

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 2012 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' division and the 'Adult' Novice, Pre-Championship, or the Championship sections 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 the 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

Syllabus: (Boys)

TROUSERS: a) Black or dark blue color only b) High waist optional c) Underfoot strap optional d) Satin stripes are not allowed.

SHIRTS: a) Plain white long-sleeved collared shirt only b) No pleats or ribbing c) Sleeves to be worn at wrist length 3) Sweaters and vests are not allowed.

TIE - Black color only, may be either straight or bow

SOCKS - Black or dark blue color only

SHOES- no restrictions.

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

MAKEUP - Not allowed

HAIRSTYLE - Long hair must be worn in a pony tail

Syllabus: (Girls)

A black skirt and a white top must be worn.

SKIRTS: a) Plain or pleated with minimum 1 to maximum 3 half circles. One plain simple underskirt allowed which is no larger or longer than top layer, and is the same or similar color as the outer skirt b) No uneven hem lines, use of boning, frills, splits, openings, fishing line, or edging (including "lettuce edging"). Edging or trim of any kind, including ribbon, satin, lace, sequins, etc, is not allowed. A simple hem is required. c) Length of skirt must be at least knee length.

NECKLINES: a) Boat, high neck, v-neck, sweetheart, 'peter pan' collar, and regular collar are allowed. Edging or trim of any kind, including ribbon, satin, lace, sequins, etc, is not allowed.

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

MATERIALS: a) No glitter, metallic thread, or fabric creating 'light or pattern effects' b) No use of feathers, fringes, bows, belts, frills or sequins c) Any use of color coordinated 'see through' fabric must be lined from waist to shoulder; for use on arms no lining is needed d) Satin or lace (or similar fabric) is not allowed. Lycra, Spandex, Polyester, plain velvet, and jersey is encouraged.

SHOES: No restrictions.

SOCKS: White ankle socks (may have a small amount of lace), flesh colored pantyhose, or fishnets must be worn

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, other than small earrings d) Basic makeup is allowed for Elementary School girls. Competition makeup is allowed for Junior High School, and High School girls e) Gathering or shirring on the bodice is not allowed f) Edging or trim on the top is not allowed.

Pre-Teens : (Boys)

TROUSERS: a) Black or dark blue color only b) High waist optional c) Underfoot strap optional d) Satin stripes are not allowed

SHIRTS: a) Plain white or black 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

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

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) No decorations allowed

MAKEUP: Not allowed.

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

OTHER: a) Sweaters and vests are not allowed

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 plain, simple underskirt allowed which is no larger or longer than top layer, and is the same or similar color as the outer skirt b) No uneven hemlines, use of boning, frills, splits, openings, fishing line, or edging (including "lettuce edging"). Edging or trim of any kind, including ribbon, satin, lace, sequins, etc is not allowed. A simple hem is required 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. Edging or trim of any kind, including ribbon, satin, lace, sequins, etc is not 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. f) Satin or lace (or similar fabric) is not allowed. Lycra, spandex, polyester, plain velvet, and jersey is encouraged.

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 (may have small amount of lace) 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. f) Gathering or shirring on the bodice is not allowed g) Edging or trim on the bodice is not allowed.

Junior & Youth Championship Couples (International & 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. Heel-guards must be worn at all times.

Adult Couples (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. Latin shirts for Juniors and Pre-Teen competitors may be open to the sternum
3. Sheer fabric may only be worn on the arm. No sleeveless shirts.
4. No earrings allowed

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, unless they also have the required one inch straps
3. Lower backs must be covered with a solid fabric from a point five (5) inches above the waist line.
4. Sheer fabric may be used on the arms and the bodice in the front from the bust-line up, 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.***