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UNIVERSAL COMPETITION RULES

Competitors are encouraged to warm up sufficiently prior to the heat.
 Competitors will dance to music chosen by the organisers (except in the Cabaret and Showcase).
 This could include anything from the 40's to present day.
 All judging will be by a points system.
 Competitors are encouraged to dance to the end of their heat.
 Qualifying dancers will be asked back to the next round.
 Judges decisions are final.
 There are no age restrictions at this event except:
 45 + (both partners must be 45 or over) and MAJOR & MINOR (age difference between partners must be 21 years or more).
 Competitor numbers in each category are strictly limited so places are allocated on a first come first served basis.
 Competitors will be issued with a dance number prior to the event.
 It is the competitors' responsibility to ensure that their dance number is securely fixed to their person during the competition categories.
 If the competitors dance number drops off or is unreadable during the competition heat then the competitor may not be judged.
 Ceroc Scotland reserves the right to change the programme and competition if necessary without consultation.
 The organisers accept no responsibility for loss or injury to persons or possessions in relation to this event.
 There will be no refund for competitors who withdraw or are unable to compete of a category either before or during the event.

CHAMPS RULES	LUCKY DIP	INTERMEDIATE	ADVANCED	OPEN	DOUBLE TROUBLE	45+	CEROC X
Open to Teachers & Professionals	√	X	X	√	√	X	X
Specific Age Restrictions Apply	X	X	X	X	X	√	X
Dance Style (*)	√	√	√	√	√	√	√
Choreographed Sequences Allowed	X	X	X	X	X	X	X
Airsteps Allowed	X	X	X	1 only	√	X	X
Dips, Drops & Leans Allowed	√	√	√	√	√	√	√
Lead & Follow must be Clearly Demonstrated	√	√	√	√	√	√	√
Lead can Swap between Dancers	X	X	X	X	√	X	X
Traditional Gender Mix male/female only	√	X	X	X	X	X	X

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CHAMPS RULES	MAJOR & MINOR	BACK TO BASICS	TOP CAT PRO	TOP CAT AM	PRO-AM	SHOWCASE	CABARET
Open to Teachers & Professionals	1 partner only	1 partner only	√	X	1 partner only	√	√
Specific Age Restrictions Apply	√	X	X	X	X	X	X
Dance Style (*)	√	√	√	√	√	X	X
Choreographed Sequences Allowed	X	X	X	X	X	√	√
Airsteps Allowed	X	X	X	X	1 only	√	√
Dips, Drops & Leans Allowed	√	X	√	√	√	√	√
Lead & Follow must be Clearly Demonstrated	√	√	√	√	√	X	X
Lead can Swap between Dancers	X	√	√	√	X	√	√
Traditional Gender Mix male/female only	X	X	√	√	X	X	X

Dance Style (*) Ceroc Style and its moves takes its form from multiple dance styles and therefore is not a dance in its own right. Nevertheless, the moves danced in the competition must broadly resemble moves that would be taught at a regular Ceroc class.

DANCE PROFESSIONAL * DEFINITION

Anyone who has taught a partner dance more than 6 times in the previous 6 months for payment.
 Anyone who is intending to teach a partner dance more than 6 times in the next 6 months for payment.
 Any Open level category participant in this competition.

DEFINITION OF A MAJOR AIRSTEP

A major airstep is defined by both of the lady's feet traveling above the man's waist level.
 Baby aerials are not considered to be major airsteps, providing at least one of the lady's feet is below the man's waist level.
 Any number of baby aerials are permitted in categories that allow aerials.

COMPETITION CATEGORIES

LUCKY DIP

It's the luck of the draw that could see you end up with the teacher you most admire, your regular dance partner or some random dancer who turns out to be your dancing soul mate. You just never know with this competition, so dip in and see what you get.

In this category no-one knows who their partner will be until the day itself; they may be a complete stranger, they may not They may be a good dancer they may not

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This category is open to anyone (amateurs and professionals).
Traditional gender allocation applies in this category.
Numbers are limited. Only the men have dance numbers.
Dance partners are allocated, on a random basis, on the day.

INTERMEDIATE

If you have been dancing for only six months or for six years, but don't feel ready to compete against the advanced dancers, this is the category for you.

Entrants to this category cannot compete in the Advanced or Open categories with the same or a different partner.
Neither partner can have placed 1st or 2nd in this category in any previous Ceroc competition.
Dance Professionals cannot enter this category.

ADVANCED

If you regularly attend intermediate plus/advanced workshops, have been dancing for some time and want to compete with the best of your peers, this is the category for you.

Entrants to this category cannot compete in the Intermediate or Open categories with the same or a different partner.
Neither partner can have placed 1st or 2nd in this category in any previous Ceroc competition.
Dance Professionals cannot enter this category.

OPEN

The best dancers on the competition circuit compete in this competition.
Recommended for those who wish to dance Ceroc with no holds barred.

Entrants to this category cannot compete in the Intermediate or Advanced categories with the same or a different partner.
One major airstep is permitted, per track, plus dips, drops, leans and baby aerials of any kind.
This category is open to anyone (amateurs and professionals).

BACK TO BASICS

A fun category using only the 12 beginners moves plus the basic step:
TRAVELING RETURN. CRADLE. OCTOPUS. MANSPIN. HIGH FIRST. SLINGSHOT. SHORT NECKBREAK. STEP ACROSS. SPOT TURN.
CEROCSPIN. COMB MAMBO. SHOULDERSPRING.

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This category is open to anyone (amateurs and professionals) however no 2 professionals can compete together.
Only the beginners moves listed above can be used, if you add moves they will not be marked by the judges.
The designated moves can be danced in any order.
You do not need to use all 12 moves.
You cannot be disqualified from this category. If the judges see you make a mistake you may be penalised but this does not exclude you from going through to the next round.
Double spins are permitted.
Any number of basics can be added before going on to your next move.
The lead can swap between dancers.
Add your own style to stand out from the crowd but the move must be recognisable as one of the 12 above.

MAJOR AND MINOR

This new category celebrates the diversity amongst our dancers.
Be it an older lead and a younger follow, or vice versa, "Major and Minor" recognises that 2 different generations can, too, create dance floor magic.
In this category, the age differential between members of a partnership must be a minimum of 21 years.

This category is open to anyone (amateurs and professionals) however no 2 professionals can compete together.
The age difference is determined by deducting the younger age from the older age.
The resulting figure must be a minimum of 21 years.
Proof of age may be required.

DOUBLE TROUBLE

Fancy a threesome? Grab a couple of friends and get ready to have some fun. This playful competition is limited only by your imagination.
The emphasis is on enjoying yourselves and entertaining the crowd.

Each team must consist of three people in any combination of male and female dancers.
The dancing must be continuous but the lead can change between the dancers.
No member of the trio can completely break hand hold or break contact for more than eight beats.
Open to amateurs and professionals in any combination.
Any number of airsteps are permitted.

CEROC X

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Ceroc X has NOTHING to do with technical proficiency or memory. It has EVERYTHING to do with innovation, creativity and standing out from the crowd.

- Open to amateurs only. Professionals cannot enter. (See 'Definition of a Dance Professional*').
 - No Major Airsteps or Baby Aerials are permitted.
 - To enter this category you are required to learn a specific routine. Every couple will be dancing the same 8 Intermediate Moves, but by adding their own character, style, personality and attitude they will make the individual moves their own.
 - You can dance any or all of the 8 moves, and you can dance them in any order. You cannot add any additional moves into the repertoire.
 - The judges will not be looking for technical accuracy, or your ability to remember all of the 8 moves.
- They will however be looking for your stylistic interpretations of the moves, your musicality, and the originality of your performance.

- Couples can only dance moves chosen from the 8 specific moves as designated by the organisers.
- No additional moves can be added to the routine. Any moves added will not be marked by the judges.
- The designated moves can be danced in any order, any move can be repeated as many times as you wish and there is no obligation to dance all 8 moves.
- You cannot be disqualified from this category. If judges see you make a mistake, you may be penalised, however this will not exclude you from being put forward to the next round.

PRO-AM

Dance Teachers and professionals team up with the amateur talent to create a medal winning partnership. Sparks can fly as the best of the best and the best of the rest team up for some awesome partnerships that burn up the dance floor.

This category is open to partnerships comprising of one dance professional and one amateur.
All Open dancers are classed as professionals for this category.
One major airstep is permitted per track.

45 +

Completely levelling out the playing field this category is the one to sign up for if you're fed up competing with the youngsters. It's hard fought , competitive and a great showcase for the age group.

Both members of the partnership must be 45 or over.
Proof of age may be required.

Amateurs only.

TOP CATS AM

In this category dancers are judged individually so there is nowhere to hide. Push your boundaries and excel. A true test of your skills as a dancer. In this section nobody knows who their partner will be. Partners are changed in each heat. We are looking to discover the best individual dancers.

Individuals are randomly paired in each round and individually judged on their dancing. It is the individuals who go through to the next heat, where they will again be randomly paired. Each entrant will have a different partner in each heat, and may even be allocated different partners for each track during the round. Each competitor will have a number, which must be placed so that the judges can easily see it. Traditional gender allocation applies in this category. Amateurs only.

TOP CATS PRO

In this category dancers are judged individually so there is nowhere to hide. Push your boundaries and excel. A true test of your skills as a dancer. In this section nobody knows who their partner will be. Partners are changed in each heat. We are looking to discover the best individual dancers.

Individuals are randomly paired in each round and individually judged on their dancing. It is the individuals who go through to the next heat, where they will again be randomly paired. Each entrant will have a different partner in each heat, and may even be allocated different partners for each track during the round. Each competitor will have a number, which must be placed so that the judges can easily see it. Traditional gender allocation applies in this category. Open participants, dance teachers and professionals should enter this category.

SHOWCASE

If you really want to be creative with your dancing then this is the category for you. Anything goes! Any style, any genre, any discipline. Only your imagination can limit your creativity, so stretch both, put on a mindblowing performance and showcase your dancing skills to an eager audience.

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In this category competitors chose their own piece of music and perform their own choreography.

Any dance style is acceptable in this category.

Each partnership should consist of one couple only.

Each couple must dance to their own music, which must be sent electronically, to the organisers no later than 3 weeks before the event.

A hard copy of the music should be brought on the day.

Any performance which is under 3 minutes or over 6 minutes will be penalised.

Any number of airsteps are permitted.

Open to amateurs and professionals in any combination.

TEAM CABARET

Much anticipated and much admired, this category is one of the highlights of any competition.

Entertaining, exciting, skillful, creative – are just a few words to describe these performances.

Being part of a team is very fulfilling and can be addictive – you have been warned!

In this category competitors chose their own piece of music and perform their own choreography.

There is no restriction on the number of hold-breaks or drops/lifts in order to allow more artistic freedom.

Routines can be in any style of dance (partnered or solo) and will be judged for their “entertainment” value.

This takes consideration of, but not limited to:

Musical Interpretation

Choreography

Quality of dancing

Synchronicity

Dress

Performance – engagement with the audience and one another and use of expression.

Imagination – innovation of theme and content.

Use of space – formation, shape and placement.

Complexity – challenge of choreography with relation to the number of dancers.

A team should consist of between 6 and 30 dancers.

Each team must have a Team Leader or named Choreographer through whom all discussions will take place.

Each team must dance to their own music, which must be sent electronically, to the organisers no later than 3 weeks before the event.

Any performance which is under 4 minutes or over 6 minutes will be penalised.

Team leaders must supply a definitive list of all team members and the final names of the team at least 10 days prior to the event.

All individual team members must purchase a day entry ticket to the event.
Open to amateurs and professionals in any combination.