

HST COMPETITION GUIDELINES

General Competition Requirements

Contest Requirements:

1. Entries: All contest must have a minimum of five (5) entires to be a valid contest.
2. Scoring System: All scoring shall be computerized.

Waiver Forms:

Each contestant must sign the appropriate waiver form. No contestant will be permitted to compete without a signed waiver form. All contestant under the age of eighteen must have a parent or guardian sign any required forms.

Role/Gender Requirements:

HST is open to persons of any gender dancing either lead or follow, as they prefer, and we encourage you to register in whichever role you would like to when dancing in any contest.

Demonstrating Good Sporting Conduct:

Competitors must demonstrate good sporting conduct at all times, both on and off the competition floor. Competitors may not speak to judges regarding their placements or scores until after the awards have been given. It is bad sportsmanship to badger or argue with judges about placements and scores. Competitors must also refrain from any behavior that the judges deem inappropriate. Failure to adhere to this code of behavior may result in disqualification.

Points to qualify for the correct division:

Points are based on the World Swing Dance Council Competitors Registry.

Division Rules

Jack and Jill Division:

The Jack & Jill competitions are designed to highlight social dance skills in spontaneous swing dancing and the ability to dance well with a variety of partners. A bit of "luck of the draw" comes into play as well.

Format:

Competitors enter as individuals, are randomly assigned partners, and dance to music selected by the Competition DJ. Depending on the number of entries, preliminary and semi-final rounds may be held and will be danced in a heated format. Each division must have at least 5 leaders and 5 followers. There is no maximum number of competitors.

In the Champion Level Jack & Jill, there will be 2 songs. The first song will be judged as a WSDC leveled improv format dance in which will be rewarded with prize money and trophies. The 2nd song will be a fun twist of karaoke/improv show, which will NOT be judged and not added to any score.

Strictly Swing Division:

Swing dancing that encourages lead and follow partner dancing at its best. Although swing includes amalgamations and patterns that are familiar to many dancers, the essence of lead and follow must be maintained in and out of these patterns. Strictly Swing division is not meant for long and extended pre-choreographed phrases. Choreography "on the fly" is the objective. 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. Champions division is exempt from this rule.

Switch Strictly: (non-leveled) - Lead, Follow, Switch. Couples must show role switching skills within the partnership. Anyone with lead, follow, and role-switching skills can enter, from Newcomer to Champions.

The maximum number of entries in each division is at the event's discretion. There is no minimum number of entries. Guidelines for expected swing content are 75% in Strictly Swing. It is at the judge's discretion to determine that the swing content requirement has been met.

Specific:

1. Length of performance is at the promoter's discretion.
2. Costumes are not allowed. However, matching or complementary outfits are acceptable.
3. This division will be danced in heats for preliminaries and semi-finals (if needed).
4. Couples must maintain physical contact except for spins, turns, short break-a-ways, and recoveries.
5. Pre-choreographed routines are not allowed.

6. Dancers must maintain their own physical contact with the floor during partner weight support moves.

Masters: For competitors who are at least 50 years old at the beginning of the event. Competitors may also dance in up to 2 skill levels in other Jack & Jill divisions per WSDC rules.

Sophisticated: For competitors who are at least 35 years old at the beginning of the event. Competitors may also dance in up to 2 skill levels in other Jack & Jill divisions per WSDC rules.

General: A competitor may enter two different skill levels for the J&J competition in different roles (leader and follower) under the rules put forth by the WSDC.

Division Qualifications:

Our qualifications for entries promote fairness and competitor enjoyment by grouping dancers of similar ability in the same division. Our rules are based on the World Swing Dance Council recommendations, please refer to the WSDC Registry Rules document to determine which level(s) you qualify for:

<https://www.worldsdc.com/wsdc-points-registry-rules/>

Novice, Intermediate, Advanced, All Star:

For these divisions a couple must enter the highest level either partner qualifies for based on the WSDC points they have earned and the WSDC level criteria for Jack & Jill.

Champion:

At least one partner must have placed 5th or higher at a NASDE tour event in a Champions, Invitational or Professional level Jack & Jill or Strictly Swing contest within the previous 3 years.

Sophisticated (35+):

Both partners must be 35 years of age or older. Because this is an age requirement rather than a skill level requirement you may also enter Masters and another Strictly Swing contest at the appropriate skill level.

Masters (50+):

Both partners must be 50 years of age or older. Because this is an age requirement rather than a skill level requirement you may also enter Sophisticated and another Strictly Swing contest at the appropriate skill level.

Judging Criteria:

Timing:

Timing points are determined by the ability of the dancer to dance on the down beat of the music and to include syncopations that are also on the beats of the music.

Technique:

"How Well You Do What You Do": We are looking for good footwork, balance, control, frame and line and how well turns & spins are executed. Well controlled arms and hands.

Teamwork:

The ability of the partners to work together as a team. One person should not be obviously "out dancing" the other. TEAMWORK with action-reaction is essential in good dancing.

Content:

"What You Do": the content is the CHOREOGRAPHY, planned or spontaneous, and musical interpretation through physical movement. Showing variety and contrast will enhance your dance performance.

Showmanship:

"How Well You Sell What You Do": showmanship/presentation is the ability of the dancers to keep the audience's attention for the entire length of the performance.

Swing Content:

Swing is an American Rhythm Dance based on a foundation of 6-beat and 8-beat patterns that incorporate 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, swingouts, 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.

****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 determines a final score ****