



# NATIONAL YOUTH *SHOW DANCE*

## CHAMPIONSHIPS

### COMPETITION RULES & GUIDELINES

- Team Entry Fees: \$7/dancer per routine. Pee Wee \$5/dancer per routine.
- Registration: via online form. [Gemstateclassic.org](http://Gemstateclassic.org)
- Music must be uploaded to the Gem State Music folder.

#### AGE CATEGORIES

As teams have mixed ages, coaches will determine where their teams best fit. Up to two dancers of an older age may dance on a team without requiring the team to move up in age category. A team may not dance up to an age category if the majority of the dancers are younger than that age category.

Age category may be determined by school grade or by age as follows:

- Pee Wee           Age 9 years old and younger.
- Pre-Teen         Age 10 – 12 years old, or in 7th grade or below.
- Junior            Age 13 – 15 years old, or in grades 7 – 9.
- Youth             Age 16 – 18 years old, or in grades 10 – 12.

#### PARTNER CATEGORIES

Show Dance:       Teams made up of boy/girl couples, doing partnered choreography.  
Solo Show Dance:   Teams made up of non-partnered dancers. There may be some partnering in the choreography but the routines are primarily non-partnered

#### TEAM SIZE

A couple is defined as a male & female dancing together. If a team is short on boys, a girl may dance as a lead wearing the men's costume. Teams will dance in size categories as outlined. If fewer than 3 teams are in a size category, they may be combined.

- |          |             |
|----------|-------------|
| Small    | 3-5 couples |
| Standard | 6-9 couples |
| Large    | 10+ couples |

## DIVISIONS

### (Proficiency Levels)

Each age category will enter their proper division determined by the following criteria:

The total of:

- a) the average years of experience of each team member, AND
- b) the average hours of ballroom instruction of each team member per week

Each coach must submit a detailed listing of their division totals.

	DIV 1	DIV 2	DIV 3	NOVICE
<b>Youth</b>	10+	7 – 9.9	4 – 6.9	< 3.9
<b>Junior</b>	6+	3.1 – 5.9	X	< 3
<b>Pre-Teen</b>	4+	< 3.9		

For example:

A youth team whose dancers have an average of 3 years of experience and has 4 hours of rehearsal per week has a total of 7 and therefore will compete in the Division 2 category.

A junior team whose dancers have an average of 2 years of experience and have 3 hours of practice a week has a total of 5 and therefore will compete in the Division 2 category.

## CATEGORIES

Show dances must be comprised **primarily** of recognizable ballroom dance figures.

There may be additional open choreography and staging.

**NOTE:** No routine that is danced as a medley at other competitions may be entered as a show routine. Coaches must verify on the entry form that the entered routines are not medleys. Show routines may have two dances maximum combined in a routine (ie cha cha & rumba or quickstep & foxtrot). Any routine found to be in violation will be disqualified from scoring and placement.

- a) **Ballroom/Smooth:** American and International styles of Waltz, Tango, Viennese Waltz, Foxtrot, and Quickstep. No more than 3 lifts permitted (\*see waltz allowance below).
- b) **Latin/Rhythm:** American or International styles of Cha Cha, Rumba, Samba, Paso Doble, Mambo, Bolero. No more than 3 lifts permitted.  
Please enter Jive routines in the Swing category.
- c) **Swing:** West Coast Swing, East Coast Swing, Lindy. Swing style lifts/stunts permitted
- d) **Cabaret:** a routine whose focus is lifts. All couples in the routine must do lifts, but it is not required that all couples do all lifts. This is a YOUTH only category, no junior teams may enter this category.
- e) **Novelty:** non-traditional routine; must include 30% partnered ballroom dancing. Dances outside of the 19 competitive dances may be included here, such as polka or bachata.  
**NOTE:** Novelty is not an “overflow” category. If a team has two Latin/rhythm routines, one may not be entered in novelty. Novelty routines must have true novelty properties.

\*Lift allowance for Waltz and VW routines: 20% of the measures may be in lift (both feet off the ground). For example: In general, a waltz has 30 measures/per/minute, so there are 90 measures in a 3-minute routine. In this case, 18 measures of lift would be allowed.

## ENTRIES

Teams may enter one routine per style category.

Each team is limited to the following number of entries:

Pee Wee	2 routines
Pre-Teen	2 routines
Juniors	3 routines
Youth	4 routines

## TIME RESTRICTIONS

The following time restrictions shall be observed for show dance teams:

*Any routine that exceeds the time restriction\* will be penalized 5 pts from their average total score.*

The timing of the show dance routines begins when the team sets on the floor and ends when the music ends. Entrances or exits to music will be included in the time limit.

Pee Wee routines	2.5 min
Pre-Teen routines	2.5 min
Junior routines	3 min
Youth routines	3 min
Combined team novelty	4 min (2 or more teams combined into one routine)

\*Note: There will be a 10 second grace time given to accommodate musical phrasing and edits.

## COSTUME GUIDELINES

All costumes must be age appropriate for pee wee, pre-teens and juniors.

***Any routine whose costumes are in violation of these guidelines will not be allowed to compete.***

**Men:** Costume appropriate to the style.

1. Latin shirts must be closed from the sternum down
2. No sleeveless shirts or sheer front shirts.

**Women:** Costume appropriate to the style.

1. Regular cut dance trunks and fishnets or tights must be worn. Not required for pants or capris.
2. Pants or leggings are allowed.
3. Straps over both shoulders of at least one inch in width are required. If multiple straps go over a shoulder at least one of the straps must be the required one-half inch from front to back.
4. Designs that show any front cleavage are not allowed.
5. Lower backs must be covered from a point three inches above the waistline with colored or heavily stoned fabric.
6. Skirts must completely encircle the body and must cover the legs to mid-thigh when not in motion (measured from leg break to top of knee).
7. Cutouts or nude fabric in the bodice must be heavily covered in stones.

## JUDGING

Team Show Dance events will be adjudicated based on an accumulative 100-point scale awarded by the judges in the following categories:

<b>CRITERIA</b>			<b>RATING</b>	
Music & Costume	10%		Superior Plus	95 - 100
Choreography	10%		Superior	90 - 94
Technique	30%		Excellent	80 - 89
Execution	40%		Good	70 - 79

Bronze, Silver and Gold medals will be awarded to the teams receiving the three highest point totals in each dance category.

All show dance entries will receive a rating based on their point total according to the following scale:

95 - 100 points	Superior Plus
90 - 94 points	Superior
80 - 89 points	Excellent
70 - 79 points	Very Good

## REHEARSAL

There will be an auxiliary gym floor available for all teams.  
This is a shared space and may not be reserved by any one team.