

Latin, Ballroom & Club Dancing Rules and Regulations

Couples & Solo age Categories

- 1.Small Kids 4-6
- 2.Juveniles 1 7-9
- 3.Juveniles 2 10-12
- 4.Juniors 13-15
- 5.Youth 16-18
- 6.Adults 19+
- 7.Senior 35+

Couples Categories (each dance is considered as a different category)

- Samba - Rosettes
- ChaChaCha - Rosettes
- Rumba - Rosettes
- Paso Doble - Rosettes
- Jive - Rosettes
- Slow Waltz - Rosettes
- Tango - Rosettes
- Slow Foxtrot - Rosettes
- Quick Step - Rosettes

* Only Small Kids and Juveniles allowed for participation in Rosettes categories.

- Samba - Bronze
- ChaChaCha - Bronze
- Rumba - Bronze
- Paso Doble - Bronze
- Jive - Bronze
- Slow Waltz - Bronze
- Tango - Bronze
- Slow Foxtrot - Bronze
- Quick Step - Bronze
- Samba - Silver
- ChaChaCha - Silver
- Rumba - Silver
- Paso Doble - Silver
- Jive - Silver
- Slow Waltz - Silver
- Tango - Silver
- Slow Foxtrot - Silver
- Quick Step - Silver
- Samba - Gold
- ChaChaCha - Gold
- Rumba - Gold
- Paso Doble - Gold

- Jive - Gold
- Slow Waltz - Gold
- Tango - Gold
- Viennese Waltz - Gold
- Slow Foxtrot - Gold
- Quick Step - Gold
- Solo Categories
- Samba - Rosettes
- ChaChaCha - Rosettes
- Rumba - Rosettes
- Paso Doble - Rosettes
- Jive - Rosettes
- Samba - Bronze
- ChaChaCha - Bronze
- Rumba - Bronze
- Paso Doble - Bronze
- Jive - Bronze
- Samba - Silver
- ChaChaCha - Silver
- Rumba - Silver
- Paso Doble - Silver
- Jive - Silver
- Samba - Gold
- ChaChaCha - Gold
- Rumba - Gold
- Paso Doble - Gold
- Jive - Gold

Technical Rules

The technique and the figures should be based according to the Walter Laird's & Guy Howard's books, The Viennese Waltz Script and the appropriate Syllabus

Rosettes - at least 1 figure which could be repeatedly executed throughout the dance (ex. Time Step in Cha Cha Cha)

Bronze - Up to associate level according to the syllabus

Silver - Associate & Licentiate level according to the syllabus

Gold - Associate, Licentiate & Fellow level according to the syllabus.

*Viennese Waltz has no levels according to the syllabus. This dance will be performed only on the "Gold" level

Samba

Associate

Natural Basic Movement, Reverse Basic Movement, Progressive Basic Movement, Side Chasses, Rhythm Bounce, Samba Whisk To L and R, Promenade Samba Walks, Side Samba Walk, Stationary Samba Walks, Close Rocks on RF and LF, Samba side Chasses, Corta Jaca,

Traveling Botafogos, Reverse Turn, Natural Roll, Volta Spot Turn to R, Volta Spot Turn to L

Licentiate

Open Rocks on RF and LF, Promenade Botafogos, Backward Rocks on RF & LF, Plait, Shadow Botafogos, Travelling Voltas to R, Traveling Voltas to L, Continuous Volta Sp. Turn to R, Continuous Volta Sp. Turn to L

Fellow

Circular Voltas to R, Circular Voltas to L, Contra Botafogos, Samba Locks, Promenade to Count Prom Runs, Dropped Volta, Cruzados Walks, Cruzados Locks in Shadow Pos, Methods of changing feet 1-4

Cha Cha Cha

Associate

Cha cha cha Chasses to L & R, Cha cha cha Locks Fwd & Bwd, Time Step, Close Basic Mvt, Open Basic Mvt, Fan, Hockey Stick, Check From Open CPP, Check From Open PP, Spot Turn to L, Spot Turn to R, Under Arm Turn to R, Under Arm Turn to L, Shoulder To Shoulder, Hand To Hand, Alemana Finish A, Alemana From Open pos L – R, Natural Top Finish A

Licentiate

Ronde Chasse, Hip Twist Chasse, Slip Close Chasse, Hockey Stick turned to Op CPP, Natural Top Finish B, Alemana Finish B, Alemana Checked to Op. CPP, Alemana From Open pos R – R, Close Hip Twist, Close Hip Twist turned to Op CPP, Open Hip Twist, Open Hip Twist Turned to Op. CPP, Cross Basic, Method Of Changing Feet 1&2

Fellow

Guapacha Timing, Close Hip Twist Spiral, Open Hip Twist Spiral, Cuban Break in Open Position, Cuban Break in Open CPP, Split Cuban Break in Open CPP, Split Cuban Break From CPP and Open PP, Turkish Towel, Methods of changing feet No 3

Rumba

Associate

Fwd Walk, Bwd Walk, Basic Movement, Fan, Hockey Stick, Spot Turn to L, Spot Turn to R, Under Arm Turn to R, Under Arm Turn to L, Check From Open CPP, Check From Open PP, Hand To Hand, Alemana, Alemana From Open pos L – R, Close Hip Twist, Open Hip Twist, Natural Top

Licentiate

Alternative Basic Movement, Hockey Stick turned to Op CPP, Close Hip Twist turned to Open CPP, Alemana Checked to Op. CPP, Alemana From Open pos R – R, Open Hip Twist Turned to Op. CPP, Opening Out to L and R, Spiral, Spiral Turned to Fan Position, Spiral Turned to Open CPP, Curl, Curl Turned to Open CPP, Curl Turned to Open Position, Reverse Top, Advanced Opening Out Movement

Fellow

Fallaway, Cuban Rocks, Rope Spinning, Sliding Doors, Three Alemanas, Continuous Hip Twist, Continuous Circular Hip Twist

Paso Doble

Associate

Basic Movement, Sur Place, March, Appel, Chasses to R, Chasses to L, Elevations to R, Elevations to L, Attack, Separation, Huit, Promenade, Sixteen, Twist Turn, Promenade Close, Chasse to L end in PP

Licentiate

Grand Circle, La Passe, Banderillas, Syncopated Separation, Fallaway Whisk, Fallaway Reverse, Spanish Line, Methods of changing feet 1-2 & 3, Promenade to Counter Promenade

Fellow

Twists, Chasse Cape, Travelling Spins From PP, Travelling Spins From CPP, Flamenco Taps, LF Variation, Coup De Pique From LF to RF, Coup De Pique From RF to LF, Coup De Pique Couplet, Syncopated Coup De Pique, Alternative Entries to PP

Jive

Associate

Rock Action, Jive Chasse To L & R, Basic In Place, Basic In Fallaway, Change of Place R to L, Change of Place L to R, Change of Hands Behind Back, Link, Whip, Promenade Walks Slow, Promenade Walks Quick, American Spin

Licentiate

Change of Place R to L With Double Spin, Overturned Change of Place L to R, Double Cross Whip, Curly Whip, Throwaway Whip, Reverse Whip, Fallaway Throwaway, Overturned Fallaway Throwaway, Ball Change

Fellow

Stop And Go, Windmill, Chicken Walks, Rolling Of The Arm, Spanish Arms

Slow Waltz

Associate

RF Closed Change, LF Closed Change, Reverse Turn, Natural Turn, Whisk, Chasse From Prom Pos, Natural Spin Turn (+ underturned), Natural Turn with Hesitation, Reverse Corte, Back Whisk, Outside Change, Weave In Waltz Time

Licentiate

Closed Telemark, Open Telemark followed by Wing, Op Telemark followed by Cross Hesitation, Open Impetus Turn, Op Impetus Turn followed by Wing, Op Impetus Turn followed by Cross Hesitation, Op Impetus Turn followed by Weave, Whisk followed by Weave, Underturned Outside Spin, Turning Lock to L, Reverse Pivot, Progressive Chasse to R, Backward Lock Step, Forward Lock Step, Open Telemark

Fellow

Double Reverse Spin, Outside Spin, Turning Lock to R, Left Whisk, Fallaway Natural Turn, Running Spin Turn, Closed Wing, Contra Check

Tango

Associate

Progressive Side Step, Progressive Link, Closed Promenade, Open Promenade, Basic Reverse Turn, Op Reverse Turn Lady in line, Op Reverse Turn Lady outside, Progr Side Step Rev Turn, Natural Rock Turn, Back Corte, Rock on LF, Rock on RF, Natural Promenade Turn

Licentiate

Nat Prom Turn to Rock Turn, Natural Twist Turn, Promenade Link, Four Step, Brush Tap, Outside Swivel to R, Outside Swivel to L, Reverse Outside Swivel

Fellow

Fallaway Promenade, Four Step Change, Back Open Promenade, Chase, Oversway, Five step, Reverse Five Step

Viennese Waltz

Complete Syllabus

Fwd Change Steps (Natural to Reverse), Fwd Change Steps (Reverse to Natural), Bwd Change Steps (Natural to Reverse), Bwd Change Steps (Reverse to Natural), Reverse Turn, Natural Turn, Reverse Fleckerl, Natural Fleckerl, Check from Reverse Fleckerl to Natural Fleckerl

Slow Foxtrot

Associate

Feather Step, Three Step, Reverse Turn, Natural Turn, Closed Impetus Turn, Feather Finish + Feather Ending, Reverse Wave, Weave (After 1-4 of Reverse Wave), Change of Direction, Natural Weave

Licentiate

Op Telemark Feather Ending, Closed Telemark, Op Telemark, Passing Nat. Turn, Outside Swivel, Feather Ending, Open Impetus Turn, Weave From PP (Preceded by Open Impetus Turn), Top Spin, Natural Telemark, Hover Telemark, Qck Nat Weave from PP, Natural Twist Turn, Qck Op Reverse Turn, Open Telemark

Fellow

Reverse Pivot, Open Telemark followed by Weave from PP, Hover Cross, Curved Feather to Back Feather, Curved Feather from PP, Fallaway Reverse Turn and Slip Pivot, Lifting Fallaway with Weave Ending, Natural Zig Zag From PP, Extended Reverse Wave, Curved Three Step

Quick Step

Associate

Quarter Turn to R, Natural Turn at a Corner, Natural Pivot Turn, Natural Spin Turn (+

underturned), Nat Turn with Hesitation, Progressive Chasse, Forward Lock Step, Backward Lock Step, Progressive Chasse to R, Reverse Turn, Quick Open Reverse Turn, Tipple Chasse to R at a corner, Tipple Chasse along the side of the room

Licentiate

Running Finish, Tipple Chasse to L, Reverse Pivot, Closed Telemark, Open Impetus Turn, Open Telemark, Passing Natural Turn, Four Quick Run, Running Right Turn, Nat Turn Back Lockstep Running Finnish, V – 6

Fellow

Double Reverse Spin, Cross Swivel, Fishtail, Six Quick Run, Hover Corte, Tippy to R, Tippy to L, Rumba Cross, Running Cross Chasse

Music

- 1- The duration of the music for the couples will be +/-90 seconds
- 2- Each song will be characteristic to the dance, according to the books, and randomly chosen by the Dj

Clothing Restrictions

Small Kids(4-6 y.o.) & Juveniles (7- 12 y.o.) Latin & Ballroom

Girls appearance (Dresses, Shoes and Styling)

1. Shiny materials such as shiny fabrics, rhinestones, sequins and sparks are not allowed
2. Jewelries are not allowed
3. The length of the dress should be up to knee level, to cover the thighs and the glutes. The back and chest area should be covered as well
4. White sock should be worn
5. The heels of the dancing shoes, should not exceed approximately 3 cm
6. The "ballerina bun" should be applied as a hair style
7. The makeup that could be applied should look natural

Boys appearance

1. Shiny materials such as shiny fabrics, rhinestones, sequins and sparks are not allowed
 2. Jewelries are not allowed
 3. White shirt with long sleeves should be worn
 4. Black tie or bow tie should be worn
 5. Black shoes with short flat heels accompanied with black socks should be worn
 6. The hair should be styled with gel or lac
- Juniors and over (over 12y.o.)

Ladies appearance

1. The worn dresses should be appropriate to the style (Latin or Ballroom)
2. The breast should be covered with the bra cups to not exceed 5cm of the distance between

them

3.The glutes, the flex point between the legs and the body should be covered, see-through fabrics shouldn't be applied on the intimate body areas

4.Brief style, not skin colour, underwear should be used

5.Hair styling should be formal and appropriate to the style of dance (Ballroom or Latin)

6.The shoes should be appropriate to the dance style (Ballroom or Latin)

Man's Appearance

1.Man's clothing should be appropriate to the dance style (Ballroom or Latin). For ballroom dances men should wear 1.a white long sleeve shirt accompanied with a bow tie 2. Men up to 15 years old could wear a vest 3. Men over 17 years old could wear a black tail suit or a jacket or a vest

2.Black or dark tone trousers should be worn

3.Hair styling should be formal and appropriate to the style of dance (Ballroom or Latin)

4. The shoes should be appropriate to the dance style (Ballroom or Latin)

General rules for Ballroom and Latin

a.The men/boys could accompany other ladies for partnering although this is possible only in different age groups categories except their own

b.The participants of couple categories are not allowed to compete in solo categories

c.The participants of solo categories are not allowed to compete in couple categories

d.Teachers are not allowed to partner with their students

Latin & Club/Social Dancing Groups and Formations

Groups

Groups Age Groups

1.Juveniles 1 6-9

2.Juveniles 2 10-12

3.Juniors 13-16

4.Youth/Adults 17+

Categories

●Small Group (3 - 7 participants)

●Big Group (8 - 20 participants)

Styles

●Latin Synchro (S, CCC, R, PD, J)

●Latin Choreography (S, CCC, R, PD, J)

●Club/Social dancing (Salsa, Bachata, Merengue, Caribbean Mix)

Music

1 - The duration of the music for the groups will be up to 150 seconds(2mins 30sec)

2 - Each song/remix should be characteristic according to the dance style.

3 - The teacher of each group is responsible for production/remix of the composition.

4 - The teacher is responsible for carrying the music on a usb flash driver

General Rules

1. The choreography could be themed
2. The choreography could be synchronized without changes in the formations, or polyrhythmic with changes in the formations
3. At least 5 characteristic actions should be included in the choreography according to the dance style(Ballroom, Latin, Caribbean)
4. At least 1 of 5 dances should be included in a Latin choreography in Juveniles category and 3 of 5 dances for Juniors, Youths and Adults
5. At least 1 of 3 dances should be included in a Club/Social Dance Choreography
6. Elements from other dance styles could be used
7. Acrobatics are permitted during the performance, although the choreography should not exceed 3 acrobatic tricks in total, which are not allowed to be performed in a single continuation, but they should be split throughout all the choreography. Acrobatic trick is considered when a full frontal or sagittal rotation of a body is done

Clothing Restrictions

Themed costumes could be used

Small Kids & Juveniles (up to 11 y.o.)

Girls Dresses, Shoes and Styling

1. Shiny materials such as shiny fabrics, rhinestones, sequins and sparks are not allowed
2. Jewelries are not allowed
3. The length of the dress should be up to knee level, to cover the the thighs and the glutes. The back and chest area should be covered as well
4. White sock should be worn
5. The heels of the dancing shoes, should not exceed approximately 3cm
6. The "ballerina bun" should be applied as a hair style
7. The makeup that could be applied should look natural

Boys appearance

1. Shiny materials such as shiny fabrics, rhinestones, sequins and sparks are not allowed
2. Jewelries are not allowed
3. White shirt with long sleeves should be worn
4. Black tie or bow tie should be worn
5. Black shoes with short flat heels accompanied with black socks should be worn
6. The hair should be styled with gel or lac

Juniors and over (over 12y.o.)

Ladies appearance

1. The worn dresses should be appropriate to the style (Latin or Ballroom)

- 2.The breast should be covered with the bra cups to not exceed 5 cm of the distance between them
- 3.The glutes, the flex point between the legs and the body should be covered, see-through fabrics shouldn't be applied on the intimate body areas
- 4.Brief style, not skin colour, underwear should be used
- 5.For girls up to 13 years old 1.Shiny materials such as shiny fabrics, rhinestones, sequins and sparks are not allowed 2.Jewellries are not allowed 3.The makeup that could be applied should look natural
- 6.Hair styling should be formal and appropriate to the style of dance (Ballroom or Latin)
- 7.The shoes should be appropriate to the dance style (Ballroom or Latin)

Men Appearance

- 1.Man's clothing should be appropriate to the dance style (Ballroom or Latin). For ballroom dances men should wear 1.a white long sleeve shirt accompanied with a bow tie 2. Boys up 13 years old could wear a vest 3. Men could wear a black tail suit or a jacket or a vest
- 2.Black or dark tone trousers should be worn
3. For boys up to 13 years old 1.Shiny materials such as shiny fabrics, rhinestones, sequins and sparks are not allowed 2.Jewellries are not allowed
- 4.Hair styling should be formal and appropriate to the style of dance (Ballroom or Latin)
5. The shoes should be appropriate to the dance style (Ballroom or Latin)