

2019 RULES

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.

2019 Executive Board

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|-----------------|----------------|
| Jerry Rainey | President |
| Bob Wheatley | Vice President |
| Judi Caudle | Secretary |
| Sherry Reynolds | Treasurer |

2019 Events

February 8 – 9, 2019
Las Vegas, NV

Valentines in Vegas - <http://vvn.dance/>
Russell Keller (940) 329-1321 callruss@blue-room.net

March 22-24
Ft. Worth, TX

Texas Hoe-Down - www.DanceTexasHoedown.com
Jerry & Virginia Rainey (940) 458-7276 jvdance@classicnet.net
Judi Caudle jcdancefun@hotmail.com

May 2 - 5
Alexandria, LA

Louisiana Country Dance Hayride - www.LaCountryDanceHayride.com
Ray Michiels (318) 447-7459 raysluckystars@aol.com

May 24 - 26
Kansas City, MO

Midwest Dance Festival - www.midwest-dance.com
Priscilla Young (816) 506-3653 fitpris@gmail.com

June – On Hiatus 2019
Gautier, MS

Southern Soiree' Dance Challenge - www.DuoDanceMS.com
Lynae Jacob & David Anderson (228) 762-0304 duodancer@aol.com

June 27 - 30
Wichita, KS

Sunflower Dance Festival - www.SunflowerDanceFestival.org
Lynn Thornton (417) 437-2855 slt63@hotmail.com

August 8-11
Austin, TX

LoneStar Invitational - www.LoneStarCountryDance.com
Rowdy Dufrene (512) 294-1815 LoneStarCountryDance@gmail.com

September 13 – 15
Little Rock, AR

Arkansas Country Classic - www.ArkansasCountryClassic.com
Richard & Bonnie Robertson (501) 614-9090 RiBonRober@aol.com

October 11 – 13
Houston, TX

Waltz Across Texas - www.WaltzAcrossTX.com
Bob Wheatley & Catherine Pisano (832) 816-5815 masterdotdancer@gmail.com

November 22 – 24
Dallas, TX

ACDA National Championships - www.americancountrydanceassociation.com
Judi Caudle (817) 291-9646 jcdancefun@hotmail.com
Virginia Rainey (940) 458-7276 jvdance@classicnet.net

Official ACDA Rules
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NEW FOR 2019!

- **WE HAVE ADDED SHOWCASE SUPERSTARS IN COUPLES DIVISIONS!**
- **WE HAVE ADDED ROYAL SUPERSTARS IN LINE DANCE DIVISIONS!**
- **WE HAVE ADDED STAGE/NOVELTY TO AGE LINE DANCE DIVISIONS!**
- **AND WE ARE ALSO OFFERING FOR THE FIRST TIME IN COUNTRY DANCING HISTORY / IN OUR PRE-NEWCOMER AND NEWCOMER PROAM DIVISIONS ONLY / MIXED GENDER LEADERS & FOLLOWERS SUBJECT TO THE FOLLOWING RULES: FEMALE PROS MAY DANCE WITH FEMALE AMATEURS AND MALE PROS MAY DANCE WITH MALE AMATEURS. HOWEVER, ALL AMATEURS MUST DANCE THE LEADER OR FOLLOWER ROLE OF THEIR NATURAL GENDER. MALE AMS MUST DANCE AS LEADERS AND FEMALE AMS MUST DANCE AS FOLLOWERS. BOTH PROS AND AMATEURS MUST ALSO ADHERE TO THE EXISTING DRESS CODES FOR THEIR NATURAL RESPECTIVE GENDER. IN NO CASE WILL MALES BE ALLOWED TO DRESS AS FEMALES OR FEMALES WILL NOT BE ALLOWED TO DRESS AS MALES. THESE MIXED GENDER PRE-NEWCOMER AND NEWCOMER DIVISIONS SHALL BE AVAILABLE IMMEDIATELY FOR ALL UPCOMING EVENTS AND INCLUDE THE NATIONAL CHAMPIONSHIPS. THIS IS INTENDED AS A WAY FOR BEGINNING DANCERS ONLY TO GET STARTED IN COUNTRY DANCING IN THE ACDA. ONCE THE AM HAS ACHIEVED NOVICE LEVEL AND BEYOND, THEY MUST ADHERE TO ALL THE TRADITIONAL GENDER RULES AND ROLES. ALL AGE DIVISIONS ARE INCLUDED!**
- **COUPLES JUNIOR AGE DIVISIONS OF PRIMARY, YOUTH, AND TEEN ARE NOW SEPERATED BY SKILL LEVELS NEWCOMER, NOVICE, INTERMEDIATE, AND ADVANCED FOR ALL THREE JUNIOR AGE DIVISIONS.**

1.0 ProAm General Rules

1.01 ProAm is for AMATEUR competitors ONLY.

Competition is for students dancing with their instructor of the opposite gender.

1.02 A Contestant's age for the entire dance year shall be based on what their age is on the last day of the ACDA National Championships.

1.03 Age Division competitors may dance in ALL age divisions they are qualified for and may also dance in any of the younger age divisions as well as the open division at the same event.

1.04 Open competitors may dance "up" one experience level but may not compete for an overall placement in that level.

1.05 Dance Categories (The dances) are the same for both ProAm and Couples. See Appendix (D)

1.06 For advancement criteria please see Appendix A

1.1 Costuming

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

This also includes the Pro of a ProAm partnership with a mandatory medal drop in that dance. i.e.: Any placement in a gold medal will result in an automatic drop to silver, etc.

1.12 Costumes must be appropriate for a family oriented venue.

1.13 No bare legs allowed for either Men or Women!

1.14 No Bare midriff allowed in Novice or below. A bare midriff is any bare skin that is showing on the center part of the torso, from the breast line to the waistline and from side seam to side seam. Bare midriff exposure IS ALLOWED in Division II/Intermediate and higher.
(ProAm, Couples, and Line Dance)

1.15 MEN - Western style shirts or collared shirts with vest, western style jeans or pants, cowboy boots, and cowboy hat required except as is outlined in 1.17

1.16 WOMEN - Western style shirts or blouses, skirts, jeans or western style pants, dresses, and western boots except as is outlined in 1.17

1.17 The requirement for boots and hats in the Newcomer Division is optional for competitors (still required for Pros) during the year. Boots and hats are mandatory by the National Championships.

1.2 ProAm Divisions

(ALL DIVISIONS OFFERED IN MALE AND FEMALE)

Junior Primary: (All 4 skill levels) These age divisions are for students who are up to 9 years of age.

Junior Youth: (All 4 skill levels) These age divisions are for students who are 10 to 12 years of age.

Junior Teen: (All 4 skill levels) These age divisions are for students who are 13-17 years of age.

Open: (Four Levels) This division is for students who are a minimum of 18 years of age.

Copper: (Four Levels) This age division is for students who are a minimum of 30 years of age.

Bronze: (Four Levels) This age division is for students who are a minimum of 40 years of age.

Silver: (Four Levels) This age division is for students who are a minimum of 50 years of age.

Gold: (Four Levels) This age division is for students who are a minimum of 60 years of age.

Platinum: (Only one Level) This age division is for students who are a minimum of 70 years of age.

ProPro: (Only one level and two divisions – Bronze & Open) This division is for the professional who is continuing their dance training with another professional. ProPro is not judged as a couple, only the competing Pro is judged.

ProAm Spotlight: A single dance or medley of dances choreographed to music of the contestant's choice. Each dance portion must be recognizable in pattern, accent, motion, and character to one of the competition dance Categories listed in Appendix (D). Tear away skirts are allowed in the solo medley. The syncopation rule does not apply to this division. Only ProAm dancers at Intermediate (Level 2) or above are eligible to compete in this division. Spotlight shall be gender driven with male and female divisions judged by placement rather than medals.

See rule 1.46 for Spotlight music rules.

ProPro Spotlight: Refer to the above explanation for ProPro and Spotlight. All ProPro dancers are eligible to compete in ProPro Spotlight

1.3 ProAm Levels (See also APPENDIX E)

1.31 Pre-Newcomer (5): For brand new dancers who have not competed in ProAm Newcomer or above; or Division IV Hats, boots, and costuming are optional. **Level 4 rules apply** & basic syllabus preferred. **Pre-Newcomers** are not eligible to dance in any Couples division.

1.32 Newcomer (4): This division is for the student who has NO dance training and NO competition experience OTHER THAN PRE-NEWCOMER LEVEL 5. THIS LEVEL IS INTENDED STRICTLY FOR THE BEGINNING C&W AMATEUR DANCE COMPETITOR. Level 4 rules will apply to this division. Must start in closed position, no ronde's, floor sweeps are allowed. Breaking these rules will be a drop in placement. (i.e.: A gold medal will result in an automatic drop to Silver, ETC)

Please check ALL Level 4 limitations per section **2.31**

1.33 Novice (3): 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.

1.34 Intermediate (2): This division is for the moderately experienced student. Couples division I, II, & III rules will apply. Intermediate dancers are eligible for division II.

1.35 Advanced (1): 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

1.4 ProAm Music

1.41 All music may be played at a BPM of +/- 2% of the optimum BPM listed in APPENDIX (D).

1.42 ProAm music will be approximately 1-1/2 minutes (90 seconds) in length, except for Pre-Newcomer which will be approximately 1 minute (60 seconds) in length.

1.43 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.

1.44 Random music appropriate to each division and of appropriate BPM will be selected for ProAm competition by the D.J. or Event Director.

1.45 Music warm-ups for Novice divisions and above will be randomly selected for each heat. Warm-up music for Newcomer and Pre-newcomer will preview the music to be used in their divisions.

1.46 Spotlight music shall be 2½-4 min and shall have no BPM limitations. One non-country song may be integrated into the dance, but more than 50% of the music selected must be country music.

1.5 ProAm Scoring Format

1.51 ProAm levels and ProAm Spotlight, will use the judge's 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. Each "medals" score will also receive a "Numerical" score creating rankings for placement within each "medal".

1.52 Every contestant **SHALL BE RANKED** within **EACH MEDAL** so that the judges shall be responsible for the final placement of all contestants. For example, whereby all contestants ranked within the "silver medal" shall finish with a higher placement than all other ranked contestants in the "bronze medal". All "gold medal" rankings will finish higher than all "silver medal", etc.

1.53 Medal and Placement in the Dance:

1. The **Contestant's Medal** will be the majority of medals given by the Judging Panel for that dance; (3 out of 5 Judges are a majority.)
2. The Judge's medal for each contestant in the dance sets up the placement. Highest medal to lowest medal. Highest medal is ranked 1st, lowest medal is lowest ranking;
3. A Judge cannot tie contestants in the same Division and Level for that dance. If a Judge uses the same medal for contestants in the same Division and Level for that dance, they must be ranked within the like medal. In the group of the same medal, the best contestant is ranked 1st next best contestant is 2nd, etc.
4. This is to be used for all Judges on the dance panel.
5. Take placement of the Judges for each contestant and use relative placement to figure **Placement in the Dance**. Relative placement determined by most 1st, 1st & 2nd, 1st & 2nd & 3rd, 1st & 2nd & 3rd & 4th, and 1st & 2nd & 3rd & 4th & 5th, etc. All ties are broken using head to head competition.

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

1. Relative placement most 1st, 1st & 2nd, 1st & 2nd & 3rd, 1st & 2nd & 3rd & 4th, and 1st & 2nd & 3rd & 4th & 5th, etc.
2. Ties shall be broken by:
 1. Using relative placement on the common dances of those tied.
 2. If a tie still exists, use Two Step and Waltz placements of those tied, best placement breaks tie.
 3. If a tie still exists, use best placement in the Two Step.

2.0 Couples General Rules

2.01 Couples must consist of one man and one woman.

2.08 Dance Categories (The dances) are the same for both ProAm and Couples. See Appendix (D)

2.09 For advancement criteria please see Appendix A

2.1 Costuming

2.11 If the dress code is not adhered to, there will be a mandatory medal drop in that dance. This also includes the Pro of a ProAm partnership with a mandatory medal drop in that dance, i.e.: Any placement in a gold medal will result in an automatic drop to silver, etc.

2.12 Costumes must be appropriate for a family oriented venue.

2.13 No bare legs allowed for either Men or Women!

2.14 No Bare Midriff allowed in Novice or below – “*Bare Midriff*” definition: Any bare skin that is showing on the center part of the torso, from the breast line to the waistline and from side seam to side seam. Bare Midriff exposure *IS ALLOWED* in Division II/ Intermediate and higher. (ProAm, Couples, and Line Dance)

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

2.16 WOMEN - Western style shirts or blouses, skirts, jeans or western style pants, dresses, and western boots. **2.17** The requirement for boots and hats in the Newcomer Division is **optional** for competitors during the year. Boots and hats are **mandatory** by the National Championships.

2.2 Couples Divisions (See also APPENDIX E)

2.21 Contestant’s age for the entire dance year shall be based on what their age is on the last day of the ACDA National Championships.

2.22 Couples may dance in ALL age divisions (including Open) they are qualified for.

Junior Youth: This age division is for couples who are 12 and under.

Junior Teen: This age division is for couples who are up to the age of 17, with 1 partner being at least, 13 – 17.

Open Divisions (4, 3, 2, 1, & Superstars):

For couples where each partner is at least 18 years old.

Bronze: For couples where each partner is at least 40

Silver: For couples where each partner is at least 50

Gold: For couples where each partner is at least 60

Couples Spotlight: A single dance or medley of dances choreographed to music of the contestant’s choice. Each dance portion must be recognizable in pattern, accent, motion, and character to one of the competition dance Categories listed in Appendix (D). Only Couples dancers at Intermediate (Level 2) or above are eligible to compete in this division.

Tear away skirts are allowed

See rule 1.46 for Spotlight music rules.

2.3 Couples Levels (See also APPENDIX E)

2.31 In the event that two ProAm competitors partner together to dance couples, the following guidelines apply: If either Am is Advanced, they must dance in Level 3 or Novice Age or above. If both Ams are Advanced, they must dance in Level 2 or Intermediate Age or above. If two (2) Newcomer Ams partner, they can dance in Level 4. If Two Novice Ams partner together they may also dance Level 4 in Couples.

Level 4 is for Newcomers only. However, someone that dances in couples may not drop down a level if they moved into a ProAm partnership; they must stay at the same level.

2.32 Competitors may dance “up” one difficulty level but may not compete for an overall placement in that level.

2.33 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.

2.34 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.

2.35 Members of a Couples Partnership MAY have multiple partners IN DIFFERENT DIVISIONS. All partners must dance at the same ability level. Couples may dance in All Age Divisions they are qualified for and dance in the Open Division of the same level. Example: John Doe with Lady A in Silver Novice, John Doe with Lady B in Bronze Novice, and John Doe with Lady C in Level 3. Novice and Level 3 are equal, Intermediate and Level 2 are equal, and Advanced and Level 1 are equal.

2.36 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.

A full program (Two-Step, Waltz, 2 Non-Swings and one Swing) must be danced in at least one of the two events.) New partnerships MUST adhere to the same qualifying rules regardless of events danced with former partners.

2.37 READ CAREFULLY the professional versus Amateur status rules. **Couples Level 4** is strictly for pure amateurs.

Couples Level 3 allows a competitor to assist teaching without compensation. **Couples Level 2 and above** allows entry for any professional/Instructor.

Newcomer Level 4

This division is for the new dancers who have minimal dance training and competition experience, and who have never competed in an organized interstate dance competition in a COUPLES Novice or Level 3 Division or above. **Leans, leverage, balance, acrobatic moves of any kind, develope’s, aerial ronde’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 seven (7) closed dance positions (i.e. right or left inside partner position, right or left outside partner position, promenade or counter promenade position, and fan), not to include single or double hand hold starting positions. Costuming is optional but dress code must still be adhered to. Level 4 dancers are eligible for ProAm Newcomer only. **ONLY AMATEURS AS DEFINED ABOVE ARE ALLOWED**

Novice Level 3

This division is for the dancers who are no longer considered beginner level dancers and who are not eligible for Division 4, or who last competed in Division 3 in any other regional or national competition. Division 3 dancers are eligible for Division 3 or Novice Age divisions, if qualified, and ProAm Novice Divisions. **ONLY AMATEURS THAT ASSISTED IN GROUP CLASSES AS DEFINED ABOVE ARE ALLOWED**

Intermediate Level 2

This division is for the moderately experienced dancers who are not eligible for Division III, or who last competed in Division II in any other regional or national competition. Division 2 dancers are eligible for Division 2 or Intermediate Age Divisions, if qualified, and ProAm Intermediate Divisions. **ALL PROFESSIONALS MUST ENTER COUPLES LEVEL 2 OR ABOVE**

Advanced Level 1

This division is for the more experienced dancers who have advanced in their dance training and 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 Division 1 or Advanced Age Divisions, if qualified, and ProAm Advanced OR ProPro. **No contestant may dance as BOTH an Amateur in ProAm and in ProPro ALL PROFESSIONALS MUST ENTER COUPLES LEVEL 2 OR ABOVE**

Superstars

This division is for couples who are not eligible for 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. All contestants will dance their chosen dances in two flights in the following order:

First flight slow dances: Viennese Waltz, Waltz, Night Club, Triple Two, and West Coast Swing

Second flight fast dances: Two Step, Cha-Cha, Polka, and East Coast Swing

There will be a break between flights. Music will be 1-1/2 minutes maximum in length. The Show Dance will be 2 to 2-1/2 minutes in length. The Show Dance must be a single dance and can be one song or a medley of songs.

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.

Clarification: there is **NO** crossover between Superstars and Royal Superstars.

Showcase Superstars – NEW FOR 2019!!

Showcase Superstars is for couples who have graduated out of the Open Level 1 Couples Division in any nationally recognized competition circuit, or contestants who already compete in those organizations highest competitive Open Division.

This is a Showcase Format Division with self-selected music. A full program has Waltz, Two Step, and Solo Medley, and will be danced in that order. Maximum length for Waltz & Two Step is 1 ½ minutes. (cont...)

Solo Medley must be 6:00 minutes or less with internal requirements of at least two rhythm dances and one swing dance with each a minimum of 45 seconds in length. Medleys are judged on entertainment value are should be themed, theatrical presentations. 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.

Classic Royal Superstars

This division is for Age Division couples who are not eligible for Age Division I or who last won a Championship title in the highest possible division in any other regional or national competition.

Classic Royal Superstars is for Age Division competitors at least 40 years of age.

Showcase Royal Superstars

Showcase Royal Superstars is for Age Division competitors at least 40 years of age. This division has the same self-selected music rules as Showcase Superstars.

2.4 Couples Music

2.41 All music may be played at a BPM of +/- 2% of the optimum BPM listed in APPENDIX (D).

2.42 Couples music will be approximately 1-1/2 minutes (90 seconds) in length.

2.43 Music in an ACDA sanctioned events must be “Country” music. Country music is defined as any music with country style. The usage of non-country music in the Cha and West Coast Swing will be allowed at the Event Director’s discretion.

2.44 Random music appropriate to each division and of appropriate BPM will be selected for Couples competition by the D.J. or Event Director.

2.45 Music warm-ups for Novice divisions and above will be randomly selected for each heat. Warm-up music for Newcomer / Division 4 will preview the music to be used in their divisions.

2.5 Couples Scoring Format

See APPENDIX (C) for explanation of relative placement scoring.

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

Overall placement for Superstars will be determined by the relative placement in the five (5) required dances plus the Show Dance. Overall placement for Royal Superstars will be determined by the relative placement in the three (3) required dances.

Ties shall be broken by:

- 1. Using relative placement on the common dances of those tied.**
- 2. If a tie still exists, use Two Step and Waltz placements of those tied, best placement breaks tie.**
- 3. If a tie still exists, use best placement in the Two Step**

3.0 Team Competition Rules

3.01 Open to groups consisting of at least 3 members. Performance will be judged from the beginning of the group's Music until the end and total length shall not exceed 10 minutes and not less than 3 minutes.

3.02 For scoring see Appendix (C)

3.03 For graduation criteria see Appendix (A)

3.1 Costuming

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

This also includes the Pro of a ProAm partnership with a mandatory medal drop in that dance.

i.e.: Any placement in a gold medal will result in an automatic drop to silver, etc.

3.12 Costumes must be appropriate for a family oriented venue.

3.13 No bare legs allowed for either Men or Women!

3.14 No Bare Midriff allowed in Novice or below – "*Bare Midriff*" definition: Any bare skin that is showing on the center part of the torso, from the breast line to the waistline and from side seam to side seam. Bare Midriff exposure *IS ALLOWED* in Division II/Intermediate and higher.

(ProAm, Couples, and Line Dance)

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

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

3.17 The requirement for boots and hats in the Newcomer Division is **optional** for competitors (still required for Pros) during the year. Boots and hats are **mandatory** by the National Championships.

3.2 Team Competition Divisions/Levels

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

OPEN PARTNER: Open to teams of couples consisting of one (1) man and one (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.

4.0 Line Dance Competition Rules

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

4.02 See APPENDIX (A) for advancement criteria.

4.03 See APPENDIX (B) for explanation of movement limitations.

4.04 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 (3) out of five (5) 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.

4.05 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.

4.06 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".***)

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

4.08 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.

4.1 Costuming

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

This also includes the Pro of a ProAm partnership with a mandatory medal drop in that dance.

i.e.: Any placement in a gold medal will result in an automatic drop to silver, etc.

4.12 Costumes must be appropriate for a family-oriented venue.

4.13 No bare legs allowed for either Men or Women!

4.14 No Bare Midriff allowed in Novice or below – "*Bare Midriff*" definition: Any bare skin that is showing on the center part of the torso, from the breast line to the waistline and from side seam to side seam. Bare Midriff exposure *IS ALLOWED* in Division II/Intermediate and higher.

(ProAm, Couples, and Line Dance)

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

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

4.17 The requirement for boots and hats in the Newcomer Division is **optional** for competitors (still required for Pros) during the year. Boots and hats are **mandatory** by the National Championships.

4.2 Line Dance Divisions/Levels

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

4.22 Competitors may dance “up” one difficulty level but may not compete for an overall placement in that level.

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.

Royal Superstars: New for 2019

Same as Superstars above except minimum age is 40 years old

Silver: Dancers who are 50 years of age or older. The Silver division will dance the same dances as the Novice division.

4.3 Line Dance Levels

Newcomer Line Dance:

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. 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:

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. Variations should retain the mood and character of the dance’s “motion.” Dance presentations that incorporate pantomime, singing, speaking, lip-synching, or acted themes are not allowed.

Superstars:

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 no more than 6 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. Superstars must perform the first wall of their Lilt and Cuban dances “plain vanilla.”

Tear away skirts are allowed in the Solo Medley.

Non-country music may be used in the Superstar Solo.

At least 50% of total music used for the Medley dance must be Country music.

Royal Superstars: New for 2019

Same as Superstars above except minimum age is 40 years old

4.4 Line Dance Competition Music

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.

4.5 Line Dance Scoring Format

See APPENDIX (C) for explanation of relative placement scoring. **Line Dance competitors will be scored on the best 3 of the 5 dances (Rise & Fall, Lilt, Smooth, Cuban, Stage, Funky.)**

5.0 ACDA NATIONAL CHAMPIONSHIPS

5.01 In order to qualify for the ACDA National Championships, each Divisional Couple, each ProAm Student, each Team Member, and each Line Dance Competitor must dance in two (2) qualifying events. i.e., A full ProAm or Couples 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 ProAm Couple must have competed in at least 1 A.C.D.A. sanctioned event.

5.02 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.

5.03 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. If a ProAm student receives a majority medal placement of Gold Graduate in all five of the required dances at two (2) events before June 1st they must graduate to the next level at the next event. That competitor must stay at that graduated level for the remainder of the year and dance the National Championships at that higher graduated level.

5.04 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.

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

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

5.07 The ACDA National Championships will offer required dances only.

6.0 SPECIAL DISPENSATION

6.0 SPECIAL DISPENSATION: Please note that all rules apply equally to everyone. However, in some situations where an event director or contest coordinator may not be able to satisfy some unforeseeable situation or condition that may escape the boundaries of these rules, the contestant may in writing contact the President of the ACDA for “Special Dispensation”. If needed, the council will consider some possible variance. Issues such as health or division eligibility or costuming variances for medical reasons are a few examples, and there could be many more. Items will be reviewed by the president and only brought forward to the council on a case by case basis. Decisions by the president and or ACDA Board are final.

APPENDICES:

APPENDIX (A) – Graduation Criteria

A Couples or Line dancer who accumulates 60 or more points at any time during the season must advance to the next higher division immediately. A Couples or Line dancer may advance on their own at any time 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 ProAms and Couples or 2 or more Line Dance competitors must advance to the next higher division for the next dance year. If a competitor wins first place in a national championship or regional championship on any other country dance circuit and is moved up to a higher division or has graduated or advanced, they must dance in that higher equivalent division on the ACDA Circuit. ACDA will advance both 1st and 2nd place winners to the next level, if there are 10 or more competitors in their division at Nationals. 1st, 2nd and 3rd place will advance if there are 15 or more competitors, and so on.

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 PROAM DIVISIONS

A ProAm student, who accumulates 160 or more points at any time during the season, must advance to the next higher division immediately. GG advancement: If a Pro Am student receives a majority medal placement of Gold Graduate in all five of the required dances at two (2) events before June 1st during the year, they must advance to the next level at the next event. The competitor must stay at that level for the remainder of the year and dance the National Championships at that level.

A ProAm 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. 2018 ADDENDA:** Any ProAm student receiving 'GH' grades or higher and any Couple receiving 'A' grades or higher shall move to the next higher level if there are less than FIVE competitors in their Division at the National Championships.

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. If a ProAm competitor wins first place in a national championship or regional championship on any other country dance circuit and is moved up to a higher division or has graduated or advanced, they must dance in that higher equivalent division on the A.C.D.A. Circuit. ACDA will advance both 1st and 2nd place winners to the next level, if there are 10 or more competitors in their division at Nationals. 1st, 2nd and 3rd place will advance if there are 15 or more competitors, and so on.

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.

APPENDIX (B) - 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.

1. **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.
2. **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.
3. **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.
4. **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 ProAm Newcomer level.
5. **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 ProAm Newcomer division.
6. **DEVELOPPE’** - 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 Developpe’ is not allowed in division IV or the ProAm Newcomer level.
7. **AERIAL RONDE’** - 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 Ronde’s are not allowed in division IV and the ProAm Newcomer level.
8. **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 ProAm Newcomer level.
9. **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-lead able.
10. **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.

APPENDIX (C) – Scoring

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

APPENDIX (D) – Dances

TRIPLE TWO

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 90 Intermediate/Advanced = 84

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. A smooth and semi-circular dance with a repetitive dance count of: 1,2, 3&4, 5&6

POLKA

28 beat syncopation limit, Optimum BPM: Newcomer/Novice = 114 Intermediate/Advanced = 118

A step pattern that consists of continuous triples and progresses counter-clockwise around the dance floor. A pitched dance with lilt and a repetitive dance count of: 1&2, 3&4

NIGHT CLUB

28 beat syncopation limit, Optimum BPM: Newcomer/Novice = 62 Intermediate/Advanced = 56

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~~ **1 and 5** with a slow developing “side step” and has a definite sway motion to it.

CHA-CHA

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 104 Intermediate/Advanced = 110

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.

VIENNESE WALTZ

CLOSED BRONZE DVIDA SYLLABUS!! BPM RANGE = 150 – 170 See DanceVision at: <https://www.dancevision.com/>

Optimum BPM: Newcomer/Novice = 152 Intermediate/Advanced = 162

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

WALTZ

24 beat syncopation limit, Optimum BPM: Newcomer/Novice = 90 Intermediate/Advanced = 84

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

TWO-STEP

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 180 Intermediate/Advanced = 190

A pattern that has a generally forward counter-clockwise progression accenting the downbeat and contains the Two-Step rhythm of: 1, 2, 3_, 5_ (Q,Q,S,S) **OR** 1, 2, 3_, 5, 6, 7_ **OR** (Q,Q,S, Q,Q,S) **OR** 1, 2, 3, 4, 5_, 7_ (Q,Q,Q,Q,S,S)

EAST COAST SWING

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 130 Intermediate/Advanced = 136

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. 6-count or 8-count swing may include single, double and/or triple rhythms. Basic dance rhythms are: (1&2,3&4,5,6) **OR** (1&2 ,3,4, 5&6, 7,8)

WEST COAST SWING

26 beat syncopation limit, Optimum BPM: Newcomer/Novice = 110 Intermediate/Advanced = 107

A step pattern that consists of any 6 **OR** 8 count swing pattern that has a generally stationary, slotted step pattern: Basic dance rhythms are: (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.

Syncopation - Splitting the beat of music or a step pattern variation. A couple may vary the step pattern for the given number of beats for each dance before returning to the basic step pattern.

APPENDIX (E) – Competition Divisions

COUPLES

| AGE DIVISION | LEVEL | | | | |
|-------------------|----------|---------|--------------|----------|------------------|
| | Newcomer | Novice | Intermediate | Advanced | |
| <13 Junior Youth | | | X | | |
| 13-17 Junior Teen | | | X | | |
| 18+ Open | Div IV | Div III | Div II | Div I | SuperStars |
| 40+ Bronze | X | X | X | X | Royal SuperStars |
| 50+ Silver | | X | X | X | |
| 60+ Gold | | X | X | X | |

PRO-AM

| AGE DIVISION | LEVEL | | | | |
|--------------------|----------|--------|--------------|----------|---------|
| | Newcomer | Novice | Intermediate | Advanced | Pro Pro |
| <12 Junior Primary | X | X | X | X | |
| 10-12 Junior Youth | X | X | X | X | |
| 13-17 Junior Teen | X | X | X | X | |
| 18+ Open | X | X | X | X | X |
| 30+ Copper | X | X | X | X | |
| 40+ Bronze | X | X | X | X | X |
| 50+ Silver | X | X | X | X | |