



2019/20 Season Category Rules

GENERAL RULES:

- These rules are specifically applicable to the 2019 Season and the 2020 *Showdown of Champions*.
- Other *Showdown* rules and Qualifications procedures are listed in the 2019 Official Rules Booklet.
- *Showdown* Penalties and Category Rules infractions are listed in the 2019 Official Rules Booklet.
- Music for the Regional Competitions and Showdown may be on CD or any digital format.
- One point will be deducted from Overall Average Score for any rule infraction.

TEAM AGE DIVISIONS – AMATEUR AND CHALLENGE:

6 & UNDER, 7-9, 10-12, 13-15, 16-19, 20-29, 30 AND OVER

CONTEMPORARY CATEGORIES:

ARTISTIC EXPRESSION

- Minimum of three (3) dancers.
- Dance must carry out a theme.
- The majority of the dance steps must be clogging steps.
- Emphasis is on showmanship, creativity, choreography, and execution of dance.
- Stage props are allowed. Stage props are defined as: Props that are used as background scenery and/or to modify the dance floor, such as backdrops, curtains, stairs, platforms, beds, etc. Any prop that is used only to set the scene and/or cannot be held in the dancer's hand, will be considered a stage prop.
- After the stage is set and the music begins, the average age will be determined by the total number of individuals that are involved in the production of the dance; such as non-dancing individuals holding stage props, onstage speakers or singers, offstage musicians, etc.
- Any type of music is permitted.
- Time limit is five (5) minutes for the performance of the dance, and a total of (5) minutes for set-up and take-down of stage props.

EXHIBITION LARGE TEAM (previously known as EXHIBITION)

- Minimum of six (6) dancers.
- This is an "Anything Goes" category.
- The majority of the dance steps must be clogging steps.
- Other types of dance forms are highly encouraged.
- Dance should include various formations and progressive dance steps, body movements, and arm movements.
- Lifts and pull through maneuvers are allowed.
- This dance may **NOT** be re-danced in any other category.
- Hand props are allowed. Hand props are defined as: Props that are small and able to be held/carried by 1 dancer, and must be used as part of the choreography. Examples of hand props include, but are not limited to the following: Batons, Pom-Poms, Tambourines, etc. You may set down or switch hand props in a dance, however any prop that is not used by the dancer will result in a point deduction.
- Any type of music is permitted.
- Time limit is three (3) minutes.

EXHIBITION SMALL TEAM (previously known as SMALL TEAM)

- Minimum of three (3) dancers; maximum of five (5) dancers.
- This is an “Anything Goes” category.
- The majority of the dance steps must be clogging steps.
- Other types of dance forms are highly encouraged.
- Dance should include various formations and progressive dance steps, body movements, and arm movements.
- Lifts are **NOT** allowed.
- This Dance may **NOT** be re-danced in any other category.
- Hand props are allowed. Hand props are defined as: Props that are small and able to be held/carried by 1 dancer, and must be used as part of the choreography. Examples of hand props include, but are not limited to the following: Batons, Pom-Poms, Tambourines, etc. You may set down or switch hand props in a dance, however any prop that is not used by the dancer will result in a point deduction.
- Any type of music is permitted.
- Time limit is three (3) minutes.

MOVING LINE

- Minimum of five (5) dancers.
- Dance must be performed in some form of line at all times.
- Dance may bend, rotate, pass through, expand, and contract formations.
- Progressive dance movements, pick-ups, and ripples are allowed.
- No dancer may have body contact with any other dancer at any time.
- Dancers should use entire stage showing the ability to move as a unit.
- Any type of music is permitted.
- Time limit is three (3) minutes.

PRECISION

- Minimum of eight (8) dancers, four (4) couples.
- This is a couple oriented category.
- Precision footwork and body mechanics are required at all times.
- There are no figure requirements; however, figures are highly encouraged on the Precision category score sheet.
- Traditional instrumental music is required. It will be at the judge’s discretion to determine the authenticity of traditional music.
- Time limit is four (4) minutes.

STANDING LINE

- Minimum of five (5) dancers.
- The dance must be choreographed for one but danced by many.
- The dance must start, be performed, and end in the same line.
- Dance may **NOT** bend, rotate, pass through, expand, or contract formations at any time.
- Precision footwork and body mechanics are required at all times.
- Progressive dance steps, body movements, and arm movements are **NOT** allowed.
- No dancer may have body contact with any other dancer at any time.
- Dancers should use entire stage showing the ability to move as a unit.
- Any type of music is permitted.
- Time limit is three (3) minutes.

TRADITIONAL CATEGORIES:

TRADITIONAL STANDING LINE

- Minimum of five (5) dancers.
- The dance must be choreographed for one but danced by many.
- The dance must start, be performed, and end in the same line.
- Dance may **NOT** bend, rotate, pass through, expand, or contract formations at any time.
- Precision footwork and body mechanics are required at all times.
- Progressive dance steps are **NOT** allowed.
- Choreographed arm and head movements are **NOT** allowed. However, controlled arms are allowed.
- No dancer may have body contact with any other dancer at any time.
- Dancers should use the entire stage showing the ability to move as a unit.
- Footwork must be traditional styled clogging steps; i.e. drag-slide (No modern clogging steps; i.e. buck, double doubles, hop scuffs, rock hops, etc.). It will be at the judge’s discretion to determine the authenticity of traditional footwork.
- Traditional country, bluegrass, hoedown, or folk music, with or without vocals, is required (No pop, hip-hop, rock, etc.). It will be at the judge’s discretion to determine the authenticity of traditional music.
- Time limit is three (3) minutes.

TRADITIONAL MOVING LINE

- Minimum of five (5) dancers.
- Dance must be performed in some form of line at all times.
- Dance may bend, rotate, pass through, expand, and contract formations.
- Progressive dance movements, pick-ups, and ripples are allowed.
- Choreographed arm and head movements are **NOT** allowed. However, controlled arms are allowed.
- No dancer may have body contact with any other dancer at any time.
- Dancers should use entire stage showing the ability to move as a unit.
- Footwork must be traditional styled clogging steps; i.e. drag-slide (No modern clogging steps; i.e. buck, double doubles, hop scuffs, rock hops, etc.). It will be at the judge's discretion to determine the authenticity of traditional footwork.
- Traditional country, bluegrass, hoedown, or folk music, with or without vocals, is required (No pop, hip-hop, rock, etc.). It will be at the judge's discretion to determine the authenticity of traditional music.
- Time limit is three (3) minutes.

HOEDOWN

- Minimum of eight (8) dancers, four (4) couples.
- This is a couple oriented category.
- Dancers should never intentionally be in step with one another.
- Footwork must be traditional styled clogging steps; i.e. drag-slide (No modern clogging steps, i.e. double doubles). It will be at the judge's discretion to determine the authenticity of traditional footwork.
- There are no figure requirements; however, figures are highly encouraged on the Hoedown category score sheet.
- Traditional instrumental music is required (No pop, hip-hop, rock, etc.). It will be at the judge's discretion to determine the authenticity of traditional music.
- Time limit is four (4) minutes.

SOUTHERN APPALACHIAN TRADITIONAL TEAM

- Dancers: 6 or 8 Couples - Any combination of males and/or females.
- Minimum of 2 big circle figures.
- Minimum of 4 different circle-4 figures (small) with progression between each.
- Corner-partner swing should be added after each circle-4 figure if the figure does not have swings included.
- NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps: Southern Appalachian steps while performing traditional mountain figures. Team should strive for Rhythmic Southern Appalachian Sound. Dancers must not start simultaneously.
- No dancer intentionally in step with any other dancer. Speed should complement the grace and beauty of the dance.
- Movement: Progression must be on the inside of the set in a counter-clockwise direction. Couples may not progress across the center of the set. Center of the set may be used in big circle figures.
- Music: Traditional style music without vocals
- Caller: Figures **MUST** be called and heard from within the set.
- Time Limit: 8 minutes

SMOOTH MOUNTAIN SQUARE DANCE TEAM

- Dancers: 6 or 8 Couples Any combination of male and/or female.
- Minimum of 2 big circle figures.
- Minimum of 4 different circle-4 figures (small) with progression between each.
- Corner-partner swing should be added after each circle-4 figure if the figure does not have swings included.
- NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps: Gliding step on ball of the foot, (weight on ball of foot, with no heavy heel sound) while performing traditional mountain figures. This is a precision dance. All dancers in step with each other at all times.
- Movement: Counter-clockwise movement in dance progression. Couples may not progress across the center of the set. Center of the set may be used in big circle figures.
- Music: Traditional style music without vocals
- Caller: Figures **MUST** be called and heard from within the set.
- Time Limit: 8 minutes

COUNTRY HOEDOWN TEAM

- Dancers: 4 Couples. Any combination of males and/or females.
- Minimum of 2 big circle figures.
- Minimum of 4 different circle-4 figures (small) with progression between each.
- Corner-partner swing should be added after each circle-4 figure if the figure does not have swings included.
- NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps: Southern Appalachian steps while performing traditional mountain figures. Team should strive for Rhythmic Southern Appalachian Sound. Dancers must not start simultaneously.
- No dancer intentionally in step with any other dancer. Speed should complement the grace and beauty of the dance.
- Movement: Quadrille - (4 Couple square) formation with 1 or 2 active couples traveling. All couples must become the active couple sometime during the dance. Inactive couples MUST HOLD HOME position.
- Progression must be on the inside of the set in a counter-clockwise direction. Couples must square set prior to doing first figure (Identify "HOME" position prior to doing any figure or formation by swinging your partner). Dancers must not start simultaneously.
- Music: Traditional style music without vocals
- Caller: Figures MUST be called and heard from within the set.
- Time Limit: 8 minutes

RUNNING SET HOEDOWN TEAM

- Dancers: 4-Couples. Any combination of males and/or females.
- Figures: English quadrille formation with 1 active couple (traveling).
- 4 different visiting couple figures, each led by 1 active couple.
- 1 opening figure, 1 closing figure, with all couples active (i.e., weave the basket).
- 3 connecting figures with all couples active (also called break figures). A break figure occurs at the end of the progression by the active couple when they return to their home position in the circle.
- NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps: No dancer should be intentionally in step with any other dancer.
- Movement: Progression must be inside of the set in a counter-clockwise direction.
- Music: Traditional style music without vocals
- Caller: Figures MUST be called and heard from within the set.
- Time Limit: 8 minutes

4, 6 or 8 COUPLE PRECISION TEAM

- Dancers: 4, 6 or 8 Couples- Any combination of males and/or females.
- Minimum of 2 different big circle figures.
- A minimum of 4 different circle-4 figures. (Small) with progression between each. Counter clockwise movement in progression.
- NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps: Dancers in step with each other at all times while performing traditional mountain figures. A progressive step change is allowed. Traditional drag slide clogging steps are required, no buck, Canadian or hop rocks allowed.
- Movement: Couples CANNOT progress across the center of the set. However, the center of the set may be used in a big circle figure. No Couple may progress outside the set.
- Music: Traditional style of music without vocals. Music break allowed.
- Caller: Figures may be called from the set, but are not required. If they are called, they must be from within the set.
- Time Limit: 8 minutes

RUNNING SET PRECISION TEAM

- Dancers: 4-Couples. Any combination of males and/or females.
- Figures: English quadrille formation with 1 active couple (traveling).
- 4 different visiting couple figures, each led by 1 active couple.
- 1 opening figure, 1 closing figure, with all couples active (i.e., weave the basket).
- 3 connecting figures with all couples active (also called break figures). A break figure occurs at the end of the progression by the active couple when they return to their home position in the circle.
- NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps: Running Step. Must start together and remain in step at all times.
- Movement: Progression must be inside of the set in a counter-clockwise direction.
- Music: Traditional style music without vocals
- Caller: Figures MUST be called and heard from within the set.
- Time Limit: 8 minutes

**DUO/DUET/SHOW DUO/DUET AGE DIVISIONS:
8 AND UNDER, 9-11, 12-14, 15-18, 19-25, 26 & OVER**

CONTEMPORARY DUO/DUET

- Two (2) dancers (any combination of male/female).
- Footwork and dance must be precision oriented. No rise and shine or acrobatics allowed.
- Dancers should dance as a couple, hands joined as much as possible, and use plenty of arm movements and couple turns.
- Progressive dance steps and arm movements are allowed.
- Dancers must use entire stage showing the ability to move as a unit.
- Any type of music is allowed.
- Time limit is one and one half (1 1/2) minutes.

TRADITIONAL DUO/DUET

- Two (2) dancers (any combination of male/female).
- Footwork must be traditional styled clogging steps; i.e. drag-slide (No modern clogging steps, i.e. buck, double doubles, hop scuffs, rock hops, etc.). It will be at the judge's discretion to determine the authenticity of traditional footwork.
- Footwork and dance must be precision oriented. No rise and shine or acrobatics allowed.
- Dancers should dance as a couple, hands joined as much as possible, and use plenty of arm movements and couple turns.
- Dancers must use entire stage showing the ability to move as a unit.
- Traditional country, bluegrass, hoedown or folk music, with or without vocals, is required. It will be at the judge's discretion to determine the authenticity of traditional music.
- Time limit is one and one half (1 1/2) minutes.

SHOW DUO/DUET:

- Two (2) dancers (any combination of male/female).
- The majority of the dance steps must be clogging steps.
- Dancers must use the entire stage showing the ability to move as a unit.
- Dance must carry out a theme.
- Costumes and choreography must coordinate with the theme of the dance.
- Props are allowed but must be incorporated into the choreography and theme of dance.
- Any type of music is allowed.
- Time limit is two (2) minutes for the performance of the dance, and a total of (5) minutes for set-up and take-down of stage props.

SHORT DUO/DUET:

- Two (2) dancers (any combination of male/female).
- Judging will be based on dancing as a couple in a line and in a rise and shine.
- Footwork and dance must be precision oriented. Couple interaction is strongly encouraged.
- No stunts are allowed.
- Each couple will be given 48 beats at the beginning to rush the judges and 48 beats to rise and shine.
- Callbacks may be necessary.
- Festival directors will select the music.

**AMATEUR SOLO FREESTYLE AGE DIVISIONS:
6 & under, 7-9, 10-12, 13-15, 16 & OVER**

**CHALLENGE SOLO FREESTYLE AGE DIVISIONS:
6 & under, 7-9, 10-12, 13-15, 16-19, 20-29, 30 & OVER**

Amateur – Dancers may compete as amateur for three (3) calendar years. Amateur dancers may compete in the Challenge division but must move out of Amateur if placing in the Challenge Division.

Challenge- This solo division is open to any dancer, regardless of past winnings. It is possible for a dancer at a competition to dance in both Amateur and Challenge Divisions.

- Judging will be based on dancing in a line, rise and shine, and/or moving in a circle.
- Freestyle is defined as the dancer's self-expression using any style or combination of styles in performing their art.
- Dancers may combine drag-slide clogging with buck.
- Males and females will compete separately during their appropriate age division.
- Each dancer will be given 32 beats at the beginning to rush the judges and 32 beats to rise and shine.
- Callbacks may be necessary.
- Festival directors will select music.

TRADITIONAL SOLO AGE DIVISIONS:

6 & under, 7-9, 10-12, 13-15, 16-19, 20-29, 30 & OVER

- Judging will be based on dancing in a line, rise and shine, and/or moving in a circle.
- Footwork must be traditional styled clogging steps; i.e. drag-slide (No modern clogging steps, i.e. buck, double doubles, hop scuffs, rock hops, etc.). It will be at the judge's discretion to determine the authenticity of traditional footwork.
- Males and females **WILL** compete against each other.
- Each dancer will be given 32 beats at the beginning to rush the judges and 32 beats to rise and shine.
- Callbacks may be necessary.
- Festival directors will select music.

CHOREOGRAPHED SOLO AGE DIVISIONS:

7 AND UNDER, 8-9, 10-11, 12-13, 14-15, 16-17, 18-25, 26 & OVER

- Emphasis will be on sound, rhythm, and entertainment value. Choreography of dance will be judged on creativity and presentation. Steps in the dance should accentuate the music, not simply steps that could be danced to any other music.
- Other dance forms are highly encouraged.
- Males and Females **WILL** compete against each other.
- Dancer must use entire stage showing the ability to move while executing footwork.
- Stage props are allowed but **MUST BE INCORPORATED** into the choreography of dance.
- Any type of music is allowed.
- Time limit is one and one half (1 1/2) minutes.

A CAPELLA SOLO AGE DIVISIONS:

11 & under, 12-14, 15-18, 19 & OVER

- Judging will be based on rhythm, sound, variety and clarity of footwork
- Males and females compete together for 1st, 2nd and 3rd place honors.
- Each dancer will be given 32 beats
- Any percussive dance style may be used.