



NATIONAL YOUTH *SHOW DANCE* CHAMPIONSHIPS

March 26 - 28, 2020 • Thunder Ridge HS • Idaho Falls, Idaho
4949 1st Street

SHOW DANCE INFORMATION

- Registration: via online form. Link on gemstateclassic.org. **Opens Feb. 1.**
- Team Entry Fees: \$7/dancer per routine. Pee Wee \$3/dancer per routine.
- Deadline: **March 8th**. Registration and Fees must be received by this date.
- Music will be requested by the music director, due date tbd.

Rules & Guidelines

1. Age Categories

As teams have mixed ages, coaches will determine where their teams best fit. Up to two dancers of an older age may dance with a team without requiring the team to move up in age category. Age category may be determined by school grade or by age as follows:

Pee Wee	age 9 and under
Pre Teen	age 12 and under
Junior	ages 13 – 15 or grades 7 – 9
Youth	ages 16 – 18 or grades 10 – 12

2. Entries.

Teams are limited to the following number of entries, with not more than one entry per category:

Pee Wee	2 routine
Pre-Teen	2 routines
Juniors	3 routines
Youth	4 routines

3. Team Size. A couple is defined as a male & female dancing together. Teams shall dance in size categories as outlined. If fewer than 3 teams are in a size category, they may be combined.

Small	3-5 couples
Standard	6-9 couples
Large	10+ couples

4. Divisions (Proficiency Levels)

Each age categories will enter their proper division determined by the following criteria:

The total of:

- a) the average years of experience of each team member, AND
- b) the average hours of ballroom instruction of each team member per week

Each coach must submit a detailed listing of their division totals.

YOUTH:

Division 1: 10 +
Division 2: 7 – 9.9
Division 3: 4 – 6.9
Novice: 3.9 or less

JUNIOR:

Division 1: 6 +
Division 2: 3.1 – 5.9
Novice: 3 or less

PRE-TEEN:

Division 1: 4 +
Division 2: 3.9 or less

PEE WEE:

No Divisions

For example:

A youth team whose dancers have an average of 3 years of experience and has 4 hours of rehearsal per week has a total of 7 and therefore will compete in the Division 2 category.

A junior team whose dancers have an average of 2 years of experience and have 3 hours of practice a week has a total of 5 and therefore will compete in the Division 2 category.

5. Show Dance Categories.

Show dances must be comprised **primarily** of recognizable ballroom dance figures.

There may be additional open choreography and staging.

NOTE: No routine that is danced as a medley at other competitions may be entered as a show routine. Coaches must verify on the entry form that the entered routines are not medleys. Show routines may have two dances maximum combined in a routine (ie cha cha & rumba or quickstep & foxtrot). Any routine found to be in violation will be disqualified.

- a) **Standard/Smooth:** American and International styles of Waltz, Foxtrot, Tango, Viennese Waltz, and Quickstep. No more than 3 lifts permitted (*see waltz allowance below).
- b) **Latin/Rhythm:** American or International styles of Cha Cha, Rumba, Samba, Paso Doble, Mambo, Bolero. No more than 3 lifts permitted.
Please enter Jive routines in the Swing category.
- c) **Swing:** West Coast Swing, East Coast Swing, Lindy, Swing style lifts/stunts permitted
- d) **Cabaret:** a routine whose focus is lifting.
- e) **Novelty:** non-traditional routine; must include 30% partnered ballroom dancing. Dances outside of the 19 competitive dances may be included here, such as polka or bachata.
NOTE: Novelty is not an “overflow” category. If a team has two Latin/rhythm routines, one may not be entered in novelty. Novelty routines must have true novelty properties.

*Lift allowance for Waltz and VW routines: 20% of the measures may be in lift (both feet off the ground). For example: In general, a waltz has 30 measures/per/minute, so there are 90 measures in a 3-minute routine. In this case, 18 measures of lift would be allowed.

6. Time Restrictions. The following time restrictions shall be observed for show dance teams:

Any routine that exceeds the time restriction will be penalized 5 pts from their average total score.*

The timing of the show dance routines begins when the music begins and ends when the music concludes. The timing does not include entering or exiting without music. Entrances or exits to music will be included in the time limit.

Pee Wee routines	2.5 min
Pre Teen routines	3 min
Junior routines	3 min
Youth routines	3.5 min
Combined team novelty	4 min (2 or more teams combined into one routine)

*Note: There will be a 10 second grace time given to accommodate musical phrasing and edits.

7. Costuming. All costumes must be age appropriate for pee wee, pre-teens and juniors.

Any routine whose costumes are in violation of these guidelines will not be allowed to compete.

Men: Costume appropriate to the style.

1. Latin shirts must be closed from the sternum down
2. Sheer fabric may be worn only on the arms. No sleeveless shirts or sheer front shirts.
3. No earrings.

Women: Costume appropriate to the style.

1. Regular cut dance trunks and fishnets or tights must be worn.
2. Pants or leggings are allowed.
3. Straps over both shoulders of at least one inch in width are required. If multiple straps go over a shoulder at least one of the straps must be the required one-inch from front to back.
4. Halter-tops or similar designs that leave the back bare are not permitted.
5. Designs that are low in front or show any cleavage are not allowed.
6. Lower backs must be covered from a point five inches above the waistline.
7. Skirts must cover the legs to mid-thigh when not in motion (measured from leg break to top of knee).
8. Cutouts or nude fabric in the bodice below the bust line are not allowed.

8. Judging System

Team Show Dance events will be adjudicated based on an accumulative 100-point scale awarded by the judges in the following categories:

Music & Costuming	10 percent
Choreography	10 percent
Technique	30 percent
Execution	50 percent

Bronze, Silver and Gold medals will be awarded to the teams receiving the three highest point totals in each dance category.

All show dance entries will receive a rating based on their point total according to the following scale:

95 – 100 points	Superior Plus
90 – 94 points	Superior
80 – 89 points	Excellent
70 – 79 points	Very Good

9. Rehearsal Time. Dependent upon space available at the venue.



NATIONAL YOUTH *CABARET* CHAMPIONSHIPS

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CABARET INFORMATION

- Couples must submit an entry form via the provided link on www.gemstateclassic.org. Opens Feb 1.
- Entry fee: \$50/couple. This fee does not include syllabus and open events.
- Deadline: **March 8th**. Registration and Fees must be received by this date.
- Couples must submit their music the music director, date tbd.

RULES & GUIDELINES

1. Age Category

The National Cabaret event is a Youth (16-18) category. Dancers who are Junior age (13-15) may enter the cabaret event if partnered with a Youth dancer.

2. Divisions

Each couple will enter their proper division determined by the following criteria:

The average of:

- a) the total years of dance experience of each partner, AND
- b) the total years of lift experience of each partner.

Division levels Note: the division cut-offs may be adjusted depending on the median entry levels.

Division 1: 8+

Division 2: 5 – 7.9

Division 3: ≤ 4.9

Example:

	Years dance exp	Years lift exp	Total	Total for couple	Avg for couple	Division
Man	4	2	6	15	7.5	2
Woman	7	2	9			

3. Categories

Cabaret routines will be entered by category

- a) **Lyrical:** routines that are contemporary or lyrical in style
- a) **Non-Lyrical:** routines that are ballroom, jazz, hip hop, or Broadway in style

4. Time Restriction

Cabaret routines are limited to 3.5 minutes, including entrance and exit.

5. Judging. TBD. A new judging system is being developed.

1st, 2nd, and 3rd places will be awarded in each category & division.

6. Costuming

Men: Costume appropriate to the style.

1. Latin shirts must be closed from the sternum down.
2. Sheer fabric may be worn only on the arms. No sleeveless shirts.
3. Bare feet are allowed.
4. No earrings.

Women: Costume appropriate to the style.

1. Regular cut dance trunks and fishnet hose or dance tights must be worn. Bare feet are allowed.
2. Pants or leggings are allowed.
3. Straps over both shoulders of at least one inch in width are required. If multiple straps go over a shoulder at least one of the straps must be the required one-inch from front to back.
4. Halter-tops or similar designs that leave the back bare are not permitted.
5. Designs that are low in front or show any cleavage are not allowed.
6. Lower backs must be covered from a point five inches above the waistline.
7. Skirts must cover the legs to mid-thigh when not in motion. Sheer skirts are allowed.
8. Cutouts or nude fabric in the bodice below the bustline are not allowed.