SWING DANCE RULES

Swing Dance Europe tries to promote West Coast Swing and bring all Swing Dancers in Europe together.

For the first year we will offer the following divisions:
Classic, Showcase and **Solo Swing** Division are performance competitions, so the couple or dancers can pick their own music and give a great show, Your will dance alone on the dance floor

For **Strictly Swing, Pro-Am** and **Strictly Solo Swing** the DJ will pick the music.
More dancers can be on the dance floor

If one of the dancers is between 18 and 34 years, then the couple has to dance in Open.

Strictly Swing	
Age Requirements	Your age is the age you will be on the last day of that calendar year. **Youth 0-17** **Open 18-34** **Sophisticated Swing 35+**
Overall Requirements	A Swing couple consists of a male leader and a female follower. The guideline for expected swing dance is 80% in Classic. All dancers has to be a member of SWING DANCE An individual is not permitted to dance in the same division more then 1 time
Entry Regulations	No regulations
Graduation Criteria	**Not included yet**
Basic Dance Rules	The couple must physically dance together, except spins, turns, short break-a-ways (max 8 beats) and recoveries
Movement Limitations	Maximum 5 partner weight support moves are permitted Drops, leans, circular movements and other partner weight support moves are allowed as long as both partners keep at least one foot on the floor.
Music	The DJ will select the music and the contest coordinator the length of the music

Costumes	This is a newcomer division, so no glitter or rhinestones

# Classic Division	
Age Requirements	Your age is the age you will be on the last day of that calendar year. **Youth 0-17** **Open 18-34** **Sophisticated Swing 35+**
Overall Requirements	A Swing couple consists of a male leader and a female follower. The guideline for expected swing dance is 80% in Classic. All dancers has to be a member of SWING DANCE An individual is not permitted to dance in the same division more then 1 time
Entry Regulations	No regulations
Graduation Criteria	**Not included yet**
Basic Dance Rules	The couple must physically dance together, except spins, turns, short break-a-ways (max 8 beats) and recoveries
Movement Limitations	An entrance of the dance for a maximum of 32 beats of the music is allowed Maximum 5 partner weight support moves are permitted Drops, leans, circular movements and other partner weight support moves are allowed as long as both partners keep at least one foot on the floor.
Music	The couple can select their own music (otherwise the DJ can help you) The total performance can be between 2-3 minutes Music should be offered to the DJ as a single track on a cd, with your name and music information on it
Costumes	Are allowed and encouraged

# Showcase Division	
Age Requirements	Your age is the age you will be on the last day of that calendar year. **Youth 0-17** **Open 18-34** **Sophisticated Swing 35+**
Overall	A Swing couple consists of a male leader and a female follower.

Requirements	The guideline for expected swing dance is 60% in Showcase All dancers has to be a member of SWING DANCE An individual is not permitted to dance in the same division more then 1 time
Entry Regulations	No regulations
Graduation Criteria	**Not included yet**
Basic Dance Rules	It will be still a couple swing dance, so maximum 30% solo
Movement Limitations	No limitation, lifts are encouraged
Music	The couple can select their own music (otherwise the DJ can help you) The total performance can be between 2-3 minutes Music should be offered to the DJ as a single track on a cd, with your name and music information on it
Costumes	Are allowed and encouraged

Pro-Am Classic Division

Age Requirements	Your age is the age you will be on the last day of that calendar year. **Youth 0-17** **Open 18-34** **Sophisticated Swing 35+**
Overall Requirements	A Swing couple consists of a male leader and a female follower. The guideline for expected swing dance is 80% in Classic. All dancers has to be a member of SWING DANCE The teacher can dance with more then 1 student in the same division
Entry Regulations	No regulations
Graduation Criteria	**Not included yet**
Basic Dance Rules	The couple must physically dance together, except spins, turns, short break-a-ways (max 8 beats) and recoveries
Movement Limitations	An entrance of the dance for a maximum of 32 beats of the music is allowed Maximum 5 partner weight support moves are permitted Drops, leans, circular movements and other partner weight support moves are allowed as long as both partners keep at least one foot on the floor.
Music	The couple can select their own music (otherwise the DJ can help you)

	The total performance can be between 2-3 minutes
Costumes	Are allowed and encouraged

Strictly Solo Swing Division	
Age Requirements	Your age is the age you will be on the last day of that calendar year. **Youth 0-17** **Open 18-34** **Sophisticated Swing 35+**
Overall Requirements	Male and Female will be dancing in 1 division
Entry Regulations	No regulations
Graduation Criteria	**Not included yet**
Basic Dance Rules	The dance choreography has to be danced as it is in the stepsheet
Movement Limitations	No variations are allowed
Music	The music from the stepsheet will be used
Costumes	Are allowed and encouraged

Solo Swing Division	
Age Requirements	Your age is the age you will be on the last day of that calendar year. **Youth 0-17** **Open 18-34** **Sophisticated Swing 35+**
Overall Requirements	Male and Female will be dancing in 1 division
Entry Regulations	No regulations
Graduation Criteria	**Not included yet**

Basic Dance Rules	N
Movement Limitations	No limitations
Music	The total performance can be between 2-3 minutes Music should be offered to the DJ as a single track on a cd, with your name and music information on it
Costumes	Are allowed and encouraged

Jack an Jill Division	
Age Requirements	No age categories
Overall Requirements	Normal couples are not allowed to dance with each other
Entry Regulations	No regulations
Graduation Criteria	**N.A.**
Basic Dance Rules	Everything is allowed
Movement Limitations	No movement limitations
Music	The DJ will select the music
Costumes	Are allowed and encouraged