during the initial “instrumental” phrase of the music before the countdown. The introduction must be generally stationary (within the circumference of a single step in any direction,) thus maintaining the contestant’s position in line.
2. Variations should retain the mood and character of the dance’s “motion.”
3. Dance presentations that incorporate pantomime, singing, speaking, lip-synching, or acted themes are not allowed.

Superstars:

1. The Superstars division will perform the two dances listed in these rules (Lilt and Rise & Fall,) as well as a Solo Medley, in order to qualify for overall placement. The Solo Medley will be three (3) to seven (7) minutes long and must include at least 60 seconds in one line dance motion (Lilt, Rise & Fall, Smooth, Funky, or Cuban) and at least 60 seconds of another line dance motion. At least one of these motions must be different from the two required in the Superstars division. The remainder of the Medley may consist of any line dance motion desired by the competitor.
 1. Superstars must perform the first wall of their Lilt and Cuban dances “plain vanilla.”
 3. Tear away skirts are allowed in the Solo Medley.
 4. Non-country music may be used in the Superstar Solo.

Movement limitations, scoring format, advancement and costuming requirements will be the same as those listed in the Rules for Couples and Teams.

LINE DANCE DIVISIONS:

There will be separate divisions for male and female dancers in each of the following categories.

- Junior:** Dancers 17 years of age or younger. The Junior division will dance the same dances as the Novice division.
- Newcomer:** Dancers who have never competed in a Line Dance competition at an interstate dance contest at the Novice level or above.
- Novice:** Dancers who are not eligible for the Newcomer division or who last competed in the Novice line dance division of any other regional or national competition.
- Intermediate:** Dancers who are not eligible for the Novice division or who last competed in the Intermediate line dance division of any other regional or national competition.
- Advanced:** Dancers who are not eligible for the Intermediate division or who last competed in the Advanced line dance division of any other regional or national competition.
- Superstars:** Dancers who are not eligible for the Advanced division or who last competed in any division higher than the Advanced division in any other regional or national competition. Competitors may not “self promote” to the Superstars division, but may only advance to this division according to the American Country Dance Association’s graduation criteria.
- Silver:** Dancers who are 50 years of age or older. The Silver division will dance the same dances as the Novice division.

COMPETITION LINE DANCES FOR 2010

**For a listing of the Competition Line Dances for 2010 please refer to our web site:
www.americancountrydanceassociation.com**

**OR:
Contact one of the Event Directors for information.**

COMPETITOR ADVANCEMENT CRITERIA

ADVANCEMENT IN COUPLES AND LINE DANCE DIVISIONS

(Does not include Pro-Am)

A couple or line dancer, who accumulates 60 or more points at any time during the season, must advance to the next higher division immediately. A couple or line dancer may advance on their own at anytime during the season, except into the Superstars or Royal Superstars division, but may not move back down to a lower division.

First place winners at the ACDA National Championships with 3 or more couples or 2 or more line dance competitors must advance to the next higher division for the next dance year.

Point Accumulation by Divisional Placements

1 st place.....	10 points
2 nd place.....	8 points
3 rd place.....	6 points
4 th place.....	4 points
5 th place.....	2 points

There must be at least 3 couples or 2 line dance competitors in a division, dancing a full program, in order to earn advancement points.

Points that are accumulated during the year will be carried over to the following year.

Points will also be awarded at the ACDA National Championships.

ADVANCEMENT IN PRO-AM DIVISIONS

A Pro-Am student, who accumulates 200 or more points at anytime during the season, must advance to the next higher division immediately. **If a Pro-Am student receives a majority medal placement of Gold Graduate in all five of the required dances at an event, they must advance to the next level at the next event.** A Pro-Am student may advance on their own at any time during the season, but may not move back down to a lower division. **There must be at least 3 competitors in a division dancing a full program in order to earn advancement points.**

First place winners at the ACDA National Championships with 3 or more in a division, must advance to the next higher division for the next dance year.

Point Accumulation by Medal Placements

Gold Graduate.....	8 points
Gold w/Honors.....	5 points
Gold.....	4 points

Points that are accumulated during the year will be carried over to the following year. Points will also be awarded at the American Country Dance Association's National Championships.

ACDA SCORING FORMAT

Couple, Team, Line Dance Scoring Format

Couples, Teams, and Line Dance divisions will utilize the “Relative Placement” scoring format. This format will determine the “placement” of winners for each contest category. The “Relative Placement” scoring format will also determine Overall Championship winners.

In the Relative Placement format for each division, each judge shall mark on their ballot their 1st place choice with the number “1”, their 2nd place choice with the number “2”, their 3rd place choice with the number “3”, etc., until all contestants have received a placement number. Judges must complete all placements for all contestants and cannot assign the same “placement” to more than one contestant.

The contestant who receives a majority of 1st place marks will be the first place winner. The contestant who receives a majority of 1st and 2nd place marks will be the second place winner. The contestant who receives the majority of 1st, 2nd and 3rd place marks will be the third place winner, etc., etc.

In the Finals for each division, the majority opinion of the judges shall determine the results. Couples placements shall be determined in order from highest to lowest beginning with how many 1st place marks, followed by how many 2nd place marks, followed by how many 3rd place marks, etc., until all marks for the couple are accounted for.

SCORING FORMAT FOR COUPLES

Couples will be scored on a **full program**: Two-Step, Waltz, their 2 highest Non Swing scores, and their highest Swing score, (except for the Superstars division.) Overall placement will be determined by the Relative Placement in the five (5) required dances.

Ties shall be broken by:

- 1. Placement in the Two-Step and Waltz.**
- 2. Placement in the Two Step.**

SCORING FORMAT FOR LINE DANCE

Line Dance competitors will be scored on the best 3 of the 5 dances (Rise & Fall, Lilt, Smooth, Cuban, and Funky.)

Pro-Am Scoring Format

Pro-Am, Pro-Am Spotlight, and Pro-Pro will use the Judges Majority medal placement for the medal grade of the dance. Each judge will mark a ballot with a “medal” grade of ability for all contestants that danced. Judges, therefore, grade each contestant’s relative ability against a standard for that titled level of competition. Each Judge shall mark on a ballot an assessed medal grade indicating a mark on his/her ballot a “prioritized” assignment to be attached to each contestant’s “medals” score. With “1” being the highest, each Judge’s mark indicates a further separation of ability within the “medals” assignment. Therefore, instead of there being one potential “gold” assignment, there are now eight. The “numbers” scores are used to separate those who were assigned the same “medals” grade. There are 16 potential “medals” grades. These are listed from highest to lowest as follows: “GG”, “GH”, “G1”, “G2”, “G3”, “G4”, “G5”, “G6”, “G7”, “G8”, “S1”, “S2”, “S3”, “S4”, “S5”, “B1”.

The “medal values” are: GG (8), GH (10), G1-G8 (11-18), S1-S5 (19-23), and B1 (24).

All dances will be ranked by the total points of the medal values the contestant received by the judges for that dance. Ties will not be broken at the dance level. i.e. (1,2,2,4,5), (1,1,3,4,5), (1,1,1,4,5).

Overall Placement is determined by the Relative Placement in the 5 required dances. Two-Step, Waltz, their 2 highest Non Swing, and their highest Swing

Ties shall be broken by:

- 1. Combined points from the five (5) required dances, used in determining Overalls. Lowest points win.**
- 2. Combined points from the Two-Step and Waltz.**
- 3. Points in the Two Step.**

AMERICAN COUNTRY DANCE ASSOCIATION NATIONAL CHAMPIONSHIPS

In order to qualify for the ACDA National Championships, each Divisional Couple, each Pro-Am Student, each Team Member, and each Line Dance Competitor must dance in two (2) qualifying events. A full program (Two-Step, Waltz, 2 Non Swings and a Swing) must be danced in at least one of the two events. The Professional of the Pro-Am Couple must have competed in at least 1 A.C.D.A. sanctioned event.

In order to qualify for a specific dance division at Nationals, that division must be danced two (2) times during the year, one being a full program.

If a competitor advances to a higher division during the regular season due to advancement points, they may drop down and dance in the division in which they started at the beginning of the season. If a competitor advances to a higher division because they elect on their own to do so, they must dance in the higher division at the ACDA Nationals.

All competitors must dance a full program at the ACDA Nationals. If a competitor drops a dance at the ACDA Nationals, which would take them out of the overall, then they would receive NO PLACEMENTS for any of their dances. No refunds will be distributed.

There must be at least 3 Couples, 3 Pro-Am, or 2 Line Dancers in a division dancing full programs in order to have to move up to the next division.

A Couple may not move themselves “up” into a division that they have not danced in for the National Championships

THE ACDA NATIONAL CHAMPIONSHIPS WILL OFFER REQUIRED DANCES ONLY.

Movement Limitations

NO LIFTS, DROPS OR AERIALS ---- The use of these movements will be grounds for disqualification in that dance. A Judge's meeting is required if a couple demonstrates one of these movements.

- A. LIFT** - where both feet of either partner are off the floor with the weight being supported by the other partner. This applies to all divisions except Superstars, Royal Superstars and Cabaret Teams.
- B. DROP** - where both the head and torso of either partner are below the waist level, with the weight supported by the other partner. Exception: a drop in the Superstars and the Royal Superstars division will be defined as where the head and the torso of either partner are below the knee level, with the weight supported by the other partner. This applies to all divisions except Cabaret Teams.
- C. AERIAL** - where both feet of either partner is above his or her waist or both feet are off the floor with one foot above their partner's shoulders. This applies to all divisions except Cabaret Teams.
- D. LEAN** - is any stationary move where the head or torso of either partner is at or above the waist level of the other partner and weight is partially supported (leaning-in) or countered balanced (leaning-out) by the other partner. A lean is not allowed in division IV or in the Pro-Am Newcomer level.
- E. ACROBATIC** - is any move where a contestant independently or in partnership passes their foot, leg, or body above and across the plane of his/her head or the other partner's head, or passes their body through the legs of the other partner, while maintaining contact with the floor. Acrobatic moves are not allowed in division IV or the Pro-Am Newcomer division.
- F. DE'VELOPPE'** - any move where either partner has one foot placed with full supporting contact to the floor and elevates the opposite leg. The elevated leg is extended with a bent knee forwards and upwards until the elevated leg is straightened at the height of the movement. A De'veloppe' is not allowed in division IV or the Pro-Am Newcomer level.
- G. AERIAL RHONDE'** - any move where either partner rotates his/her body while having placed one foot with supporting contact to the floor, sweeps the second foot around his/her body in an arc with the foot and leg being in the air. Aerial Rhonde's are not allowed in division IV and the Pro-Am Newcomer level.
- H. SPLIT** - any move where either partner's feet separate while staying in contact with the floor and the partner's body is lowered to the floor. Splits are not allowed in division IV or the Pro-Am Newcomer level.
- I. SHINE** - any move where a contestant in the pair's performance is not bodily connected to his/her partner and the move is deemed non-leadable.
- J. JUMP** - any move where a contestant compresses into the floor and uses knees and thighs to independently propel both feet off the floor. A jump is seen as a contestant becoming airborne by design.

Updated
011206 – LH/vr
021506 – JR/vr
070706 – JR
020407 – JR/vr
021707 – JR
020308 – JR/vr
020709 – JR
060109 – JR/vr
020610 – JR/vr