

AAU SHOWDANCE RULES 2022

SHOWDANCE Rules & Guidelines



ENTRY INFORMATION

- Online Registration: AAU.DanceCompGenie.com Opens March 31th
- Team Entry Fees: \$15 per dancer per routine.
- Deadline: Registration, AAU Membership, and Fees must be received by May 9th
- Music and Waivers may be uploaded into your account @Dance Comp Genie. Due by May 15th. Note: System will not accept music over the maximum time limits.
- Bronze, Silver, or Gold AAU JR Olympic Medals will be awarded to qualifying Teams

SHOWDANCE

A ShowDance must be comprised primarily of any of the 19 recognizable ballroom dance figures and may have 1-5 dances combined within any one dance grouping of Latin, Standard, Smooth or Rhythm. There may be additional open choreography and staging. Any mix of additional styles or age levels allowed.

- a) The ShowDance must have a theme and the dance and costume must follow the theme.
- b) The character of Latin, Standard, Smooth or Rhythm dances must be clearly recognizable.
- c) Elements of any other styles of dance may be used to complete the choreography
- d) Entertainment value judged at 50%

1. ShowDance Categories

Themed dances that are not primarily composed of the Latin, Standard, Smooth or Rhythm Styles are danced in the Team Dance Category and not as a Show Dance.

- a) Ballroom/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.
- c) Please enter Jive routines in the Swing category.
- d) Please enter Medleys in the Medley Team Dance Category.
- e) Swing: West Coast Swing, East Coast Swing, Lindy, Jive, and Swing style lifts/stunts permitted
- f) Cabaret: a routine whose focus is lifting.
- g) Non Traditional routines should be entered in the Team Dance Category
- h) Note- Fewer than 3 teams in a category may be combined in Open Category.
- i) Note- Teams incorrectly categorized will be judged on the category they have entered.

AAU SHOWDANCE RULES 2022

- j) 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

2. Age Categories

Teams may be of the same age group or with mixed ages. In a mixed age group, the ages of all members of the team will be added together and divided by the number of athletes on the team for an average age of the team.

- a) Mini 7 & under
- b) Pre-Teen 8-11
- c) Junior 12-15
- d) Youth 16-18
- e) Under 21. 19-20

3. Team Size

Teams shall dance in size categories. Fewer than 3 teams in a size category may be combined.

- a) Small: 4- 10 athletes
- b) Large: 11- 20 athletes
- c) XLarge: 21+ athletes

4. Experience Divisions are (Proficiency Levels)

Each age group will enter their proper Experience 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 should determine if in fact the Team's skills are appropriate for the calculated division and submit a detailed listing of the division totals with their comments.

The guideline below shows an example of where dancers should be placed based on their experience.

Example:

- a) A Youth Team whose dancers have an average of 3 years' experience and has 4 hours of practice per week has a Skills total of 7 and therefore will compete in Division 2.
- b) A Junior Team whose dancers have an average of 2 years' experience and has 3 hours of practice per week has a Skills total of 5 and therefore will compete in Division 2.

Skills Chart Per Age Division:

MINI	PRETEEN	JUNIOR	YOUTH	U 21
Division 1	Division 1: 4+	Division 1: 6+	Division 1: 10+	Division 1
	Division 2: 3.9 or less	Division 2: 3.1 - 5.9	Division 2: 7- 9.9	
		Division 3: 3 or less	Division 3: 4-6.9	
			Novice: 3.9 or less	

AAU SHOWDANCE RULES 2022

5. Entries

There is no restriction on number of entries, although, a Team may not compete against itself with more than one routine in the same category, per age group. An individual team member may perform in more than one Team.

6. Time Restrictions

The following time restrictions shall be observed for Showdance teams. Show music that exceeds the maximum stated time restriction will not be able to be uploaded into the registration system. The timing of the Showdance routines begins when the music starts and ends when the music stops. A 20 second grace period will be given for entrance and exits if not included in routine.

- a) Solo 3:00 Min
- b) Small Group 3:30 Min
- c) Large Group 4:00 Min
- d) XL Group. 4:30 Min

7. Dress Code - Costuming.

All costumes must be age appropriate for all age groups. Any routine whose costumes are in violation of these guidelines will not be allowed to compete. Costumes must be invigilated prior to competition.

Men: Costume appropriate to the style of the theme of show and age of dancers

- a) Latin shirts must be closed from the sternum down
- b) Sheer fabric may be worn only on the arms. No sleeveless shirts or sheer front shirts. No earrings.

Women: Costume appropriate to the style of the theme of show and age of dancers

- a) Regular cut dance trunks and fishnets/tights must be worn. Not required for pants or capris.
- b) Pants or capris are allowed.
- c) 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.
- d) Halter-tops or similar designs that leave the back bare are not permitted.
- e) Designs that are low in front or show any cleavage are not allowed.
- f) Lower backs must be covered from a point five inches above the waistline.
- g) Skirts must Cover the legs to mid-thigh when not in motion (measured from leg break to top of knee).
- h) Cutouts or nude fabric in the bodice or below the bust line are not allowed.

8. Adjudication

Team ShowDance events will be adjudicated based on an accumulative 100•point scale awarded by the Judges in the following categories:

a) Musical Interpretation & Costuming 10 Points

As well as the nuances of the chosen music, the underlying rhythmical interpretation should also be clearly evident and conform to one or more of the Standard, Latin, Rhythm 5 dances (4 Smooth dances) musicality for the majority of the performance. The costuming must follow the theme of the music and dance.

AAU SHOWDANCE RULES 2022

b) Characterization / Choreography 10 Points

Adjudicators must be satisfied that a sufficient proportion of time has been danced in normal hold and body contact to clearly characterize the International / Smooth or Latin / Rhythm styles with evidence of the characteristics of the individual ballroom dances. The quality of characterization is a fundamental element in the Adjudicators overall assessment and how well it portrays the overall concept of the routine.

c) Technical & Difficulty 30 Points

The same technical qualities that are expected to be shown in a normal (non- ShowDance) competition will be assessed. Degree of difficulty will also be considered. (The degree of complexity does not necessarily equal degree of difficulty.)

d) Overall Presentation & Execution (50 Points)

The way the performance is presented in general, including the ability of the Dancers to create artistic impact and audience appeal. The concept, story, theme, or idea must be fully understandable and will be expressed by means of dance movements that adhere to the piece being presented, along with being creative, imaginative, and original. The performance must have a name, and show a value that entertains, attracts, touches and/or sends a message to the audience

e) Lifts

If included, the dexterity with which the lifts are executed will be taken into consideration and this includes the entry to and exit from the lift as well as the lift itself. No markdown will be given to performances without lifts.

9. Scoring

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

10. Awards

Bronze, Silver, and Gold Medals will be awarded as applicable in each category.

11. Practice / Rehearsal

Practice time will be assigned per Team depending on the number of Team performances and in the order of receipt of complete entries. Schedule will be sent to each Team prior to event.

Note: Jazz, Contemporary or any other primary style that fits into the perimeters of a Showdance by virtue of a theme with a story to be told may be entered as a Team Dance under the primary style that is reflected in the theme. If there is no primary style the routine will be listed in the Team Dance Category under the style of Open.

Happy Dancing!