

2023 Synergy DanceSport Festival

Competition Rules and Safety Protocols

At the Synergy DanceSport Festival our goal is to provide Ballroom Dancers the opportunity to come together for a friendly competition. Please make yourself familiar with the following requirements to participate! We and our staff look forward to your participation.

- Synergy DanceSport Festival will be held at Davis Conference Center in Layton Utah, on January 14th, 2023.
 - Food and Drink (Except a water bottle) are NOT allowed in the conference center ballrooms. However, spectators and competitors may bring in purchased food/drink from the conference concession stands. We recommend outside food be eaten outside before entering.
- All dancers, parents and spectators must have a general admission OR table seat ticket to enter the building during the competition.
- All dancers are required to sign our media release electronically at registration. When a registration form has been turned in, the waiver and media release will automatically be turned in as well.
- Registration for events is on a first come, first serve basis. Once a couple registers they will receive a confirmation email. A couple is registered when all information is filled out, waivers have been signed electronically and registration is paid in full. There are no exceptions to this rule.
- Please make sure your dancers are registered appropriately. If the chairman of judges becomes aware before/during the competition that a couple/individual dancer does not fit these qualifications, they have the right to pull their registration and or not allow the couple/individual on the competition floor.

Here are the rules regarding registering for Open events: Competitors may register for multiple open events for each category. However, they will need to compete in sequential levels. For example, a competitor may dance a Novice and Pre-championship event, but may NOT compete in a Novice and 5 dance Championship event.

Here are the rules regarding eligibility for “Syllabus” and “Solo Ladies” Events (All wording below comes directly from UBEA rules listed on Utahballroom.com website, and the NDCA rule book):

- Competitors who dance in a syllabus and Solo Ladies Events, may not dance in any open event of the same style, vice versa. (Rule is applied to a competition offering “Syllabus” and Open events in the same style.)
- Competitors may register for their age group, and dance UP one age level (Syllabus, Open & Solo Ladies Events)
- Female Competitors may register for a Solo Ladies event ONLY if they are NOT competing in a syllabus or Open Event of that style, with a partner. Solo Ladies events are meant for those who have not found a partner to compete with, and are not able to register for partnering events.
- Competitors may dance a max of two levels in our syllabus events. For example: a couple may sign up for a bronze and silver level, OR silver and gold level; they may NOT sign up for bronze and gold, while skipping silver.
- Competitors dancing in a Newcomer event may not dance in any open event in any style, and vice versa. (Rule is applied to a competition offering “Syllabus” and Open events in the same style.)
- A competitor is eligible to dance in the “Newcomer” event (Elementary, Junior High, High School) until they have placed in a final of any event at an NDCA recognized or sanctioned event, provided a semi-final was danced.
- A competitor is eligible to dance in the “Syllabus”, “Novice” or “Pre-Championship” classifications until they accumulate three proficiency points at a NDCA sanctioned/recognized competition (page 38 of NDCA rule book), and UBEA Competitions (Local Utah High School Competitions).
 - Proficiency points in one age division do not count or apply in any way towards ineligibility in another age division.
 - A competitor receives one point when they either.
 - Place first in their current classification when a 23 quarter-final was danced.
 - Dance (Place) in a final of a higher proficiency event where a quarter-final 24 was danced.
 - In the “Syllabus” categories proficiency points should be accumulated independently for each dance.
 - The eligibility to compete in a classification is applied to the individual competitor and not the couple as an entity.
 - An amateur couple is only eligible to compete in a classification if both members of the couple are eligible.

- An amateur competitor's eligibility is based on his/her accomplishments regardless of the number or length of partnerships they have had.
 - It is the responsibility of all amateur competitors to ensure that they are eligible for the category in which they desire to dance.
- Youth competitors turning 19 years of age during the school year may still dance in the Youth or High School age categories until they have graduated from High School.
- Elementary school competitors may not dance in the High School category even if partnered by a Junior High or High School competitor. Junior High competitors may dance up one designation to the High School category, but only as defined in entry restrictions on UtahBallroom.com, under UBEA tab.
- Rules regarding steps and figures:
 - All international style syllabus dancers are restricted to the ISTD Bronze, Silver & Gold syllabus.
 - For our syllabus events, all figures must be danced as defined in the ISTD technique book. Partial figures may not be utilized unless so specified in the “preceded and follows” sections.
 - Newcomer and American style syllabus events are restricted to Bronze, Silver and Gold Syllabus from these member organizations' syllabi: NDCA, DVIDA, BYU or UBEA.
 - Couples must dance within the framework of the accepted syllabi, including precedes and follows, and without embellishment.
- Dressing rooms will be provided. Dancers also need to come prepared to compete with hair, makeup and tanning complete.
 - Rules for Syllabus Costuming are listed at the bottom of this document.

Please reach out to Krista Derington at SimplyYouthBallroom@gmail.com with any questions you may have. We are excited to offer the opportunity for dancers to come together to compete and celebrate dance!

TEAM EVENT RULES
RULES FOR MEDLEY EVENTS

The complete list of rules for Formation Team Medley events can be found here: **NDCA Rule Book, Nov 2021** starting on page 42.

RULES FOR SHOWDANCE & ALL GIRLS LATIN SHOWDANCE EVENTS

SHOW DANCE CATEGORIES

For teams with couples:

- 1 Smooth/Ballroom (Teams with 10 couples or less): Waltz, Tango, Foxtrot, Viennese Waltz, & Quickstep
- 2 Latin/Rhythm/Swing (Teams with 10 couples): Cha Cha, Samba, Rumba, Paso Doble, Bolero, Mambo, East Coast/Triple Swing, Lindy, West Coast Swing, Jive.
- 3 Large Group: Any Style of dance with more than 10 couples (or 20 people).
- 4 Theater Arts / Cabaret
- 5 Novelty - Anything goes! If the routine is not one of the styles listed above, it will be considered for the Novelty category. This includes but is not limited to: Hip Hop, Jazz, Lyrical, Single Gender groups, Disco/Hustle, Square Dance, Folk Dance, Charleston, & Polka.

For All Girls Teams (4-16 girl teams)

- 1 All Girls Latin/Rhythm: Cha-Cha, Samba, Jive/Swing, Paso Doble, Rumba, Bolero, & Mambo.
- 2 All Girls Ballroom/Smooth: Waltz, Tango, Foxtrot, Viennese Waltz, & Quickstep
- 3 All Girls Latin Medley: Using 2-5 Latin Styles (Cha-Cha, Samba, Jive/Swing, Paso Doble, Rumba, Bolero, & Mambo)
- 4 Novelty - Anything goes! If the routine is not one of the styles listed above, it will be considered for the Novelty category. This includes but is not limited to: Hip Hop, Jazz, Lyrical, Single Gender groups, Disco/Hustle, Square Dance, Folk Dance, Charleston, & Polka. ****NOTE:** The all girls Novelty may be mixed with the couples Novelty group and this depends on registration.

SHOWDANCE RULES -

for Smooth, Rhythm, Ballroom, Latin, Swing, Large Group and Novelty Show Dance Events. (All Girls Team Rules below!)

For teams with couples:

- 1 Teams of three to ten couples may compete in each formation/showdance style. As per NDCA Formation Team rule XII.D- A couple is one boy and one girl. Girls may NOT dress up as boys or vice versa. (Any infringement of these rules is immediate disqualification since there is typically only one round).

- 2 The Large Group category is defined by a routine with more than 10 couples (or 20 people), and is considered one category (It is not divided into styles or genres).
- 3 Choreography Rules - At least 50% of each routine must consist of a recognizable competitive NDCA style steps, (Except Theater Arts/Cabaret & Novelty. The Novelty category is considered the “Anything goes” category, and includes but is not limited to: Hip Hop, Jazz, Lyrical, Single Gender groups, Disco/Hustle, Square Dance, Folk Dance, Charleston, & Polka.)
- 4 Routines may only have 3 lifts of any kind. On the fourth lift, the routine will be considered in the Theater Arts/Cabaret category. Tricks, drops, and stunts that are within 2 beats of music are NOT considered lifts. A lift is any movement when a dancer assists another and both feet leave the floor for more than 2 beats.
- 5 Props that do not require additional set up time are allowed.
- 6 Routines must not exceed 3:00 minutes.
- 7 All routines must be ONE style or song only. This can consist of one song that has multiple style characteristics in it (maximum 3 dances) OR it can be a mix of songs in the same style. For example, a song that is mostly Foxtrot but has a section of the same song that could be Swing. Or 2 songs mixed together that are both Cha Cha.
 - 8 EXCEPTION to this rule: Large group numbers are allowed to have up to three songs/styles.
- 9 Teams cannot compete against themselves and may only compete once in each category.

For All Girls Teams:

- 1 All girls teams may consist of 4-16 girls and can register for three of the four events offered. Please keep in mind if they register for Novelty there is a chance they will compete against other groups with couples (depending on registration).
- 2 Choreography Rules for Latin/Rhythm & Ballroom/Smooth Showdance: All Girls teams choreography must have 50% Traditional Latin/Ballroom recognisable steps and 50% can be other styles of dance such as hip hop/jazz/african/Bollywood, etc. This rule is measured by bars.
- 3 Choreography Rules for Latin Medley:
 - 4 All Girls teams choreography can have up-to 5 styles in their Latin Medley.
 - 5 All Girls teams choreography will be between 2-4 minutes in length
- 6 Rules D-H (listed above and under “for teams with couples”) apply to All Girls Teams.
- 7 The competition organizers may mix age groups, such as Preteen and Junior OR, Junior and Youth to give teams the opportunity to compete against another team. They will NOT ever have a preteen group compete against a Youth group. All Girls teams have the option to dance up an age group, but not dance down.

OPEN COSTUME RULES:

COSTUME SPECIFICATIONS FOR: ADULT AMATEUR, YOUTH, JUNIOR I, JUNIOR II

Below are the costume specifications for all open costumed events.

WOMEN

Shoulders

1. Shoulders require stoned straps or fabric

Bodice

- 1 Bust must be fully covered with no plunging necklines
- 2 Front and sides of the bodice must be covered with non-transparent fabric
- 3 Back of bodice must be covered in non-transparent fabric from three inches above the waist down
- 4 Open backs must taper inward to a point no lower than three inches above the waistline
- 5 Flesh-tone fabrics require heavy use of rhinestones or similar decorations so as not to reveal the skin or create a similar effect
- 6 Halter tops are not allowed

Skirts

- 1 Must reach mid-thigh in length
- 2 May not use transparent fabric above mid-thigh for the Latin and Rhythm styles
- 3 May be broken or slitted from the trunk line down and fully cover the legs when not in motion
- 4 Fringe skirts must reach mid-thigh in the front, back, and sides and must be thick enough to fully cover the legs when not in motion
- 5 Flesh-tone fabrics require heavy use of rhinestones or similar decorations that do not reveal the skin or create a similar effect

Trunks

- 1 Regular cut dance trunks
- 2 No flesh tone fabric

MEN

Shirts

1. Front of shirts must be of a non-transparent fabric in all areas within 4 inches of the side seam

*Organizers reserve the right to require costume adjustments if deemed unacceptable

SYLLABUS COSTUME RULES:

ATTIRE FOR SYLLABUS GIRLS & SOLO LADIES (All ages)

Basic Description of costume requirements for girls: A black skirt, a black top, trunks, tights & fishnets (Preteens DO NOT need to wear fishnets) must be worn by all girls competing. A leotard can count for both the top and the trunks. Find more detailed rules below.

1. Skirts

- (a) Plain or pleated with minimum 1 to maximum 3 half circles. One plain simple underskirt is allowed, which is no larger or longer than the top layer, and is the same or similar color as the outer skirt.
- (b) No uneven hemlines, use of boning, frills, splits, openings, fishing line, horsehair, or edging (including “lettuce edging”). Edging or trim of any kind, including ribbon, satin, lace, sequins, etc, is not allowed. A simple hem is required.
- (c) Length of skirt must be at least knee length.

2. Bodice

- (a) Necklines: Boat, high neck, v-neck, sweetheart, ‘peter pan’ collar, and regular collar are allowed. No low cut necklines. Edging or trim of any kind, including ribbon, satin, lace, sequins, etc, is not allowed on the neckline.
- (b) Gathering or shirring on the bodice is not allowed.
- (c) Edging or trim on the bodice is not allowed.

3. Sleeves

- (a) Long, short, elbow length, cap, puff. or sleeveless styles are allowed.
- (b) Cannot be replaced by trimmings, frills, or edging on the shoulder line.
- (c) No “finger loops” allowed.

4. Materials

- (a) No glitter, metallic thread, or fabric creating pattern effects’
- (c) No use of feathers, fringes, bows, belts, frills or sequins
- (d) Any use of color coordinated ‘see through’ fabric must be lined from waist to shoulder; for use on arms no lining is needed
- (e) Lace (or similar fabric) is not allowed. Lycra, spandex, polyester, velvet, satin or jersey is encouraged.

6. Shoes and Socks

- (a) Shoes – Elementary School girls must wear shoes with heels that are no higher than 1.5 inches, including if they dance up a level. Junior High School and High School girls are not restricted by any heel height.
- (b) Socks: White ankle socks (may have a small amount of lace), flesh colored pantyhose, or fishnet tights.

7. Accessories, jewelry, and makeup

- (a) No use of arm bands, chokers or headbands
- (b) No decoration is allowed on dress or in hair
- (c) No jewelry is allowed, other than one small earring in each ear (no dangling earrings allowed)
- (d) Neutral or lightly shaded lipstick is allowed for Elementary School girls, as well as mascara and blush. Elementary School girls are not allowed to wear eye liner, eye shadow, false eyelashes, lip liner, and severe or extreme colors of lipstick (including, but not limited to, hot pink, red, black, brown, etc). Competition makeup is allowed for Junior High School and High School girls.

ATTIRE FOR SYLLABUS BOYS (All ages)

Basic Description of costume requirements for boys: A white top, black tie and black trousers must be worn by all boys competing. Find more detailed information below.

1. Trousers

- (a) Must be black
- (b) High waist optional
- (c) Underfoot strap optional
- (d) Satin stripes are allowed.

2. Shirts

- (a) Plain white long sleeved collared shirt only (no wing collars)
- (b) No pleats or ribbing
- (c) Sleeves to be worn at wrist length

3. Sweaters and vests are not allowed.

4. Tie – Black color only, may be either straight or bow

5. Socks – Black only

6. Shoes- no restrictions, but MUST wear heel guards.

7. Materials – Fabrics must be plain, ie: cotton, polyester, cotton/polyester blend, wool blend

- (a) No satin or shiny fabrics
- (b) No rhinestones, glitter, metallic thread, patterns or sequins allowed
- (c) Decorations – not allowed

8. Makeup – Not allowed

9. Hairstyle – Long hair must be worn in a ponytail