

# Rules for Formation Team Events

## RULES FOR MEDLEY EVENTS

The complete list of rules for Formation Team Medley events can be found here: [NDCA Rule Book, July 2023](#) starting on page 42.

## RULES FOR SHOW DANCE EVENTS

1. All routines must be ONE style or song only. This can consist of one song that has multiple style characteristics in it (maximum 3 dances) OR it can be a mix of songs in the same style. For example, a song that is mostly Foxtrot but has a section of the same song that could be Swing. Or 2 songs mixed together that are both Cha Cha.
2. At least 50% of each routine must consist of a recognizable competitive NDCA style.
3. Props that do not require additional set up time are allowed.
4. Routines must not exceed 3:00 minutes.
5. Routines may only have 3 lifts of any kind. On the fourth lift, the routine will be considered in the cabaret category. Tricks, drops, and stunts that are within 2 beats of music are NOT considered lifts. A lift is any movement when a dancer assists another and both feet leave the floor for more than 2 beats.
6. Teams of three, four, five, six, seven, or eight couples may compete in each formation style. As per NDCA Formation Team rule XII.D- A couple is one boy and one girl. Girls may NOT dress up as boys or vice versa. Dancers that identify as a certain gender must dance that role for the entirety of the season
  - o Coaches can petition the presidency (President, Vice President and Secretary) for additional considerations. (i.e. A team has two boys and would need three to be eligible to compete. In this case, one girl dancer can dress as a leader to make the team eligible. Even in this case, the coach/director should reach out to the competition organizers.)
  - o As there is only 1 round for team dances, any infringement of this rule is immediate disqualification.
7. Show dances will be divided into the following categories/genres for competition:
  - o Smooth/Ballroom: Waltz, Tango, Foxtrot, Viennese Waltz, Quickstep
  - o Latin/Rhythm: Cha Cha, Samba, Rumba, Paso Doble, Bolero, Mambo
  - o Swing: East Coast/Triple Swing, Lindy, West Coast Swing, Jive
  - o Novelty: If the routine is not one of the recognized styles listed above, it will be considered for the Novelty category. The routine should still show the essence of ballroom dancing. This includes but is not limited to: Hip Hop, Jazz, Single Gender, Disco/Hustle, Square/Folk Dance, Charleston, Polka, and Salsa.
  - o Large Group: A routine with more than 8 couples (or 16 people) is considered for the Large Group category. The Large Group category is always one category at competition. It is not divided into any categories based on the style or genre.
8. A team may only compete once in each category. Teams cannot compete against themselves. Any team violations will result in disqualification in that team event. (As there is only 1 round for team dances, any infringement of this rule is immediate disqualification.)

9. Costumes must follow UBEA guidelines and rules. Please clear costumes with the competition organizer before the competition. Any costume violations will result in disqualification in that team event. (As there is only 1 round for team dances, any infringement of this rule is immediate disqualification.)
10. All categories are available in each age group: Pre-Teen (up to 11 yr. old/K-6 grades), Junior (12-15 yr. old/7-9 grades), and Youth (16-18 yr. old/10-12 grades). As per NDCA Formation Team age rules, students can compete up ONE age bracket, but cannot compete down an age bracket, with the following exceptions: A pre-teen team may have 1 Junior couple, A Junior team may have 1 Youth couple, but a Youth team may NOT have any adult age dancers or any pre-teen age dancers on their team. Any age group violations will result in disqualification in that team event. (As there is only 1 round for team dances, any infringement of this rule is immediate disqualification.)
11. For State Titles, the only teams eligible to compete in these categories are programs that are member organizations of the UBEA. These programs must have filled out and turned in the Eligibility Checklist to the UBEA Membership Registrar at the beginning of the school year. Any infringement of the Eligibility Checklist will result in disqualification from the team event, loss of state title ranking, and possible 1 year probation from UBEA State competition.

**The following STATE TITLES will be held at different competitions:** (These programs must have filled out and turned in the Eligibility Checklist to the UBEA Membership Registrar at the beginning of the school year as well as class rolls to show student eligibility. Any infringement of the Eligibility Checklist will result in disqualification from the team event, loss of state title ranking, and possible 1 year probation from UBEA State competition.)

**Provo High DanceSport Festival:**

- Latin Showdane
- Ballroom Showdance
- Swing Showdance
- Cabaret Showdance

**Cedar Valley State Invitational:** (Individual events open ONLY to dancers enrolled in a UBEA member program.)

- Large Group Showdance
- Novelty Showdance
- Latin Medley Formation Team
- Ballroom Medley Formation Team
- Individual State Titles for:
  1. Youth Open Latin (5 dance)
  2. Youth Open Ballroom (5 dance)
  3. Youth Open Smooth (4 dance)
  4. Youth Open Rhythm (5 dance)
  5. Youth Syllabus Ballroom (Waltz & Quickstep)
  6. Youth Syllabus Latin (Samba & Rumba)