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# Descriptions:

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Open

Couples Am/Am

Professionals

Closed

Jack & Jill



# Open Standard

## Unrestricted Dancing Elements

### All Figures, All Timings

Competitors must be in Level 3 as their base entry Level and above, to enter an Open Division.  
All ages.

**Good Rule:** If you are unsure about including something, leave it out, or ask us.



OPEN

# Smooth

# Smooth

- Floor Contact:** 1 foot always in contact with the floor.  
**Tricks:** No lifts or Performing Arts under the definition in 'Rules'.  
**Dance Holds:** Dancing may commence in any way.  
**Character:** Material must be danced with American Style Technique and Character of the individual dance style.  
**Lead/Follow:** At least 50% must be in contact  
**Timings:** Allowed: All  
**Who Can Enter:** All dancers with a lowest entry of Level 3 and above. (Not just Gold dancers)  
**Winners:** Winners may enter this division again.

#### ELEMENTS ALLOWED:

**Not restricted to syllabus. Includes Supported Leans etc which are not dangerous to themselves or other competitors.**

**This division allows all syllabus figures as well as broadening the scope for adding more expressive choreography as well.**

NOTE: Students may dance whatever material they are competing with in the Closed Level Divisions without adding anything extra.



OPEN

# Rhythm

# Rhythm

- Floor Contact:** 1 foot always in contact with the floor.  
**Tricks:** No lifts or Performing Arts under the definition in 'Rules'.  
**Dance Holds:** Dancing may commence in any way.  
**Character:** Material must be danced with American Style Technique and Character of the individual dance style.  
**Lead/Follow:** At least 50% must be in contact  
**Timings:** Allowed: All  
**Who Can Enter:** All dancers with a lowest entry of Level 3 and above. (Not just Gold dancers)  
**Winners:** Winners may enter this division again.

#### ELEMENTS ALLOWED:

**Not restricted to syllabus. Includes Supported Leans etc which are not dangerous to themselves or other competitors.**

**This division allows all syllabus figures as well as broadening the scope for adding more expressive choreography as well.**

NOTE: Students may dance whatever material they are competing with in the Closed Level Divisions without adding anything extra.



# Couples Am/Am

Am/Am

**Bronze:** All ages. All Level 1 & 2 material available. See Levels 1 & 2 Rules.

**Silver:** All ages. All Level 3 & 4 material available. See Levels 3 & 4 Rules.

**Gold:** All ages. All Level 5 & 6 material available. See Levels 5 & 6 Rules.

**Open Couples:** All ages. All material available. See OPEN Rules. In Am/Am OPEN couples from all Levels 1-6 may enter.

**Rules of Entry:** Couples may enter any Single Dance Heats or Proficiency Grading together, as an Amateur Couple (Am/Am). If they wish to enter any of the Couples 3 Dance Crowns they must do this to qualify:

\* They must enter all the corresponding Couples Single Dance heats together, in the dance styles of the Crowns the want to enter.

It is possible for an Am competitor to have 1 different partner for the Smooth & Rhythm dance styles, which means all dancers involved must have their own Entry Form, and follow the Rules to qualify for Crown heats.

Amateur Couples may also compete separately in the Pro/Am Divisions.



# Pro 6 Dance

Professional

**Who Can Enter:** Professional Couples

**Winners:** Winners may enter this division again.

**Floor Contact/Tricks:** No lifts or Performing Arts under the definition in 'Rules'. Some 'not dangerous' Tricks are acceptable.

**Dance Holds:** Dancing may commence in any way.

**Character:** Material must be danced with American Style Technique and Character of each individual dance style.

**Lead/Follow:** At least 50% must be in contact.

**Timings:** Allowed: All

**ELEMENTS ALLOWED:** Not restricted to syllabus. Choreography encouraged.



# Closed Division

Closed

**Who Can Enter:** All Levels Pro/Am & Am/Am

**Winners:** L1-4 Winners may enter this division again while their base entry level is still the same. L5&6 can enter every year.

**Floor Contact/Tricks:** Both feet always close to the floor. L5&6 have a note about safe, elevated Rudolph Rhondes in Rumba & Bolero.

**Dance Holds:** Traditional Basic Holds only. And there are some holds defined in each dance style.

**Character:** Material must be danced with American Style Technique and Character of each individual dance style.

**Lead/Follow:** All material must be lead & followed.

**Timings:** As defined in the individual dance styles.

**INTENTION:** Closed Division is to be different to the regular Levelled Heats by competing in the **core dancing elements** used in the other heats, to demonstrate the best judging criteria without the extra amalgamations, variations on dance holds or creative choreography available to all other Levelled Heats.



# Jack & Jill

Jack & Jill

**Who Can Enter:** Any amateur dancer attending ASDAC. They do not have to be a competitor. No Professionals or Judges.

**Winners:** Winners may enter this division again.

**Purpose:** To show social dancing skills of FUN, consideration, friendliness, partnership, timing, technique & style when dancing with a surprise partner. Unpracticed and unrehearsed fun. (Not about the fanciest steps).

**ELEMENTS ALLOWED:** Social Dancing Figures. No Tricks or Lifts.