

## GPSDC CONTEST RULES

### General Rules for ALL competitors:

1. All competitors must be **annual members** of the GPSDC.
2. All competitors must have been previously evaluated and pre-qualified prior to entering a contest for the Monthly Jack & Jill and Strictly Swing contests.
3. Appropriate dress attire is required – **No Jeans**, shorts, or t-shirts.
4. Must sign up by the stated deadline.
5. Acts of unsportsmanlike conduct and rude behavior will not be tolerated and exhibitions of such behavior may result in suspension from further contest participation.
6. Rules not being followed may result in a disciplinary action.
7. Must dance West Coast Swing
8. Must do lead and follow movements.
  - a) Choreographed patterns and/or routines are **not** allowed.
  - b) Separation in dance performance permitted on spins, turns and recognized breaks.
9. Lifts and aerals are prohibited. (*See Drops below*)
  - a) Lifts: Both feet leaving the floor while in contact with partner.
  - b) Aerials: Entire body leaving the floor while not in contact with partner.
  - c) Drops: Lowering the shoulders below the partner's waist or movements where a partner's weight is not self-supported (**ONLY** allowed in the advanced division).

**\*\*\*Any circumstances that are unusual or not covered in the contest rules will be handled at the discretion of the Dance Contest Coordinator or his/her designee.**

### Evaluations:

1. All new potential competitors will be evaluated by a panel selected by the Dance Contest Committee to determine in which division they will dance.
2. Evaluations will be held periodically based upon need.
3. There are two ways for an existing competitor to move to the next higher division:
  - a) Competitors will have the opportunity to be re-evaluated in August.
  - b) Competitors who have accumulated 32 contest points in their current division may move to the next higher division without re-evaluation after the competitor has informed the contest coordinator of their decision.
4. A competitor may request to be placed in a lower division. The contest committee will evaluate their request and make a decision.
5. The Dance Contest Committee shall determine the guidelines and make all rulings on eligibility concerning the level in which club members will compete in GPSDC dance contests. At his/her discretion, the Dance Contest Coordinator may consult with the Dance Director in these matters.

## Contests:

All new competitors should attend a **Competitor's Workshop** prior to participating in competition in any division. The workshop will cover:

- a) What the judges look for in dance competition.
- b) How the judges score and use "relative placement."
- c) What the expectations are for each division.

The contests are once a month. Please see the newsletter or website for exact **time and date**.

**Sign up** 30 minutes prior to the contest.

- a) In person
- b) By a friend
- c) By telephone conversation with the Dance Contest Coordinator

The Dance Contest Coordinator and Chief Judge will oversee the **fairness of contests**, approval of music, safety of competitors, good sportsmanship and undertake the necessary action to ensure fair contests.

**Contest Music** will be selected from a list of songs prepared and approved by the Contest Music Committee. The Music Director will give a play list to the Dance Contest Coordinator and a play list to the Chief Judge prior to the start of each divisional competition.

### **All American Jack and Jill contest:**

All competitors must be annual members of the GPSDC. Jeans may be worn in the All American Jack and Jill contest. Please dress appropriately. Jeans are NOT encouraged.

### **Dance of the Decade contest:** *(in memory of Bob Preiss)*

Competitors must currently belong to the club for at least 10 years. Jeans may be worn in the Dance of the Decade contest. Please dress appropriately. Jeans are NOT encouraged.

### **Strictly Swing contest:**

Both competitors in each division must be currently evaluated/qualified to dance in a division of our local club. If the two competitors are ranked in different divisions, the couple must dance in the highest division. Competitors may only dance once.

**Monthly Jack & Jill contests:** See the contest rules on page one.

## Points:

Jack & Jill Points are as follows:

1 <sup>st</sup> Place	5 points
2 <sup>nd</sup> Place	4 points
3 <sup>rd</sup> Place	3 points
4 <sup>th</sup> place	2 points
5 <sup>th</sup> Place	1 point

When a competitor moves to a new division, their contest points will start over at zero. Competitors will have their local contest record and cumulative points maintained for a rolling 24-month period by the Dance Contest Committee coordinator.

Points are awarded only for participation and placement in the regular season Club Jack & Jill contests.

Approved February 2008  
Effective March 2008  
Modified October 18, 2009

~~At the beginning of each competition season, any competitor who has not accumulated 6 points in the prior competition season will be reevaluated.~~ Motion made and passed to remove the 6 point rule Board of Directors October 18, 2009.