



**SOUTH AFRICAN DANCE TEACHERS' ASSOCIATION**  
Incorporated Association Not For Gain  
Reg No. 1935/007170/08



# SADTA

## **AMERICAN COMPETITION RULE BOOK**

SMOOTH | RHYTHM | PRO/AM | COUPLES

**It is the duty of all professionals, studio heads and amateur competitors to take note of the following rules contained within this book.**

Any points/matters arising that have not been covered in the Rule Book shall be referred to the SADTA, whose decision will be final.

**Updated: 15 January 2024**



# **GENERAL COMPETITION RULES**

## **COMPETITION SECTIONS**

### **AMERICAN SMOOTH & RHYTHM PRO-AM & COUPLES DRESS CODE**

### **AMATEUR STATUS & PROMOTIONAL POINTS**

**JANUARY 2024**

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# GENERAL COMPETITION RULES

1. The Adjudicator's decision is final, and no correspondence or verbal discussion will be considered.
2. Prize giving for Juveniles must commence by 4 p.m.
3. Prize giving for Juniors must commence by 6 p.m.
4. Competitors may not take the floor after the music has commenced without the permission of the Chairman of Adjudicators.
5. Competitors are at risk of being disqualified if leaving the floor, for any reason, during a section.
6. Lifts are not permitted in any category except for Exhibition or Show Dance.
7. Definition of a lift – any movement during which one of the dancers has both feet off the floor at the same time, for more than one beat, with the assistance or support of the partner.

**S.A.D.T.A. COMPETITION SECTIONS**  
**1<sup>st</sup> JANUARY 2024**

**GRADE**

**RHYTHM**

**SMOOTH**

**STAR GRADE SYLLABAUS SECTIONS**

**SINGLE / PRO-AM**

Dancer to enter the Grade of the Single Competitor.

Dancer may be partnered by an Amateur or Professional Dancer.  
(Partner to be suitably dressed for section).

Dancers may **ONLY** compete in **ONE** Grade per style i.e. not both  
Single & Couple Sections.

**COUPLES:**

Dancers may **ONLY** compete in **ONE** Grade per style i.e. not both  
Single & Couple Sections.

NEWCOMER: 2 Dance	BR   ECS	W   T
BRONZE: 3 Dance	C   BR   ECS	W   T   F
SILVER: 4 Dance	C   BR   ECS   M	W   T   F   VW
GOLD: 5/4 Dance	C   BR   ECS   B   M	W   T   F   VW
OPEN GOLD: 5/4 Dance	C   BR   ECS   B   M	W   T   F   VW

**NON-STATUS SYLLABUS SECTIONS:**

Organisers may also choose to run separate sections of their choice.  
ONE DANCE - OPEN to BRONZE, SILVER, GOLD & OPEN  
GOLD e.g. VW /or B.

**IMPROV SECTIONS FOR COMPETITIONS**  
**PRO-AM & COUPLES**

This section is to the discretion of the competition organiser.

# **DRESS CODE**

**ALL SECTIONS**  
**JUNIOR, YOUTH, ADULT, SENIOR, MASTERS**

**MALE:**

**Outfit**

**Trousers**

Latin: Black, midnight blue, or to match ladies' outfit  
Under foot strap optional

**Shirt**

Optional

See through materials may be used as decoration/inserts  
for top. Combinations of different materials are optional

**Waistcoat, jacket or bolero jacket**

Same colour as trousers are optional

**Tie, bowtie or scarf – Optional.**

Ballroom: Tail suit, Dinner Jacket or

Full tail suit, Black or midnight blue with all accessories  
(dress shirt, bowtie, studs etc.)

Waist coat or well fitted jacket allowed

**Decoration**

No restriction

**Shoes**

Ballroom: Patent leather low heel

Latin: No restriction

**Jewellery**

The Chairman of Adjudicators has the right to ask a  
dancer to remove an item of jewellery if it presents a  
danger to the competitors.

## **FEMALE:**

### **Outfit**

#### **Latin:**

Competition dress

When standing the skirt of the outfit must cover the panty. Panty should be main colour of dress.

#### **NOT ALLOWED:**

High cut panties, Tangas, G-strings

If outfit is two-piece, top may not only be a bra. (Must have decorative material on it)

Flesh see through materials must be lined over breast and panty area

#### **Ballroom:**

Competition dress. All options allowed i.e. May be of a Latin feel and long skirt as dress.

### **Shoes**

Correct Ballroom or Latin shoes.

Colour – optional

### **Jewellery**

The Chairman of Adjudicators can ask the dancer to remove an item of jewellery if, it presents a danger to the competitors.



**AMATEUR STATUS**  
**AND**  
**PROMOTIONAL POINT SYSTEM**

**SOUTH AFRICAN DANCE TEACHERS' ASSOCIATION**  
**AMATEUR STATUS AND PROMOTION –1<sup>st</sup> JANUARY 2024**

1) **POINTS:**

Points are awarded to finalists only.

At least 2 couples / Amateurs must have competed in section for points to be awarded.

Uncontested sections will be awarded 10 points.

Where sections are combined due to too few couples, actual place may be awarded points, not a result for each age group that was combined.

In the case of Title Open Gold Section, if the section has combined age groups, points will be awarded according to the result of the combined section.

However, the Title will be awarded to the highest placing Couple / Amateur, in each of the combined age groups.

All promotions work on a points system. Couples / Amateurs dancing Final or more will receive points as follows:

1 <sup>st</sup> place.....	.....25
2 <sup>nd</sup> place.....	.....20
3 <sup>rd</sup> place.....	.....15
4 <sup>th</sup> place.....	.....10
5 to 8 <sup>th</sup> place...	..... 5

**IMPROV SECTIONS**

(open to couples / Amateurs graded Final Gold & Above)  
Couples / Amateurs.

Any points obtained over and above the points required for promotion, will be forfeited in the next grade. Once a couple / Amateur has earned sufficient points to be promoted to the next grade, they must move up to the next grade.

- 2) **ADVANCING TO NEXT GRADE:**  
**NEWCOMER** – Couple / Amateur must obtain a total of 70 points before advancing to Bronze  
**BRONZE** - Couple / Amateur must obtain a total of 90 points before advancing to Silver  
**SILVER** - Couple / Amateur must obtain a total of 120 points before advancing to Gold  
**GOLD** - Couple / Amateur must obtain a total of 150 points before advancing to Open Gold  
**OPEN GOLD** - Status not affected by placing or finals reached.
- 3) **COUPLES / PRO-AM CHANGING AGE GROUPS:**  
**BEGINNER, BRONZE, SILVER & GOLD**  
 Status will remain the same and retain accumulated points in next age group.  
**OPEN GOLD**  
 May be re-graded one grade lower (couples optional) no points will be retained from previous age group.
- 4) **PARTNERSHIP CHANGES:**  
 Status of the highest graded partner will determine the status of the new partnership.  
 No points will be retained in the new partnership.  
 Existing partnership must be dissolved in writing to the Status Secretary, prior to registering new partnership.
- 5) **AGE GROUPS PRO-AM ONLY**  
 Age is taken of the youngest in the partnership, on the day of the competition.

Tiny Tots	-	Under 8yrs
Juvenile	-	Under 11yrs
Junior	-	Under 16yrs
Youth	-	Under 21yrs
Adult	-	Under 30yrs
Senior 1	-	31yrs – 40yrs
Senior 2	-	41yrs – 50yrs
Senior 3	-	51yrs – 60yrs
Master	-	61yrs +

**These ages are applicable to Pro-Am only. For Couples and solo please follow International age groups**

## **SMOOTH & RHYTHM** **RULES**

1. All precedes and follows as per NDCA, DIVIDA, ARTHUR MURRAY & FRED ASTAIRE Technique books ONLY
2. All syllabus figures are to be shown in their entirety, unless otherwise indicated in the Technique books.
3. No introductions to routines may be danced in any Medalist/Star Grade Section.
4. **ARMS**
  - 4.1 All arm positions are optional.
5. ALL GRADES, Beginner up to & Including Gold, may dance any FULL SYLLABUS Steps listed in the NDCA, DIVIDA, ARTHUR MURRAY & FRED ASTAIRE Technique Books.

# **SADTA PRESTIGE AWARDS** **CRITERIA**

To be eligible for Prestige Awards the criteria is as follows: A Dancer:

- Needs to be registered with SADTA.
- Needs to be of Championship or Open Gold Grade.
- Needs to Compete in the Provincial Championships to receive Provincial SADTA Prestige Awards.
- Needs to Compete in the SADTA All South African Championships to receive National SADTA Prestige Awards.
- Needs to place in the Top 3 of their Section.

## **SECTIONS THAT QUALIFY ARE:**

- Championship
- Open Gold
- Professional

## **AGES THAT QUALIFY ARE:**

- Junior
- Youth
- Adult
- Senior
- Master