

# HST COMPETITION GUIDELINES and RULES



*"The purpose of our competitive dance program is to provide a fun, friendly, and organized environment where our dance community can create and share while maintaining the integrity of each dancer individually."*

## **General Competition Requirements**

### **General Eligibility:**

1. hold a full weekend ticket and pay all associated registrations fees
2. register by the official entry deadlines(s) as outlined in the weekend schedule
3. pay the require entry fee(s) and complete any required entry forms, including signed waivers
4. meet all other specific entry requirements as outlined in these rules

### **Contest Requirements:**

1. **Entries:** All contest must have a minimum of five (5) entires to be a valid contest.
2. **Judges:** There will be a minimum of five Judges for all competitions finals.
3. **Scoring System:** Contests are scored by computer and relative placement.
4. **Waiver Forms:** Each contestant must sign the appropriate waiver form. All contestant under the age of eighteen (18) must have a parent or guardian sign any required forms.
5. **Photos/Videos:** Entering a contest indicates consent to unrestricted use of your name and likeness in photos and videos to appear in any future promotions by the event.

### **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.

### **Points to qualify for the correct division:**

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

### **Responsibilities of Competitors:**

1. **Knowing the Rules:** All competitors should read these rules carefully prior to attending their competition. Competitors are responsible for adhering to these rules whether they have read them or not. Questions about the rules should be asked, or addressed in advance to the Organizer or the Chief Judge.
2. **Being Prepared to Compete:** Competitors should be present in the ballroom at least 15 minutes prior to the start of their competition. Competitors are responsible for checking at the event for any changes to previously announced schedules, which are always subject to change. Any cancellation by a competitor or couple after the registration deadline will result in the loss of the entry fee.

### **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.

## **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.

#### **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 & 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.

#### **General:**

Competitors may compete in a maximum of two (2) skill level WSDC Jack and Jill competitions, once in their primary role and once in their secondary role. Competitors may compete in multiple age-based WSDC Jack and Jill competitions. Competitors at least 35 years of age may enter the Sophisticated Division. Competitors at least 50 years of age may enter the Masters Division and the Sophisticated Division.

#### **Division Qualifications/Skill Levels:**

For Competitor specific rules about skill levels and points registry, please see <https://www.worldsdc.com/rules/wsdc-points-registry-rules/>

### **- 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. *Champion divisions is exempt from this rule.*

#### **General:**

Guidelines for expected swing content are 90% in Strictly Swing. It is at the judge's discretion to determine that the swing content requirement has been met. 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.

*Specific: Switchly, Masters, Novice, Intermediate, Advanced, and All-Star (Does NOT apply for Scary Strictly)*

1. Length of performance is at the promoter's discretion.
2. This division will be danced in heats for preliminaries and semi-finals (if needed).
3. Couples must maintain physical contact except for spins, turns, short break-a-ways, and recoveries.
4. Pre-choreographed routines are not allowed
5. Dancers must maintain their own physical contact with the floor during partner weight support moves.
6. 75% swing content is expected. The judge's determine that the swing content requirement has been met.

### **Division Qualifications:**

It is the Organizer's goal to encourage all competitors to assign themselves to a fair and appropriate classification using the honor system.

#### **Novice, Intermediate, Advanced, All Star, Champion:**

For these divisions, couples 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.

#### **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.

**Switchly 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.

#### **Scary Strictly:**

If you have All Star or Champion points, you can enter. It can be Choreographed or be a free style. (recommended - choreographed) Notice: the *specific rules* do not apply for this division. Its a judged Show!

**Judging Criteria:** *The descriptions are stated above in the Jack and Jill Division section*

Timing

Technique

Teamwork

Content

Showmanship

#### **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, 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.

**\*\*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 \*\***