

New to ASDAC? Looking for a refresh?



# How ASDAC Works For You

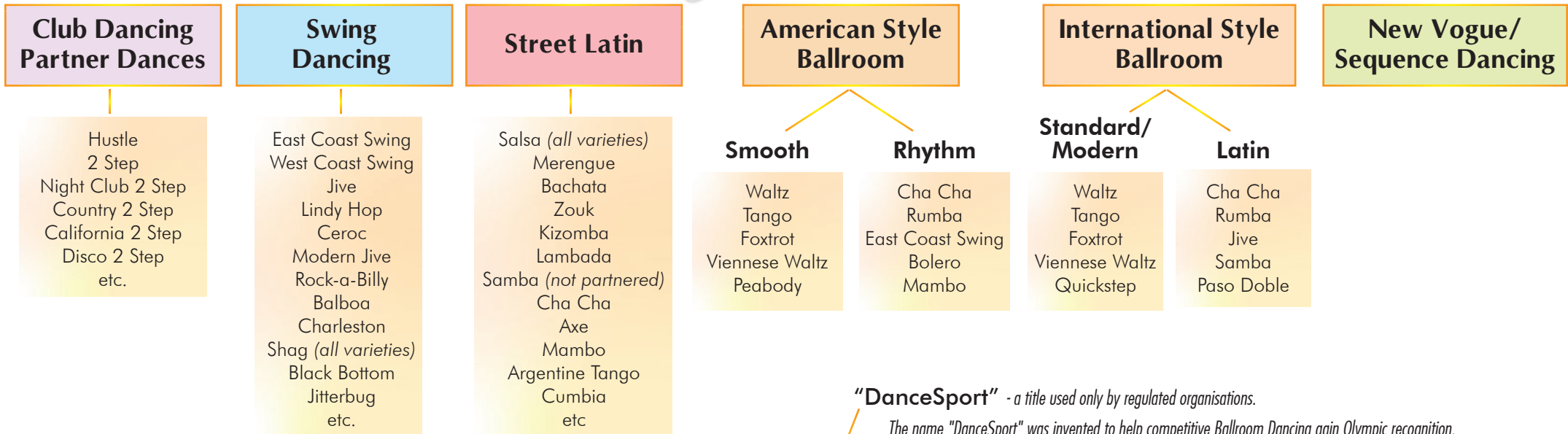
A Quick & Easy Tour :

- Terminology* 1. It's all about Terminology : Part 1 : Titles
2. It's all about Terminology : Part 2 : Figures & Elements
- The Levels* 3. The ASDAC Level System
- Base Level* 4. Base Levels - Major & Minor Dances
- Know Your Stuff* 5. Know Your Stuff : Rule Book, Reference Book & Teacher's Chart
- Entry Forms* 6. Entry Forms

# 1. Part One : It's all about "Terminology".

- references to cover the Titles of relevant Dance Styles

*Titles :*



**"DanceSport"** - a title used only by regulated organisations.

The name "DanceSport" was invented to help competitive Ballroom Dancing gain Olympic recognition.  
 \*Sport, in general, is defined by international organisations such as the United Nations or the Council of Europe for the purpose of establishing their sports-related policies. \*(<https://www.worlddancesport.org/About/All>)  
 DanceSport events are sanctioned and regulated by DanceSport organizations at national and international levels, such as the World DanceSport Federation.  
 The term DanceSport applies to the International Style as well as the American Style of competitive Ballroom Dancing. (<https://www.wikidancesport.com/wiki/18/dancesport>)

*Dance Styles Used In :*



## 2. Part Two : It's all about "Terminology".

### *Figures & Elements :*

The "Dance Language" we all use, essentially refers to the same material.

**An "Element" :** A small number of 'Individual Steps' combined in a particular way, create a dance "Element", just like 'letters' create 'words'.

*For example: a forward step, a side step and a closing of the feet. (Removing all amounts of turn and technique etc.)*

*Smooth/Rhythm Example :* These 3 steps combine to create these 2 different "Elements" :

*a: The first half of a Rumba Box. b: The first half of a Waltz Box.*

*Standard/Latin Example :* These 3 steps combine to create these 2 different "Elements" :

*a: A Reverse Turn. b: A Natural Turn.*

**A "Figure/Pattern" :** **Smooth & Rhythm :**  
Any number of "Elements" combined in a particular way, creates a "Figure/Pattern", just like 'words' create 'sentences'.

*Smooth/Rhythm Example :* Combine these 3 different "Elements" a: Open Twinkle b: Open Right Turn c: Open Impetus Turn  
d: Continuity Ending commenced in P.P., and you have the American Smooth "Figure/Pattern" called: "The Open Right Turn".

This means that "Figures" that include more than one "Element" are essentially "Amalgamations/Choreographies".

**Amalgamation/  
Choreography :** When a "Figure/Pattern" immediately connects to another "Figure/Pattern" it is also called an "amalgamation/choreography".

*An "Amalgamation/Choreography" can be either a: 'pre-planned' or b: 'freestyle'.*

**Standard & Latin :** The syllabi lists are all "Elements". The Standard & Latin community call these "Figures".

*3 steps combined create these 2 different "Figures" : a: A Reverse Turn. b: A Natural Turn.*

**Names Part 1 :** **Smooth & Rhythm "Elements" and Standard & Latin "Figures" :**  
"Elements/Figures" have traditional names that are usually descriptive, and sometimes creative.

*Smooth Example :* Continuity Endings. *Standard Example :* Feather Steps. (They are the same steps with different names.)

**Names Part 2 :** **Smooth & Rhythm "Figures/Patterns" :**  
"Figures/Patterns" have many names that are created by individual companies/studios/teachers for their own unique syllabi.

*Example :* The Foxtrot "Forward Basic" is the same as "The Magic Step".

**Standard & Latin "Amalgamations/Choreographies" :**

The combining of these "Figures/Elements" doesn't get re-named. They are still described by their original names and called "Choreographies". *Tango Choreography :* 2 Walks, Open Reverse Turn Lady Outside, Open Finish, Promenade Link. (Smooth Figure : The Tango "Open Left Turn".)

### 3. "Elements" and the ASDAC "Level" System?

*The Level System:*

**"Fun and Fair for All"**

Level 1 is the lowest level for the newest amateur dancers and Level 6 is for the most experienced amateur dancers.

**Each "Level" is defined by the "Elements/Figures Allowed" and "Not Allowed"**

**The "Reference Book" will outline what can be danced in each Level.**

This is how to approach "Which Level To Enter My Student" :

1. Choose a Step Pattern/Choreography from a Dance Style.
2. Work out which "Elements" are included in it.
3. Find out which Level in the Reference Book accepts the majority of the elements.
4. This is the Level that will be most fair for your student to enter.
5. It doesn't matter if there are elements in the figure from a lower Level.
6. If there are 1 or more elements "not allowed" until a higher Level, you have 2 choices.
  - a. Easiest: Remove the element/figure from the student's ASDAC competition training.
  - b. Enter the higher Level that "Allows" the element.

Considerations - The higher Levels will have competitors who are more experienced with the higher Level elements.

- Once you enter at a particular "Base Level", you cannot enter at a lower Level than that in the future.

## 4. What is a "BASE LEVEL"?

### *Base Levels :*

A student learns the majority of the dance styles they know at essentially the same level.

*For Example : Beginner Dancer, Advanced Beginner Dancer, Intermediate Dancer, Bronze 1 Dancer, Silver 2 Dancer, etc.*

These are the student's "Major Dance Styles".

Many students choose to learn 1 or more extra dance styles "occasionally" or "started later" so the progress is generally behind their Major Dance Styles to a lesser or greater extent.

*The dancer will not be a "true beginner" in these newer dance styles as they will apply their current movement abilities and knowledge to the newer styles.*

These are the student's "Minor Dance Styles".

**The Level of a Student's "Major Dance Styles" is their "Base Level".**

*Your Entry Form asks you to fill in the student's "Major Dance Styles" and the "Base Level" they are currently dancing them in their lessons.*

"Minor Dance Styles" can only be entered 1 Level lower than their "Base Level" if you feel it is more fair for your student.

Now you can enter your student into all their Major Dances at their Base Level and up to 2 Levels higher. And you can enter whichever other minor dances your student wants, at 1 Level lower and also up to 2 Levels higher as well.

ASDAC works on the honesty system.

The fair Entry Level for the current learning of your student is also fair for the other competitors entering that Level too.

*We thank you for your honesty.*

## 5. Rule Book, Reference Book & Teacher's Chart

*Know Your Stuff:*

You can find the Rule Book, Reference Book and Teacher's Chart as PDF's on the website.

[www.asdac.com.au](http://www.asdac.com.au)

### **The Rule Book**

Will help guide you into a fun, fair and professional competition. It's a 'must read'.

### **The Reference Book**

Whenever you are unsure about an "element/figure", check out the dance style "elements allowed & not allowed" in the correct Level as well as the Level above and below for clarification.

Still have questions? Ask Sharon : email : [sharon@asdac.com.au](mailto:sharon@asdac.com.au)

### **The Teacher's Chart**

Each teacher requires their own chart.

This is your fail safe way to avoid double booking yourself.

Your fail safe way to enter your students into the correctly.

Use it to 'pencil in' your potential entries for each student and assess your availability.

'Ink In' the entries when your student pays for them.

Use the Teacher's Chart to CHECK each individual Entry Form for accidental entry mistakes.

Send each finalised Teacher's Chart to ASDAC with your Entry Forms.

## 6. How to Fill Out Your “Entry Form”

### *Entry Forms :*

The Entry Forms are an Excel Spreadsheet File.

Read the Information at the front. It’s all important and relevent.

Fill in the Cover Sheet so ASDAC has your latest up-to-date contact information.

*We can’t reliably use data from the previous 12 months or more.*

There are Pro/Am, Am/Am and Pro/Pro Entry Forms.

Spell everything correctly because we use your spelling on everything :)

The forms will calculate your entry totals for you, but you need to fill in the Tax Invoice yourself as your double check method for your own finances as well.

Keep the original Entry Form File blank and save each individuals forms as separate files.

Couples can have all their forms saved in the same file Am/Am and Pro/Am.

Send your entries in earlier than the deadline so Sharon can check that your entries are correct before you send payment.

Entering Social Savvy? Only 6 places available, so send those entry forms and payment before all the places are taken!

*Happy Preparations!*