



Updated January 2020

Sanctioned Categories & Time Limits COMPETITION GUIDELINES

<u>Couples Freestyle</u>		<u>Small Teams (3-5 Dancers)</u>	
Country Hoedown	8 max	Contemporary Line	3 max
6/8 Cpl. Southern Appalachian	8 max	Traditional Line	3 max
6/8 Cpl. Freestyle	8 max	Exhibition	3 max
Running Set Hoedown	8 max	Traditional Line Formation	3 max
4 Or More Cpl Open Hoedown	5 max	Contemporary Line Formation	3 max
 <u>Couples Precision</u>		 <u>Variety</u>	
4 or More Cpl Open Precision	5 max	Exhibition	3 max
Running Set Precision	8 max	Props Exhibition	3 max
4 Couple Precision	8 max	Show (3 min set-up time)	5 max
6 or 8 Cpl. Precision	8 max	Mixed Clogging	3 max
6 or 8 Cpl Smooth	8 max		
 <u>Traditional Lines</u>		 <u>Open Dance</u>	
Traditional Line	3 max	Irish Step Dance	3 max
Traditional Line Formations	3 max	Hip Hop	3 max
 <u>Contemporary Lines</u>		Jazz	3 max
Contemporary Line	3 max	Lyrical/Contemporary	3 max
Contemporary Line Formations	3 max	Multi Styles	3 max
 <u>Acapella</u>		 <u>Novice</u>	
Acapella Team	3 max	Line	3 max
Progressive Acapella	3 max	Traditional Line	3 max
		Exhibition	3 max
		4 or More Cpl. Hoedown	5 max

Non-Sanctioned Categories & Time Limits

Traditional Duo	3 max	Traditional Solos	
Traditional Duet (Buck & Wing)	3 max	Contemporary Solos	
Contemporary Duo	3 max	Acapella Solos	
Contemporary Duet	3 max	Flat foot Solos	
Show Duo/Duet	3 max	Novice Solos	
Open Dance Duo	3 max	Short Duo/Duet	
		Acapella Duo/Duet	
		Choreographed Solos (1 min set-up time)	3 max
		Open Dance Solos (1 min set-up time)	3 max

Hoedown Categories -- Timing begins when last dancer starts dancing & ends when first dancer stops dancing.

- ❖ Precision Categories -- Timing begins when the first dancer starts dancing and/or uses body movements and ends when the last dancer stops dancing and/or uses body movements.
- ❖ Small Teams consist of 3 to 5 Dancers.
- ❖ Novice categories may be danced for 1 year per team per category and age division.

Age Divisions:

Team, Duo/Duets & Trios

Tiny Tot	6 & Under
Pee Wee	7 - 9
Elementary	10 - 12
Junior	13 - 15
Senior	16 - 18
Young Adult	19 - 29
Adult	30 - 50
Senior Adult	51 & Over

***Team, Duo/Duet, & Trio age divisions are determined by AVERAGE age & are NOT flexible.**

Solos

3 & Under	16 - 19
4 - 5	20 - 25
6 - 7	26 - 31
8 - 9	32 - 40
10 - 11	41 - 50
12 - 13	51 & over
14 - 15	

***Age division for Solos, Flatfoot, & Acapella may vary per sanctioned competition for all solo categories. All age divisions are set, as written in the rules, for the Year-end event.**

Flatfoot & Acapella Solos

9 & Under
10 - 15
16 - 20
21 & Over

***Males & Females compete against each other**

General Information

1. At the World Championships, a dancer may only dance twice per contemporary dance category. NO Limit for Traditional categories. At regional competitions, there is no limit to the number of times a dancer may dance.
2. Caller of figures must dance on stage with the team.
3. Teams must place 1st or 2nd with each category and age division at two sanctioned competitions to qualify for the World Championships in October.
4. 5 certified judges (Determined by The UCA) are required. Highest and lowest scores will be dropped, and the 3 middle scores averaged.
5. The same 5 judges must judge a competition category in its entirety. Different judges may be used for different categories. Different judges shall NOT be used for different age divisions for the same category.
6. A Rules, "Rep", Official will be in attendance and will have the final say regarding any rule infractions.
7. Point Deductions on Rep Sheets for affected categories:
 - A. 5-point deduction will result if improper number of dancers is used.
 - B. 2-point deduction for everyone not dancing at all times in Acapella Team.
 - C. 1-point deduction for every 15 seconds or portion thereof, exceeding the given time limits.
 - D. 1-point deduction for each dancer not dressed correctly.
(Male position dancer must wear slacks; Female position dancer must wear skirt or dress)
 - E. 1-point deduction for placing dancers on stage. EXCEPTION: Tiny Tot age division.
 - F. 1-point deduction for "directing" off stage. EXCEPTION: Tiny Tot age division.
 - G. 1-point deduction for not holding HOME position in Southern Appalachian, Smooth, 4 Couple Precision, 6/8 Couple Precision, and 6/8 Couple Freestyle.
 - H. 1-point deduction for not swinging to set HOME POSITION in Country Hoedown and 4 Couple Precision.
 - I. 1-point deduction for couples not becoming active to perform small circle figures.
 - J. 1-point deduction for each required figure not performed and each corner/partner swing not performed when required.
 - K. 1-point deduction for improper progression.
 - L. 10-point deduction for Dancing more than twice in a Contemporary dance category at the World Championships.
8. DRESS CODE: NO Fannies, No Midriffs, No Cleavage, Tasteful Clothing in All Categories.
9. Disqualifications:
 - a. Use of alcoholic beverages on premises.
 - b. If Entry Fees are not paid for all dancers performing on stage. (Festival Directors Discretion).
 - c. If a team dances in the wrong age division. Example: You register in Adult age division and dance, when the average age of your dancers is Young Adult.
10. *The* UCA World Championships is NOT a Sanctioned Competition.

Category Rules

Country Hoedown and 4 Couple Precision

Dancers 4 Couples. -- Any number of males and/or females. Must have even number of dancers.

Figures Traditional Mountain Figures.

Minimum of 2 DIFFERENT big circle figures (Opening and Closing). An additional big circle break figure must be used between the 2nd and 3rd small circle figures.

Minimum of 4 different small circle figures with progression between each figure.

Even AND Odd Couples MUST start small circle figures. Either even couples or odd couples may lead simultaneously when directed by the caller. If the caller has a single couple lead, then an additional Big Circle break figure must be performed when the single lead couple has returned to their home position. Corner/Partner swing required after each small circle figure.

Below is one framework example of how a routine should flow.

This is one common order of dance for Country Hoedown: (Several others are described in the Encyclopedia of Traditional Appalachian Square Dancing).

- Couple must square the set prior to doing the first figure, meaning that all couples must stop in their designated HOME position in the squared set.
 - o Once the square is set the HOME position must be identified by each couple swinging their partner with a full partner swing.
- Big Circle Figure # 1 (Opening Figure) All Couples Active.
- Small Circle Figure # 1
 - o Couple # 1 (Odd Couple) performs a small circle figure with couple #2 (Even Couple) by progressing counter clock wise, inside the set to visit the HOME position of Couple #2: while at the same time, couple # 3 (Odd Couple) performs a small circle figure with Couple #4 (Even Couple) by progressing counter clock wise, inside the set to visit the HOME Position of Couple #4.
 - Corner/Partner Swing.
 - Couple # 1 (Odd Couple) progresses counter clockwise inside the set to face couple #4 (Even Couple) at their HOME Position: At the same time, Couple #3 (Odd Couple) progresses counter clockwise inside the set to face Couple # 2 (Even Couple) at their HOME position.
- Small Circle Figure # 2:
 - o Couple # 1 (Odd Couple) performs a small circle figure with Couple #4 (Even Couple) at the HOME Position of Couple # 4: at the same time, Couple # 3 (Odd Couple) Performs a small circle figure with Couple # 2 (Even Couple) at the Home Position of Couple # 2.
 - Corner/Partner Swing.
 - Couple # 1 (Odd Couple) Progresses counter clockwise inside the set to their own home position: At the same time Couple # 3 (Odd Couple) Progresses counter clockwise to their own HOME Position.
- Break Figure - An additional Big Circle Figure #2 must be used between the 2nd and 3rd small figures.
- Small Circle Figure #3:
 - o Couple # 2 (Even Couple) performs a small circle figure with Couple # 3 (Odd Couple) by progressing counter clockwise, inside the set to visit the HOME Position of Couple # 3: while at the same time, Couple # 4 (Even Couple) performs a small circle figure with Couple # 1 by progressing counter clockwise, inside the set to the HOME Position of Couple # 1.
 - Corner/Partner Swing.
 - Couple #2 (Even Couple) progresses counter clockwise, inside the set to face Couple # 1 (Odd Couple) at their HOME Position: at the same time Couple # 4 (Even Couple) progresses counter clockwise, inside the Set to face Couple # 3 (Odd Couple) at their HOME Position.
- Small Circle Figure # 4:

- Couple # 2 (Even Couple) performs a small circle figure with Couple # 1 (Odd Couple) at the HOME position of Couple # 1: while at the same time, Couple # 4 (Even Couple) performs a small circle figure with Couple # 3 (Odd Couple) at the HOME position of Couple # 3.
 - Corner/Partner Swing
 - Couple # 2 (Even Couple) progresses counter clockwise, inside the set to their OWN HOME Position: at the same time, Couple # 4 (Even Couple) progresses counter clockwise, inside the set to their OWN HOME Position.
- Big Circle Figure # 3 (Closing Figure) – All Couples Active

Dress Code	<p>Traditional apparel required. Dancer dancing male position MUST wear slacks, Dancer dancing female position MUST wear dress or skirt. ALL outfits MUST be coordinated in material, style, and color. <u>No Fannies, No midriffs, No cleavage, No ragged clothing.</u></p>
Steps	<p><u>Country Hoedown:</u> Freestyle footwork using Southern Appalachian steps with rhythmic sound. <u>4 Couple Precision:</u> Precision footwork. Traditional drag slide steps encouraged. Progressive steps are allowed.</p>
Movement	<p>Applied to both Country Hoedown and 4 Couple Precision. Dancers must not start simultaneously. <u>Couples must "square set" prior to doing 1st figure. (Identify HOME position by swinging partner).</u> Progression must be on inside of set in a counter-clockwise direction. Quadrille – (4 couple square) formation with 1 or 2 couples traveling. Inactive couples must Hold Home position. Couples may not progress across the center of the set while performing small circle 4 figures. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.</p>
Music	<p>Traditional music - No vocals.</p>
Callers	<p>Figures must be called and heard from within the set.</p>
Time Limit	<p>8 minutes max (For Country Hoedown – Timing begins when last dancer starts dancing, and ends when the first dancer stops dancing). (For 4 Couple Precision – Timing begins when dancers start dancing and or use body movements, and ends when dancers stop dancing and/or stop using body movements).</p>

The Original 6/8 Cpl. Southern Appalachian

- Dancers** 6 or 8 Couples. -- Any number of males and/or females. Must have an even number of couples.
- Figures** Traditional mountain figures.
Minimum of 2 big circle figures.
Progression to the first small circle figure must be done from a Big Circle figure: therefore a Big Circle Figure is required at the beginning of the routine.
Minimum of 4 different small circle figures with progression between each figure.
Even Couples must hold Home position.
Corner/Partner swing required after each small circle 4 figure (Exceptions are figures NOT requiring a Corner swing).
- Dress Code** Traditional apparel required.
Dancer dancing male positions MUST wear Slacks, Dancer dancing female positions MUST wear dress or skirt.
All outfits must coordinate in material, style, and color.
No Fannies, No Midriffs, No Cleavage, No ragged clothing.
- Steps** Freestyle footwork using Southern Appalachian steps with rhythmic sound (Train Sound).
- Movement** Dancers must not start simultaneously.
Couples oriented dance while performing figures and formations.
Progression must be on the inside of set in a counter-clockwise direction.
Couples may not progress across the center of the set while performing small circle 4 Figures.
No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
- Music** Traditional music -- No vocals.
No Electric Instruments.
- Callers** Figures must be called and heard within the set.
- Time Limit** 8 minutes max. Timing begins when last dancer starts dancing, & ends when the first dancer stops dancing.

6/8 Cpl. Freestyle

- Dancers** 6 or 8 Couples. -- Any number of males and/or females. Must have an even number of couples.
- Figures** Traditional mountain figures.
Minimum of 2 big circle figures.
Progression to the first small circle figure must be done from a Big Circle figure: therefore a Big Circle Figure is required at the beginning of the routine.
Minimum of 4 different small circle figures with progression between each figure.
Even Couples must hold Home position.
Corner/Partner swing required after each small circle 4 figure (Exceptions are figures NOT requiring a Corner swing).
- Dress Code** Traditional apparel required.
Dancers are NOT required to wear slacks in the male position.
All outfits must coordinate in material, style, and color.
No Fannies, No Midriffs, No Cleavage, No ragged clothing.
- Steps** Freestyle footwork using Southern Appalachian steps with rhythmic sound (Train Sound).
- Movement** Dancers Must Not start simultaneously.
Couples oriented dance while performing figures and formations.
Progression must be on the inside of set in a counter-clockwise direction.
Couples may not progress across the center of the set while performing small circle 4 Figures.
No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
- Music** Traditional music -- No vocals.
Percussive Instruments allowed.
- Callers** Figures must be called and heard within the set.
- Time Limit** 8 minutes max. Timing begins when last dancer starts dancing, & ends when the first dancer stops dancing.

***** The Difference in Original 6/8 Couple Southern Appalachian and the 6/8 Couple Freestyle is Musical Choice. You can use instrumental “new age, rock, gangster-grass, cover songs re-done to a bluegrass beat”**

Running Set Hoedown and Running Set Precision

- Dancers** 4 Couples. -- Any number of males and/or females.
- Figures** 1 Opening figure. 1 Closing Figure. These must be 2 different Big Circle Figures.
4 Different visiting couple figures (Corner/Partner swings not necessary led by 4 Different couples. Break figure occurs at end of progression by the active couple when they return to home position in the circle.
Couples must return to Home position after each Break Figure is performed.
Column figures are not allowed.
- Here is the framework of how the routine must flow:
Big Circle Figure # 1 (Opening Figure) – All Couples Active
Couple # 1 performs a small circle figure with Couples # 2, # 3, and # 4
Break Figure (All Couples Active)
Couple # 2 performs a small circle figure with Couples # 3, # 4 and # 1.
Break Figure (All Couples Active)
Couple # 3 performs a small circle figure with Couples # 4, # 1 and # 2.
Break Figure (All Couples Active)
Couple # 4 performs a small circle figure with Couples # 1, # 2 and # 3
Big Circle Figure # 2 – (Closing Figure) – All Couples Active
- Dress Code** Traditional apparel required.
Dancer dancing male positions MUST wear Slacks, Dancer dancing female positions MUST wear dress or skirt.
All outfits must coordinate in material, style, and color.
No Fannies, No Midriffs, No Cleavage, No ragged clothing.
- Steps** Hoedown: Freestyle footwork using Southern Appalachian steps with rhythmic sound.
Precision: Precision footwork using Running Step (Performed using a soaring, graceful run on the ball of the foot).
Active couples **must not** stop with running step. **Inactive** couples **may** perform some rhythmic motion with no break when again becoming active.
- Movement** `Hoedown: Dancers must not start simultaneously.
`Precision: Dancers must start simultaneously.
`Progression must be on inside of the set in a counter clockwise direction.
`No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
- Music** `Traditional music - No vocals.
- Callers** `Figures must be called and heard from within the set.
- Time Limit** `8 minutes max
`Hoedown: Timing begins when last dancer starts dancing, & ends when the first dancer stops dancing.
`Precision: Timing begins when dancers start dancing and/or use body movements, & ends when dancers stop dancing and/or using body movements.

4 or More Couple Open Hoedown

Dancers	Minimum of 8 dancers. - Any combination of males & females. Must have even number of dancers.
Figures	Traditional Mountain Figures. Minimum of 1 big circle figure. Minimum of 2 small circle figures.
Dress Code	ALL outfits MUST be coordinated in material, style, and color. Dancers are NOT required to wear slacks in the male position. <u>No Fannies, No midriffs, No cleavage, No ragged clothing</u>
Steps	Freestyle Southern Appalachian footwork with a rhythmic sound.
Movement	Dancers must not start simultaneously. Couple oriented dance while performing figures and formations. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music - No Vocals.
Callers	Figures must be called and heard from within the set.
Time Limit	5-minute max. Timing begins when the last dancer starts dancing, & ends when First dancer stops dancing.

4 or More Couple Open Precision

Dancers	Minimum of 8 dancers. - Any combination of males and/or females. Must have and even number of dancers.
Figures	Traditional Mountain Figures. Minimum of 1 big circle figure. Minimum of 2 small circle figures.
Dress Code	ALL outfits MUST be coordinated in material, style, and color. Dancers are NOT required to wear slacks in the male position. <u>No Fannies, No midriffs, No cleavage, No ragged clothing.</u>
Steps	Precision footwork. Progressive steps allowed.
Movement	Dancers must start simultaneously. Progressive movements are allowed. Couple oriented dance while performing figures and formations. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – No Vocals. Music breaks are allowed.
Callers	Figures may be called but not required.
Time Limit	5-minute max. Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.

6/8 Couple Smooth and 6/8 Couple Precision

Dancers	Minimum of 6 or 8 couples. Any number of males and/or females.
Figures	MUST use Sicilian Set up for small circle figures. Traditional Mountain Figures. Minimum of 2 different big circle figures (Opening and Closing). Progression to the first small circle figure must be done from a big circle figure: therefore a Big Circle Figure is required at the Beginning of the routine. Minimum of 4 different small circle figures with progression between each figure. All Couples MUST be active in all small circle figures. Corner/Partner swing required after each small circle 4 figures. (Exceptions are figures NOT requiring a corner swing).
Dress Code	Traditional apparel required. Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. ALL outfits MUST be coordinated in material, style, and color. <u>No Fannies, No midriffs, No cleavage, No ragged clothing.</u>
Steps	<u>6/8 COUPLE SMOOTH:</u> Precision footwork. Gliding Step on Ball of Foot Required. <u>6/8 COUPLE PRECISION:</u> Precision Footwork. Traditional Drag-slide steps are encouraged, Progressive steps are allowed.
Movement	Dancers must start simultaneously. Progression must be on the circumference of the set in a counter clockwise direction. Couples may not progress across center of set while performing small circle 4 figures. Both - No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed. (With the exception of Basket of Flowers in 6/8 Couple Smooth). Couple Oriented dance while performing figures and formations.
Music	Traditional music - No vocals. Music breaks allowed.
Callers	<u>6/8 COUPLE SMOOTH</u> – Figures must be called and heard from within the set. <u>6/8 COUPLE PRECISION</u> - Figures may be called but is not required.
Time Limit	8 minutes max <u>6/8 COUPLE SMOOTH and 6/8 COUPLE PRECISION</u> – Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.

Traditional Line and Small Team Traditional Line

Dancers	Traditional Line (Minimum of 6 dancers, No Maximum). Small Team Traditional Line 3 to 5 Dancers. Any combination of males and/or females.
Figures	Figures are not allowed.
Dress Code	Traditional apparel required. All outfits must be coordinated in material, style, and color. <u>No Fannies, No Midriffs, No Cleavage and No ragged clothing.</u>
Steps	Footwork must be Traditional style steps - drag slide. No progressive steps are allowed. 100% Precision footwork.
Movement	No hand, head, or body choreography. All dancers must face same direction at the same time. Dancers are not allowed to face each other in the same line. All lines must move in the same direction at the same time. Dancers must start and stop on stage together. No clogging onto or off stage. No progressive movements. No dancing as couples. No rise & shine or individual dancing. No body contact is allowed. No stage movement that appears to be a stage production. ONLY feet may touch the floor.
Music	Country, Bluegrass, or Traditional-style music only -- with or without vocals.
Callers	Dance must not be called or cued from on or off stage.
Time Limit	3-minute max. Timing begins when dancers start dancing, & ends when dancers stop dancing.

Traditional Line Formations & Small Team Traditional Line Formations

- Dancers** Traditional Line (Minimum of 6 dancers, No Maximum).
Small Team Traditional Line 3 to 5 Dancers.
Any combination of males and/or females.
- Figures** Figures are not allowed.
- Dress Code** Traditional Apparel Required. All outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage.
- Steps** Must be traditional style steps – drag slide clogging.
Progressive steps are allowed.
- Movement** No Hand, Head, or body choreography.
No Dancing as Couples.
No Rise & Shine/ individual dancing.
No body contact is allowed.
Trading of lines, twisting of lines, passing through lines, bending of lines, rotation, V's, Columns, interaction of lines are allowed and encouraged.
No dancing onto or off stage. Dance must begin and end on stage.
Only feet may touch the floor.
- Music** Country, Bluegrass, or Traditional-style music only - with or without vocals.
- Callers** Dance must not be called or cued from on stage or off stage.
- Time limit** 3-minute max
Timing begins when dancers start dancing, & ends when dancers stop dancing.

Contemporary Line and Small Team Contemporary Line

Dancers	Line (Minimum of 6 dancers) Small Team Line (3 to 5 dancers) Any combination of males and/or females
Figures	Figures are not allowed
Dress Code	All outfits must be coordinated in material, style, and color. <u>No Fannies, No Midriffs, No Cleavage.</u>
Steps	Precision footwork. Progressive steps are not allowed.
Movement	All dancers must face same direction at the same time. Dancers are not allowed to face each other in the same line. All lines must move in the same direction at the same time. Dancers must start and stop on stage. No clogging onto or off stage. No progressive movements. No dancing as couples, No Rise & Shine or individual dancing. No body contact is allowed. No stage movement that appears to be a stage production. Hand, Head, body movements are encouraged. Jazz & floor movement are allowed. (Example: Ending in a laying position). Don't overshadow footwork.
Music	Any type of music allowed. <u>NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.</u>
Callers	Dance must not be called or cued from on or off stage.
Time Limit	3-minute max. Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.

Contemporary Line Formations and Small Team Line Formations

Dancers	Line (Minimum of 6 dancers) Small Team Line (3 to 5 dancers) Any combination of males and/or females
Figures	Figures are not allowed.
Dress Code	All outfits must be coordinated in material, style, and color. <u>No Fannies, No Midriffs, No Cleavage.</u>
Steps	Precision Footwork. Progressive steps are allowed.
Movement	Dance must start and stop on stage. No clogging onto or off stage. Progressive movements are allowed. No dancing couples. No rise & shine/ individual dancing. No body contact is allowed. Trading of lines, twisting of lines, passing through lines, bending of lines, rotation, V's, Columns, interaction of lines are allowed and encouraged. Hand, head, body movements are encouraged. Jazz and floor movements are allowed. Don't over shadow footwork with Jazz and floor movement.
Music	Any type of music allowed. <u>NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.</u>
Callers	Dance Must Not be called or cued from on or off stage.
Time Limit	3-minute max. Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.

Acapella Team

Dancers	Minimum of 3 dancers - Any combination of males and/or females.
Figures	No Figure Restrictions.
Dress Code	<u>No Fannies, No Midriffs, No Cleavage.</u>
Steps	Precision footwork. Progressive steps are NOT allowed. Dancers must start together and end together. <u>ALL Dancers Must dance at ALL times. Missed steps are considered as not dancing.</u> No props are allowed. All sound must be caused by feet in clogging shoes on floor.
Movement	Dance must start from and end on stage. No dancing on or off stage.
Music	No music is allowed.
Callers	Dance must not be called or cued from on or off stage (Except to begin routine).
Judging	Judges will face the stage and judge the clarity, complexity, & intricacy of performance.
Time Limit	3 minutes max. Timing begins when dancers start dancing, & ends when dancers stop dancing.

Progressive Acapella Team

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Restriction to figures.
Any figure is allowed & encouraged.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage.
- Steps** Precision Footwork.
Progressive steps and body movements are allowed.
Props are allowed but not required.
Emphasis on Creativity.
Dancers are NOT Required to Start together & End together.
Two or more dancers must be dancing at all times.
Sound must come from Feet Clogging, Claps, Vocals and Props from dancers in unison.
- Movement** Dance must start from & end on Stage.
No dancing on or off stage.
Claps, Hand, Head & Body movement are allowed & encouraged.
Teams can dance as Couples and/or Individuals (Both are encouraged).
Where the Lines may twist, bend, rotate, trading of lines, V's, columns, and boxes are allowed and encouraged. (No restrictions on formations).
Creativity in choreography plus great sound & energy is the focus.
No Dance lifts, pull through, splits, tosses, leaps, cartwheels, flips.
- Props** Props are allowed.
- Music** No music allowed.
- Callers** Vocal Cues are allowed.
- Judging** Judges will watch & judge the Sound, clarity, complexity, rhythm, and intricacy of performance as well as how the claps, hand, head, body movement and prop usage compliment the overall sound and footwork.
- Time Limit** 3-minute max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Exhibition and Small Team Exhibition

- Dancers** **Exhibition:** Minimum of 6 dancers - Any combination of males and/or females.
Small Team: 3 to 5 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions. This dance may NOT be recognized as choreography that fits another category.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage.
- Steps** Precision footwork. Progressive steps are allowed.
- Movement** Stage production numbers should be performed in this category.
Dance must start and stop on stage. No clogging onto or off stage.
Progressive movements are allowed.
Body Contact is REQUIRED.
Any type of movement is allowed.
Hand, head, body movements are allowed and encouraged.
No Rise & Shine.
No props are allowed.
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance must not be called or cued from on or off stage.
- Time Limit** 3-minute max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Props Exhibition

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions. This dance may NOT be recognized as choreography that fits another category.
- Dress Code** All outfits must be coordinated in material, style, and color. **No Fannies, No Midriffs, No Cleavage.**
- Steps** Precision footwork. Progressive steps are allowed.
- Movement** Stage production numbers should be performed in this category.
Dance must start and stop on stage. No clogging onto or off stage.
Progressive movements are allowed.
Body Contact is REQUIRED.
Any type of movement is allowed. Hand, head, body movements are allowed and encouraged.
No Rise & Shine.
Body Props are REQUIRED – These props **MUST** be attached to the body and **MUST NOT**
leave the body the entire routine. **No Trading or Exchanging of Props.**
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 3-minute max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Show

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions.
- Dress Code** Costumes should enhance the theme of the routine.
No Fannies, No Midriffs, No Cleavage.
- Steps** Minimum of 80% clogging steps. 20% any other type of steps.
- Movement** Theme is required. Stage choreography is required.
Must not be recognizable of another category.
Creative Opening & Closing is required.
Heavy Emphasis on creativity and showmanship.
Stage props are allowed (Must NOT exceed the 3 minute setup time limit).
Music, choreography, and costumes, must all blend to carry out a theme.
Any type of movement is allowed.
Every dancer on stage, MUST Dance/Clog at some point during routine.
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 5 - minute dance time max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.
- Setup Time** 3-minute max.

Irish Step Dance

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions.
This dance may NOT be recognized as choreography that fits in any other category.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage, No ragged clothing.
- Steps** **100%** Irish step dance footwork.
Precision footwork.
Progressive steps are allowed.
- Movement** Stage production numbers (with NO theme) should be performed in this category.
Dance MAY start or stop off stage.
Body Contact Is REQUIRED.
Any type of family oriented movement is allowed.
Hand, head, body movements are allowed and encouraged.
No props are allowed.
- Music** Traditional Irish Jig or Reel music allowed. **Vocals are allowed.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 3 minutes max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Open Dance (Multi Styles)

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions.
This dance may NOT be recognized as choreography that fits any other category.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Cleavage.
- Steps** **Jazz, Lyrical, Contemporary, Shag, Boogie Woogie, Jitterbug, Urban, etc.**
May feature more than one style.
- Movement** Stage production numbers (with NO theme) should be performed in this category.
Dance MAY start or stop off stage..
Body Contact Is REQUIRED.
Any type of family oriented movement is allowed.
Hand, head, body movements are allowed and encouraged.
No props are allowed.
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 3 minutes max
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Hip Hop

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions. This dance may NOT be recognized as choreography that fits any other category.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Cleavage.
- Steps** **Hip Hop**
- Movement** Dance MAY start or stop off stage.
Any type of family oriented movement is allowed.
Hand, head, body movements are allowed and encouraged.
Props are allowed.
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 3 minutes max
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Jazz

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions.
This dance may NOT be recognized as choreography that fits any other category.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Cleavage.
- Steps** **Jazz.**
- Movement** Stage production numbers should be performed in this category.
Dance MAY start or stop off stage..
Body Contact Is NOT REQUIRED.
Any type of family oriented movement is allowed.
Hand, head, body movements are allowed and encouraged.
props are allowed.
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 3 minutes max
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Lyrical/Contemporary

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions.
This dance may NOT be recognized as choreography that fits any other category.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Cleavage.
- Steps** **Lyrical & Contemporary.**
- Movement** Stage production numbers should be performed in this category.
Dance MAY start or stop off stage..
Body Contact Is NOT REQUIRED.
Any type of family oriented movement is allowed.
Hand, head, body movements are allowed and encouraged.
Props are allowed.
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 3 minutes max
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Mixed Clogging (Styles & Steps)

- Dancers** Minimum of 3 dancers - Any combination of males and/or females.
- Figures** No Figure Restrictions.
This dance may NOT be recognized as choreography that fits any other category.
- Dress Code** All outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage, No ragged clothing.
- Steps** Segments of at least 4 different types:
Southern App, Smooth, Running Set, Flatfoot, Buck, Contemporary, Irish, etc.
- Movement** Stage production numbers (with NO theme) should be performed in this category.
Dance MUST start and stop on stage.
Body Contact Is REQUIRED.
Any type of family oriented movement is allowed.
Hand, head, body movements are allowed and encouraged.
No props are allowed.
- Music** Any type of music allowed. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Callers** Dance Must Not be called or cued from on or off stage.
- Time Limit** 3 minutes max
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Traditional Duo

Dancers	1 Couple -- Male/Male or Female/Female.
Dress Code	Traditional apparel required - Male must wear slacks. Females may wear slacks or dress. Outfits must be coordinated in material, style, and color. <u>No Fannies, No Midriffs, No Cleavage, No ragged clothing.</u>
Steps	Precision Footwork. Traditional drag slide steps are required. Progressive steps are allowed.
Movement	Use the whole stage. Do not separate from partner and dance across stage from each other. No clogging onto or off stage.
Interaction	Lots of interaction, be creative, and family oriented. Dance as couple as much as possible using plenty of arm movement as well as turns. Dance <u>WITH EACH OTHER</u> -- not just to the audience
Music	Country, Bluegrass, or Traditional-style music only, with or without Vocals.
Time Limit	3-minute max. Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.

Traditional Duet - Buck and Wing

Dancers	1 Couple Male/Female.
Dress Code	Traditional apparel required - Male must wear pants; female must wear dress or skirt. Outfits must be coordinated in material, style, and color. <u>No Fannies, No Midriffs, No Cleavage, No ragged clothing.</u>
Steps	Precision Footwork. Traditional drag slide steps are required. Progressive steps are allowed.
Movement	Use the whole stage. Do not separate from partner and dance across stage from each other. No clogging onto or off stage.
Interaction	Use the whole stage. Do not separate from partner and dance across stage from each other (Except for short period). No clogging onto or off stage. Dance as couple holding hands as much as possible using plenty of arm turns. Dance <u>WITH EACH OTHER</u> -- not just to the audience
Music	Country, Bluegrass, or Traditional-style music only, with or without Vocals.
Time Limit	3-minute max. Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.

Contemporary Duo

- Dancers** 1 Couple -- Male/Male or Female/Female.
- Dress Code** Any Type of costumes.
Outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage.
- Steps** Precision Footwork. Any type of clogging steps is allowed. Progressive steps are allowed.
- Movement** Use the whole stage.
Do not separate from partner and dance across stage from each other (Except for short period).
No clogging onto or off stage.
- Interaction** Lots of interaction, be creative, and family oriented.
Dance as couple as much as possible using plenty of arm movement as well as turns.
Dance WITH EACH OTHER -- not just to the audience
- Music** Any type of music. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Time Limit** 3-minute max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.

Contemporary Duet

- Dancers** Couple -- Male/Female.
- Dress Code** Any Type of costumes.
Outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage.
- Steps** Precision Footwork. Any type of clogging steps is allowed. Progressive steps are allowed.
- Movement** Use the whole stage.
Do not separate from partner and dance across stage from each other (Except for short period).
No clogging onto or off stage.
- Interaction** Lots of interaction, be creative, and family oriented.
Dance as couple holding hands as much as possible using plenty of arm turns.
Dance WITH EACH OTHER -- not just to the audience
- Music** Any type of music. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Time Limit** 3-minute max.
Timing begins when dancers start dancing and/or use body movements,
Timing ends when dancers stop dancing and/or using body movements.

Show Duo/Duet

- Dancers** 1 Couple -- Male/Female or Male/Male or Female/Female.
- Dress Code** Should coordinate with the theme.
Outfits must be coordinated in material, style, and color.
No Fannies, No Midriffs, No Cleavage.
- Steps** Minimum of 80% clogging steps required.
20% other steps allowed.
- Movement** Theme is required. Stage Choreography is required.
Creative opening & closing is required.
Heavy emphasis on creativity and showmanship.
Simple stage props are allowed.
Music choreography, and costumes must all blend to carry out a theme.
Any type of movement is allowed.
- Interaction** Lots of interaction, be creative, and family oriented.
Dance WITH EACH OTHER -- not just to the audience
- Music** Any type of music. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Time Limit** 3-minute max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.
- Setup Time** 1 minute

Open Dance Duo/Duet

- Dancers** 1 Couple -- Male/Female or Male/Male or Female/Female.
- Dress Code** Should coordinate with the theme.
Outfits must be coordinated in material, style, and color.
No Fannies, No Cleavage.
- Steps** **Hip Hop, Jazz, Lyrical, Contemporary, Shag, Boogie Woogie, Jitterbug, Urban, etc.**
May feature more than one style.
- Movement** Theme is required. Stage Choreography is required.
Creative opening & closing is required.
Heavy emphasis on creativity and showmanship.
Simple stage props are allowed.
Music choreography, and costumes must all blend to carry out a theme.
Any type of movement is allowed.
- Interaction** Lots of interaction, be creative, and family oriented.
Dance WITH EACH OTHER -- not just to the audience
- Music** Any type of music. **NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.**
- Time Limit** 3-minute max.
Timing begins when dancers start dancing and/or use body movements.
Timing ends when dancers stop dancing and/or using body movements.
- Setup Time** 1 minute

Short Duo/Duet

Time limit will be 48 beats in line and again on Rise & Shine.

Any type of steps is allowed.

When music begins, start dancing and "Go for it" as a couple.

Each couple will have an opportunity to Rise & Shine beginning with the couple on your right.

Return to line on your left.

When Rise & Shine is complete, all couples "Go for it" till music stops.

No Fannies, No Midriffs, No Cleavage.

Acapella Duo/Duet

Time limit will be 48 beats.

Any type of steps is allowed.

This is a dance of sound, rhythm, and patten.

Judges will face the dancers.

Emcee will give number to judge and cue each dancer to start.

Dancer will stop dancing on Emcee's cue.

No Fannies, No Midriffs, No Cleavage.

Choreographed Clogging Solos

Dress Code	Costumes Should Coordinate with Theme of Routine. <u>No Fannies, No Midriffs, No Cleavage.</u>
Steps	Minimum of 80% clogging required.
Movement	Interpretation of music or theme is required. Clarity of Steps/ Complexity & Sound of Steps. Heavy Emphasis on creativity and showmanship & Body lines & Jazz/Hip hop moves. Simple stage props are allowed. Any type of movement is allowed. Must be family oriented.
Music	Any type of music. <u>NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.</u>
Time Limit	2-minute max. Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.
Setup Time	1-minute max.

Choreographed Open Dance Solos

Dress Code	Costumes Should Coordinate with Theme of Routine. <u>No Fannies, No Cleavage.</u>
Steps	Jazz, Lyrical, Contemporary, Shag, Boogie Woogie, Jitterbug, Urban, etc. May feature more than one style.
Movement	Interpretation of music or theme is required. Heavy Emphasis on creativity and showmanship & Body lines & Jazz/Hip hop moves. Simple stage props are allowed. Any type of movement is allowed. Must be family oriented.
Music	Any type of music. <u>NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE.</u>
Time Limit	2-minute max. Timing begins when dancers start dancing and/or use body movements. Timing ends when dancers stop dancing and/or using body movements.
Setup Time	1-minute max.

GUIDELINES FOR FREESTYLE SOLOS

Dress Code **No Fannies, No Midriffs, No Cleavage, No ragged clothing.**

Steps No award will be given for performing the wrong type of steps in any Solo category.

Traditional, Contemporary, Flatfoot & Novice Solos

- Time limit will be 20 seconds or 32 beats of music in line and again on Rise & Shine.
- Any type of steps is allowed in Contemporary.
- Only Traditional drag slide steps are allowed in Traditional.
- Only old time drag, low to the floor rhythmic steps are allowed in Flatfoot.
- Dancers will line up on stage facing judges (with the exception of Flat foot)
- Flatfoot solos will set up in a circle for their entire solo.
- For traditional & contemporary solos – Begin when music begins, start dancing and "Go for it".
- Each dancer will have an opportunity to Rise & Shine beginning with the dancer on your right.
- Return to the line on your left.
- When Rise & Shine is complete, all dancers "Go for it" until the music stops.
- **No Fannies, No Midriffs, No Cleavage.**

Acapella Solos

- Time limit will be 32 beats.
- Any type of steps is allowed.
- This is a dance of sound, rhythm, and patter.
- Judges will face the dancers.
- Emcee will give number to judge and cue each dancer to start.
- Dancer will stop dancing on Emcee's cue.
- **No Fannies, No Midriffs, No Cleavage.**