

ASDAC 2019

Reference Book





ASDAC REFERENCE BOOK

ASDAC recognises the variety of figures across all the American Style curriculums and welcomes it.

To compete in a fair environment, ASDAC has a system of 'LEVELS', with each Level specifying which 'elements' are allowable and which are not.

The spirit of these allowable elements lets the judges see the best Amateur dancers, rather than the best professional choreographies.

Studios are to choose which Levels are most suitable their student to enter for their first ASDAC competition based on their current learning in their own studio system. We trust that a studio will not enter a high level experienced dancer/-competitor into a Level that is below their regular abilities. If a student has a figure in their curriculum which is at odds with the 'Level' where their studio would like to enter them, there are 2 choices:

1. Enter that student into a higher Level which accomodates the element of the more advanced figure.
2. Simply remove/edit the figure to eliminate the element in question, from the students ASDAC figures.

Once a student has competed at ASDAC, their next allowable entries will be based on their previous placings.

This competition allows a student to dance either 'freestyle' or use a 'predetermined order of figures'. Teachers must use which ever they feel is to the greatest advantage to their student.

Some figures found in International Style are also acceptable in American Style as long as the American Style technique is used.

Any pattern/figure may be danced as long as it is not in conflict with ASDAC's definition of the Level that the student is entered into.

When Planning your figures for a Level:

Look at all the figures allowed & not allowed in all the other Levels of the same dance style. This way you have the best understanding of what is best to dance. Some of the Not Allowed figures only show up when they are near the Levels closely related. If a figure is 'Not Allowed' in a higher Level, it also means it is 'Not Allowed' in the lower Levels. If you are using a figure from a different dance style into another one eg: Rumba figure into Mambo, you must still see if the Elements in that figure are allowed in Mambo. Some elements vary between dance styles.



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