

Lifts & Performing Arts

A lift is considered a disqualifiable offence when one partner has both feet off the floor at the same time, when in contact with their partner. (Except for the unicorn which may only be used in Mambo & Salsa.)

Definition

Partners may have 1 foot on the floor whilst in contact with each other, and the foot on the floor is not required to bear weight. Solo jumps are acceptable as long as there is no supporting contact between partners at the time. There may be minimal contact without assisting the jump and violating this is easily determined by the judges/invigilator.

Any contention around assisted lifts will be ruled against the competitor for pushing the limits of the rules.

Partners are permitted to do leans, attitude lines and develops, supported balance lines, and fully supported moves where at least 1 foot is in contact with the floor at all times and does not endanger other competitors in Level 5 and above. Some exceptions are stated in 'Allowed Elements'.

LIFTS ARE NOT PERMITTED AT THIS COMPETITION

and are grounds for immediate disqualification. Any person who causes injury to another person at any time during the event is solely responsible for their own actions whether intentional or not. Only the parties involved in the injury event will be responsible for any costs that occur as a result. ASDAC, the Organiser/s and SDA PTY. Ltd. assume NO responsibility for any such injuries because all precautions, warnings and consequences are accepted by all people who attend ASDAC, by the act of attending.

Performing Arts Definition:

Assisted tricks such as Horse & Cart, Sitting Hen, Slashes, Flairs etc.

Any trick which is deemed dangerous to other competitors.

ANY TRICK WHICH INJURES OR IMPEDES ANOTHER COUPLES DANCING WILL RESULT IN IMMEDIATE DISQUALIFICATION.

Lifts in the Professional Showcase Routine Exhibitions are only permitted at entirely your own risk, at entirely your own personal, physical, mental and monetary cost for accidents and injuries, physical, mental & emotional. ASDAC, the Organiser/s and SDA PTY. Ltd. assume NO responsibility for the unknown choices of performers and are not liable for injuries incurred by dancers who knowingly choose to do lifts and tricks.

World & USA Rhythm Champions
Nazar Norov & Irina Kudryashova
performing a supported lean at
ASDAC 2019.