



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



Est. 1926

SADTA

FREESTYLE | DISCO DANCE

Competition Rule Book

It is the duty of all Professional Members, affiliates and amateur competitors to familiarize themselves with the following rules as outlined in this book.

Any issues or matters not addressed in the Rule Book will be referred to the **SADTA**, whose decision will be considered final.

Updated: 01 February 2025

All amendments and rule changes marked clearly in red.
Subject to alterations by **SADTA | Council** while under review.

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FREESTYLE AND SLOWDANCE

1. ACROBATIC ELEMENTS

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1.1. Definition of Acrobatics in Freestyle

1.1.1. 360° Acrobatics Rotations with Contact

... will be defined in Freestyle and Slowdance as:

- 1.1.1.1. Any Acrobatic elements in which the body overturns around the Sagittal or Frontal Planes while still maintaining Contact with the floor.
ie: Cartwheels, Monkey Flips, Round Off, Walkover, Headsprings, Front Handspring, etc.
- 1.1.1.2. Only allowed in Championship and Premier Championship Solo Spots
- 1.1.1.3. Under no circumstance are the above mentioned elements permissible in rounds.

1.1.2. 360° Freehand Acrobatic Rotations

... will be defined in Freestyle and Slowdance as:

- 1.1.2.1. Acrobatic Elements such as those where the body leaves the floor without contact are considered Freehanded Rotations ie: Flic Flac, Salto/Aerial 360° (Forward, Backward, Sideways).
- 1.1.2.2. Only allowed in Championship and Premier Championship 'Title Sections' Solo Spots of which the competitor may only do one!
- 1.1.1.3. Under no circumstance are the above mentioned elements permissible in rounds.

1.2.3. Acrobatic Highlights

... will be defined in Freestyle and Slowdance as:

1.2.3.1. Can be considered 'allowable' Acrobatics figures used in choreography for both Rounds and/Solo Spots that demonstrates a competitors; Flexibility, Agility, Strength and/or Balance.

- Variations of Forward and Backward Rolls with a variation of endings, performed 'in line of dance'.
- Hand Balance that do not exceed 2 counts inclusive of the 'action' and 'Recovery' to the very same standing/starting position ie: Donkey Kicks/Scorpion Kicks.
- Backbends From floor or standing, with alternate recovery/ending whereby the body does not complete a 360° rotation/into a walkover.
- Chest Balances/Dolphin Rolls/Fish Flops/Dolphin Dives, etc; allowable in Championship and Premier Championship (Non-Qualifying) Solo Spots Only!

1.2.4. Highlights:

... will be defined in Freestyle and Slowdance as:

- 1.2.4.1. Variations of Jumps, Jetes and Leaps, including 'Butterflies'.
- 1.2.4.2. Variations of Kicks, Needle, Shouldering The Leg, Penchee, Illusions etc.
- 1.2.4.3. Rotations, Turns, Spins/Chainés, Pirouette, Fouetté, Vaganova, Pivot Turns, Compass Turns etc.

1.2. Evaluation:

- 1.2.1. Acrobatics should be used to enhance the overall aesthetic of Freestyle choreography.
- 1.2.2. Creative use, increased level of difficulty, seamless transitions in and out of preparations, speed agility and landings will be highly evaluated.
- 1.2.3. Routines over saturated with acrobatics elements will be marked down.
- 1.2.4. Poor execution of technique and landings will be marked down.
- 1.2.5. It will be the discretion of the adjudicators to evaluate acrobatics elements appropriately when performed more than twice in the same choreography. Try to avoid sameness!

FREESTYLE AND SLOWDANCE

1. ACROBATIC ELEMENTS

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- 1.3. **Acrobatics in Tiny Tots, Jelly Tots, Beginner, Novice and Intermediate:**
 - 1.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
 - 1.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 1.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 1.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.
 - 1.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
 - 1.4. **Acrobatics in Championship and Premier Championship 'Solo Spots' and 'Rounds':**
 - 1.4.1. **'Solo Spots' and 'Rounds' - Open (free) routines:**
 - 5.4.2. **SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**
 - 5.4.2.1. **Freestyle and Slowdance 'Rounds'**
 - Open Free Choreography in 'Solo Spots' and 'Rounds' with Limitations.
 - All prescribed **Highlights** and original dance choreography permitted.
 - **Acrobatic Highlights** permitted in 'Rounds'.
 - Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
 - 5.4.2.2. **Slowdance 'Solo Spots'**
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - Option of 1 **360° Freehanded Acrobatic Rotation** only.
 - 5.4.2.3. **Freestyle 'Solo Spots'**
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - Option of 1 **360° Freehanded Acrobatic Rotation** only.
 - 5.4.3. **The World Freestyle Dance Championship Qualifiers:**
 - 5.4.3.1. **Freestyle World Qualifying 'Rounds'**
 - Open Free Choreography in 'Solo Spots' and 'Rounds' with Limitations.
 - All prescribed **Highlights** and original dance choreography permitted.
 - **Acrobatic Highlights** permitted in 'Rounds'.
 - Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
 - 5.4.3.2. **Freestyle World Qualifying 'Solo Spots'**
 - Limited Acrobatics allowed in 'Solo Spots' only.
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - **360° Freehanded Acrobatic Rotation** (with no hands) are not permitted.
 - Chest Rolls and Chest Balances are strictly prohibited.

FREESTYLE AND SLOWDANCE SOLO

1. Non Status Tots

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- 1.1. **Non-Status (Optional to register and receive a cloth number)**
- 1.2. **Age Groups (Age taken on the day of the competition):**
 - Age Group Scheme 1**
 - 4/U Jelly Tots
 - 5/6 Tiny Tots
- 1.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**
 - 1.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
 - 1.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 1.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 1.3.1.3. No **Acrobatic Highlights** permitted in 'Rounds'.
 - 1.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
- 1.4. **Tempo:**
 - 1.4.1. **Freestyle:**
 - 1.4.1.1. 150 BPM (beats per minute)
 - 1.4.2. **Slowdance:**
 - 1.4.2.1. 60-80 BPM (beats per minute)
- 1.5. **Dancer may not compete in Beginner sections.**
- 1.6. **Dancer may not compete in any Rising Star sections.**
- 1.7. **Progression around the Floor:**
 - 1.7.1. Progression around the floor is anticlockwise.
 - 1.7.2. Dancers allowed a max of 4 runs per 2 phrases (16 counts).
 - 1.7.3. Dancers allowed a max of 4 chainés per 2 phrases (16 counts).
 - 1.7.4. Dancers allowed a max of 4 travelling movements per 2 phrases (16 counts).
- 1.8. **Status Points & Promotions:**
 - 1.8.1. **Non-Status, no points awarded.**
 - 1.8.2. If currently dancing in a 'Status Section', dancer may not compete in this section.
- 1.9. **Basic - Non Status/Beginner Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
 - 1.9.1. **Full Costume Permitted with Limitations:**
 - 1.9.1.1. No 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects.
 - 1.9.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 1.9.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 1.9.1.4. Day Make-Up only, as per Medal Test Rules.
 - 1.9.1.5. Strictly no eyelashes or false nails in Tots ('Age Group Scheme 1').
 - 1.9.2. **Costume Infringements:**
 - 1.9.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

FREESTYLE AND SLOWDANCE SOLO

2. Beginner (Mixed)

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- 2.1. **Status Section (Register and receive a cloth number)**
- 2.2. **Age Groups (Age taken on the day of the competition):**
- | <u>Age Group Scheme 2</u> | | <u>Age Group Scheme 3</u> | | <u>Age Group Scheme 4</u> | |
|---------------------------|------------|---------------------------|----------|---------------------------|---------|
| 7/U | Juvenile 1 | 12/13 | Junior 1 | 16/17 | Adult 1 |
| 8/9 | Juvenile 2 | 14/15 | Junior 2 | 18/19 | Adult 2 |
| 10/11 | Juvenile 3 | | | 20/O | Adult 3 |
- 2.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**
- 2.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
- 2.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 2.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 2.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.
 - 2.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
- 2.4. **Tempo:**
- 2.4.1. **Freestyle:**
- 2.4.1.1. 150-165 BPM (beats per minute)
- 2.4.2. **Slowdance:**
- 2.4.2.1. 60-80 BPM (beats per minute)
- 2.5. **Dancer may not yet have entered into Novice or Intermediate sections.**
- 2.6. **May only enter into Rising Star at a Championship Competition if a Beginner Section is not offered.**
- 2.7. **Progression around the Floor:**
- 2.7.1. Progression around the floor is anticlockwise.
 - 2.7.2. Dancers allowed a max of 4 runs per 2 phrases (16 counts).
 - 2.7.3. Dancers allowed a max of 4 chainés per 2 phrases (16 counts).
 - 2.7.4. Dancers allowed a max of 4 travelling movements per 2 phrases (16 counts).
- 2.8. **Status Points & Promotions:**
- 2.8.1. **Status Points Awarded.**
- 2.8.2. **A total of 60 points required to move to a 'Novice' grade.**
- 2.9. **Basic - Non Status/Beginner Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 2.9.1. **Full Costume Permitted with Limitations:**
- 2.9.1.1. No 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects.
 - 2.9.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 2.9.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 2.9.1.4. Day Make-Up only, as per Medal Test Rules.
 - 2.9.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
- 2.9.2. **Costume Infringements:**
- 2.9.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on **Page 40**.

FREESTYLE AND SLOWDANCE SOLO

3. Novice (Mixed)

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3.1. **Status Section (Register and receive a cloth number)**

3.2. **Age Groups (Age taken on the day of the competition):**

<u>Age Group Scheme 2</u>		<u>Age Group Scheme 3</u>		<u>Age Group Scheme 4</u>	
7/U	Juvenile 1	12/13	Junior 1	16/17	Adult 1
8/9	Juvenile 2	14/15	Junior 2	18/19	Adult 2
10/11	Juvenile 3			20/O	Adult 3

3.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**

3.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**

3.3.1.1. Open Free Choreography in 'Rounds' with Limitations.

3.3.1.2. All prescribed **Highlights** and original dance choreography permitted.

3.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.

3.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.

3.4. **Tempo:**

3.4.1. **Freestyle:**

3.4.1.1. 150-165 BPM (beats per minute)

3.4.2. **Slowdance:**

3.4.2.1. 60-80 BPM (beats per minute)

3.5. **Dancer may not yet have entered into an Intermediate section.**

3.6. **Progression around the Floor:**

3.6.1. Progression around the floor is anticlockwise.

3.6.2. Dancers allowed a max of 4 runs per 2 phrases (16 counts).

3.6.3. Dancers allowed a max of 4 chainés per 2 phrases (16 counts).

3.6.4. Dancers allowed a max of 4 travelling movements per 2 phrases (16 counts).

3.7. **Status Points & Promotions:**

3.7.1. **Status Points Awarded.**

3.7.2. **A total of 90 points required to move to an 'Intermediate' grade.**

3.8. **Novice Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**

3.8.1. **Full Costume Permitted with Limitations:**

3.8.1.1. No 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects.

3.8.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.

3.8.1.3. No G-strings worn over flesh coloured tights or without tights.

3.8.1.4. Day Make-Up only, as per Medal Test Rules.

3.8.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').

3.8.2. **Costume Infringements:**

3.8.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

FREESTYLE AND SLOWDANCE SOLO

4. Intermediate (Mixed)

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- 4.1. **Status Section (Register and receive a cloth number)**
- 4.2. **Age Groups (Age taken on the day of the competition):**
- | <u>Age Group Scheme 2</u> | | <u>Age Group Scheme 3</u> | | <u>Age Group Scheme 4</u> | |
|---------------------------|------------|---------------------------|----------|---------------------------|---------|
| 7/U | Juvenile 1 | 12/13 | Junior 1 | 16/17 | Adult 1 |
| 8/9 | Juvenile 2 | 14/15 | Junior 2 | 18/19 | Adult 2 |
| 10/11 | Juvenile 3 | | | 20/O | Adult 3 |
- 4.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**
- 4.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
- 4.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 4.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 4.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.
 - 4.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
- 4.4. **Tempo:**
- 4.4.1. **Freestyle:**
- 4.4.1.1. 150-165 BPM (beats per minute)
- 4.4.2. **Slowdance:**
- 4.4.2.1. 60-80 BPM (beats per minute)
- 4.5. **Dancer may not yet have entered into an Intermediate section.**
- 4.6. **Progression around the Floor:**
- 4.6.1. Progression around the floor is anticlockwise.
 - 4.6.2. Dancers allowed a max of 4 runs per 2 phrases (16 counts).
 - 4.6.3. Dancers allowed a max of 4 chainés per 2 phrases (16 counts).
 - 4.6.4. Dancers allowed a max of 4 travelling movements per 2 phrases (16 counts).
- 4.7. **Status Points & Promotions:**
- 4.7.1. **Status Points Awarded.**
- 4.7.2. **A total of 120 points required to move to an 'Championship' grade.**
- 4.8. **Intermediate Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 4.8.1. **Full Costume Permitted with Limitations:**
- 4.8.1.1. 'Bling'; sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
 - 4.8.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 4.8.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 4.8.1.4. Full Make-up allowed.
 - 4.8.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
- 4.8.2. **Costume Infringements:**
- 4.8.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 48](#).

FREESTYLE AND SLOWDANCE SOLO

5. Championship - Freestyle and Slowdance (Male and Female)

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5.1. Status Section (Register and receive a cloth number)

5.2. Female Age Groups (Age taken on the day of the competition):

<u>Age Group Scheme 2</u>	<u>Age Group Scheme 3</u>	<u>Age Group Scheme 4</u>
7/U Juvenile 1	12/13 Junior 1	16/17 Adult 1
8/9 Juvenile 2	14/15 Junior 2	18/19 Adult 2
10/11 Juvenile 3		20/O Adult 3

5.2.1. Status Points & Promotions:

5.2.1.1. A total of 5 lives lost required to move to a Premier Championship grade.

- Juvenile 2, 3, and Junior 1 competitors **lose a life** if:
Place 1st in a section that is danced from a Round, Quarter Final, or Semi-Final.
Place 1st in a Straight Final, but there must be at least **6 competitors** in the final.
- Junior 2, Adult 1, Adult 2, and Adult 3 competitors **lose a life** if:
Place 1st in a section that is danced from a Round, Quarter Final, or Semi-Final.
Place 1st in a Straight Final, but there must be at least **5 competitors** in the final.

5.2.1.2. Ranking Points will be awarded in Freestyle Solo only for eligibility to Represent Internationally.

5.2.1.3. Ranking Point may only be acquired at Ranking Points may only be acquired in 'The World Freestyle Dance Championships Qualifiers'.

5.3. Male Age Groups (Age taken on the day of the competition):

<u>Age Group Scheme 1</u>	<u>Age Group Scheme 2</u>	<u>Age Group Scheme 3</u>
11/U Juvenile	12/15 Junior	16/O Adult

5.3.1. Status Points & Promotions:

5.3.1.1. Championship is the highest grade for Male Dancers.

5.3.1.1. Ranking Points will be awarded in Freestyle Solo only for eligibility to Represent Internationally.

5.3.1.1. Ranking Point may only be acquired at Ranking Points may only be acquired in 'The World Freestyle Dance Championships Qualifiers'.

5.4. 'Solo Spots' and 'Rounds' - Open (free) routines:

5.4.1. SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:

5.4.1.1. Freestyle and Slowdance 'Rounds'

- Open Free Choreography in 'Solo Spots' and 'Rounds' with Limitations.
- All prescribed **Highlights** and original dance choreography permitted.
- **Acrobatic Highlights** permitted in 'Rounds'.
- Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.

5.4.1.2. Slowdance 'Solo Spots'

- **50 seconds** from start of dance.
- **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
- Option of 1 **360° Freehanded Acrobatic Rotation** only.

5.4.1.3. Freestyle 'Solo Spots'

- **30 seconds** from start of dance.
- **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
- Option of 1 **360° Freehanded Acrobatic Rotation** only.

FREESTYLE AND SLOWDANCE SOLO

5. Championship - Freestyle and Slowdance (Mixed)

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5.4.2. The World Freestyle Dance Championship Qualifiers:

5.4.2.1. Freestyle World Qualifying 'Rounds'

- Open Free Choreography in 'Solo Spots' and 'Rounds' with Limitations.
- All prescribed **Highlights** and original dance choreography permitted.
- **Acrobatic Highlights** permitted in 'Rounds'.
- Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.

5.4.2.2. Freestyle World Qualifying 'Solo Spots'

- **30 seconds from start of dance.**
- **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
- Limited Acrobatics allowed in 'Solo Spots' only.
- **360° Freehanded Acrobatic Rotation** (with no hands) are not permitted.
- Chest Rolls and Chest Balances are strictly prohibited.

5.4.3.3. Finalist in The World Freestyle dance Championship Qualifier will be given the opportunity to preview the first 10 seconds of the music collectively before commencing with 'Solo Spots'.

5.5. Tempo:

5.5.1. Freestyle:

5.5.1.1. 160-165 BPM (beats per minute)

5.5.2. Slowdance:

5.5.2.1. 60-80 BPM (beats per minute)

5.6. Progression around the Floor:

5.6.1. Progression around the floor is anticlockwise in rounds.

5.6.2. Solo spots dance in the direction of the seated adjudicators, as would be seen if danced on stage.

5.7. Finals will be judged over 'Solo Spot' and Final 'Round'.

4.8. Championship Dress Code applies as is outlined in the [SADTA Dress Codes Page 38-39](#):

4.8.1. Full Costume Permitted with Limitations:

- 4.8.1.1. 'Bling'; sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 4.8.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
- 4.8.1.3. No G-strings worn over flesh coloured tights or without tights.
- 4.8.1.4. Full Make-up allowed.
- 4.8.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').

4.8.2. Costume Infringements:

- 4.8.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

FREESTYLE AND SLOWDANCE SOLO

6. Premier Championship - Freestyle and Slowdance (Female)

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6.1. Status Section (Register and receive a cloth number)

6.2. Female Age Groups (Age taken on the day of the competition):

<u>Age Group Scheme 2</u>		<u>Age Group Scheme 3</u>		<u>Age Group Scheme 4</u>	
-	-	12/13	Junior 1	16/17	Adult 1
8/9	Juvenile 2	14/15	Junior 2	18/19	Adult 2
10/11	Juvenile 3			20/0	Adult 3

6.3. 'Solo Spots' and 'Rounds' - Open (free) routines:

6.3.1. SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:

6.3.1.1. Freestyle and Slowdance 'Rounds'

- Open Free Choreography in 'Solo Spots' and 'Rounds' with Limitations.
- All prescribed **Highlights** and original dance choreography permitted.
- **Acrobatic Highlights** permitted in 'Rounds'.
- Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.

6.3.1.2. Slowdance 'Solo Spots'

- **50 seconds from start of dance.**
- **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
- Option of 1 **360° Freehanded Acrobatic Rotation** only.

6.3.1.3. Freestyle 'Solo Spots'

- **30 seconds from start of dance.**
- **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
- Option of 1 **360° Freehanded Acrobatic Rotation** only.

6.3.2. The World Freestyle Dance Championship Qualifiers:

6.3.2.1. Freestyle World Qualifying 'Rounds'

- Open Free Choreography in 'Solo Spots' and 'Rounds' with Limitations.
- All prescribed **Highlights** and original dance choreography permitted.
- **Acrobatic Highlights** permitted in 'Rounds'.
- Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.

6.3.2.2. Freestyle World Qualifying 'Solo Spots'

- **30 seconds from start of dance.**
- Limited Acrobatics allowed in 'Solo Spots' only.
- **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
- **360° Freehanded Acrobatic Rotation** (with no hands) are not permitted.
- Chest Rolls and Chest Balances are strictly prohibited.

6.3.2.3. Finalist in The World Freestyle dance Championship Qualifier will be given the opportunity to preview the first 10 seconds of the music collectively before commencing with 'Solo Spots'.

6.4. Tempo:

6.4.1. Freestyle:

6.4.1.1. 160-165 BPM (beats per minute)

6.4.2. Slowdance:

6.4.2.1. 60-80 BPM (beats per minute)

6.5. Progression around the Floor:

6.5.1. Progression around the floor is anticlockwise in rounds.

6.5.2. Solo spots dance in the direction of the seated adjudicators, as would be seen if danced on stage.

FREESTYLE AND SLOWDANCE SOLO

6. Premier Championship - Freestyle and Slowdance (Female)

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6.6. Finals will be judged over 'Solo Spot' and Final 'Round'

6.7. Status Points & Promotions:

- 6.7.1. Premier Championship is the highest grade for Female Dancers.
- 6.7.2. Ranking Points will be awarded in Freestyle Solo only for eligibility to Represent Internationally.
 - 6.8.2.1. Points may only be acquired at 'The World Freestyle Dance Championship Qualifiers'.

6.8. Championship Dress Code applies as is outlined in the SADTA Dress Codes Page 46-47:

6.8.1. Full Costume Permitted with Limitations:

- 6.8.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 6.8.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
- 6.8.1.3. No G-strings worn over flesh coloured tights or without tights.
- 6.8.1.4. Full Make-up allowed.
- 6.8.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').

6.8.2. Costume Infringements:

- 6.8.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 48](#).

SYLLABUS FREESTYLE AND SLOWDANCE

1. Syllabus Freestyle and Slowdance Solo and/or Couples

Page 1/1

- 1.1. **Non-Status (Optional to register and receive a cloth number)**
- 1.2. **Age Groups (Age taken on the day of the competition or according to eldest partners age):**
- | <u>Age Group Scheme 2</u> | <u>Age Group Scheme 3</u> | <u>Age Group Scheme 4</u> |
|---------------------------|---------------------------|---------------------------|
| 11/U Juvenile | 12-15 Junior | 16/O Adult |
- 1.3. **Organisers choice to host either solo or couples sections.**
- 1.4. **Mixed 'Rounds' with no 'Solo Spots' - Strict use of SADTA Syllabus only!**
- 1.4.1. **SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**
- 1.4.1.1. Choreography as per SADTA Syllabus and Newly Updated Syllabus permitted.
 - 1.4.1.2. Acrobatic Highlights not permitted.
 - 1.4.1.3. Strictly no 360° Acrobatics Rotations allowed.
- 1.5. **Medal Competition Levels:**
- 1.5.1. **Level 1: Solo/Couples - Pre-Badge/Badge 1&2:**
- 1.5.1.1. May dance any routines up to and including Badge 2
 - 1.5.1.2. May not have passed a Badge 2 Medal Test Examination
- 1.5.2. **Level 2: Solo/Couples - Badge 3/Pre-Bronze:**
- 1.5.2.1. May dance any routines up to and including Pre-Bronze
 - 1.5.2.2. May not have passed a Pre-Bronze Medal Test Examination
- 1.5.3. **Level 3: Solo/Couples - Bronze Bar/ Bronze Medal:**
- 1.5.3.1. May dance any routines up to and including Bronze Medal
 - 1.5.3.2. May not have passed a Bronze Medal Test Examination
- 1.5.4. **Level 4: Solo/Couples - Silver Bar/Silver Medal:**
- 1.5.4.1. May dance any routines up to and including Silver Medal
 - 1.5.4.2. May not have passed a Silver Medal Test Examination
- 1.5.5. **Level 5: Solo/Couples - Gold Bar/Gold Medal:**
- 1.5.5.1. May dance any routines up to and including Gold Medal
 - 1.5.5.2. May not have passed a Gold Medal Test Examination
- 1.5.6. **Level 6: Solo/Couples - 'Championship' and/or 'Premier Championship' Dancers:**
- 1.5.6.1. Dancer must be of a Championship 'Solo' grade or must have passed a Gold Medal Test Examination.
 - 1.5.6.2. Section may only be danced by Junior and Adult 'Championship' Dancers
 - 1.5.6.3. Juveniles may not enter this section. Juvenile Dancers may only compete in the relevant level as set out in Level 1-5.
- 1.7. **Dancers entering into the above levels do not have to be registered and is open to all competitors.**
- 1.8. **Progression around the floor:**
- 1.8.1. No progression permitted.
- 1.9. **Status Points & Promotions:**
- 1.9.1. **Non-Status, no points awarded.**
- 1.10. **Basic Non Status/Beginner Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**

FREESTYLE COUPLES

1. Novice - Freestyle Couples (Mixed)

Page 1/3

- 1.1. Status Section (Register and receive a cloth number)
- 1.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**
- | <u>Age Group Scheme 2</u> | <u>Age Group Scheme 3</u> | <u>Age Group Scheme 4</u> |
|---------------------------|---------------------------|---------------------------|
| 11/U Juvenile | 12/15 Junior | 16/O Adult |
- 1.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**
- 1.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
- 1.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 1.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 1.3.1.3. Acrobatic **Highlights permitted** in 'Rounds'.
 - 1.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
- 1.4. **Dancer may not yet have entered into an 'Intermediate' section.**
- 1.5. **Progression around the Floor:**
- 1.5.1. Progression around the floor is anticlockwise.
 - 1.5.2. Dancers allowed a max of 4 runs per 2 phrases (16 counts).
 - 1.5.3. Dancers allowed a max of 4 chainés per 2 phrases (16 counts).
 - 1.5.4. Dancers allowed a max of 4 travelling movements per 2 phrases (16 counts).
- 1.6. **Status Points & Promotions:**
- 1.6.1. **Status Points Awarded.**
- 1.6.2. **A total of 60 points required to move to an 'Intermediate' grade.**
- 1.7. **Novice Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 1.7.1. **Full Costume Permitted with Limitations:**
- 1.7.1.1. No 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects.
 - 1.7.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 1.7.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 1.7.1.4. Day Make-Up only, as per Medal Test Rules.
 - 1.7.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
- 1.7.2. **Costume Infringements:**
- 1.7.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on **Page 40**.

FREESTYLE COUPLES

2. Intermediate - Freestyle Couples (Mixed)

Page 2/3

- 2.1. **Status Section (Register and receive a cloth number)**
- 2.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**
- | <u>Age Group Scheme 2</u> | <u>Age Group Scheme 3</u> | <u>Age Group Scheme 4</u> |
|---------------------------|---------------------------|---------------------------|
| 11/U Juvenile | 12/15 Junior | 16/O Adult |
- 2.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**
- 2.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
- 2.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 2.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 2.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.
 - 2.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
- 2.4. **Dancer may not yet have entered into a 'Championship' section.**
- 2.5. **Progression around the Floor:**
- 2.5.1. Progression around the floor is anticlockwise.
 - 2.5.2. Dancers allowed a max of 4 runs per 2 phrases (16 counts).
 - 2.5.3. Dancers allowed a max of 4 chainés per 2 phrases (16 counts).
 - 2.5.4. Dancers allowed a max of 4 travelling movements per 2 phrases (16 counts).
- 2.6. **Status Points & Promotions:**
- 2.6.1. **Status Points Awarded.**
- 2.6.2. **A total of 120 points required to move to an 'Championship' grade.**
- 2.7. **Intermediate Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 2.7.1. **Full Costume Permitted with Limitations:**
- 2.7.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
 - 2.7.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 2.7.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 2.7.1.4. Full Make-up allowed.
 - 2.7.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
- 2.7.2. **Costume Infringements:**
- 2.7.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on Page 40.

FREESTYLE COUPLES

3. Championship - Freestyle Couples

Page 3/3

- 3.1. **Status Section (Register and receive a cloth number)**
 3.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**

3.2.1. **Championship Mixed, Girls and Ladies**

<u>Age Group Scheme 2</u>	<u>Age Group Scheme 3</u>	<u>Age Group Scheme 4</u>
11/U Mixed	12/15 Girls	16/O Ladies

3.2.2. **Championship Boy/Girl and Man/Lady**

<u>Age Group Scheme 3</u>	<u>Age Group Scheme 4</u>
12/15 Boy/Girl	16/O Man/Lady

3.3. **'Solo Spots' and 'Rounds' - Open (free) routines:**

3.3.1. **SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**

- 3.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
- 3.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
- 3.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.
- 3.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
- 3.3.1.5. **'Solo Spots'**
 - **30 seconds from start of dance.**
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - Option of 1 **360° Freehanded Acrobatic Rotation** only.

3.3.1.6. **Lifts & Drops Permissible per 'Age Group Scheme':**

Juvenile Lifts & Drops not permitted at all!

Junior Lifts & Drops permitted in 'Solo Spots' only! No higher than waist height.

Adult: Unrestricted 'Lifts & Drops' permitted in Solo Spots' only!

3.4. **Progression around the Floor:**

3.4.1. Progression around the floor is anticlockwise in rounds.

3.4.2. Solo spots dance in the direction of the seated adjudicators, as would be seen if danced on stage.

3.5. **Finals will be judged over 'Solo Spot' and 'Final Round'.**

3.6. **Status Points & Promotions:**

3.6.1. **Championship is the highest grade for Freestyle Couples.**

3.7. **Championship Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**

3.7.1. **Full Costume Permitted with Limitations:**

- 3.7.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 3.7.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
- 3.7.1.3. No G-strings worn over flesh coloured tights or without tights.
- 3.7.1.4. Full Make-up allowed.
- 3.7.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').

3.7.2. **Costume Infringements:**

- 3.7.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on **Page 40**.

CABARET SECTION

1. Cabaret Section (Adults 16&O Only!)

Page 1/1

- 4.1. **Non-Status Section.**
- 4.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**
- Age Group Scheme 4**
- 16/O Adult**
- 4.3. **Performed as 'Solo Spots' Only! - Open (free) routines:**
- 5.3.1. SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**
- 5.3.1.1. Open Free Choreography in 'Solo Spots'.
- 5.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
- 5.3.1.3. **Acrobatic Highlights** permitted.
- 5.3.1.5. **Unrestricted Acrobatics** allowed.
- 5.3.1.6. 'Solo Spots'**
- 2 minutes (Own Music Supplied on a USB)**
- 5.3.1.7. Theme Permitted.
- 5.4. **Finals will be judged over Solo Spot..**
- 5.5. **Status Points & Promotions**
- 5.5.1. Non Status.**
- 5.6. **Championship Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 5.6.1. Full Costume Permitted:**
- 5.6.1.1. 'Bling'; sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 5.6.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
- 5.6.1.3. No G-strings worn over Flesh coloured tights or without tights.
- 5.6.1.4. Full Make-up allowed.
- 5.6.2. Costume Infringements:**
- 5.6.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on **Page 40.**

ROCK 'N' ROLL

1. Novice Rock 'n' Roll

Page 1/3

- 1.1. **Status Section (Register and receive a cloth number)**
- 1.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**
- | <u>Age Group Scheme 2</u> | <u>Age Group Scheme 3</u> | <u>Age Group Scheme 4</u> |
|---------------------------|---------------------------|---------------------------|
| 11/U Juvenile | 12/15 Junior | 16/O Adult |
- 1.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**
- 1.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
- 1.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 1.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 1.3.1.3. Acrobatic **Highlights permitted** in 'Rounds'.
 - 1.3.1.4. **Lifts and Drops permissible per 'Age Group Scheme':**
- | | | |
|-----------------|-------------------------------------|-----------------------------------|
| Juvenile | Lifts & Drops not permitted at all! | |
| Junior | Haley's Comet | Hitching' a Ride (legs tucked in) |
| Adult: | As per Junior | |
- 1.3.1.5. Must have Single or double hand hold (contact) throughout routine with a maximum of 4 phrases that may be danced 'without hold' during the routine - e.g. Side by side or Shadow position.
- 1.4. **Dancer may not yet have entered into an 'Intermediate' section.**
- 1.5. **Progression around the Floor:**
- 1.5.1. Progression around the floor is prohibited.
- 1.6. **Status Points & Promotions:**
- 1.6.1. **Status Points Awarded.**
 - 1.6.2. **A total of 60 points required to move to an 'Intermediate' grade.**
- 1.7. **Novice Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 1.7.1. **Full Costume Permitted with Limitations:**
- 1.7.1.1. No 'Bling'; sequins, rhinestones, glitter, and/or any shiny material or effects.
 - 1.7.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 1.7.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 1.7.1.4. Day Make-Up only, as per Medal Test Rules.
 - 1.7.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
- Please consider that the rule applies and 13/U
- 1.7.2. **Costume Infringements:**
- 1.7.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

ROCK 'N' ROLL

1. Intermediate Rock 'n' Roll

Page 2/3

- 2.1. **Status Section (Register and receive a cloth number)**
- 2.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**
- | <u>Age Group Scheme 2</u> | <u>Age Group Scheme 3</u> | <u>Age Group Scheme 4</u> |
|---------------------------|---------------------------|---------------------------|
| 11/U Juvenile | 12/15 Junior | 16/O Adult |
- 2.3. **Mixed 'Rounds' with no 'Solo Spots' - Open (free) routines:**
- 2.3.1. **SADTA Festivals, Championships/Qualifiers and Sanctioned Private Promoter Competitions:**
- 1.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
 - 2.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 2.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.
 - 2.3.1.4. **Lifts and Drops permissible per 'Age Group Scheme':**
- | | | |
|-----------------|-----------------------------------------------------------|----------------------------------------------------------------|
| Juvenile | Drunken Sailor | Tunnel |
| | Haley's Comet | Drop Kick ^(sitting) |
| | Leap Frog | Dead Man's Drop |
| | Hip Jump | Drop Split ^(straddle or fwd split position) |
| Junior | As per Juvenile including: | Rocking Boat ^(knees tucked in) |
| | T-spoon forward or backward ^(arm flip) | Basic Flip-over ^(flip somersault straddle position) |
| | Handstand Roll-over ^(backwards & forwards) | Roll-over Scissor ^(on man's back) |
| Adult: | As per Junior | |
- 1.3.1.5. Must have Single or double hand hold (contact) throughout routine with a maximum of 4 phrases that may be danced 'without hold' during the routine - e.g. Side by side or Shadow position.
- 2.4. **Dancer may not yet have entered into a 'Championship' section.**
- 2.5. **Progression around the Floor:**
- 2.5.1. Progression around the floor is prohibited.
- 2.6. **Status Points & Promotions:**
- 2.6.1. **Status Points Awarded.**
 - 2.6.2. **A total of 120 points required to move to an 'Championship' grade.**
- 2.7. **Intermediate Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 2.7.1. **Full Costume Permitted with Limitations:**
- 2.7.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
 - 2.7.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 2.7.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 2.7.1.4. Full Make-up allowed.
 - 2.7.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
 - 2.7.1.6. Strictly no bare feet allowed.
- 2.7.2. **Costume Infringements:**
- 2.7.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on Page 40.

ROCK 'N' ROLL

1. Championship Rock 'n' Roll

Page 3/3

- 3.1. **Status Section (Register and receive a cloth number)**
 3.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**

3.2.1. **Championship Mixed and Ladies**

Age Group Scheme 2

11/U Mixed

Age Group Scheme 3

12/15 Mixed

Age Group Scheme 4

16/O Ladies

3.2.2. **Championship Man/Lady:**

Age Group Scheme 4

16/O Man/Lady

3.3. **'Solo Spots' and 'Rounds' - Open (free) routines:**

3.3.1. **SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**

3.3.1.1. Open Free Choreography in 'Rounds' and 'Solo Spots' with Limitations.

3.3.1.2. All prescribed **Highlights** and original dance choreography permitted.

3.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.

3.3.1.4. **'Solo Spots'**

- **30 seconds** from start of dance.

- Cartwheels with Hands on floor in 'Solo Spots' only.

3.3.1.5. **Lifts & Drops Permissible per 'Age Group Scheme':**

Juvenile Drunken Sailor

Tunnel

Haley's Comet

Drop Kick ^(sitting)

Leap Frog

Dead Man's Drop

Hip Jump

Drop Split ^(straddle or fwd split position)

Junior Unrestricted! - No lifts above waist height.

Adult: Unrestricted!

3.5. **Progression around the Floor:**

3.5.1. Progression around the floor is prohibited in 'Rounds'!

3.5.2. 'Solo spots' dance in the direction of the seated adjudicators, as would be seen if danced on stage.

3.6. **Finals will be judged over 'Solo Spot' and 'Final Round'!**

3.7. **Status Points & Promotions:**

3.7.1. **Championship is the highest grade for Rock 'n' Roll.**

3.8. **Championship Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**

3.8.1. **Full Costume Permitted with Limitations:**

3.8.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.

3.8.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.

3.8.1.3. No G-strings worn over flesh coloured tights or without tights.

3.8.1.4. Full Make-up allowed.

3.8.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').

3.8.1.6. Strictly no bare feet allowed.

3.8.2. **Costume Infringements:**

3.8.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on **Page 40**.

FREESTYLE TRIO'S

1. Championship Freestyle Trios (Mixed)

Page 3/3

- 1.1. **Status Section (Register and receive a cloth number)**
- 1.2. **Age Groups (Age taken on the day of the competition - According to eldest partners age):**
- | <u>Age Group Scheme 2</u> | <u>Age Group Scheme 3</u> | <u>Age Group Scheme 4</u> |
|---------------------------|---------------------------|---------------------------|
| 11/U Juvenile | 12/15 Junior | 16/O Adult |
- 1.3. **'Solo Spots' and 'Rounds' - Open (free) routines:**
- 1.3.1. **SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**
- 1.3.1.1. Open Free Choreography in 'Rounds' with Limitations.
- 1.3.1.2. All prescribed **Highlights** and original dance choreography permitted.
- 1.3.1.3. **Acrobatic Highlights** permitted in 'Rounds'.
- 1.3.1.4. Strictly no **360° Acrobatics Rotations** allowed in 'Rounds'.
- 1.3.1.5. **'Solo Spots'**
- **30 seconds from start of dance.**
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - Option of 1 **360° Freehanded Acrobatic Rotation** only.
- 1.3.1.6. **Lifts & Drops Permissible per 'Age Group Scheme':**
- Juvenile** Lifts & Drops not permitted at all!
- Junior** Lifts & Drops permitted in 'Solo Spots' only! No higher than waist height.
- Adult:** Unrestricted 'Lifts & Drops' permitted in Solo Spots' only!
- 1.4. **Progression around the Floor:**
- 1.4.1. Progression around the floor is anticlockwise in rounds.
- 1.4.2. Solo spots dance in the direction of the seated adjudicators, as would be seen if danced on stage.
- 1.5. **Finals will be judged over 'Solo Spot' and 'Final Round'.**
- 1.6. **Status Points & Promotions:**
- 1.6.1. **Non-status as all Trio's are Championship grade.**
- 1.7. **Championship Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 1.7.1. Full Costume Permitted with Limitations:
- 1.7.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 1.7.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
- 1.7.1.3. No G-strings worn over flesh coloured tights or without tights.
- 1.7.1.4. Full Make-up allowed.
- 1.7.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
- 1.7.2. **Costume Infringements:**
- 1.7.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on **Page 40**.

SMALL GROUPS AND FORMATIONS TEAMS

1. Syllabus Freestyle Small Groups

Page 1/3

- 1.1. **Non Status Section**
- 1.2. **Age Groups: Age is taken as of the 31st December of the current year.**
 - 13/U
 - 14/O
- 1.3. **Small Group Members:**
 - 1.3.1. Minimum of 4 and maximum of 8.
 - 1.3.2. 100% of the team members must be in the correct age group.
- 1.4. **'Solo Spots' - Use of SADTA Medal syllabus only!**
 - 1.4.1. **SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**
 - 1.4.1.1. Use of Medal Syllabus only. (May be broken up).
 - 1.4.1.2. **'Solo Spots'**
 - **1 Minute from start of music.**
 - 1.4.1.3. **Lifts & Drops not permitted at all!**
- 1.5. **Danced in the direction of the seated adjudicators, as would be seen if danced on stage.**
- 1.6. **Organisers music.**
- 1.7. **Finals will be judged over 'Solo Spot'.**
- 1.8. **Status Points & Promotions:**
 - 1.8.1. **Non-Status, No Status Points awarded.**
- 1.9. **Novice Dress Code applies as is outlined in the [SADTA Dress Codes Page 38-39](#):**
 - 1.9.1. **Full Costume Permitted with Limitations:**
 - 1.9.1.1. No 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects.
 - 1.9.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 1.9.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 1.9.1.4. Day Make-Up only, as per Medal Test Rules.
 - 1.9.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
 - 1.9.2. **Costume Infringements:**
 - 1.9.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

SMALL GROUPS AND FORMATIONS TEAMS

1. Open Freestyle Small Groups

Page 2/3

- 1.1. **Non Status Section**
- 1.2. **Age Groups: Age is taken as of the 31st December of the current year.**
 - 13/U
 - 14/O
- 1.3. **Small Group Members:**
 - 1.3.1. Minimum of 4 and maximum of 8.
 - 1.3.2. 100% of the team members must be in the correct age group.
- 1.4. **'Solo Spots' - Open (free) routines:**
 - 1.4.1. **SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**
 - 1.4.1.1. Open Free Choreography in 'Solo Spots' with Limitations.
 - 1.4.1.2. All prescribed **Highlights** and original dance choreography permitted.
 - 1.4.1.3. **Acrobatic Highlights** permitted.
 - 1.4.1.4. **'Solo Spots'**
 - **90 seconds from start of music.**
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - Option of 1 **360° Freehanded Acrobatic Rotation** only.
 - 1.4.1.3. Lifts & Drops not permitted at all!
- 1.5. **Danced in the direction of the seated adjudicators, as would be seen if danced on stage.**
- 1.6. **Organisers music.**
- 1.7. **Finals will be judged over 'Solo Spot'.**
- 1.8. **Status Points & Promotions:**
 - 1.8.1. **Non-Status, No Status Points awarded.**
- 1.9. **Championship Dress Code applies as is outlined in the [SADTA Dress Codes Page 38-39](#):**
 - 1.9.1. **Full Costume Permitted with Limitations:**
 - 1.9.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
 - 1.9.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 1.9.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 1.9.1.4. Full Make-up allowed.
 - 1.9.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
 - 1.9.2. **Costume Infringements:**
 - 1.9.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

SMALL GROUPS AND FORMATIONS TEAMS

1. Freestyle Formation Teams

Page 3/3

- 1.1. Non Status Section**
- 1.2. Age Groups: Age is taken as of the 31st December of the current year.**
- | | |
|-------------|-------------|
| 13/U | 14/O |
|-------------|-------------|
- 1.3. Formation Team Members:**
- 1.3.1. Minimum of 8 and maximum of 16.
- 1.3.2. 100% of the team members must be in the correct age group.
- 1.3.3. Team names must be registered one month prior to competition.
- 1.4. 'Solo Spots' - Open (free) routines:**
- 1.4.1. SADTA Festivals, Championships and Sanctioned Private Promoter Competitions:**
- 1.4.1.1. Open Free Choreography in 'Solo Spots' with Limitations.
- 1.4.1.2. All prescribed **Highlights** and original dance choreography permitted.
- 1.4.1.3. **Acrobatic Highlights** permitted.
- 1.4.1.4. 'Solo Spots'**
- **Minimum 1 ½ minutes - Maximum 3 minutes**
- 1.4.1.5. 75% of the routine must be 'Freestyle Dance' and formation.
- 1.4.1.6. Only 25% theme is permitted - phrasing as follows:**
- 6 phrases out of tempo (theme) when choreographing a 1 ½ minute Formation Team.
 - 8 phrases out of tempo (theme)- when choreographing a 2 minute Formation Team.
 - 10 phrases out of tempo (theme) - when choreographing a 3 minute Formation Team.
- 1.4.1.7. Lifts & Drops permitted!**
- 13/U Formation Teams - Unrestricted! - No lifts above waist height.
 - 14/O Formation Teams - Unrestricted!
- 1.4.1.8. Props:**
- Costume props permitted and may be discarded (e.g. hats, scarfs, capes).
 - Character props permitted and may be discarded (umbrellas, flags, helmets, walking sticks, etc).
 - Free-standing props not permitted.
- 1.5. Danced in the direction of the seated adjudicators, as would be seen if danced on stage.**
- 1.6. Own edited music permitted Supplied on USB.**
- 1.7. Mark Sheet Categories – standard at all competitions:**
- 3.7.1. Music & theme: Effective music selection, interpretation of music, sound quality and editing.
- 3.7.2. Choreography: Creativity and variety/ floor coverage/visual design/use and change of formations with smooth transitions.
- 3.7.3. Execution: Precision, uniformity and neatness of team members.
- 1.8. Status Points & Promotions:**
- 3.8.1. Non-status as all Formation Teams are 'Championship' grade.**
- 1.9. Championship Dress Code applies as is outlined in the [SADTA Dress Codes Page 38-39](#):**
- 1.9.1. Full Costume Permitted with Limitations:**
- 1.9.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 1.9.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
- 1.9.1.3. No G-strings worn over flesh coloured tights or without tights.
- 1.9.1.4. Full Make-up allowed.
- 1.9.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2').
- 1.9.2. Costume Infringements:**
- 1.9.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

FREESTYLE AND SLOWDANCE

1. Champion of Champions

Page 1/1

- 1.1. **Finalists from all age groups from 16-17 to 18-19 & 20&O of 'Championship' and Premier Championship Solo and Slow dance - Man and Lady are eligible to enter.**
- 1.2. **Competitors required to dance Slowdance and Freestyle Solo Rounds up until and including the Semi Final. Finalists will be required to dance an Improvisation spot, as well as a Slowdance and Freestyle Solo Round.**
- 1.3. **Finalists will be required to dance an Improvisation spot, as well as a Slowdance and Freestyle Solo Round. The overall winner will be marked over all three results. Any other style to be included must be stated on the entry form.**
- 1.4. **Champion of Champions Finalist Procedures:**
 - 1.4.1. The order in which the finalist dance will be drawn randomly.
 - 1.4.2. Remaining competitors to be moved to a sound proof booth.
 - 1.4.3. All dancers get to listen to the music once, then they are lead to the sound proof booth. The 1st Dancer then gets to hear the music for a 2nd time .
 - 1.4.4. The next dancer is called in and sits with his/her back to the audience and while the 1st dancer performs, dancer number 2 gets to hear the music for a second time. And the process is repeated for all finalists.
 - 1.4.5. Once a dancer has completed their improvisation, they may watch all the other finalists.
- 1.5. **Competitors may not touch/approach adjudicators during the performance.**
- 1.6. **No props allowed.**
- 1.7. **Competitor may not use members of the audience or other dancers during performance.**
- 1.8. **No chairs, tables, dustbins or advertising banners etc. may be used.**
- 1.9. **Eligibility to host a Champion of Champion section:**
 - 1.9.1. Must be a status championship competition sanctioned by SADTA.
 - 1.9.2. Must apply to SADTA Head Office.
 - 1.9.3. Minimum of 7 Licentiate or Fellow adjudicators on panel.
- 1.10. **Organisers to supply suitable music for improvisation.**
- 1.11. **Championship Dress Code applies as is outlined in the [SADTA Dress Codes Page 38-39](#):**
 - 1.11.1. **Full Costume Permitted with Limitations:**
 - 1.11.1.1. 'Bling'; sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
 - 1.11.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed.
 - 1.11.1.3. No G-strings worn over flesh coloured tights or without tights.
 - 1.11.1.4. Full Make-up allowed.
 - 1.11.2. **Costume Infringements:**
 - 1.11.2.1. The Chairman reserves the right to warn any competitor whose dress code may be inappropriate. Please refer to 'Age Appropriate Costumes' Rules as outlined on [Page 40](#).

FREESTYLE AND SLOWDANCE

1. Competitions Status Points and Promotions

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1.1. Promotional Points

- 1.1.1. Teachers are to please ensure that all competitors are in possession of a valid status card.
- 1.1.2. All promotions will work on a points system as follows: Note: Any points obtained over and above the points required will become null and void.
- 1.1.3. Beginner, Novice, Intermediate and/or Rising Star competitors receive an extra 5 Bonus Points when making a final at a SADTA Festivals and/or Championship Competitions.

1.1.4. Points will be allocated as follows:

Place in Final	SADTA Competitions		SADTA Sanctioned	
	Straight Final	Final From 'Call Backs'	Private Promoter	
1 st Place	25 Points	30 Points	25 Points	
2 nd Place	20 Points	25 Points	20 Points	
3 rd Place	15 Points	20 Points	15 Points	
4 th Place	10 Points	15 Points	10 Points	
5 th Place	7 Points	12 Points	7 Points	
4 th Place	5 Points	10 Points	5 Points	
7 th , 8 th & 9 th Place	3 Points	8 Points	3 Points	

1.2. Dancers Remaining in Present 'Age Group Scheme':

1.2.1. Beginner Freestyle and Slowdance Solo:

1.1.2.1. Dancer must obtain a total of 60 points before advancing to Novice.

1.1.2.2. Dancer may not compete in Novice or Intermediate.

1.1.1.3. May only enter into Rising Star at a Championship Competition if a Beginner Section is not offered.

1.2.2. Novice:

1.2.2.1. Dancers must obtain a total of 90 points before advancing into Intermediate.

1.2.2.2. Dancers may not compete in Beginner, Intermediate or Championship.

1.2.2.3. Dancers may compete in Rising Star sections.

1.2.3. Intermediate:

1.2.3.1. Dancers must obtain a total of 120 points before advancing into Championship.

1.2.3.2. Dancers may not compete in Beginner, Novice or Championship.

1.2.3.3. Dancers may compete in Rising Star Sections.

1.2.4. Rising Star

1.2.4.1. Dancer must currently be in one of these grades:

- **Beginner**
- Novice
- Intermediate

1.2.4.2. Beginners may only enter into Rising Star at a Championship Competition if a Beginner Section is not offered.

FREESTYLE AND SLOWDANCE

2. Competitions Status Points and Promotions

Page 2/3

1.2.5. Championship:

- 1.2.5.1. Only open to dancers of Championship grade.
- 1.2.5.2. Dancer may not compete in Beginner, Novice or Intermediate or Rising Star sections.
- 1.2.5.3. Under no circumstances may a Championship dancer be re-instated as a Beginner or Novice.

1.2.5.4. A total of 5 lives lost required to move to a Premier Championship grade.

- Juvenile 2, 3, and Junior 1 competitors **lose a life** if:
Place 1st in a section that is danced from a Round, Quarter Final, or Semi-Final.
Place 1st in a Straight Final, but there must be at least **6 competitors** in the final.
- Junior 2, Adult 1, Adult 2, and Adult 3 competitors **lose a life** if:
Place 1st in a section that is danced from a Round, Quarter Final, or Semi-Final.
Place 1st in a Straight Final, but there must be at least **5 competitors** in the final.

1.2.6. Premier Championship:

- 1.2.6.1. Status is not affected by placing or finals reached.
- 1.2.6.2. Dancer may not compete in Beginner, Novice or Intermediate or Rising Star or Championship Sections.
- 1.2.6.3. Under no circumstances may a Premier Championship dancer be re-instated as a Beginner, Novice or Intermediate.

1.3. Dancers Moving Into a Higher 'Age Group'

1.3.1. Beginner

- 1.3.1.1. Dancer will be graded as such in the next age group.
- 1.3.1.2. Points will be retained.

1.3.2. Novice

- 1.3.2.1. Dancer will be graded as such in the next age group.
- 1.3.2.2. Points will be retained.
- 1.3.2.3. May not be re-instated as a Beginner dancer.

1.3.3. Intermediate

- 1.3.3.1. May be reinstated as a Novice dancer (optional).
- 1.3.3.2. **Points will be retained if the dancer remains in the same 'Age Group Scheme'.**
For example: A competitor, 9 years of age, turns 10 and moves into the 10/11 age category, however remains in 'Age Group Scheme 2'.

1.3.3.3. **Points will not be retained if changing 'Age Group Scheme'.**

For example: A competitor, 11 years of age, turns 12 and moves into the 12/13 age category and advances to 'Age Group Scheme 3'.

1.3.4. Rising Star

- 1.3.4.1. Status: Any dancer who was a Beginner, Novice or Intermediate on 1st January of the current year may compete in this section.
- 1.3.4.2. Note: Under no circumstances may a Rising Star finalist be re-instated Beginner or Novice in the next age group, even if dancer was such prior to reaching that particular Rising Star final.

1.3.5. Championship

- 1.3.5.1. Dancer has a choice. However, once a decision is made, it cannot be reversed.
- 1.3.5.2. Dancer may be re-graded Championship in the next age group.
OR
- 1.3.5.3. Dancer may be regraded Intermediate However; no points will be retained and dancers will have to obtain a total of **120 points** before advancing back into Championship.
- 1.3.5.4. Note: Under no circumstances may a Championship finalist ever be reinstated as Novice in the higher age group.
- 1.3.5.5. Note: **Lives Lost** will be retained when changing age group.

FREESTYLE AND SLOWDANCE

3. Competitions Status Points and Promotions

Page 3/3

1.3.6. Premier Championship

- 1.3.6.1. Dancer has a choice. However, once a decision is made, it cannot be reversed.
- 1.3.6.2. Dancer may be re-graded Premier Championship in the next age group.
OR
- 1.3.6.3. Dancer may be re-graded Championship However; no lives will be retained and dancers will have to lose a total of 5 lives Lost before advancing back into Premier Championship.

1.3.7. World Championship Finalist

- 1.3.7.1. Competitors who have made a final or claimed a Title at The World Freestyle Dance Championship and are of Championship or Premier Championship Status may not regrade when changing age group or age group scheme.**

1.4. Age Groups

1.4.1. Age Groups (Age taken on the day of the competition):

1.4.1.1. Beginner, Novice, Intermediate & Championships Solo Sections:

<u>Age Group Scheme 2</u>	<u>Age Group Scheme 3</u>	<u>Age Group Scheme 4</u>
7/U Juvenile 2	12/13 Junior 1	16/17 Adult 1
8/9 Juvenile 2	14/15 Junior 2	18/19 Adult 2
10/11 Juvenile 3		20/O Adult 3

1.4.1.1. Premier Championships Solo Sections:

<u>Age Group Scheme 2</u>	<u>Age Group Scheme 3</u>	<u>Age Group Scheme 4</u>
	12/13 Junior 1	16/17 Adult 1
8/9 Juvenile 2	14/15 Junior 2	18/19 Adult 2
10/11 Juvenile 3		20/O Adult 3

1.4.1.1. Couples Sections:

<u>Age Group Scheme 2</u>	<u>Age Group Scheme 3</u>	<u>Age Group Scheme 4</u>
11/U Juvenile	12/15 Junior	16/O Adult 1

Please Note: A Juvenile dancer may only dance with a partner/s who are in the same age group or are one age group higher. Juveniles may not partner Adults.

1.5. New partnerships (If not submitted with annual registration form):

- 1.5.1. Registering during the year must send in a Partnership Registration Form .

1.6. Change of Partnerships:

1.6.1. Registering during the year must send in a partnership registration form:

- 1.6.1.1. Highest Status of previous partnership will apply to the new partnership.
- 1.6.1.2. No points will be retained in the new partnership.
- 1.6.1.3. The total number of points for the relevant section will have to be obtained by the new partnership.
- 1.6.1.4. Dancers must dissolve the partnership in writing to the current Registration Secretary, in the branch with which you reside, to be eligible to enter with a new partner. Failure to do this will result in you being unable to compete until such time as notification has been received.

FREESTYLE AND SLOWDANCE

1. SADTA South African National Championships

Page 1/1

- 1.1. Eligibility for Entry into the SADTA South African Freestyle | Disco Dance Championships™**
- 1.1.1. Rising Star Freestyle and Slowdance:**
- 1.1.1.1. All competitors entering into Rising Star Freestyle and Slowdance sections must be registered at least one month prior to the event.
 - 1.1.1.2. Competitors must have participated in at least two competitions in the same calendar year to be eligible for these sections.
 - 1.1.1.3. No special applications or exceptions will be accepted for competitors who do not meet these requirements.
 - 1.1.1.4. Finalists in the Rising Star Freestyle and Slowdance sections will automatically qualify to compete in Championship 'Title Sections'.
- 1.1.2. Rising Star Freestyle and Rock 'n Roll Couples:**
- 1.1.2.1. All couples entering the Rising Star sections must register with their respective partner at least one month prior to the event. If a partnership changes, the previous partnership must be formally dissolved in writing before a new partnership can be registered.
 - 1.1.2.2. No special applications or exceptions will be accepted for couples who do not meet these requirements.
 - 1.1.2.3. Finalists in the Rising Star Couples sections across all styles and age groups will qualify to compete in Championship 'Title Sections'.
- 1.2 Eligibility for Entry into the SADTA South African Freestyle | Disco Dance Championships™**
- 1.2.1. Championship and Premier Championship Freestyle and Slowdance 'Title Sections':**
- 1.2.1.1. Competitors entering into Championship and Premier Championship Freestyle and Slowdance 'Title Sections' must have competed in at least three competitions earlier in the same calendar year.
 - 1.2.1.2. Competitors must also be registered at least one month prior to the event.
- 1.2.2. Championship Freestyle and Rock 'n Roll Couples 'Title Sections':**
- 1.2.2.1. All couples, regardless of style or grade, must register with their respective partner at least one month prior to the Championships. Any previous partnerships must be formally dissolved in writing before a new partnership can be registered.
- 1.2.2. The World Freestyle Dance Championship Qualifiers:**
- 1.2.2.1. Competitors entering into The World Freestyle Dance Championship Qualifiers must have competed in a minimum of :
 - At least one SADTA Championship Competition 'Out of Province.'
 - At least one SADTA Championship Competition 'In Province.'
 - Participation in a SADTA Provincial Championship for the province in which they reside.
 - 1.2.2.2. Only participation in the World Freestyle Dance Championship Qualifiers at the above events will count towards eligibility. Competitors who have not participated in the qualifying rounds at these events will not be eligible to enter.
 - 1.2.2.3. Warning! Please note that while participation in the 'Title Sections' does not directly affect the qualifying process for the World Freestyle Dance Championship, active involvement in the National Circuit's 'Title Sections' is essential for establishing your national ranking and may be enforced a prerequisite for eligibility.**

FREESTYLE

1. The World Freestyle Dance Championship

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- 1.1. **Acrobatic Restrictions and Permissible Highlights for Championship and Premier Championship Freestyle Solo Only!**
 - 1.1.1. All Championship and Premier Championship Freestyle Solo dancers must adhere to the current rules in order to qualify.
- 1.2. **To Qualify For The World Freestyle Dance Championships competitors must participate in the 'The World Freestyle Dance Championship Qualifiers':**
 - 1.2.1. Championship Freestyle
 - 1.2.2. Premier Championship Freestyle
- 1.3. **Championship and Premier Championships Slowdance and Championship Pairs need not qualify to represent at The World Freestyle Dance Championships and may enter into these Title Sections.**
- 1.4. Sections danced on the day of a Championship and Premier Championship World Qualifiers will be as follows:

1.4.1. The World Freestyle Dance Championship Qualifiers:

1.4.1.1. Freestyle World Qualifying 'Rounds'

- Open Free Choreography in 'Solo Spots' and 'Rounds' with Limitations.
- All prescribed **Highlights** and original dance choreography permitted.
- **Acrobatic Highlights** permitted in 'Rounds'.
- **Strictly no 360° Acrobatics Rotations** allowed in 'Rounds'.

1.4.1.2. Freestyle World Qualifying 'Solo Spots'

- **30 seconds** from start of dance.
- 10% of your Choreography may have **360° Acrobatics Rotations with Contact**.
- Limited Acrobatics allowed in 'Solo Spots' only.
- **360° Freehanded Acrobatic Rotation** (with no hands) are not permitted.
- Chest Rolls and Chest Balances are strictly prohibited.

1.4.3. The World Freestyle Dance Championship Qualifiers will be danced under the UK age divisions as follows:

1.4.3.1. Championship (Girl):

	SA	UK		SA	UK		SA	UK
Juvenile 1	7/U	U8	Junior 1	12/13	U14	Adult 1	16/17	Youth
Juvenile 2	8/9	U10	Junior 1	14/15	U16	Adult 1	18/O	Adult
Juvenile 3	10/11	U12						

1.4.3.1. Premier Championship (Girl):

	SA	UK		SA	UK		SA	UK
Juvenile 2	8/9	U10	Junior 1	12/13	U14	Adult 1	16/17	Youth
Juvenile 3	10/11	U12	Junior 1	14/15	U16	Adult 1	18/O	Adult

1.4.3.1. Championship (Boy):

	SA	UK		SA	UK		SA	UK
Juvenile	11/U	U12	Junior	12/15	U16	Adult	16/O	Adult

1.5. Eligibility to Represent South Africa at The World Freestyle Dance Championships.

1.5.1. Championship and Premier Championship Freestyle Solo Only!

- 1.5.1.1. All Championship and Premier Championship Freestyle Solo Dancers must have competed in a minimum of 4 of the listed SADTA Championship Competitions as listed below of which; 1 must be 'Out of Province', 1 'In Province'. The 'Provincial Championships' in which you reside and 'The SADTA South African National Championships' are made compulsory to be eligible to Qualify for The World Freestyle Dance Championships.
- 1.5.1.2. Must be registered with the SADTA Amateur Registration Fund and competed in the required/correct sections while fulfilling the criteria as is outlined.
- 1.5.1.3. Newly named 'Title Sections' are not 'Qualifying Rounds'.
- 1.5.1.4. A Record of placings will be taken at every Qualifying Championship Competition.
- 1.5.1.5. All Championship and Premier Championship Freestyle Solo Dancers must have competed in a minimum of 3 of the listed SADTA Championship Competitions as listed in the calendar year of which; 1 must be 'Out of Province', and 1 'In Province'. The Provincial Championships' in which you reside to compete in SADTA South African National Championships "World Qualifying Rounds'.
- 1.5.1.6. After Completing the World Qualifying Competition Circuit, results will be compiled. The top candidates, (up to and limited to 8 in each age category and level) will be awarded the opportunity to represent South Africa at The World Freestyle Dance Championships in World Championship and Premier Championships Title Sections.

1.6. Championship and Premier Championship sections available at designated SADTA Championships competition that host The World Freestyle Dance Championship Qualifiers.

1.6.1. Freestyle Solo Championship and Premier Championship 'Title Sections':

- 1.6.1.1. Non-Qualifying Section.
- 1.6.1.2. Dancers are awarded Placing and Competition Titles.
- 1.6.1.3. **Lives lost** towards Premier Championship Levels.
- 1.6.1.4. Points retained for SADTA Provincial and National Prestige Awards
- 1.6.1.5. Age taken on the day of the competition.
- 1.6.1.6. Unrestricted Acrobatics allowed in Freestyle 'Solo Spots' only.
 - **30 seconds from start of dance.**
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - Option of 1 **360° Freehanded Acrobatic Rotation** only.

1.6.2. The World Freestyle Dance Championship Qualifiers:

- 1.6.2.1. Qualifying Section.
- 1.6.2.2. Placings for eligibility to Qualify for The World Freestyle Dance Championships.
- 1.6.2.3. No Lives lost towards Premier Championship Levels.
- 1.6.2.4. Must compete in the age group they will be from the starting date (day 1) of the World Freestyle Dance Championships the following year.
- 1.6.2.5. Danced under the UK age divisions as seen on **Page 27**.
- 1.6.2.6. Strictly no **360° Acrobatics Rotations** allowed in Rounds.
- 1.6.2.7. **Freestyle World Qualifying 'Solo Spots'**
 - **30 seconds from start of dance.**
 - Limited Acrobatics allowed in 'Solo Spots' only.
 - **10% of your Choreography may have 360° Acrobatics Rotations with Contact.**
 - **360° Freehanded Acrobatic Rotation** (with no hands) are not permitted.
 - Chest Rolls and Chest Balances are strictly prohibited.

FREESTYLE

3. The World Freestyle Dance Championship

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1.7. Freestyle Solo Championship and Premier Championship ‘World Qualifying Rounds’:



1.7.1.	Cheetah Challenge Championships	Free State
1.7.2.	Ultimate Summer Championships	Free State
1.7.3.	Easter Championships	Gauteng Province
1.7.4.	Classique Championships	Gauteng Province
1.7.5.	Cape Classique Championships	Western Cape
1.7.6.	Closed Provincial Championships	Provincial
1.7.7.	SADTA South African National Championships	Rotates Provinces

1.8. The Presidium

- 1.8.1. A Presidium will be formed to collate the final results of all participating competitors.
- 1.8.2. The Presidium’s decision is final and no discussion may be entered into once the South African Representatives are announced.
- 1.8.3. Competitors who are incapable of representing at the World Freestyle Dance Championships must inform the SADTA and/or the Presidium. The next qualifying ‘finalist’ may take their place.

1.9. Points allocation for ‘The World Freestyle Dance Championship Qualifiers’:

1.9.1. Championship Finalist:

1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place	6 th Place	7 th Place	8 th Place
20 Points	15 Points	10 Points	8 Points	7 Points	6 Points	5 Points	4 Points

1.9.2. Premier Championship Finalist:

1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place	6 th Place	7 th Place	8 th Place
30 Points	20 Points	15 Points	10 Points	8 Points	7 Points	6 Points	5 Points

1.10. Credit Allocation for Competitors Changing Studios

If a competitor changes studios during the SADTA competition calendar year, any credit earned for The World Freestyle Dance Championship Qualifiers will be attributed to the studio where the competitor was registered for the longest duration within that calendar year.

FREESTYLE

1. SADTA Provincial Prestige Awards

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1.1. Competitors must meet the Criteria below to be eligible to receive SADTA Provincial Prestige Awards:

1.1.1. SADTA Provincial Prestige Awards:

1.1.1.1. Freestyle & Slowdance 'Titles Sections' eligible for SADTA Provincial Prestige Awards:

- 10/11, 12/13 and 14/15 Girls Championship Eligible.
- 16/17, 18/19 and 20/O Ladies Championship Eligible.
- 10/11 and 12/15 Boys Championship Eligible.
- 16/O Mens Championship Eligible
- 10/11, 12/13 and 14/15 Girls Premier Championship Eligible.
- 16/17 and 18/19 and 20/O Ladies Premier Championship Eligible.
- 12/O Championship Freestyle and Rock 'n' Roll Couples

1.1.1.2. Must be registered with the SADTA Amateur Registration and competed in the required/correct sections while fulfilling the criteria as is outlined.

1.1.1.3. Must have Participated in any of the 3 Championship Competitions as listed below of which 1 must be 'Out of Province', 1 'In Province', The 'Provincial Championships' in which you reside.

1.1.1.4. Must podium/place top 3 in Freestyle Solo and/or Slowdance at each chosen Championship Competition and Provincial Championship to be eligible to receive SADTA Provincial Prestige Awards for Freestyle Solo and/or Slowdance.

1.1.1.5. Must place 1st in Freestyle Couples and/or Rock 'n' Roll at each chosen Championship Competition and Provincial Championship to be eligible to receive SADTA Provincial Prestige Awards for Freestyle Couples and/or Rock 'n' Roll.

1.1.1.6. A dancer/couple cannot receive SADTA National Prestige Awards if they have not met the criteria to receive SADTA Provincial Prestige Awards.

1.1.2. Any Provinces - Not Hosting Competitions and/or Championships.

1.1.2.1. May choose to compete in another Provinces circuit closest to the Province in which they reside.

1.1.2.2. Dancers may choose to compete in 3 of the chosen Championship Competitions of which 1 must be the chosen Provinces Provincial Championship.

1.1.3. Listed Competitions for eligibility to obtain SADTA Provincial Prestige Awards:



- 1.1.3.1. Cheetah Challenge Championships
- 1.1.3.2. Ultimate Summer Championships
- 1.1.3.3. Free State Provincial Championships



- 1.1.3.7. KwaZulu-Natal Provincial Championships
- 1.1.3.8. One Non-provincial Championship Competition out of Province



- 1.1.3.4. Easter Championships
- 1.1.3.5. Classique Championships
- 1.1.3.6. Gauteng Provincial Championships



- 1.1.3.10. Cape Classique Championships
- 1.1.3.11. Western Cape Provincial Championships
- 1.1.3.12. One Non-provincial Championship Competition out of Province

1.2. Credit Allocation for Competitors Changing Studios

- 1.2.1. If a competitor changes studios during the SADTA competition calendar year, any credit earned for SADTA Provincial Prestige will be attributed to the studio where the competitor was registered for the longest duration within that calendar year.

FREESTYLE

1. SADTA National Prestige Awards

Page 1/1

- 1.1. Competitors must meet the Criteria below to be eligible to receive SADTA National Prestige Awards:**
- 1.1.1. SADTA National Prestige Awards:**
- 1.1.1.1. Freestyle & Slowdance 'Titles Sections' eligible for SADTA Provincial Prestige Awards:**
- 10/11, 12/13 and 14/15 Girls Championship Eligible.
 - 16/17, 18/19 and 20/O Ladies Championship Eligible.
 - 10/11 and 12/15 Boys Championship Eligible.
 - 16/O Mens Championship Eligible
 - 10/11, 12/13 and 14/15 Girls Premier Championship Eligible.
 - 16/17 and 18/19 and 20/O Ladies Premier Championship Eligible.
 - 12/O Championship Freestyle and Rock 'n' Roll Couples
- 1.1.1.2. Must be registered with the SADTA Amateur Registration and competed in the required/ correct sections while fulfilling the criteria as is outlined.
- 1.1.1.3. Must have competed in the 4 of the Championship Competitions as listed below of which which 1 must be 'Out of Province', 1 'In Province, The 'Provincial Championships' in which you reside and 'SADTA Freestyle | Disco Dance Championships™' are made compulsory to be eligible to receive SADTA National Prestige Awards.
- 1.1.1.4. Must podium/place top 3 in Freestyle Solo and/or Slowdance at each chosen Championship Competition and Provincial Championship to be eligible to receive SADTA Provincial Prestige Awards for Freestyle Solo and/or Slowdance.
- 1.1.1.5. Must place 1st in Freestyle Couples and/or Rock 'n' Roll at each chosen Championship Competition and Provincial Championship to be eligible to receive SADTA National Prestige Awards for Freestyle Couples and/or Rock 'n' Roll.
- 1.1.1.6. The cumulative Scores and/or 'Highest Placings' achieved at the chosen Championships, Provincial Championship and the SADTA Freestyle | Disco Dance Championships™, will be the criteria used to determine the Top Candidates (minimum 1, maximum 3) in each category to be awarded SADTA National Prestige Awards.
- 1.1.1.7. A dancer/couple cannot receive SADTA National Prestige Awards if they have not met the criteria to receive SADTA Provincial Prestige Awards.
- 1.1.2. Any Provinces - Not Hosting Competitions and/or Championships.**
- 1.1.2.1. May choose to compete in another Provinces circuit closest to the Province in which they reside.
- 1.1.2.2. Dancers may choose to compete in 4 of the chosen Championship Competitions of which 1 must be the chosen Provinces Provincial Championship and the SADTA Freestyle | Disco Dance Championships™.
- 1.1.3. Listed Competitions for eligibility to obtain SADTA Provincial Prestige Awards:**
- | | | |
|-----------------|----------------------------------------------|------------------|
| 1.1.3.1. | Cheetah Challenge Championships | Free State |
| 1.1.3.2. | Ultimate Summer Championships | Free State |
| 1.1.3.3. | Easter Championships | Gauteng Province |
| 1.1.3.4. | Classique Championships | Gauteng Province |
| 1.1.3.5. | Cape Classique Championships | Western Cape |
| 1.1.3.6. | Closed Provincial Championships | Provincial |
| 1.1.3.7. | SADTA Freestyle Disco Dance Championships™ | Rotates Province |
- 1.2. Credit Allocation for Competitors Changing Studios**
- 1.2.1. If a competitor changes studios during the SADTA competition calendar year, any credit earned for SADTA National Prestige will be attributed to the studio where the competitor was registered for the longest duration within that calendar year.

DISCO DANCE

1. Amateur Disco Dance and Disco Slow Dance

Page 1/1

- 1.1. All rules governing Disco Dance under the Street Dance Division of the IDO are to be referred to in the official IDO Rule Book.**
- 1.1.1. The SADTA will only govern the format in which Amateur competitors earn status points and achieve promotion into Championship and/or WTC.
 - 1.1.2. All Championship and WTC sections will adhere strictly to IDO rules, without deviation.
 - 1.1.3. Please refer to the official IDO Rule Book available on the IDO website: www.ido-dance.com
- 1.2. Status Section (Register and receive a cloth number)**
- 1.2.1. Amateur Disco Dance and Disco Slow Dance: South Africa**
 - 1.2.1.1. Mixed Solo
- 1.3. Age Groups (Age taken on the day of the competition):**
- | | | | | |
|--|----------------------|-----------------------|--|------------------------|
| | 7/U Mini Kids | 13/14 Junior 1 | | A 17/20 Adult 1 |
| | 12/U Children | 15/16 Junior 2 | | B 21/O Adult 1 |
| | | | | 31/O Adult 2 |
- 1.4. Status Points & Promotions:**
- 1.4.1. Amateur:**
 - 1.4.1.1. Status Points Awarded.**
 - 1.4.1.2. A total of 120 points required to move to Championship and/or WTC (World Trial Circuit).**
- 1.5. Duration of Performance:**
- 1.5.1. Organizer's music.**
 - 1.5.2. Amateur Disco Dance and Disco Slow Dance**
 - 1.5.2.1. The first presentation is 30 seconds, last presentation 1 minute.
- 1.6. Tempo:**
- 1.6.1. Disco Dance**
 - 1.6.1.1. 136 - 144 beats per minute
 - 1.6.1. Disco Slow Dance**
 - 1.6.1.1. 68 – 72 beats per minute.
- 1.7. Procedure of Competition:**
- 1.7.1. Amateur Disco Dance Solo**
 - 1.7.1.1. As per 'Championship' and 'WTC (World Trial Circuit)' however in each round the dancers perform two (2) times.
- 1.8. Championship Dress Code applies as is outlined in the SADTA Dress Codes Page 38-39:**
- 1.8.1. Full Costumes Permitted with Limitations:**
 - 1.8.1.1. Strictly no glass beads or mirrors permitted on costumes.
 - 1.8.1.2. No flesh colour lycra or mesh. Any 'See-Through' material must be lined with a colour.
 - 1.8.1.3. No short shorts/ hot pants that ride up , no butt crease , no cleavage, no thong's or G-strings, no high leg leotard cuts.
 - 1.8.1.4. Undergarments and/or stockings that are visible and/or sticking out will result in 'Warnings' being issued with which competitors can be marked down for 'Image'

DISCO DANCE

1. Status Points and Promotion

Page 1/1

1.1. Status Points and Promotions:

1.1.1. Amateur:

1.1.1.1. Status Points Awarded:

1.1.1.2. A total of 120 points required to move to Championship and/or WTC (World Trial Circuit).

1.1.1.3. Amateurs must decide on their promotion to 'Championship, and/or WTC (World Trial Circuit) status.

1.1.1.4. If an Amateur would like to be promoted to WTC (World Trial Circuit) Status a Disco Dance Upgrade application form needs to be completed.

1.1.2. Championship:

1.1.2.1. No points Awarded.

1.1.2.2. Championship are available to Dancers who have achieved a promotion from Amateur Status but may not want to represent at a Disco Dance World Championship Level.

1.1.2.3. WTC (World Trial Circuit) Dancers may participate in 'Championship' Sections at any Non-Qualifying Championships, Festivals and/or Private Promoter Competitions.

1.1.3. WTC (World Trial Circuit):

1.1.3.1. Dancers need to obtain points to qualify to represent South Africa at the Disco Dance World Championships.

1.1.3.2. All WTC (World Trial Circuit) Dancers must have a Valid Passport.

1.1.3.3. The top 3-10 dancers will be eligible to Represent South Africa at the Disco Dance World Championships

- Varies from country to country according to the numbers of dancers who are eligible.

1.1.3.4. A registered World Trial Circuit (WTC) competitor may not enter a Championship section on the day of a Qualifying Round under any circumstances, unless they no longer meet the qualifying criteria and have officially reverted to Championship status.

1.4. WTC (World Trial Circuit) Ranking Points (Subject to Change):

1.4.1 Points allocation for 'World Qualifying Rounds':

1.4.1.2. WTC (World Trial Circuit) Finalist:

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th /10 th
Points	10	8	7	6	5	4	3	2	1

1.4.1. Every Dancer will receive an additional 2 points per round/Call back

1.5. Points allocation for WTC (World Trial Circuit) Rounds:

1.5.1. The total amount of points a competitor accumulates at:

1.5.1.1. The Provincial Championships,

1.5.1.2. The SADTA South African Freestyle | Disco Dance Championship™.

1.5.1.3. The 2 highest points achieved at any of the chosen WTC (World Trial Circuit) Qualifying Competitions, participated in, as listed on [Page 35](#).

1.5.2. Dancers must have a minimum of 12 points in order to be eligible to qualify for the IDO World Disco Dance Championships.

DISCO DANCE

1. The IDO World Disco Dance Championships

Page 1/1

1.1. All competitors must dance in a minimum of 4 out of the listed WTC (World Trial Circuit) Disco Dance Qualifiers throughout the year:

- 1.1.1. WTC (World Trial Circuit) Disco Dancers must have competed in the 4 of the Championship Competitions as listed below of which; 1 must be 'Out of Province', 1 'In Province'. The 'Provincial Championships' in which you reside and 'The SADTA South African Freestyle | Disco Dance Championships™' are made compulsory to be eligible to Qualify for The IDO World Disco Dance Championships.
- 1.1.2. Must be registered with the SADTA Amateur Registration and competed in the required/correct sections while fulfilling the criteria as is outlined.
- 1.1.3. Dancers will obtain points as per 1.5. Points allocation for WTC (World Trial Circuit) Rounds Page 34.
- 1.1.4. Dancers who have accumulated the highest points will be eligible to represent South Africa.

1.2. 'WTC (World Trial Circuit)' 'Qualifying Rounds' will be hosted at the following Competitions:



1.2.1.	Cheetah Challenge Championships	Free State
1.2.2.	Ultimate Summer Championships	Free State
1.2.3.	Easter Championship	Gauteng Province
1.2.4.	Classique Championships	Gauteng Province
1.2.5.	Cape Classique Championships	Western Cape
1.2.6.	Closed Provincial Championships	Provincial
1.2.7.	SADTA Freestyle Disco Dance Championships™	Rotates Province

1.3. Credit Allocation for Competitors Changing Studios

- 1.3.1. If a competitor changes studios during the SADTA competition calendar year, any credit earned for The World Freestyle Dance Championship Qualifiers will be attributed to the studio where the competitor was registered for the longest duration within that calendar year.

DISCO DANCE

1. SADTA Provincial Prestige Awards

Page 1/1

1.1. Competitors must meet the criteria below to be Eligible to obtain SADTA Provincial Prestige Awards:

1.1.1. SADTA Provincial Prestige Awards Criteria:

1.1.1.1. Only WTC (World Trial Circuit), 12 years and above.

- Disco Dance Solo and Disco Dance Freestyle Eligible.
- Disco Dance Duo's Eligible.
- Disco Dance Small Groups Eligible.
- Disco Dance Formation Teams Eligible.

1.1.1.2. Must be registered with the SADTA Amateur Registration and competed in the required/correct sections while fulfilling the criteria as is outlined.

1.1.1.3. Must have Participated in 2 of the WTC (World Trial Circuit), Qualifying Rounds hosted at any of the Competitions as listed below of which 1 must be the Provincial Championship in which they reside.

1.1.1.4. Must podium/place top 3 at their Provincial WTC (World Trial Circuit) Qualifying Rounds, if coming from a Straight Final of 6 Dancers or Less.

OR

1.1.1.5. Must podium/place top 7 at their Provincial WTC (World Trial Circuit) Qualifying Rounds, if coming from a Final of 7 or more Dancers or From 'Semi Finals' and/or Quarter Finals and/or Rounds.

1.1.1.7. Eligibility does not guarantee SADTA Provincial Prestige Awards.

1.1.1.8. WTC (World Trial Circuit) dancers cannot receive SADTA National Prestige Awards if they have not met the criteria to receive SADTA Provincial Prestige Awards.

1.1.2. Any Provinces - Not Hosting Competitions and/or Championships.

1.1.2.1. May choose to compete in another Provinces circuit closest to the Province in which they reside.

1.1.2.2. Dancers may choose to compete in 3 of the chosen Championship Competitions of which 1 must be the chosen Provinces Provincial Championship and the SADTA South African Freestyle | Disco Dance Championships™.

1.1.3. Listed Competitions for eligibility to obtain SADTA Provincial Prestige Awards:



1.2.1.	Cheetah Challenge Championships	Free State
1.2.2.	Ultimate Summer Championships	Free State
1.2.3.	Easter Championship	Gauteng Province
1.2.4.	Classique Championships	Gauteng Province
1.2.5.	Cape Classique Championships	Western Cape
1.2.6.	Closed Provincial Championships	Provincial
1.2.7.	SADTA Freestyle Disco Dance Championships™	Rotates Province

1.2. Credit Allocation for Competitors Changing Studios

1.2.1. If a competitor changes studios during the SADTA competition calendar year, any credit earned for SADTA Provincial Prestige will be attributed to the studio where the competitor was registered for the longest duration within that calendar year.

DISCO DANCE

1. SADTA National Prestige Awards

Page 1/1

1.1. Competitors must meet the criteria below to be Eligible to obtain SADTA Provincial Prestige Awards:

1.1.1. SADTA Provincial Prestige Awards Criteria:

1.1.1.1. Only WTC (World Trial Circuit), 12 years and above.

- Disco Dance Solo and Disco Dance Freestyle Eligible.
- Disco Dance Duo's Eligible.
- Disco Dance Small Groups Eligible.
- Disco Dance Formation Teams Eligible.

1.1.1.2. Must be registered with the SADTA Amateur Registration and competed in the required/correct sections while fulfilling the criteria as is outlined.

1.1.1.3. Must have competed in the 4 of the WTC (World Trial Circuit) Qualifying Rounds as listed below of which The 'Provincial Championships' in which you reside and 'SADTA South African Freestyle | Disco Dance Championships™' are made compulsory to be eligible to receive SADTA National Prestige Awards.

1.1.1.4. Must podium/place top 3 at the SADTA South African Freestyle | Disco Dance Championships™ WTC (World Trial Circuit) Qualifying Round, to be eligible for SADTA National Prestige Awards.

1.1.1.5. The cumulative scores and/or Highest Placings achieved at the chosen Championships, Provincial Championship and SADTA South African Freestyle | Disco Dance Championships™ will be the criteria used to determine the Top Candidates (minimum 1, maximum 3) in each category to be awarded SADTA National Prestige Awards.

1.1.1.6. WTC (World Trial Circuit) dancers cannot receive SADTA National Prestige Awards if they have not met the criteria to receive SADTA Provincial Prestige Awards.

1.1.2. Any Provinces - Not Hosting Competitions and/or Championships.

1.1.2.1. May choose to compete in another Provinces circuit closest to the Province in which they reside.

1.1.2.2. Dancers may choose to compete in 3 of the chosen Championship Competitions of which 1 must be the chosen Provinces Provincial Championship and the SADTA South African Freestyle | Disco Dance Championships™.

1.1.3. Listed Competitions for eligibility to obtain SADTA Provincial Prestige Awards:



1.2.1.	Cheetah Challenge Championships	Free State
1.2.2.	Ultimate Summer Championships	Free State
1.2.3.	Easter Championships	Gauteng Province
1.2.4.	Classique Championships	Gauteng Province
1.2.5.	Cape Classique Championships	Western Cape
1.2.6.	Closed Provincial Championships	Provincial
1.2.7.	SADTA Freestyle Disco Dance Championships™	Rotates Province

1.2. Credit Allocation for Competitors Changing Studios

1.2.1. If a competitor changes studios during the SADTA competition calendar year, any credit earned for SADTA National Prestige will be attributed to the studio where the competitor was registered for the longest duration within that calendar year.

FREESTYLE AND DISCO DANCE

1. Dress Codes

Page 1/2

1.1. Basic - Non Status/Beginner Dress Code.

1.1.1. Freestyle:

1.1.1.1. Female Basic Dress:

- Plain leotards, 2-piece leotards, unitards
- Day Make-up allowed (no eyelashes or false nails)
- Tights (full length, 3/4 length or mid-thigh, NO BOOTLEG OR FLARE)
- Leg warmers optional
- Dance shoes (optional)
- G-strings only if worn over coloured Lycra tights
- Plain colours – maximum 2 colours
- e.g. Black leggings & a pink top

1.1.1.2. Male Basic Dress:

- Lycra gym vests, tight tting and tucked in
- No crop tops- Polo/crew neck collars
- Dance shoes (optional)
- Black trousers / Latin-American style pants or boot leg trousers

1.1.2. Slowdance:

1.1.2.1. Female Basic Dress:

- Plain leotard or 2-piece
- Circular skirt or wraparound skirt
- Even hem- just on calf or knee material optional
- Plain colours- maximum of 2 slits permitted in front
- Skirt may be attached or detached
- Dance shoes (optional)
- No mini skirts allowed
- Day Make-up ,no eyelashes or false nails

1.1.2.2. Male Basic Dress:

- Black Trousers
- Shirt – plain colours (colour optional)
- Dance shoes (optional)
- No printed materials
- cumber bund and bow-tie optional

1.1.3. Not permitted:

- 1.1.3.1. Any glitter effects, sequins or shiny materials etc. whatsoever including hair and make up.
- 1.1.3.2. Track suits, day clothes, baggy T-shirts, sneakers etc.
- 1.1.3.3. Jewellery, watches etc.
- 1.1.3.4. Trimmings of any sort e.g. Frills, lace, braces, cut-out shapes, shoe-string straps etc.
- 1.1.3.5. Printed materials e.g. stripes, orals
- 1.1.3.6. Hot pants
- 1.1.3.7. Bell bottoms or are pants
- 1.1.3.8. G-strings worn over flesh coloured tights or without tights
- 1.1.3.9. Roll-over polo neck collars
- 1.1.3.10. No bare legs
- 1.1.3.11. Studio uniforms
- 1.1.3.12. Eyelashes or false nails

FREESTYLE AND DISCO DANCE

1. Dress Codes

Page 1/2

1.2. Novice Dress Code Applies:

1.2.1. Full Costume Permitted with Limitations:

- 1.2.1.1. No 'Bling', no sequins, rhinestones, glitter, any shiny material or effects whatsoever.
- 1.2.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed!
- 1.2.1.3. No G-strings worn over flesh coloured tights or without tights.
- 1.2.1.4. Day Make-Up only, as per Medal Test Rules.
- 1.2.1.5. No eyelashes or False Nails!
- 1.2.1.6. No bare feet for Rock 'n Roll and Hustle.

1.3. Intermediate Dress Code Applies:

1.3.1. Full Costume Permitted:

- 1.3.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 1.3.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed!
- 1.3.1.3. No G-strings worn over flesh coloured tights or without tights.
- 1.3.1.4. Full Make-up allowed.
- 1.3.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2')
- 1.3.1.6. No bare feet for Hustle and Rock 'n Roll.

1.4. Championship Dress Code Applies:\

1.4.1. Full Costume Permitted:

- 1.4.1.1. 'Bling', sequins, rhinestones, glitter, and/or any shiny material or effects permitted.
- 1.4.1.2. Flesh Tights/Stockings must be worn. No bare legs allowed!
- 1.4.1.3. No G-strings worn over flesh coloured tights or without tights.
- 1.4.1.4. Full Make-up allowed.
- 1.4.1.5. Strictly no eyelashes or false nails in Juvenile ('Age Group Scheme 2')
- 1.4.1.6. No bare feet for Hustle and Rock 'n Roll.

1.5. Age Appropriate Costumes:

1.5.1. The Chairman reserves the right to warn any competitor whose dress code may be considered inappropriate e.g. Too revealing/skimpy:

- 1.5.1.1. Juveniles may not wear costumes that implying nudity.
- 1.5.1.2. Costumes must be made in good taste!
- 1.5.1.3. Suggestive, distasteful, inappropriate or offensive costumes in any age category may only be brought into question by an Appointed Official, Adjudicator and/or the Chairman of Adjudicators!
- 1.5.1.4. Infringements must be brought to the attention of the Chairman of Adjudicators with which the infringement will be discussed before issuing a warning.
- 1.5.1.5. Warnings issued must be signed for by the Competitor/Legal Guardian/Parent and Trainer.
- 1.5.1.6. All warnings issued will be kept on record indefinitely.
- 1.5.1.7. Repeat infringements will result in being marked down by an adjudicator and/or Disqualification and/or complete suspension indefinitely from competitions.

FREESTYLE AND DISCO DANCE

1. Dance Etiquette and Behaviour at Competitions

Page 1/1

1.1. General Dance Etiquette and Behaviour

- 1.1.1. No competitor may take the floor once the section has been called.
- 1.1.2. No competitor may leave the floor once the section is running or music has started .
- 1.1.3. No competitor may leave the floor for sustenance during a section.
- 1.1.4. Competitors displaying unsporting behaviour will be disqualified.
- 1.1.5. **Competitors who miss their section will not be able to take the floor at a later stage even if the section announced is a 'Warm-Up Round'.**
 - 1.1.5.1. Championship and Premier Championship Warm-Up Rounds in particular are considered Semi- Finals and are compulsory sections that need to be danced as a formality before a Final may be danced.
- 1.1.6. Competitors with incorrect information submitted on entry forms will need to speak to the Chairman of Adjudicators who will make a final decision on the day.
- 1.1.7. **Dancers who miss their section once it has been danced will have no recourse.**
 - 1.1.7.1. It is important to listen to the MC/Compère at all times so as not to miss any sections announced. Please inform the MC/Compère of any delays and/or scratchings.
- 1.1.8. Always dance in an anti-clockwise direction to prevent injury.
- 1.1.9. **Acrobatics as per rules outlined on Page 1-2.**
 - 1.1.10. Dancers are prohibited from touching or approaching adjudicators whilst on the competition floor.

1.2. Dangerous and Unruly Behaviour on the Dance Floor

1.2.1. Dangerous and Aggressive Dancing:

- 1.2.1.1. Good floor craft will be highly evaluated.
- 1.2.1.2. Please ensure safe dance practice on the floor at all times.
- 1.2.1.3. Bullying on the dance floor will not be tolerated! This includes pushing and shoving while progressing around the floor that results in another competitors choreography being compromised.
- 1.2.1.4. Questionable behaviour and or Dangerous and or Aggressive choreography in any age category may be brought into question by an Appointed Official, Adjudicator and/or Chairman of Adjudicators.
- 1.2.1.5. In the event that an incident occurs on the dance floor, this should be brought to the attention of the Chairman of Adjudicators; whereby the magnitude and severity of the incident in question will be discussed, the outcome of the infringement which will be determined by the Chairman of Adjudicators.
- 1.2.1.6. Warnings issued must be signed for by; Competitor/Legal Guardian/Parent and Trainer.
- 1.2.1.7. Incidents that are found to be accidental will not be warned against.
- 1.2.1.8. All warnings issued will be kept on record indefinitely.
- 1.2.1.9. Repeat infringements will result in being marked down by an Adjudicator and/or disqualification and/or complete suspension indefinitely from competitions.

1.3. Age Appropriate Choreography

- 1.3.1. Please ensure age appropriate choreography at all times.
- 1.3.2. Suggestive, distasteful, inappropriate or offensive choreography in any age category may be brought into question by an Appointed Official, Adjudicator and/or Chairman of Adjudicators.
- 1.3.3. Infringements must be brought to the attention of the Chairman of Adjudicators of which the infringement will be discussed before issuing a warning.
- 1.3.4. Warnings must be signed for by the Competitor/Legal Guardian/Parent and Trainer
- 1.3.5. All warnings issued will be kept on record indefinitely.
- 1.3.6. Repeat infringements will result in being marked down by an Adjudicator and/or disqualification and/or complete suspension indefinitely from competitions.

FREESTYLE AND DISCO DANCE

1. Dance Etiquette and Behaviour at Competitions

Page 1/1

1.1. Amateur Displays

1.1.1. Amateur dancers may participate in TV, film and stage productions for remuneration provided:

1.1.1.1. A written requisition by the Studio Head is sent to SADTA.

1.1.1.2. The requisition has been, in writing, approved by the SADTA.

1.1.2. The Amateur dancer abiding by the rule will not forfeit his/her Amateur status

1.1.3. All monies received for items danced in must be held in a trust fund by the Studio Head/Teacher. Retrieval of the money must be applied for in writing, by the persons/dancers concerned.

1.1.4. These monies may only be used for dancing purposes e.g. Travel to competitions, dance lessons and outfits etc..

1.1.5. All records of payments made from these funds must be available for viewing if so requested by the SADTA.

1.1.6. The SADTA reserves the right to hold a disciplinary hearing for any dancer/s who do not adhere to the above rules.

1.1.7. Amateur dancers must ensure that they are not exploited.

1.1.8. Professionals/Studio Heads using amateur dancers for displays, corporate functions entertainment, stage productions etc. need to apply to the SADTA in writing on behalf of the dancers concerned.

FREESTYLE AND DISCO DANCE

1. Code of Conduct

Page 1/1

1.1. Code of Conduct

- 1.1.1. The Chairman of Adjudicators reserves the right to issue warnings regarding infringements of the Freestyle competition rules.
- 1.1.2. The Chairman of Adjudicators reserves the right to disqualify a dancer for any second infringement of the freestyle competition rules.
- 1.1.3. It is your responsibility to adhere to all rules, regulations etc. as laid down by the relevant governing bodies.
- 1.1.4. No amateurs permitted on the stage or at the main table at any time.
- 1.1.5. No interference with music or the DJ
- 1.1.6. The following may result in disciplinary action being taken:**
 - 1.1.6.1. Taking the floor late.
 - 1.1.6.2. General misbehaviour at competitions.
 - 1.1.6.3. Dangerous dancing.
 - 1.1.6.4. Injury to others and yourself.
 - 1.1.6.5. Failing to take the floor in the correct Section and/or Age Group can result in immediate disqualification.
 - 1.1.6.6. Failing to take the floor in Championship and Premier Championship 'Warm-Up Rounds' can result in immediate disqualification, the final outcome of which will be determined by the Chairman of Adjudicators.
- 1.1.7. Lost or misplaced Numbers – Temporary number may be purchased on the day of competition at a nominal cost.

FREESTYLE AND DISCO DANCE

1. General

Page 1/1

1.1. General

1.1.1. Adjudicators decision is Final:

- 1.1.1.1. Any dancer entering a competition held under these rules must accept, as final, the verdict of the adjudicators and their individual markings. No appeal against these verdicts/markings may be made whatsoever.

1.3. The following information can be found on the SADTA Website:

- 1.3.1. Head Office Contact Details.
- 1.3.2. Provincial Branches of the Association Contact Details.
- 1.3.3. Listed Studio's, their qualifications and Contact details.
- 1.3.4. Online Amateur Registration Forms.
- 1.3.5. Latest competition Calendar.
- 1.3.6. Competition Entry Forms and Updates.

www.sadta.co.za

1.4. Contact Details:

1.4.1. Please make use of the SADTA website and the full list of contact details available as found in each Branch of the Association.

- 1.4.1.1. Please ensure that any messages and/or assistance and/or queries need to be addressed to the branch of the Association in which you reside.
- 1.4.1.2. Secretary Contact Details for each Branch of the Association:



Secretary

Peter Mann

peter@sadta.co.za



Secretary

Chantél Greyling

chantel@sadta.co.za



Secretary

Tanja Mostert

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