

PLEASE MAKE CHECKS OUT TO: AMERICAN FORK HIGH SCHOOL

PLEASE MAIL ENTRIES TO: American Fork High School Ballroom Dance
510 North 600 East American Fork, UT 84003

COST: Each entry form must be accompanied by \$10. This covers the first three (3) sections entered. Each section thereafter is \$5 PER SECTION (e.g. if you dance the novice standard, pre-champ standard, and pre-champ latin, that is \$10 per couple. If you also dance the amateur latin, that would be an additional \$5, for a total of \$15).

UTAH BALLROOM ALLIANCE RULES AND REGULATIONS

The Alpine Classic Dancesport Festival is not an NDCA Competition. However we will abide by rules and regulations governing competitions and championships recognized by the National Dance Council of America, Inc. Some of the NDCA rules that directly apply to amateur competitors, along with additional rules applied by the organizer follow:

1. **ALL COMPETITORS** must have an admission ticket for each day they are competing (\$5/day/person).
2. No couple is exempt from competing in any round. Any couple who fails to appear at the scheduled time for the first round of any event will be disqualified from the event.
3. No person may compete in an age classification lower than their own. A couple's age classification eligibility is defined as the age that they will be turning **during the competition year**, however, this definition does not allow the younger member of the partnership to dance up two age levels. Specifics are listed below:

Age Category Classifications

Pre-Teen. Competitors who are 10 and 11 years old. "Pre-Teen" competitors may dance up one age classification to the "Junior" category, but only as defined in entry restrictions below. A Pre-Teen may not dance in the youth or adult category even if partnered by a Junior or Youth. Any pre-teen couple that dances up to junior must wear their pre-teen costume.

Junior. Competitors who are 12, 13, 14 or 15 years old. "Junior" competitors may dance up one age classification to the "Youth" category, but only as defined in entry restrictions below. A Junior may not dance in the Adult category even if partnered by a Youth.

Youth. Competitors who are 16, 17 or 18 years old. Nineteen (19) year olds may also dance as youths until they have graduated from "High School". "Youth" competitors may concurrently dance up one age classification into the "Adult" category, but only as defined in entry restrictions below.

***As per the NDCA ruling, those competitors turning 10, 12, 16, and 19 in 2010 must compete in the older age category.

Entry Restrictions

1. Pre-teen, Junior and Youth competitors who dance a Championship or Open event may not dance in the Syllabus event of the same style.
2. **Pre-Teens & Juniors may dance up one division only in each competition category.**
3. "Youth" competitors will be allowed to dance in the "Youth" divisions and the "Adult" Novice, Pre-Championship Latin/Ballroom and/or the Amateur Latin/Ballroom with the following restriction: "Youth" competitors may dance a maximum of two events in each competition category (i.e. "Youths" may dance two of the following four events in each category: "Youth", "Novice", Pre-Championship" and "Championship". Additionally couples who enter the youth "Newcomer" and "Syllabus" event may not enter any adult event in that same style).
4. Any competitor may only dance two (2) sections of each category (i.e. Youth competitors may dance 'Youth Latin' and 'Amateur Latin', but may not dance 'Youth Pre-champ Latin, Youth Latin, and Amateur Latin').
5. Open competitors are not allowed to compete in any Newcomer section.
6. Any amateur competitor who wears a costume deemed by the organizers to be unsuitable will be requested to change. If such request is not followed, the competitor will not be allowed to dance and their entry will be canceled. Specific costume rules are listed below.
7. Competitors in the Latin-American divisions must not be overly suggestive in their movements at all times while on the floor. Couples who are viewed as inappropriate will be warned once, and then will be subject to disqualification.

Dress and/or Costuming

Pre-Teens : (Boys)

TROUSERS: a) Black or dark blue color only b) High waist optional c) Underfoot strap optional

SHIRTS: a) Plain white long sleeved collared shirt only b) No pleats or ribbing c) Sleeves to be worn at wrist length

MATERIALS: a) Fabrics must be plain, ie: cotton, polyester, cotton/polyester blend, wool blend b) No satin or shiny fabrics
c) No glitter, metallic thread, patterns or sequins allowed d) Decorations - not allowed

VESTS: a) Dark vest or sweater allowed for standard/smooth competitions.

TIE: a) Black color only, may be either straight or bow.

SOCKS: a) Black or dark blue color only.

SHOES: a) Heel height not to exceed 1.5 inches

MAKEUP: Not allowed.

HAIRSTYLE: Long hair must be worn in a pony tail.

Pre-Teens: (GIRLS)

Skirt with top or simple dress with attached under garment or leotard top with full skirt

SKIRTS: a) Plain or pleated with minimum 1 to maximum 3 half circles. One simple underskirt allowed which is no larger or longer than top layer b) No use of boning, frills, splits, openings, fishing line, etc c) Length of skirt must not be shorter than 3 inches above the knee cap and no longer than 1 inch below the knee cap.

NECKLINES: a) Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed.

SLEEVES: are required a) Long, short, elbow length, cap, or puff are allowed b) cannot be replaced by trimmings, frills, or edging on the shoulder line. c) No "finger loops" allowed

MATERIALS: a) Fabrics *MUST* be only one color throughout. b) No glitter, metallic thread, or fabric creating 'light or pattern effects'. c) No use of feathers, fringes, bows, belts, frills or sequins d) No flesh color fabric e) Any use of color coordinated 'see through' fabric must be lined from waist to shoulder; for use on arms no lining is needed.

SHOES: a) Heel height not to exceed 1.5 inches, and must be block heel style if a dance shoe.

SOCKS: a) White ankle socks or flesh colored pantyhose must be worn. b) No fishnet tights.

OTHER: a) No use of arm bands, chokers or headbands. b) No decoration is allowed on dress or in hair c) No jewelry is allowed d) No makeup allowed e) Use of fake eyelashes, fake fingernails, colored or glitter hairspray is forbidden.

Junior & Youth Championship Couples (Standard, Latin & American Style):

Junior and Youth Championship Couples may wear the attire specified for Junior & Youth Newcomer/Syllabus Couples or attire specified for the Adult Couples. Heelguards must be worn at all times.

Adult Couples (Standard, Latin, Novice, Pre-Championship and Championship):

Men: Costumes appropriate to the style.

1. Latin shirts may be open to a point eight inches down from the Supra Sternal Notch (Jugular Notch)
2. Sheer fabric may only be worn on the arm. No sleeveless shirts.

Women: Costumes appropriate to the style.

1. Regular cut dance trunks and fishnet hose must be worn.
2. Straps over both shoulders of at least one inch in width are required. If multiple straps go over a shoulder at least one strap must be the required one inch wide from front to back. Halter tops or designs that resemble them are not permitted.
3. Lower backs must be covered from a point five (5) inches above the waist line.
4. Sheer fabric on the bodice may be used from the top of the bustline up, in front, and in the back, from five inches above the waist up, in this case straps are not required.
5. Skirts may be broken or slitted from the trunk line down, but must cover the legs to mid-thigh when not in motion.
6. Skin from the front to a point several inches behind the sides (axilla-line) must be covered.
7. Cutouts or nude fabrics are not allowed.
8. Unitards are not allowed
9. Heelguards are mandatory and must be worn at all times, no exceptions.

***COSTUMES AND HEELGUARDS WILL BE CHECKED THROUGHOUT THE COMPETITION.
INFRINGEMENTS OF THE RULES WILL BE GIVEN A WARNING
AND ASKED TO CORRECT THE PROBLEM.
IF IT IS NOT RESOLVED BY THE NEXT ROUND, ORGANIZERS RESERVE THE RIGHT TO
DISQUALIFY A COMPETITOR OR TEAM.***

Costume and Competition Attire

Heelguards MUST be worn at all times

Syllabus competitions:

See attached syllabus costume specifications

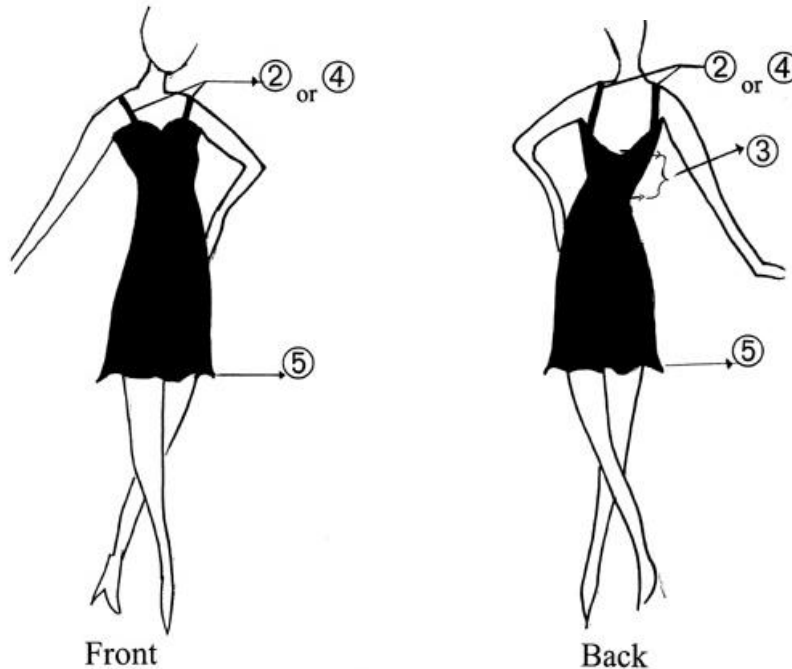
Adult Couples (open categories)

Gentlemen: Costumes appropriate to the style.

1. Latin shirts may be open to a point eight inches down from the Supra Sternal Notch (Jugular Notch)
2. Sheer fabric may only be worn on the arm. No sleeveless shirts.

Ladies: Costumes appropriate to the style.

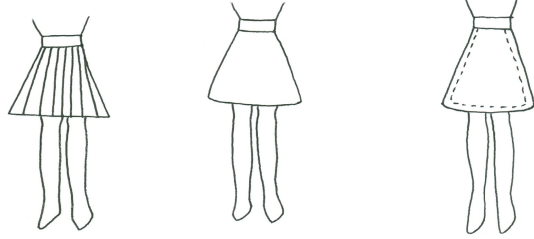
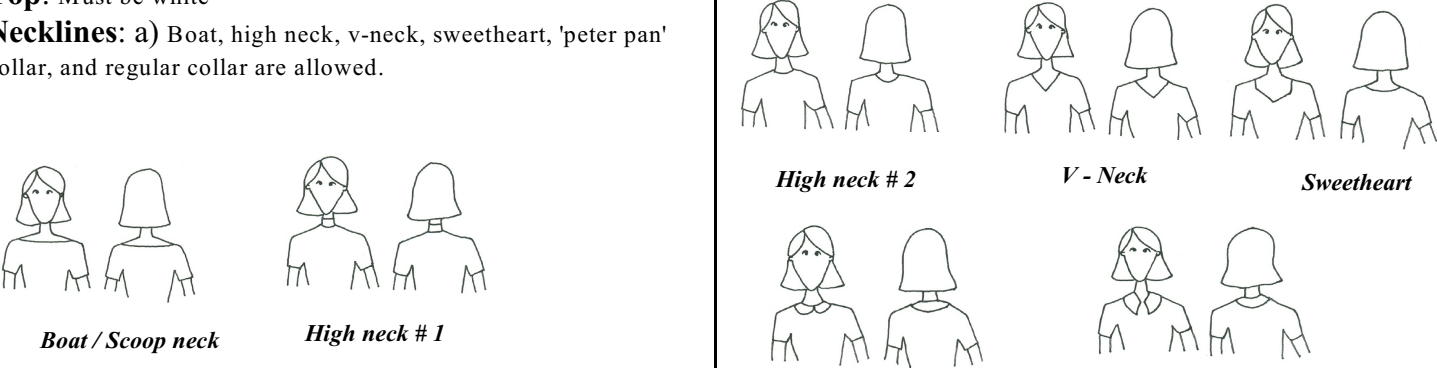

1. Regular cut dance trunks and fishnet hose must be worn.
2. Straps over both shoulders of at least one inch in width covering the bra line are required. If multiple straps go over a shoulder at least one strap must be the required one inch from front to back. Halter tops or designs that resemble them are not permitted.
3. Lower backs must be covered from a point five (5) inches above the waist line.
4. Sheer fabric on the bodice may be used from the top of the bust-line up, in front, and in the back, from five inches above the waist up, in this case straps are not required.
5. Skirts may be broken or slitted from the trunk line down, but must cover the legs to mid-thigh when not in motion.
6. Cutouts or nude fabrics are not allowed.
7. Skin from the front to a point several inches behind the sides (axilla-line) must be covered.
8. Heelguards MUST be worn at all times



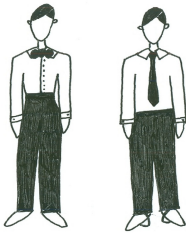
COSTUMES AND HEELGUARDS WILL BE CHECKED THROUGHOUT THE COMPETITION

DRESS SPECIFICATION FOR SYLLABUS AND NEWCOMER EVENTS

GIRLS

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| <p>Skirt and top must be worn Skirts: Must be black and at least knee length a) Plain or pleated with minimum 1 to maximum 3 half circles. One simple underskirt allowed which is no larger or longer than top layer b) No uneven hem lines, no use of boning, frills, splits, openings, fishing line, etc...</p> |  <p align="center"><i>Pleated Plain Simple underskirt</i></p> |
| <p>Top: Must be white Necklines: a) Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed.</p>  <p align="center"><i>Boat / Scoop neck High neck # 1 High neck # 2 V - Neck Sweetheart Peter pan collar Regular collar</i></p> | |
| <p>Sleeves: are required a) Long, short, elbow length, cap, or puff are allowed b) Cannot be replaced by trimmings, frills, or edging on the shoulder line. c) No "finger loops" allowed</p> |  <p align="center"><i>Long Short Elbow length Cap Puff</i></p> |
| <p>Materials: a) No glitter, metallic thread, or fabric creating 'light or pattern effects'. b) No use of feathers, fringes, bows, belts, frills or sequins. Socks: a) White ankle socks or flesh colored pantyhose or fishnets must be worn.</p> | <p>Other: a) No use of arm bands, chokers or headbands. b) No decoration is allowed on skirt, top or in hair c) Small earrings allowed d) Basic makeup allowed e) Gathering or shiiring on the bodice is not allowed.</p> |

BOYS

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|---|--|
| <p>Trousers: a) Black or dark blue color only b) High waist optional c) Underfoot strap optional NO SATIN STRIPES Shirts: a) Plain white long sleeved collared shirt only b) No pleats or ribbing c) Sleeves to be worn at wrist length</p> |  <p align="right">Optional high waist Optional underfoot strap White long sleeved shirt. Straight or bow tie</p> |
| <p>Materials: a) Fabrics must be plain, ie: cotton, polyester, cotton/polyester blend, wool blend b) No satin or shiny fabrics c) No glitter, metallic thread, patterns or sequins allowed d) Decorations - not allowed</p> | <p>SOCKS: a) Black or dark blue color only. SHOES: a) Heel height not to exceed 2 inches</p> |
| <p>TIE: a) Black color only, may be either straight or bow</p> | <p>MAKEUP: - Not allowed. HAIRSTYLE: - Long hair must be worn in a pony tail. No earrings allowed</p> |