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General Rules

Statement of Swing

Swing is an American Rhythm Dance based on a foundation of 6-beat and 8-beat patterns that incorporates a wide variety of rhythms built on 2-beat single, delayed, double, triple, and blank rhythm units. The 6-beat patterns include, but are not limited to, passes, underarm turns, push-breaks, open-to-closed, and closed-to-open position patterns. The 8-beat patterns include, but are not limited to, whips, swing-outs, Lindy circles, and Shag pivots. Although they are not part of the foundation of the dance as stated above, 2- beat and 4-beat extension rhythm breaks may be incorporated to extend a pattern, to phrase the music, and/or to accent breaks.

The objective is to provide a competitive performance venue for the various unique styles of swing that have developed across the nation to include the Carolina Shag, Dallas Push, East Coast Swing, Hand Dancing, Hollywood Swing, Houston whip, Imperial Swing, Jive, Jitterbug, Lindy Hop, Rock-n-Roll, and West Coast Swing, to name a few.

This statement will be used only to identify the presence of Swing content in a performance. It is not intended to be a full definition of Swing, or to be used to evaluate the quality of the performance. Each Judge will evaluate the presence of Swing content, which will be one of the criteria that determine a final score.

General Rules and Information

1. Contestants must register and pay $50 registration fee per Couple before August 20 and $65 On August 20 or after to compete in any division and pay the appropriate contest fees.
2. Contestants must sign a waiver and are responsible for reading these rules.
3. Contestants are responsible for checking the contest postings to assure their name is spelled correctly and they are placed in the correct contest/division.
4. “Hustle” includes Three Count, New York, Latin, and Four Count.
5. All divisions will have a leader (male or female) and a follower (female or male).
6. Contestants must wear the bib number that will be assigned to them at the time of sign in, or by the contest registration desk. There will be a $10 replacement charge. Exception: Followers do not need to wear their bib number during Strictly Swing or Strictly Hustle contests. Couples in routine divisions do not need to wear their bib number.
7. Contestants may compete in all dance divisions they qualify for including Jack & Jill, Strictly Swing, Pro-Am Swing, Pro-Am Hustle, Rising Star, Classic, Showcase and Master Routines. (Dancers must be age 50+ by the end of the event to dance in the Masters Division).
8. Eligibility: Competitors should choose levels appropriate to their skill and dance styles. We reserve the right to move competitors to more appropriate levels or to reject entries inappropriate for any of our divisions. “Beginner” is anyone who has been dancing for less than one year, an “Intern” is anyone dancing for one to five years, and “Advance” is anyone who has been dancing for over five years.
9. Clothing: NO JEANS DURING COMPETITION. Exception: If it is a specific costume for a choreographed routine.
10. Behavior: Competitors should conduct themselves maturely and display good sportsmanship. Contestants displaying poor behavior may be disqualified from competition with no refund, or be ejected from the event.
11. Contest Attendance. If you are not in the ballroom when your name and number are called for your contest division, and have not arrived by the end of all contestants being announced, you will not be allowed to dance in that contest.

Routines

Music: BRING AT LEAST TWO (2) CDs WITH YOUR MUSIC TO THE EVENT – JUST IN CASE ONE HAS A SKIP, OR ONE GETS BROKEN, ETC. IN ADDITION, PLEASE ALSO HAVE AN ELECTRONIC COPY OF YOUR MUSIC READY AND AVAILABLE TO DELIVER TO THE APPROPRIATE CONTEST DJ PRIOR TO FLOOR TRIALS.

Rising Star Division

This single division includes various styles of Swing including West Coast, East Coast,

Lindy Hop, and Shag, Hand Dance.

Dancer Eligibility

1. Never placed or made a qualifying final of a NASDE Classic or Showcase division

(No NASDE points).

1. Never won the US Open Rising Star division.
   1. Individuals may petition the RST committee no less than seven (7) days prior to the event at which they wish to compete with a different (eligible) partner by emailing petition@risingstartour.com

General

1. A couple may consist of opposite, or same sex dance partners. This is up to the discretion of each event.
2. The maximum number of entries in each division is at the Event’s discretion.
3. Minimum number of entries is three (3). If there are less than 3 couples, the event shall offer the competitors the opportunity to perform an exhibition, with judges’ feedback.
4. Swing content of any style is 70%. It is at the judges’ discretion to determine that the swing content has been met.
5. An individual is not permitted to dance twice within the same division or in another NASDE swing routine.

Specific

1. Performance time is a minimum of 2 minutes and a maximum of 3 minutes.
2. Competitors select their own music.
3. Costumes are required.
4. Time and judging starts at first movement of performance with or without music.
5. Separate entrances are permitted.
6. Breakaways and side by side patterns are permitted, not longer than eight beats.
7. Lifts are optional but not required.

Classic Division

Swing dancing that allows choreography with an "on the ground" approach to the dance. Drops, leans, circular movements and other partner weight support moves are allowed as long as both partners keep at least one foot on the floor.

General

1. Competitors will be one Leader and one Follower.
2. Guidelines for expected swing content are 80% in Classic. It is at the judges’ discretion to determine that the swing content requirement has been met.
3. An individual is not permitted to dance twice within the same division.

Specific

1. Performance time is a minimum of 2 minutes and maximum of 3 minutes. The clock begins when the performance starts as determined by the chief judge.
2. Competitors select their own music.
3. Costumes are allowed and encouraged.
4. Time and judging starts at first movement of performance with or without music.
5. Separate entrances are permitted but the couple must physically join together within 32 beats of music.
6. Couples must maintain physical contact except for spins, turns, short break-aways, and recoveries.
7. Dancers must maintain their own physical contact with the floor during partner weight support moves.
8. At most five partner weight support moves are permitted.

Showcase Division

Swing dancing that allows choreography with flair toward lifts and other partner weight support moves.

General

1. Contestants must be 18 years or older by the end of the event to participate.
2. Competitors will be one Leader and one Follower.
3. Guidelines for expected swing content are 60% in Showcase. It is at the judges’ discretion to determine that the swing content requirement has been met, or any dance allowed on registration.
4. An individual is not permitted to dance twice within the same division.

Specific

1. Performance time is a minimum of 2 minutes and maximum of 3 minutes. The clock begins when the performance starts as determined by the Chief Judge.
2. Competitors select their own music.
3. Costumes are allowed and encouraged.
4. Time and judging start at first movement of performance with or without music.
5. Separate entrances are permitted.
6. Break-a-ways and side-by-side patterns are permitted.
7. At least three partner weight support moves are required with the partner at knee level or above.
8. At least one partner weight support move is required with the partner above the waist.
9. There are no lift maximums.

Pro/Am Routine Spotlight Division

This division is offered for all styles of Swing including West Coast, East Coast, Lindy Hop,Hand, Shag and Hustle.

1. Students enter with their instructor and perform a choreographed routine to music they choose.
2. Routines are spotlighted.
3. Both the instructor and the student performance are judged.
4. Dance order will be chosen at random and posted prior to the division start time.
5. Music provided by the competitors must be a single track on a clearly labeled CD at least 2 minutes and no longer than 3 minutes.
6. Costumes are encouraged.
7. Lifts and drops are allowed but not required.
8. Time starts with first performance movement.
9. Routines must include at least 75% recognizable swing, or hustle.

Team Division

1. Each team must have a minimum of two (2) couples.
2. There is a limit of 10 team entries.
3. Each team must dance a minimum of 2 ½ minutes and no longer than 4 minutes.
4. Time begins at start of first performance movement.
5. Costumes are required.

Hustle Routine Division

This division includes all recognizable forms of Hustle including: Three Count, Latin, New York

and Four Count. Choreographed Hustle Routine danced in any Hustle style.

1. Routines are spotlighted.
2. Dance order is chosen at random and posted prior to the division start time.
3. Music provided by each couple and must be a single track on a clearly labeled CD at least 2 minutes and no longer than 3 ½ minutes.
4. Costumes are allowed and encouraged.
5. Choreographed entrances will be counted towards time limits.
6. Lifts and drops are allowed but not required.

Hustle Team Challenge Division

This is a Team Division that requires Eight (8) members per team.

1. Four (4) male Leaders and four (4) female Followers.
2. Four Leaders: 2 Hustle Professionals (Pros), and 2 Amateurs (Ams).
3. Four Followers: 2 Hustle Professionals (Pros), and 2 Amateurs (Ams)
4. One couple from each team will dance in competition with couples of the same construct from the other teams, in a “lead/follow” or Strictly Hustle (Just Hustle) contest for about 2 minutes per couple. The dance order of the couples from all Teams is as follows:
   1. Amateur – Amateur
   2. Pro/Am (Female Pro)
   3. Pro/Am (Male Pro)
   4. Pro/Pro
5. Each of the above couples will dance and compete. The judges will rank each couple after each round. The Team with the lowest cumulative score after all pairings above have danced in competition with couples of the same construct from the other team, wins the tournament.