



Amateur Rules

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1. Scope and Purpose of the National Dance Council of Canada (NDCC)

- 1.1. The National Dance Council of Canada (NDCC) is a national governing body whose overall mandate is to administer Ballroom Dancing throughout Canada for the benefit of the Amateur and Professional Ballroom Dancing competitors and competitions held in Canada.
- 1.2. The National Dance Council of Canada is an organization acting as an umbrella for both the Canadian DanceSport Federation (CDF) and the Canadian Dance and Dance Sport Council (CDDSC).
- 1.3. The purpose of the National Dance Council of Canada (NDCC) is to regulate Ballroom Dancing competitions organized by professional members and held within Canada.
- 1.4. The National Dance Council of Canada (NDCC) is responsible for overseeing that its competition regulations are adhered to in Ballroom Dancing activities held in Canada and sanctioned by the National Dance Council of Canada (NDCC).
- 1.5. The National Dance Council of Canada (NDCC), at any moment, has the right to render any decision that the National Dance Council of Canada (NDCC) finds appropriate in regards to the application of the present regulations.
- 1.6. The rules set out by the National Dance Council of Canada (NDCC) govern all Amateur Ballroom Dancing events for all syllabus and championships levels, i.e. Beginner to, and including Pre- Championship and Championship.
- 1.7. All competitors participating in an event sanctioned by the National Dance Council of Canada (NDCC) must adhere to the rules for competition as set out in the National Dance Council of Canada (NDCC) document said rules.
- 1.8. By being a member of the National Dance Council of Canada (NDCC), an amateur competitor agrees to have his membership number, membership renewal date, name and partner name published on the National Dance Council of Canada (NDCC) website.

2. Terms

- 2.1. « Ballroom Dancing » refers to dances where a gentleman and a lady are dancing together as a couple.
- 2.2. « Amateur » describes an individual who meets the eligibility criteria for amateur as described in *section 5 Rules for Competitors*.
- 2.3. A « Professional » is an individual who uses his or her dance skills for monetary gain as a full or part-time occupation, and/or one who is registered with an organization in the capacity of a Professional Member, i.e. the Canadian DanceSport Federation (CDF) and/or the Canadian Dance and Dance Sport Council (CDDSC).
- 2.4. A « Scholarship » is money given to an amateur competitor to be used for amateur competitor's dance training, travel relating to competing and/or equipment.



- 2.5. A « Sponsorship » is money given for the purpose of assisting the Amateur competitor. This support may be in the form of money to be used for dance lessons, travel expenses, competition expenses, etc. or may be in the form of subsidized expenses (e.g. corporate support, dance clothing company, etc.) for the purpose of supporting the Amateur.

3. Technical Rules of Competition

3.1. Coordination and Uniformity

- 3.1.1. The National Dance Council of Canada (NDCC) recognizes that it is highly desirable to have uniform Technical Rules of Competition governing Ballroom Dancing nation-wide.
- 3.1.2. The following rules are mandatory for sanctioned events held by the National Dance Council of Canada (NDCC). All Competition Organizers must adopt them in order to establish uniformity.
- 3.1.3. An official representing the National Dance Council of Canada (NDCC) must be present in any competition sanctioned by the National Dance Council of Canada (NDCC).
- 3.1.4. A **RECOGNIZED COMPETITION** is a competition which has received an official sanction from either the Canadian DanceSport Federation (CDF) or the Canadian Dance and Dance Sport Council (CDDSC).
- 3.1.5. Organizers must refer to appropriate regulations for all events within their competition, i.e. the National Dance Council of Canada (NDCC), the Canadian DanceSport Federation (CDF) and/or the Canadian Dance and Dance Sport Council (CDDSC).
- 3.1.6. On the front page of all promotional material and the events Official Program (printed or electronic) the words "Recognized by the National Dance Council of Canada (NDCC)" must appear.

3.2. Group Competitive Event Categories

Group Competitive events are defined as competitive events in which two or more couples dance simultaneously in competition with each other. Each couple is judged and ranked in comparison with the other couples dancing in the same event. In a competition with only one couple entered, the couple shall be judged against an acceptable standard if the couple cannot be transferred to a different age category of the same level as stipulated in rule.

3.2.1. Dances

3.2.1.1. Dance Category Levels

The following dances and categories shall be used for group competitive events as follows and they are the official levels and dance categories.



3.2.1.1.1. Competition organizers must follow the present Dance Category Levels rule for all their Amateur category levels, except for special divisions.

3.2.1.1.2. The event organizer should offer the entire range of Dance Category Levels or part of it.

3.2.1.1.3. *International Ballroom W T V W F Q*

a) Beginners	2 dances	W-Q
b) Pre-Bronze	3 dances	W-T-Q
c) Bronze Bloc 1	3 dances	W-T-Q
d) Bronze Bloc 2	2 dances	F-VW
e) Silver Bloc 1	3 dances	W-T-Q
f) Silver Bloc 2	2 dances	F-VW
g) Gold Bloc 1	3 dances	W-T-Q
h) Gold Bloc 2	2 dances	F-VW
i) Pre-Championship Bloc 1	3 dances	W-T-Q
j) Pre-Championship Bloc 2	2 dances	F-VW
k) Championship	5 dances	W-T-VW-F-Q

3.2.1.1.4. *International Latin C S R P J*

a) Beginners	2 dances	C-J
b) Pre-Bronze	3 dances	C-R-J
c) Bronze Bloc 1	3 dances	C-R-S
d) Bronze Bloc 2	2 dances	P-J
e) Silver Bloc 1	3 dances	C-R-S
f) Silver Bloc 2	2 dances	P-J
g) Gold Bloc 1	3 dances	C-R-S
h) Gold Bloc 2	2 dances	P-J
i) Pre-Championship Bloc 1	3 dances	C-R-S
j) Pre-Championship Bloc 2	2 dances	P-J
k) Championship	5 dances	C-S-R-P-J

3.2.1.2. Special Categories and Championships

- 3.2.1.2.1. The organizer has the right to include special categories, age groups and/or levels, example: beginner – one dance, the dance of the organizer’s choice.
- 3.2.1.2.2. The organizer has the right to include championship events regrouping age group, example: under 16 years old and/or 16 years old and over.
- 3.2.1.2.3. The organizer has the right to include championship events regrouping syllabus categories, example: bronze and under and/or silver and higher.

3.2.2. Round of Competition

- 3.2.2.1. The number of entries registered in this category determines the total number of rounds. No more than fifty per cent (50) % of the remaining competitors shall be eliminated in any one round of competition.
- 3.2.2.2. It is appropriate in rounds prior to the final to divide the round into equal heats in order to provide comfortable space for the competitors and sufficient evaluation time for the judges. The Chairman of Judges shall determine the maximum number of couples allowed on the floor in one heat, taking into consideration adequate space, safety for dancers and evaluation time needed by the judges.
- 3.2.2.3. If split heats are used, competitors shall be divided into groups of equal size.
- 3.2.2.4. Couples shall be judged and ranked in comparison with each other using the *Skating System*.
- 3.2.2.5. The usual pattern for recalled couples should be as follows: 6-12-24-48-96 etc. in reverse order.
- 3.2.2.6. More than one (1) event could be run at the same time on the floor and would be judged separately by the same panel of judges with a maximum of eight (8) couples.
- 3.2.2.7. At the Championship level, a minimum of fifteen (15) minutes is required between each round.

3.3. Music Length and Tempi

- 3.3.1. The minimum and maximum music played for each dance in each heat should be monitored and made equal for each heat in a round.

3.3.2. International Ballroom Music Length

Waltz	between 90 and 120 seconds
Tango	between 90 and 120 seconds
Viennese Waltz	between 75 and 90 seconds
Foxtrot	between 90 and 120 seconds
Quickstep	between 90 and 120 seconds

3.3.3. International Latin Music Length

Chacha	between 90 and 120 seconds	
Samba	between 90 and 120 seconds	
Rumba	between 90 and 120 seconds	
Paso Doble	between 90 and 120 seconds	For Paso Doble, if using Spanish Gypsy dance or Espana Cani song, the music could stop after the second highlight.
Jive	between 90 and 120 seconds	

3.3.4. The length of each dance shall be determined by the Chairman of Judges based on minimum and maximum length mentioned in rules 3.3.2 *International Ballroom Music Length* and 3.3.3 *International Latin Music Length*. At any time, the music length should be no less than 60 seconds for categories with less than 6 couples.

3.3.5. Music Tempi

The tempi for each dance shall be as follows:

Dances	Tempi (min/max)
International Waltz	28/30 bpm
International Tango	32/33 bpm
International Viennese Waltz	58/60 bpm
International Foxtrot	28/30 bpm
International Quickstep	48/50 bpm
International Chacha	30/32 bpm
International Samba	48/52 bpm
International Rumba	22/27 bpm
International Paso Doble	56/60 bpm
International Jive	42/44 bpm

3.4. Step List for Syllabus Categories

3.4.1. The Step List for International Style is in accordance with the following technique books: *Ballroom and Latin American Technique* ISTD, *The Viennese Waltz* from ISTD and Harry Smith-Hampshire. The complete step lists are shown in *Appendix I – Syllabus Ballroom* and *Appendix II – Syllabus Latin*. Please note that in syllabus competitions, IDTA styling or foot positions may be used.

3.4.2. International Ballroom Step List for Syllabus Categories

a) Beginners	Waltz	1 to 6
	Quickstep	1 to 5
b) Pre-Bronze	Waltz	1 to 9
	Tango	1 to 9
	Quickstep	1 to 13
c) Bronze Bloc 1	Waltz	1 to 16
	Tango	1 to 13
	Quickstep	1 to 20
d) Bronze Bloc 2	Foxtrot	1 to 8
	Viennese Waltz	1 to 4
e) Silver Bloc 1	Waltz	1 to 25
	Tango	1 to 20
	Quickstep	1 to 26
f) Silver Bloc 2	Foxtrot	1 to 19
	Viennese Waltz	1 to 4
g) Gold Bloc 1	Waltz	1 to 32
	Tango	1 to 27
	Quickstep	1 to 31
h) Gold Bloc 2	Foxtrot	1 to 25
	Viennese Waltz	1 to 4
i) Pre-Championship Bloc 1	Waltz	
	Tango	
	Quickstep	
j) Pre-Championship Bloc 2	Foxtrot	For Viennese Waltz, steps are restricted to the steps listed in <i>Appendix I – Syllabus Ballroom.</i>
	Viennese Waltz	
k) Championship	Waltz	For Viennese Waltz, steps are restricted to the steps listed in <i>Appendix I – Syllabus Ballroom.</i>
	Tango	
	Viennese Waltz	
	Foxtrot	
	Quickstep	

3.4.3. International Latin Step List for Syllabus Categories

a) Beginners	ChaCha	1 to 5
	Jive	1 to 6
b) Pre-Bronze	ChaCha	1 to 9
	Rumba	1 to 9
	Jive	1 to 8
c) Bronze Bloc 1	ChaCha	1 to 15
	Rumba	1 to 16
	Samba	1 to 16
d) Bronze Bloc 2	Paso Doble	1 to 16
	Jive	1 to 14
e) Silver Bloc 1	ChaCha	1 to 23
	Rumba	1 to 21
	Samba	1 to 23
f) Silver Bloc 2	Paso Doble	1 to 24
	Jive	1 to 20
g) Gold Bloc 1	ChaCha	1 to 29
	Rumba	1 to 26
	Samba	1 to 31
h) Gold Bloc 2	Paso Doble	1 to 30
	Jive	1 to 27
i) Pre-Championship Bloc 1	ChaCha	
	Rumba	
	Samba	
j) Pre-Championship Bloc 2	Paso Doble	
	Jive	
k) Championship	ChaCha	
	Samba	
	Rumba	
	Paso Doble	
	Jive	

3.5. Restrictions for International Syllabus (Beginners to Gold)

- 3.5.1. Only figures and amalgamations described in the technique books described above must be danced with the rhythm mentioned and approved.
- 3.5.2. The « precedes and follows » should be used logically as long as they do not change the basic structure of the figures and must be danced with the required hold as stipulated in the technique books.
- 3.5.3. The transfer of figures from one dance to another is not allowed.
- 3.5.4. SITS, RIPPLES, « ENTRANCES » and POSITIONS that are not described in the technique book are not allowed in closed categories from Beginners to Gold.

3.6. Restrictions for All Category Levels (Beginners to Championships)

- 3.6.1. Lifts, dangerous figures including tail spin and illegal back kicks are not allowed in any level, including pre-championship and championship levels.
- 3.6.2. A lift is defined as any movement during which one of the dancers has both feet off the floor at the same time with the assistance or support of the partner for more than two (2) beats.
- 3.6.3. Back kicks become illegal when the leg is higher than the knee of the supporting foot.
- 3.6.4. Any violation of the restrictions described above shall be penalized under rule 3.7 *Syllabus Requirements and Penalties*.

3.7. Syllabus Requirements and Penalties

- 3.7.1. Competition organizers must state the name of the syllabus and/or otherwise provide the syllabus step list in their promotional literature.
- 3.7.2. Competitors dancing in a specific category are restricted to the level and the syllabus in which they are entered.
- 3.7.3. Competitors who do not respect the step list and/or restrictions at the level in which they are registered will receive a warning from the invigilator, the chairman of judges or an adjudicator for not adhering to the rules and will be penalized as follows:
 - a) For the first offense noticed in a preliminary round (1/2, 1/4 ...), a warning will be given to the couple at fault.
 - b) If the same offense is repeated in a subsequent round, the couple will not be entitled to receive recalls in the dance concerned.
 - c) If the same offense is repeated in the final round, the couple will be placed last in that dance.
 - d) For the first offense in a final round, the couple will be ranked last for that dance.
 - e) A disqualification may happen in a category when the offense is serious enough.



4. Dress Code

- 4.1. Every amateur competitor must follow the Dress Code, according to their age division and category level, as per *Appendix III – Dress Code Regulations*.
- 4.2. Any violation of the Dress Code Regulations as set forth in *Appendix III – Dress Code Regulations* can be penalized. The penalty is entirely left to the discretion of the Chairman of Judges. The penalty shall account for the severity and occurrence of the violation of the Dress Code Regulations.
- 4.3. Inappropriate costume is not accepted.
- 4.4. No addition, alteration, variation or change on a costume is allowed within a competition round.

5. Rules for Competitors

The following Rules and Regulations govern all Amateurs in Ballroom Dancing:

5.1. Registration Requirements

- 5.1.1. A competitor participating in an event sanctioned by the National Dance Council of Canada (NDCC) is required to:
 - 5.1.1.1. Be registered with the registry of the National Dance Council of Canada (NDCC) if competitor is a Canadian resident.
 - 5.1.1.2. Be registered with his affiliated World Dance Council (WDC) organization in the country where he is domiciled if competitor is not a Canadian resident.
- 5.1.2. For all Amateur couple who wishes to enter to the NDCC National Canadian Closed Championship, both members of the couple must be registered with the National Dance Council of Canada (NDCC).
- 5.1.3. Any Amateur couple who wishes to represent Canada must meet one (1) of the two (2) following requirements:
 - 5.1.3.1. One of the partners must be Canadian Citizen or permanent resident of Canada.
 - 5.1.3.2. The couple has to compete in three (3) competitions sanctioned by the National Dance Council of Canada (NDCC) before being eligible to compete into the NDCC National Canadian Closed Championship. This requirement should be fulfilled within the twelve (12) months period preceding the NDCC National Canadian Closed Championship.
- 5.1.4. The NDCC Board of Directors has the right to listen any specific request brought to their attention and will take action accordingly.

5.2. Competitive Classifications

- 5.2.1. Competitive events are classified by age, level and style.



5.2.2. Classification Eligibility

- 5.2.2.1. The eligibility to compete in a classification is applied to the individual Amateur and not to the couple as an entity.
- 5.2.2.2. An amateur couple is only eligible to compete in a classification if both members of the couple are eligible.
- 5.2.2.3. An Amateur's eligibility is based on his/her accomplishments regardless of the number or length of partnership.
- 5.2.2.4. It is the responsibility of all Amateurs to ensure that they are eligible for the category in which they desire to dance.
- 5.2.2.5. An Amateur shall not compete in any classification below the level for which he or she is eligible.
- 5.2.2.6. An Amateur may compete in any classification level higher than his level.
- 5.2.2.7. An Amateur competing in Pro-Am events will not use this proficiency level to determine his competition level as a couple.
- 5.2.2.8. The NDCC Board of Directors has the right to listen any specific request brought to their attention and will take action accordingly.

5.2.3. Age Classification

- 5.2.3.1. The following definitions are based on internationally accepted age classifications for Amateur and are adopted by the NDCC.
- 5.2.3.2. Competition organizers must follow the present Age Classification rule for all their Amateur age divisions, except for special divisions.
- 5.2.3.3. The event organizer should offer the entire range of Age Classification or part of it.



5.2.3.4. The following age classifications are based upon the individual's birthday:

- a) Juvenile 1: 9 years old or less
- b) Juvenile 2: 10 or 11 years old
- c) Junior 1: 12 or 13 years old
- d) Junior 2: 14 or 15 years old
- e) Youth: 16 – 18 years old
- f) Under 21: 16 to 20 years old
- g) 16 years old and over
- h) Adult: 19 years old and over
- i) Senior 1: 30 years old and over. Both members should be 30 years old and over.
- j) Senior 2: 40 years old and over. Both members should be 40 years old and over.
- k) Senior 3: 50 years old and over. Both members should be 50 years old and over.
- l) Senior 4: 60 years old and over. Both members should be 60 years old and over.

5.2.3.5. Juvenile I-II, Junior I-II, Youth and Adult (19+) Categories

5.2.3.5.1. Juvenile I and II categories could be combined as well as Junior I and II categories.

5.2.3.5.2. The Age Division is determined by the age of the oldest couple's member.

5.2.3.6. Uncontested Couples in Juvenile I-II, Junior I-II and Youth Categories

5.2.3.6.1. Rules 5.2.3.6.2, 5.2.3.6.3, 5.2.3.6.4 below cannot be applied for the NDCC National Canadian Closed Championship. Couples entering the NDCC National Canadian Closed Championship must compete in their proper age division.

5.2.3.6.2. When one (1) Juvenile couple is uncontested in his proper age division, the Juvenile couple may choose to compete in the Junior category. The Junior category then becomes contested.

5.2.3.6.3. When one (1) Junior couple is uncontested in his proper age division, the Junior couple may choose to compete in the Youth category. The Youth category then becomes contested.

5.2.3.6.4. When one (1) Youth couple is uncontested in his proper age division, the Youth couple may choose to compete in the Adult 19 years old and over category.

5.2.3.7. Senior 1, 2, 3 and 4 Categories

5.2.3.7.1. For Senior 1, Senior 2, Senior 3 and Senior 4, both members of the couple must meet the age's requirements.



6. Number of Adjudicators

- 6.1. The adjudicating panel for each category, level, and style shall consist of qualified judges who are certified as judges by a member organization recognized by the National Dance Council of Canada (NDCC).
- 6.2. The minimum number of qualified judges shall be :
 - a) Seven (7) judges or more are required for any titled championship or for an international competition.
 - b) Five (5) judges or more are required for any local or regional competition.
 - c) A minimum of three (3) judges is required for any competition.

