

2023 ACDA New Rules and Amendments

The following are the newest rule changes and amendments to the 2023 ACDA Rules for the upcoming dance season. Please look carefully as we have added some new Divisions as well as revised a few rules to make them more clear.

We, as Directors, strive to provide a welcoming and transparent atmosphere and want to Thank you ALL for being a part of and supporting the ACDA Dance Organization!

GENERAL RULES

2.0 Music

2.5 Dance order has been updated:

Dance order for all events will be as follows: Triple Two, Night Club, Viennese Waltz, Waltz, Polka, Cha Cha, East Coast Swing, Two Step and West Coast Swing. Flighted contests will retain their normal format dance order.

PRO-AM & PRO-PRO

1.0 Pro-Am and Pro-Pro General Rules

1.04 Any competitor that has danced Novice or above may only drop down one (1) level after being out for a minimum of two (2) years, from the date of the event in which they wish to compete. (this was changed from 5 years to 2 years).

1.1 Pro-Am and Pro-Pro Divisions

Added Pro-Am & Pro- Pro Showcase

We are relaxing the requirements of Pro-Am Elite dancers to allow them to teach group classes (e.g., non-couples classes and other non-private lessons).

1.2 Pro-Am Levels

The ACDA previously allowed mixed gender leaders and follows in Pro-Am, where female pros could dance with female amateurs and male pros could dance with male amateurs. However, all amateurs were required to dance the leader or follower role of their natural gender. While this is still allowed, for 2023, we have added a Mixed Role Pro-Am division as well, with no restrictions on leader/follower.

Pro-Am Elite dancers will be allowed to teach group classes (e.g., non-couples classes and other non-private lessons).

COUPLES RULES

2.01 We previously added an Open Role gender division to some dance categories to be more consistent with other organizations. For 2023, we are retitling it to Mixed Role, which is consistent terminology with other organizations.

2.1 Couples Divisions

Added Couples Showcase

Added a Classic Regal Superstars Divisions

Classic Regal Superstars

This division is for couples at least 60 years of age who have Graduated from Couples Age Division I or who last won a Championship title in the highest possible division in any other regional or national competition. A full program consists of Two Step, Waltz, one Swing dance, two Non-Swing dances, and a Show Dance. See Music Rules 2.8.

Low lifts that come off the floor no higher than waist level and for no longer than 4 measures are allowed. The syncopation rule does not apply to this division.

Regal Superstars can only crossover to Superstars by dancing in and graduating from Division I Open.

Props are allowed but the contestants are the only ones allowed for set-up and take-down and can do so without delaying the contest.

Showcase Regal Superstars

This division is for Age Division couples who have graduated from Couples Advanced Age 60 or higher or who last won a Championship title in the highest possible division in any other regional or national competition. This division has the same self-selected music rules as Showcase Superstars. A full program consists of Two-step, Waltz, and a Solo Medley. See Music Rules 2.9.

Props are allowed but the contestants are the only ones allowed for set-up and take-down and can do so without delaying the contest. There are NO movement limitations in Showcase Superstars No syncopation rules apply.

TEAMS RULES

3.1 Team Competition Divisions/Levels

Added Combined Teams

COMBINED TEAMS: Combined Teams allow for both partner and line dance in one category. This may be dancing in both lead and non-lead configurations.

LINE DANCE RULES

4.2 Line Dance Levels

4.27 added Regal Superstars

Regal Superstars: Same as Superstars above except minimum age is 60 years old.

4.3 Line Dance Level Rules

The 2022 Rules state “6 dances will now be offered to all divisions with a requirement of 3 for Newcomer, 4 for Novice and 5 for Intermediate and 6 for advanced”. This language is being replaced with the following:

The Novelty/Stage and Street dances will be offered for all divisions. Age divisions will not be required to dance Street, but may elect to do so, though it will not be counted towards your overall placement. Open Division Dancers may elect to dance the Novelty/Stage dances, but it will not count towards an overall placement.

ACDA CHAMPIONSHIPS

We are retitling the ACDA National Championships to the ACDA Championships.

Thank you all for voicing your opinions and for letting the ACDA know what you want to see from our organization. We try to listen to everyone and hope that you know we are wanting to progress our dance sport in any way we can. We look forward to seeing you all on the dance floor. Feel free to contact any one on the rules committee members with your Questions and concerns.

Rowdy Dufrene
ACDA Rules Chairman