



KAPI-HUTT REGIONAL CHAMPS 20 March 2010



Information and Rules for Competitors Competition Categories Rules, Information and Judging Criteria

Classical Freestyle Events

Beginners Freestyle

Competition Level: Beginner

To enter Beginners you must meet ALL the following criteria:

- Have not attended any Ceroc classes, workshops or training higher than a beginner level prior to this competition.
- Beginner moving up workshops are considered to be at Beginner level.
- Beginner Improver classes are considered to be at Beginner level.
- Have never placed in any other style of dance competition.

Freestyle heats, semi-finals and finals will all be about a 2 min medium paced song between 120 – 130 bpm.

Dancers will be penalized for using moves that are above Beginner or Beginner Improvers level. This includes any dips, drops or lifts.

Judging Criteria:

Timing, Fun, Execution of moves, Costume.

As this is a freestyle event Judges will be looking for non choreographed dancing. Obvious use of repeated sequences of moves (ie choreographed routines) in this freestyle event will result in a lower ranking.

Intermediate Freestyle

Competition Level: Intermediate

To enter Intermediate you must meet ALL the following criteria:

- Have not attended any Ceroc classes, workshops or training higher than Intermediate level prior to this competition.

Freestyle heats, semi-finals and final will all be a 2-3 min long medium to fast paced song between 120 – 140 bpm.

Moves allowed – floor moves, baby aerials.

Moves not allowed – death spiral, aerials.

Judging Criteria:

Timing, Fun, Execution of moves, Style, Costume, Connection with partner.

As this is a freestyle event Judges will be looking for non choreographed dancing. Obvious use of repeated sequences of moves (ie choreographed routines) in this freestyle event will result in a lower ranking.

No Aerials are allowed and will result in disqualification. (See definition of aerials in general information).

Advanced B Freestyle

Competition Level: Advanced

Freestyle to one song during heats and semi finals.

Freestyle to two songs in final - one slow and one fast.

Song tempos may vary throughout the songs. Timings will be between 100bpm and 150bpm. Each song will be 2-3 minutes long.

Moves allowed – floor moves, baby aerials.

Moves not allowed – death spiral, aerials.

Judging Criteria:

Timing, Fun, Musical Interpretation, Execution of moves, Style, Costume. Connection with partner.

As this is a freestyle event Judges will be looking for non choreographed dancing. Obvious use of repeated sequences of moves (ie choreographed routines) in this freestyle event will result in a lower ranking.

No Aerials are allowed and will result in disqualification. (See general information for definition of aerials).

Advanced A Freestyle

Competition Level: Advanced + Teachers may compete at this level.

Freestyle to one song during heats and semi finals.

Freestyle to two songs in final - one slow and one fast.

Song tempos may vary throughout the songs. Timings will be between 80bpm and 160bpm. Each song will be 2-3 minutes long.

Moves allowed – floor moves, baby aerials.

Moves not allowed – death spiral, aerials.

Judging Criteria:

Timing, Fun, Musical Interpretation, Execution of moves, Style, Costume. Connection with partner.

As this is a freestyle event Judges will be looking for non choreographed dancing. Obvious use of repeated sequences of moves (ie choreographed routines) in this freestyle event will result in a lower ranking.

No Aerials are allowed and will result in disqualification. (See general information for definition of aerials).



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Advanced Open Freestyle

Competition Level: Advanced +

Teachers may compete at this level.

Freestyle to one song during heats and semi finals.

Freestyle to two songs in final - one slow and one fast.

Song tempos may vary throughout the songs. Timings will be between 80bpm and 160bpm. Each song will be 2-3 minutes long.

Moves allowed – floor moves, baby aerals, aerals.

Moves not allowed – death spiral.

Judging Criteria:

Timing, Fun, Musical Interpretation, Execution of moves, Style, Costume. Connection with partner.

As this is a freestyle event Judges will be looking for non choreographed dancing. Obvious use of repeated sequences of moves (ie choreographed routines) in this freestyle event will result in a lower ranking.

Aerials are allowed in both slow and fast songs but will be penalised if not performed safely.

Fun Category Events

Ceroc X

Competition Level: Fun Category

Open to any competitor.

Freestyle to one song during heats and semi finals.

Freestyle to two songs in final - one slow and one fast.

Song tempos may vary throughout the songs. Timings will be between 90bpm and 150bpm. All songs will be 2-3 minutes long.

Moves allowed - the basic 21 Beginner moves only, as per the Ceroc NZ Beginners DVD. The only specific variation to these moves allowed is the Slidebreak Walk.

Examples of allowed artistic license include: timing changes - half time and/or double time; double moves/spins; freezes; body rolls, rondes; different exits from moves etc.

Judging Criteria:

Having fun, Timing, Musical interpretation, X Factor, Style, Execution of moves, Costume, Connection and synchronization with partner.

45 Plus

Competition Level: Fun Category

Each competitor must be 45 years of age or above.

Freestyle heats, semi-finals and final will all be a 2-3 min song between 115 – 135 bpm.

Moves allowed – floor moves, baby aerals.

Moves not allowed – death spiral, aerals.

Judging Criteria:

Having fun, Timing, Execution of moves, Style, Costume, Connection with partner.

As this is a freestyle event Judges will be looking for non choreographed dancing. Obvious use of repeated sequences of moves (ie choreographed routines) in this freestyle event will result in a lower ranking.

No Aerials are allowed and will result in disqualification. (See definition of aerals in general information).

Triples

Competition Level: Fun Category

Open to any competitor.

Any combination of three Ceroc dancers (male or female) of any level.

Freestyle dance to one medium to fast paced song. Heats, semi-finals and final will all be a 2-3 min song between 110 – 140 bpm.

Lifts and aerals are permitted.

Moves not allowed – death spiral.

This will be run as a freestyle event but some choreographed sequences can be used.

Judging Criteria:

Having fun, Timing, Co-ordination between dancers, Style, Originality of moves,

Interpretation of music- i.e. Freestyle and routines should be adapted on the night to fit the music.



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Battle of the Sexes

Competition Level: Fun Category

Open to any competitor.

Couples must be two men or two ladies dancing together.

Freestyle dance to one medium to fast paced song. Heats, semi-finals and final will all be a 2-3 min song between 110 – 140 bpm.

Lifts and aerials are permitted.

Moves not allowed – death spiral.

Judging Criteria

Having fun, Timing, Using your partner's strengths, Style, Originality of moves, Costumes.

Dance with a Stranger (DWAS)

Competition Level: Fun Category

Open to any competitor.

This is a fun section. Dancers do not need a partner for this event and will dance with up to six randomly matched partners during the song in a similar manner to a class situation.

Man and woman are judged separately.

There will be three categories, Beginners, Intermediate and Advanced.

Run as Ceroc freestyle. Heats, semi-finals and final will all be danced to one song.

45 sec per partner. Approx: 5 min song of 110 – 140 bpm.

Beginners/Intermediate

- Moves allowed – floor moves.
- Moves not allowed – death spiral, aerials, baby aerials.

Advanced

- Moves allowed – floor moves, baby aerials.
- Moves not allowed – death spiral, aerials.

Judging Criteria:

Having Fun, Timing, Using your partners strengths, Complementing each others style.

Baby Aerials are allowed in the Advanced section only. If they are used in the Beginners/Intermediate sections they will be penalized.

Showcase Category Events

Advanced Open Showcase

Choreographed piece to your own choice of music between 3 – 4 minutes long. There are no restrictions on moves, so lifts and aerials are permitted, including the death spiral. Level – Advanced. Showcases can be performed by either one couple or one triple. (See below for rules and information.)

Teams

A performance Ceroc dance routine by three or more couples to set music. Open to all levels. See Category Level below for restrictions on moves for Teams.

Between 3 – 4 minutes long including entrances.

Teams can be made up of six or more dancers of any level. This can be a combination of couples or triples. (See below for rules and information.)

Doubles

A performance Ceroc dance routine by two couples to set music. Open to all levels. See Category Level below for restrictions on moves for levels in Doubles.

Between 3 – 4 minutes long including entrances.

Must be two couples of any level. (See below for rules and information.)

Rules, information and Judging criteria for Showcase Category Events: Advanced Open Showcase, Doubles and Teams.

Showcase Category Event Rules

You must chose your own song and choreograph a routine to it. The song must be between 3 – 4 minutes in length and can be of any tempo. Please email an MP3 version of your song (of at least 160bps quality level) to dance@cerocstars.co.nz Songs need to be received by the time entries close (5 March 2010). Alternatively you could post in a CD with your entry form. Label CDs with your name, phone number and track required.

The champs committee reserves the right to prejudge entries. There will be one performance per heat in all of these events. The routine must consist of at least 70% Ceroc style content (please read the General Information section below for a definition of Ceroc style).



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Opening Sequence rules

You are allowed a MAXIMUM of 30 secs for the opening sequence to set the scene. The stopwatch will start as soon as any of the following events occur.

- Any Audio starts, whether it be music, narration or sound effects including vocalised or physical (stomping/clapping etc).
- The start of any choreography other than a simple, direct walk to a starting position.

Once the opening sequence is complete dancers must dance Ceroc for at least 16 beats before any further non-contact dancing is allowed (see the General Information section below for a definition of Ceroc style).

Category Level

Any dancer can compete in Doubles and Teams.

Any Advanced dancer, including teachers, can compete in the Advanced Open Showcase.

A dancer's part in any Doubles or Team must be consistent with the level they are dancing in any other event/s.

Should a "Beginner" competitor perform Intermediate or Advanced moves in a Team or Doubles routine the whole performance will be penalized.

Should an "Intermediate" competitor perform Advanced moves in a Team or Doubles routine the whole performance will be penalized.

Aerials are permitted for Advanced competitors only.

It is the responsibility of the Choreographer to ensure that all moves performed are at the correct level for which dancers are enrolled to compete.

Penalty Rules for Advanced Open Showcase, Teams and Doubles

If an introduction exceeds the 30 sec limit the whole performance will be penalized.

If a routine is less than 70% Ceroc style only the Ceroc content will be judged.

If any competitor is apart for more than 16 beats, the performance will be marked down.

Judging Criteria for all Showcase events:

Choreography, Musical interpretation, Opening Sequence, Closing Sequence, Costumes, Originality, Technique.

General Information for competitors

Competitor responsibilities

It is the competitors' responsibility to read and understand the competition rules. All competitors need to read and understand the general information section of these rules. All competitors need to also read and understand the category information section relating to the category/categories they are entering.

Unless clearly stated both dancers are judged as a couple.

Any competitor who is not in the marshalling area and ready to enter the floor when called will not be able to compete.

Competitors who final are asked to remain in competition outfits for the prize giving presentation.

Teachers

Teachers can only compete in Advanced A and/or Advanced Open in the Classical Freestyle events. Teachers can compete in any or all of the Showcase and Fun events.

Moving Up

If you have placed (1st, 2nd or 3rd) in any Ceroc competition here or abroad, you may stay in that level for up to six months from winning that place, providing you do not do anything that would take you up to the next level such as doing classes of a higher level, joining a demo team or becoming a teacher. The Moving Up rule for eligibility into this competition does not apply to Dance with a Stranger.

Ceroc Style

90% of any freestyle competition dancing must be partner dancing in the "Ceroc Style".

70% of Showcase, Doubles, Teams, and Triples competition must be partner dancing in the "Ceroc Style".

As Ceroc is a very relaxed style of dance, definitions of what is "Ceroc Style" are always going to involve personal opinions. The definitions given here are valid for this competition only and are set out to make the distinction of a "Ceroc Move" as easy for the judges as possible. Ceroc is defined as a Modern Jive dance style characterised by a relaxed hold, with unpatterned L-R footwork, movement around the floor and around each other. The dance must be recognisable as a Modern Jive like Ceroc (eg. Lindy Hop, Swing, Rock 'n' Roll, Ballroom Jive, Salsa, Hip-Hop etc are not Modern Jives). The main content of all categories should be dance floor moves in partner contact.

Aerials, Baby Aerial Lifts

A Baby Aerial is a lift where one of the lady's feet remains below the man's waist (belt line) at all times.

These are NEVER allowed in Beginners classical freestyle, Ceroc X, and Beginners and Intermediate levels of Dance with a Stranger (DWAS).

An Aerial is any lift where both of the lady's feet are above the man's waist (belt line). These are NEVER allowed in Beginners, Intermediate, Advanced B, Advanced A, Ceroc X, 45 Plus and DWAS (all levels).

Aerials and lifts - although crowd pleasing and a recognised part of couple dancing - unless performed cleanly, and seamlessly worked into freestyle, (including entries and exits) will not be given high marks. By the same token, we realise that aerials are difficult to perform and couples will receive credit for executing them cleanly and effortlessly. Aerials that do not maintain physical contact throughout the manoeuvre are deemed "acrobatic throws or aerobics". No such moves are permitted as they require large amounts of space and may interfere with other couples in a freestyle event, therefore will be subject to penalties.



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Non-contact

Non-contact dancing is any dancing where there is no contact between dancers. It is also called breakaway dancing. Non-contact dancing that lasts for less than or equal to 4 beats will not be counted in the non-Ceroc total danced as long as it is followed by at least 16 beats of normal Ceroc partner dancing and footwork/style.

Non-contact dancing that lasts longer than 4 beats is allowed as long as all the following occur:

- 1) It does not last longer than 16 beats and
- 2) It is followed by at least 16 beats of partner dancing in the Ceroc style and
- 3) The total time spent non-contact dancing/non-Ceroc style is not more than 10% (freestyle, DWAS) or 30% (other events) of the total dance time.

Non-contact dancing lasting longer than 16 beats is not allowed in any event.

Judges Decisions

Judges decisions on the day are final and no correspondence will be entered into.

Judges are required to maintain confidentiality regarding results so please do not approach them with queries about the results.

Disqualifications and Penalties

Any disqualifications are final and will not be discussed.

Penalties for Freestyle Events

Freestyle events in this case refer to all events at these champs except Teams, Doubles and Showcases.

Excessive amounts of choreography in freestyle events will be penalized.

Any competitor leaving their allocated area for the competition and interfering with another couple will be disqualified.

Any competitor performing an aerial in Beginners, Intermediate, Advanced B or Advanced A will be disqualified.

Any dancer proven to be competing at a level below what they should be (see category information for competition level definition) will be penalized.

Beginner dancers who use moves that are above a beginner level will be penalized.

Penalties for Team, Doubles and Showcase events

These are listed in the category information for teams, doubles and showcases.

PLEASE NOTE:

It is the competitors' responsibility to ensure they know the competition rules, follow the competition rules and are on time and in the right place to compete.

This competition is about having fun and dancing, but to be fair to all competitors we do need to set rules and boundaries.

Ceroc Dance Kapi-Hutt reserves the right to cancel any event that does not have three or more competing couples.

Any freestyle events with between three - six competing couples will be danced as a straight final only.

Please read these competition rules and please DO NOT break them, as it is heartbreaking for judges to have to penalise or even disqualify competitors.

**Our goal is to have NO penalties and NO disqualifications so
PLEASE, PLEASE know and
follow the rules.**

Branch identification

Competitors are required to identify the Ceroc Branch they are representing on their entry forms. If you attend a number of different branches you can choose which one you want to represent for the 2010 Champs. Points will be allocated towards the Branch from your entry and help determine the Branch Trophy Winner. The host Branch (Kapi-Hutt) is not eligible for the Branch Trophy award.

Branch points will be allocated as follows:

Entry: 1 point per person per event
1st place: 5 points per person
2nd place: 3 points per person
3rd place: 1 point per person
Team Points: 30 points win, 20 second, 10 third

Bonus points will be awarded for good sportsmanship and all round support.