

THE OFFICIAL *AUSTRALIAN LINE DANCER* COMPETITION RULES, GUIDELINES & GLOSSARY



FOR

SOUTHERN STATE LINE **DANCING** CHAMPIONSHIPS

Victoria

The following Rules and Guidelines must be read in conjunction with each other. They contain 'words with special meaning' as identified in '**bold print**' and are defined for the purpose of this document in the Glossary.

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1. Glossary:

Standard Line Dance:	A Line Dance performed with all Competitors moving in lines on the same foot, at the same time, in the same direction - identically - in which a step pattern is repeated at least once to any Piece of Music . Tags and bridges do not form a part of the repeating step pattern.
Freestyle Line Dance:	A Line Dance performed to any Track or Piece of where Competitors do not have to perform a Standard Line Dance.
Competitor(s):	One (1) or more performers per entry per section.
Solo:	A Competitor with one (1) performer
Duo:	Competitors with two (2) performers
Trio:	Competitors with three (3) performers
Small Team:	Competitors consisting of a minimum of four (4) and a maximum of nine (9) performers.
Large Team:	Competitors consisting of a minimum of ten (10) and an unlimited maximum number of performers.
Coach:	Instructor of a competition team without an advertised class.
Instructor:	must conduct at least one (1) advertised class per week.
Student:	must attend on average one (1) advertised line dance class per week.
Prop:	An item that is not worn as clothing, footwear, or headwear.
Track:	One (1) or more songs that are cut, extended, or spliced together for a performance to fit within time limitations.
Piece of Music:	One (1) song that is cut or extended for a performance to fit within time limitations. Unlike a Track , the Piece of Music cannot be enhanced by splicing two or more tracks together.
Set Dance:	A Standard Line dance which has a written dance sheet and which is selected and provided to Competitors by the Event Director/s .
Set Song:	A Piece of Music provided by the Event Director/s for the relevant section.
Variation:	A competitors own choreographed interpretation of the Piece of Music or Track and Set Dance for the performance in question and within the Rules. Applies only in a solo section.
Vanilla:	The Set Dance that has been choreographed and selected for the performance in question. Applies only in a solo section.
Event Director:	The person who has organized and who is responsible for the competition in question.
Athletic Movements:	Any movement that involves taking the complete weight of any Competitors body off both legs at the same time for more than two (2) counts of the music and also includes but is not limited to; Placing body weight on any other part of the body for any number of beats (hands / arms / head / torso / etc) Splits, flips or rolls (somersaults)

- Country Music:** A **Piece of Music** or **Track** that is produced by a recognised country artist or band and/or is/or has been in the country music charts.
- Choreography:** A competitors own choreographed interpretation of the **Piece of Music** or **Track** that is a **Line Dance / Standard Line Dance** or **Freestyle Line dance** as appropriate.
- Club:** A team of **Competitors** whom represent a **Coach** and/or a class instructor(s).
- Official Program:** The document produced by the **Event Director** outlining the following minimum details for the event in question;
- I. Name of **Event Director**(s), Organisers and Adjudicators.
 - II. Name and date of event.
 - III. Contact details for the event.
 - IV. Timeline and Order of events.
 - V. Venue name and address.
- Start Position:** The beginning position on the floor for **Solo Competitors**, as directed by the Head Judge.
- Styling:** A **Competitors** own choreographed interpretation of the **Piece of Music** or **Track** for the performance in question and that does not alter the **Set Dance**. This means that choreographed movements of the entire body may be used to add to the performance, so long as the **Set Dance** is still adhered to.
- Waltz:** Music can be in 3/2, 3/4, 3/8, 6/8, 9/8 12/8 time signatures. Dance steps must be in 3/4 timing and the rise and fall of a waltz should create a smooth wave motion.
- Costume:** Costumes should be appropriate to the music and the dance and may include:
- I. A shirt, vest, trousers, jeans, dress, top, leotard, skirt, Jumpsuit.
 - II. Dance tights must be worn with skirts/dresses.
 - III. Country boots, Country Hat, Cap, Street Shoes.

2. Guidelines:

2.1. Summary

- 2.1.1. The following guidelines provide all Competitors:
- Instructions for Music Submission
 - General information to assist **Competitors** with the interpretation of the Rules
 - General information to add to the **Competitors** performance in accordance with the Rules.

2.2. Music Submission

- 2.2.1. All music must be submitted to the **Event Director** as per the following;
- i. Sent via **Dropbox** in the **Club Folder**.
 - ii. Each **Track** and/or **Pieces of Music** is to be saved as follows in the order noted:
 - The Section Code (E.G: *2B*)
 - The Section Name (E.G: *12&U Small Team*)
 - The first name & last name of the **Competitor(s)** or the Team name as per the **Competitors** Section entry form. (E.G: *John Doe & Jane Doe* or *Team John*)
 - Working example: *2B – 12&U Small Team – John Doe & Jane Doe / Team John*
 - iii. It is the **Club/Competitors** responsibility to ensure that all **Pieces of Music** and/or **Tracks** are provided correctly.
 - iv. It is preferred that all music is submitted **two weeks** prior to the event.

2.3. General Information

- 2.3.1. For all sections, a minimum of three (3) **Competitors** is required for the section to go ahead. If there is less than (3) **Competitors** in a section, the **Event Director** will contact the relevant people to notify them of this and could possibly move competitors to a different **section**.
- 2.3.2. The maximum number of **Competitors** (per section) may be limited at the discretion of the **Event Director**.
- 2.3.3. **Competitors** must dance in a formation of choice for the performance and must maintain this formation, without change, for the duration of the performance.
- 2.3.4. Introductions are permissible (including freestyle type choreography) where introductory music allows.
- 2.3.5. Judging begins from the beginning of the **Piece of Music** or **Track** and continues until the **Piece of Music** or **Track** ceases, or the **Competitors** step off the dance floor – whichever comes first.
- 2.3.6. **Choreography** should be appropriate to a family audience and must not breach Rule 3.1.9. When creating and choreographing a performance, consideration should be given to:
- i. The entire body, not just foot, arm or head placement.
 - ii. The tempo of the **Piece of Music** or **Track**
 - iii. The entertainment value of the performance
 - iv. The style of dancing being performed.
- 2.3.7. Hand/arm positions may differ between male and female **Competitors** where differing costumes allow skirt and hats to be used to add to the presentation of a performance. Otherwise hand and arm positions should be identical.

2.4. Costumes

- 2.4.1. All **Competitors** must remain in competition costume for presentations to be eligible to accept awards.
- 2.4.2. Hats are not compulsory for either male or female **Competitors** for any performance although it is suggested cowboy hats are worn when performing to **Country Music**.
- 2.4.3. Modesty skirts to be worn at the competitor's discretion. It is strongly suggested that modesty skirts are worn

with long waltz skirts.

2.4.4. Hats and skirts used during a performance are not considered props.

2.5. Solo's: Standard Sections

2.5.1. **Competitors** in the **Solo Sections** are required to perform the **Set Dances** for their category as identified by the particular event. The **competitors** should complete the dance as written on the official step sheets which will be issued to all upon entry.

2.5.2. **Styling** is encouraged to be added to performance according to the music, and the style of dance E.G. hats or skirts may be utilized to add to the presentation of the performance.

2.5.3. Music for **Competitors** in the **Solo** sections will be provided by the **Event Director** or other nominated staff.

2.6. Waltz Sections

2.6.1. It is recommended and strongly encouraged that the technique of **Waltz** is adhered to with all competition routines regardless of music timing. Steps should be in groups of three with syncopations allowed.

2.7. Victorian Open Dynamic Duo

2.7.1. This routine must be a new routine (never danced before)

2.7.2. This Duo section is a freestyle section but not mandatory. Dancers will dance together, this may be side by side, face to face, and at times apart from one another as long as they remain in performance connection. Dancers may hold hands. It is not a requirement that dancers move in unity, however, their movement must be complimentary.

2.7.3. Music must be one Piece of Music (not a Track - compilation of songs spliced together).

2.8. SSLDC Charity Team Challenge

2.8.1. This Team is a section of 5 competitors. It is a freestyle section. Dancers will dance together, this may be side by side, face to face, and at times apart from one another as long as they remain in performance connection. Dancers may hold hands. It is not a requirement that dancers move in unity, however, their movement must be complimentary.

2.8.2. Music can be a Track with a maximum time limit of 4 minutes and 30 seconds.

2.9. Novice (Basic Section)

2.9.1. Novice Means:

- I. A competitor who has never entered a competition;
- II. Or never having received a medal in a competition;
- III. Or only having received a medal in a section of 3 competitors or less.
- IV. Or has been competing for less than 5 years

Please Note you only need to satisfy one of the above criteria to compete in the novice section. For example, you may have entered your first competition last year, competed against 5 other people, and won silver and can still compete as you meet criteria number 4.

2.9.2. Competitors are required to dance a class dance (released to the public)

2.9.3. Competitors can change the music if required (but are encouraged to dance to the music it was choreographed to)

2.9.4. A dance sheet must be provided along with your entry

2.9.5. Competitors can fade music after 2 minutes if they choose to.

2.10. Mentor and Novice Duo

- 2.10.1. A **Mentor** can dance up to **TWO times** in this section. Once with **one Novice competitor** and once with a **different Novice competitor**.
- 2.10.2. A **Mentor** can be a dancer who has competed before and/or an **instructor**.
- 2.10.3. A **Novice** is as per **rule 2.8.1**

2.11. Set Dance Sections

- 2.11.1. For **Set Dance Duo** sections it is required that at least one (1) **Competitor** is a **Novice / intermediate** dancer – as defined in the Glossary. Except open section competitors can be of any level.
- 2.11.2. For **Set Dance Crew** sections it is required that at least two (2) **Competitors** are **Novice / intermediate** dancers – as defined in the **Glossary**. Except open section only one is required.
- 2.11.3. **Competitors** are required to perform the **Set Dance** as provided by the **Event Director**. The **Competitors** should perform the dance as written on the official step sheets which are provided.
- 2.11.4. **Styling** is encouraged to be added to the performance according to the music and the style of dance E.G. hats or skirts may be utilized to add to the performance.
- 2.11.5. The **Piece of Music** for the **Set Dance** sections will be provided by the **Event Director**
- 2.11.6. Set Dance sections time limit is as per the entire length of the applicable Piece of Music provided for the section – however – depending on timing of the event, this may be cut to two minutes and thirty seconds (2.5 minutes) at short notice (on the day).
- 2.11.7. **Set Dance** sections may be danced in heats, as listed in the **Official Program**.
- 2.11.8. **Competitors** listed in each heat will compete on the floor at the same time (subject to change as required).

2.12. Set Song Sections

- 2.12.1. **Set Song** sections are for **Novice / Beginner, Intermediate and Advanced Competitors** – as defined in the Glossary.
- 2.12.2. **Competitors** are required to perform a **Choreographed dance** to the **Set Song** as provided by the **Event Director**.
- 2.12.3. The **Piece of Music** for the **Set Song** sections will be provided by the **Event Director**
- 2.12.4. **Set Song** section's time limit is as per the entire length of the applicable **Piece of Music** provided for the section – however – depending on timing of the event, this may be cut to two minutes and thirty seconds (2.5 minutes) at short notice (on the day).
- 2.12.5. **Set Song** sections may be danced in heats, as listed in the **Official Program**.
- 2.12.6. **Competitors** listed in each heat will compete on the floor at the same time (subject to change as required).

2.13. Blast From The Past

- 2.13.1. This can be done as a Duo, Trio or Team
- 2.13.2. This routine must be 10 years old and must not have been danced in competition the last 10 years.

3. Rules:

3.1. General Rules

- 3.1.1. **Competitors** may compete only once in any Section they enter.
Penalty – Disqualification
- 3.1.2. **Competitors** may be removed or substituted from team entries on day of competition. One performer per section/entry may be substituted where no rules are broken.
Penalty - Disqualification
- 3.1.3. Each **Club** cannot use the same **Piece of Music** or **Track** more than twice for the duration of the competition.
Penalty – Disqualification.
- 3.1.4. Age is determined as of the date of the competition. Proof of age is to be provided at the request of the event directors.
Penalty - Disqualification
- 3.1.5. **Competitors** must dance in the order published in the **Official Program**. **Competitors** must be ready to compete when called as per the published program. **Competitors** are provided with no more than two calls per performance.
Penalty – Disqualification
- 3.1.6. **Competitors** must remain on the floor for the duration of the performance, however dancing onto the floor during the introduction and off the floor as the **Piece of Music** or **Track fades** out is allowed.
Penalty – Disqualification
- 3.1.7. No **Athletic** movements are allowed.
Penalty – Disqualification
- 3.1.8. No **Props** allowed.
Penalty – Disqualification
- 3.1.9. No crude, inappropriate or overly suggestive body movements allowed in the **Choreography** of all performances.
Penalty – Disqualification

3.2. Music

- 3.2.1. Standard Sections track time limit is 3.5 minutes maximum, unless otherwise stated in specific sections.
Penalty - 5 points per Judge for every 15 seconds, or part thereof, over the time limit.
- 3.2.2. For Freestyle Sections see individual rules for time limit.
Penalty - 5 points per Judge for every 15 seconds, or part thereof, over the time limit.
- 3.2.3. Music for the Standard Sections must be no more than one **Piece of Music**.
Penalty – disqualification
- 3.2.4. Music for the Freestyle Sections must be no more than one **Track**.
Penalty – disqualification
- 3.2.5. Music selected for any **Waltz section** will include simple and compound 3/2, 3/4, 3/8, 6/8, 9/8 12/8 time signatures. Dance steps must be in 3/4 timing with syncopations allowed.
Penalty – Disqualification
- 3.2.6. No crude, inappropriate or offensive music is to be used.
Penalty – Disqualification

3.3. Costumes

- 3.3.1. Costumes must not be offensive and should match the style of dance being performed. The following is not allowed:
- Exposed shoulders / cleavage
 - A bare midriff (this includes when part of the costumes ride up and exposes a bare midriff)
 - No flip flops, bare feet, open toes or sandals.
 - No offensive slogans.

Penalty – Disqualification

- 3.3.2. Should any of the **Competitors** costume be dropped or fall to the floor it should be picked up immediately.
Penalty – 1 point per judge for every 4 counts until the piece(s) of the costume is retrieved

- 3.3.3. A **Competitors** costume must not be placed on the floor.
Penalty – 1 point per judge for every 4 counts until the piece(s) of the costume is retrieved

3.4. Class Dance Duo

- 3.4.1. Must be a choreographed social dance available on a website. Step Sheet, **not a competition routine.**
- 3.4.2. If a competitor/club registers for the section with a dance, that dance then cannot be used by another team in that section.
- 3.4.3. Time limit is two (2) minutes and thirty (30) seconds maximum. All music must be pre-cut if the song goes over this time. Failure to do so may result in be asked to cut it or music will be faded on the day.

3.5. Instructor Class

- 3.5.1. An instructor must conduct at least one (1) advertised class per week.
- 3.5.2. An instructor may enter this section once per class they teach.
- 3.5.3. Students may dance with each class group they attend.
- 3.5.4. An Instructor may dance as a student in another class if they attend the class regularly.
- 3.5.5. Instructors can choose any dance they have taught in their class or classes
- 3.5.6. Competitors must wear their club shirt, with whatever they would wear to their class (i.e.: Jeans, skirt, boots, jazz shoes, heels etc...)
- 3.5.7. This section can be competed in a Duo, Trio or Team.
- 3.5.8. Time limit is two (2) minutes and thirty (30) seconds maximum. All music must be pre-cut if the song goes over this time. Failure to do so may result in be asked to cut it or music will be faded on the day.

3.6. Set Dance Sections

*The following rules apply in addition to the **General Rules, Music and Costume Rules**

- 3.6.1. Competitors must perform the Set Dance applicable as provided by the Event Directors
Penalty – Disqualification
- 3.6.2. Competitors must be aware of their personal dance space and not intentionally or carelessly intrude on another dancer's area.
Penalty – Disqualification

3.7. Set Song Sections

*The following rules apply in addition to the **General Rules, Music and Costume Rules**

- 3.7.1. Competitors must perform a Standard Line Dance only.
Penalty – Disqualification

- 3.7.2. Competitors must be aware of their personal dance space and not intentionally or carelessly intrude on another dancer's area.
Penalty – Points lost for non-compliance with this rule

3.8. Standard Solo Sections

*The following rules apply in addition to the **General Rules**.

- 3.8.1. **Solo Competitors** must perform the **Set Dance** applicable.
Penalty - Disqualification

3.9. Standard Duo, Standard Trio, Standard Small Team and Standard Large Team Sections

*The following rules apply in addition to the **General Rules**.

- 3.9.1. **Duo / Trio / Small Team and Large Team Competitors** must perform a **Standard Line Dance** only.
Penalty – Disqualification

3.10. Renegade Section

- 3.10.1. This is an open age section.
- 3.10.2. Competitors will hear 10 seconds of a track of music. They will then have 30 seconds free time on the dance floor to formulate their routine.
- 3.10.3. The music track will be cut a (2) two minutes.
- 3.10.4. Competitors will then need to freestyle a solo to the music track played.
- 3.10.5. Competitors will be judged on their creativity and ability to dance to the style of the track.
- 3.10.6. Additional information:
- I. Competitors will be on the floor at the same time.
 - II. Entry into this section will be capped to ensure space on the dancefloor.
 - III. Solo etiquette is required by all competitors.
 - IV. Costumes must be respectful, but do not need to adhere to the style of music as this will be unknown at the time, they take the floor
 - V. Arm, Hat, Skirt work etc. is encouraged during the performance.

3.11. Freestyle Team Sections

*The following rules apply in addition to the **General Rules**

- 3.11.1. A **Freestyle Team** must consist of a five (5) individual **Competitors**. **Penalty – Disqualification**
- 3.11.2. **Competitors** must not touch other performers for more than 8 counts at a time.
Penalty – Disqualification

3.12. Mixed Age Sections

*The following rules apply in addition to the **Standard Section** and **General Rules**.

- 3.12.1. There must be a minimum of fifteen (15) years age difference between at least two (2) **Competitors**.
Penalty – disqualification.

3.13. Instructor/Student Sections

*The following rules apply in addition to the **Standard Section** and **General Rules**.

- 3.13.1. The **Student** must attend the classes of the **Instructor** with whom they are competing with.
Penalty – disqualification.
- 3.13.2. **Competitors** entered as a **duo** within an Instructor\Student section are only eligible to compete if they are not otherwise performing together in a **standard** or **freestyle duo** section throughout the duration of the competition.
Penalty – disqualification.

3.14. Relatives Duo

*The following rules apply in addition to the **Standard Section** and **General Rules**.

- 3.14.1. Both **Competitors** must be related by birth or marriage.
Penalty - Disqualification.

**Where unforeseen circumstances arise, the Event Director has the authority to alter or remove any rule in order to accommodate any request that is fair and/or reasonable.*