



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



INTERNATIONAL COMPETITION RULE BOOK

BALLROOM | LATIN AMERICAN | PRO/AM | COUPLES

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

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

Updated: 15 January 2024



GENERAL COMPETITION RULES

COMPETITION SECTIONS

INTERNATIONAL BALLROOM & LATIN AMERICAN PRO-AM & COUPLES DRESS CODE

AMATEUR STATUS & PROMOTIONAL POINTS

JANUARY 2024

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GENERAL

COMPETITION RULES

1. Adjudicators decision is final and no correspondence or verbal discussion will be considered.
2. Prize giving for Juveniles must commence by 8.00p.m.
3. Prize giving for Juniors must commence by 10.00p.m.
4. Competitors may not take the floor after the music has commenced without the permission of the Chairman of Adjudicators.
5. Competitors are at risk of being disqualified if leaving the floor, for any reason, during a section.
6. Lifts are not permitted in any category with the exception of Exhibition or Show Dance.
7. Definition of a lift – any movement during which one of the dancers has both feet off the floor at the same time, for more than one beat, with the assistance or support of the partner.

SA.D.T.A. COMPETITION SECTIONS

1st JANUARY 2024

GRADE LATIN BALLROOM

STAR GRADE SYLLABAUS SECTIONS:

Tiny Tots (Non-Status) Organisers choice of dance/dances to be stated on entry form.

All Girls Organisers choice of dance/dances to be stated on entry form.

BEGINNER: 2 Dance C & J W & Q

(Beginner Sections are a suggested start point but not compulsory)

BRONZE: 3 Dance C,R & J W,T & Q

SILVER: 4 Dance C,S,R & J W.T.SF & Q

GOLD: 5 Dance C,S,R. P/D & J W.T.VW.SF & Q

Open Syllabus Sections

Organisers may also choose to run separate non-status one dance sections of their choice.

open to BRONZE & SILVER DANCES incorporating

BRONZE & SILVER

SYLLABUS STEPS ONLY:

e.g. VW /or P/D

OPEN DRESS SECTIONS FOR FESTIVAL COMPETITIONS

NOVICE C.S.R. & J W.T.SF & Q

* PRE-CHAMP C.S.R.P/D & J W.T.VW.SF & Q

* CHAMPIONSHIP C.S.R.P/D & J W.T.VW.SF & Q

* Does not apply to Juvenile – All Juvenile Sections are 4 Dance Sections

(Organisers have the right to combine Juv/Jnr sections, should insufficient entries be received. Dancers will then dance a 5 Dance Section.

**OPEN DRESS SECTIONS FOR CHAMPIONSHIP
COMPETITIONS**

* RISING STARS C.S.R & J W.T.SF & Q
+ CHAMPIONSHIP C.S.R.P/D & J W.T.SF.VW & Q

PROFESSIONAL C.S.R.P/D & J W.T.SF.VW & Q

- * Rising Star Sections are open to all dancers graded Novice or Pre-Championship on the day of the competition
- + Pre-Champ Couples promoted to Championship after 31st July of current year may compete in the **All South African Open Rising Stars Section of the current year.**

DRESS CODE

DRESS CODE
STAR GRADE SYLLABUS SECTIONS
ALL AGE GROUPS

BEGINNER, BRONZE & SILVER

MALE

Trousers

Plain Black

Under foot strap optional

NOT ALLOWED:

Jeans or a Jeans style trousers.

Elaborate materials with shinny patterns in the weave.

Belt

Optional – Black Only (no large or decorative buckles)

Socks

Compulsory – Black only

Shirt

Long sleeved lounge shirt or school shirt.

Fitted body shirt (Latin only)

Plain white only –no shinny or patterned materials

Must be tucked into trousers

NOT ALLOWED :

T-Shirt with patterns under shirt.

Rolled up sleeves

Open-necked shirts.

Neck Tie or bow- tie

Compulsory Ballroom: Black only

Latin: May match colour of ladies dress

Necktie – plain – metallic tie clip optional

Cummerband

Optional Ballroom: Black only

Latin: May match bow-tie &/or Colour of Ladies dress

Shoes

Black Dance Shoe or shoe of similar design
Leather, suede or patent leather

Decoration

NOT ALLOWED

Jewellery

NOT ALLOWED

GOLD SECTION:

BALLROOM:

MALE : Correct Dance Pants, Dance Shoes.

May wear waist coat.

Shirt may be black or white.

Neck Tie or Bow tie.

LATIN: Full Latin Costume permitted.

NO Bling, Sequins/Rhine Stones, glitter or any shiny materials.

FEMALE

BEGINNER, BRONZE & SILVER

Dress or Tight fitting top and skirt.

BALLROOM – Level Hem – may be mid calf length.

LATIN – approx 4 fingers above knee or just below knee.

Skirt may be slanted at back or side – See diagram

Plain material-Colour optional–may use 2 plain colours.

Maximum of 2 Straps on back of dress only.

Full panties – must cover buttocks at all times.

Panties **MUST** be same colour as main colour of dress.
Bra or Bra cups must be worn where necessary.

NOT ALLOWED:

Metallic or see through materials, including lace.

Flesh coloured see through mesh material.

Frills around neck, back or sleeves

Layered frills

Tangas or G.Strings

Shoes

Dance shoe or shoe of similar design

JUVENILES: Block heel only, no higher than 3.5cm.

Short white socks optional.

JUNIORS: Suggested heel height 2”.

Tights

Optional

NOT ALLOWED: Mesh tights

Decoration

NOT ALLOWED

Hairstyle

Must be neatly done

Small plain scrunchie/simple hair decoration - optional

NOT ALLOWED:

Coloured or glitter hairspray

Make-up

Light make-up is allowed for Juveniles

Other age groups: Make-up should be tastefully applied.

(Not overdone!!!)

Jewellery

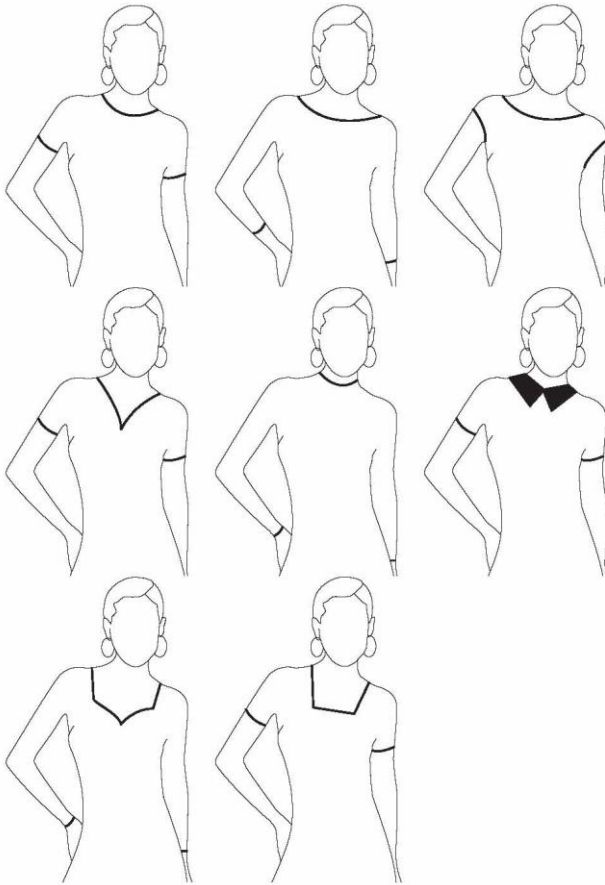
No elaborate costume jewellery. Small studs may be worn

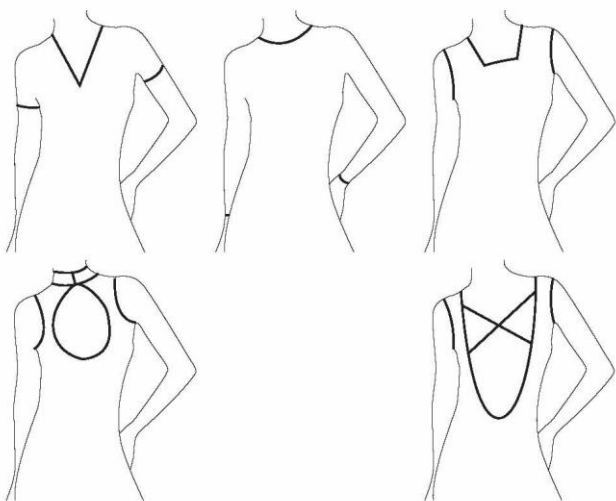
GOLD SECTION:

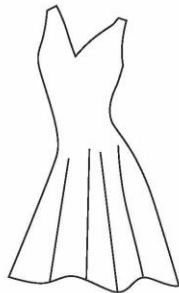
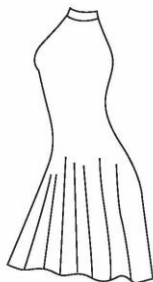
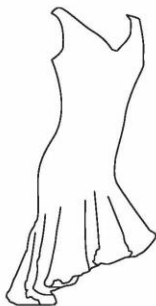
BALLROOM/LATIN: Full costume permitted. No restriction on colours or material type

i.e. lace, velvet, fringing etc permitted
NO Bling, Sequins/Rhinestones, glitter or any shinny materials.

NOTES







OPEN SECTIONS
JUVENILES & JUNIORS

MALE:

Outfit

Latin: As for Adult

Ballroom: Black or Midnight Blue trousers and waistcoat or jacket, worn with white long sleeved shirt.

Bowtie/necktie (metallic tie clip optional) or white dress shirt & white bowtie

or

Tail suit (black or midnight blue) with all correct accessories.

Shoes

Ballroom: Black patent leather or leather low heel.

Latin: Leather, suede or patent leather shoe – heel optional

Cummerbund

Is mandatory if tail suit is worn otherwise optional

FEMALE:

Outfit

As for Youth/Adult

Shoes

Suggested maximum heel height 2” Slim
(not compulsory)

OPEN DRESS SECTIONS
YOUTH, ADULT, SENIOR, MASTERS

MALE:

Outfit

Trousers

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

Shirt

Optional

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

Waistcoat, jacket or bolero jacket

Same colour as trousers are optional

Tie, bowtie or scarf – optional

Ballroom: Tail suit

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

Waist coat or well fitted jacket allowed

Decoration

No restriction

Shoes

Ballroom: Patent leather low heel

Latin: No restriction

Jewellery

The Chairman of Adjudicators has the right to ask a

dancer to remove an item of jewellery if it presents a danger to the competitors

FEMALE:

Outfit

Latin:

Competition dress

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

NOT ALLOWED:

High cut panties, Tangas, G.Strings

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

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

Ballroom:

Competition dress

Shoes

Correct Ballroom or Latin shoes

Colour – optional

Jewellery

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

AMATEUR STATUS
AND
PROMOTIONAL POINT SYSTEM

SOUTH AFRICAN DANCE TEACHERS' ASSOCIATION
AMATEUR STATUS AND PROMOTION –1st JANUARY 2017

1) **POINTS:**

Points are awarded to finalists only.

At least 2 Couples must have competed in section for points to be awarded

Uncontested dancers will receive 10 points

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

All promotions work on a points system. Couples dancing from a Semi-Final or more will receive points as follows:

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

In the case of a section being danced as a STRAIGHT FINAL, Points will be awarded as above.

RISING STAR SECTIONS (open to Novice & Pre-Championships)

Couples will receive 10 bonus points if a final is reached from a Semi-final or more rounds.

Couples who are promoted to Championship Grade after 31st July of the current year, may still compete in the Rising Star Section at the All SA Open Championships of that year.

Any points obtained over and above the points required for promotion, will be forfeited in the next grade. Once a couple has earned sufficient points to be promoted to the next grade, they may NOT compete in their current grade any longer.

- 2) **ADVANCING TO NEXT GRADE:**
BEGINNER - Couple must obtain a total of 50 points before advancing to Bronze
BRONZE - Couple must obtain a total of 75 points before advancing to Silver
SILVER - Couple must obtain a total of 90 points before advancing to Gold
GOLD - Couple must obtain a total of 120 points before advancing to Novice
NOVICE - Couple must obtain a total of 120 points before advancing to Pre-Champ
PRE-CH. - Couple must obtain a total of 120 points before advancing to Champ
CHAMP - Status not affected by placing or finals reached.
- 3) **COUPLES CHANGING AGE GROUPS:**
BEGINNER, BRONZE, SILVER, GOLD & NOVICE
 Couples status will remain the same and retain accumulated points in next age group.
PRE-CHAMPIONSHIP & CHAMPIONSHIP
 May be re-graded one grade lower (couples option) no points will be retained from previous age group.
- 4) **PARTNERSHIP CHANGES:**
 Status of the highest graded partner will determine the status of the new partnership
 No points will be retained in the new partnership
 The status secretary must be advised in writing of the change of partnership.
- 5) **AGE GROUPS:**
 Age is taken of the eldest in the partnership on the day of the competition.
- | | | |
|----------|---|----------------|
| Juvenile | - | Under 12 yrs |
| Junior | - | Under 16 yrs |
| Youth | - | Under 21yrs |
| Adult | - | 21yrs and over |
| Senior | - | 35yrs and over |
| Masters | - | 45yrs and over |
- NOTE: Both dancers must be of Sen/Masters Age Group to Compete in Sen/Masters Age Group**

RULES

BALLROOM RULES

1. All precedes and follows as per ISTD and/or IDTA Technique books ONLY.
2. All syllabus figures to be shown in their entirety, unless otherwise indicated in the Technique books.
3. No introductions to routines may be danced in any Medalist/Star Grade Section.

LATIN AMERICAN RULES

1. All precedes and follows as per ISTD and/or IDTA Technique books ONLY.
2. All syllabus figures to be shown in their entirety, unless otherwise indicated in the Technique books.
3. Development as per ISTD may be applied in correct grades. Technique of Latin Dancing Supplement (IDTA) may be applied in correct Grades.

4. COMMENCING POSITION

- 4.1 Beginner Section – Commence in close/ed hold.
- 4.2 Bronze Section – Close hold or open position with left to right hand hold.
- 4.3 Silver Section – Any of the above plus open position with Right to Right hand hold.
- 4.4 Gold Section – Any of the above plus Shadow position side by side. Open facing without hold.

5. ARMS

- 5.1 All arm positions optional.
- 6. No introductions to routines may be danced in any Medalist/Star Grade Section

PLEASE NOTE

Any written steps listed in IDTA or ISTD Technique books are ALLOWED on any level.

Trainers to use their discretion of level of steps to be included in routines.

SADTA PRESTIGE AWARDS **CRITERIA**

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

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

SECTIONS THAT QUALIFY ARE:

- Championship
- Open Gold
- Professional

AGES THAT QUALIFY ARE:

- Junior
- Youth
- Adult
- Senior
- Master