

AMERICA'S CLOGGING HALL of FAME

Competition Rules & Information

Sanctioned Categories:

<u>Traditional Couple Freestyle Footwork</u>	<u>Traditional Couple Precision Footwork</u>	<u>Contemporary Precision</u>	<u>Contemporary Freestyle</u>
6 Cpl Southern Appalachian 8 Cpl Southern Appalachian Country Hoedown Running Set Hoedown	4 Cpl Precision 6 or 8 Cpl Precision 6 or 8 Cpl Smooth Running Set Precision	Line Line Formations Traditional Line Exhibition Small Teams Show 4 or More Cpl Open Precision Acapella	4or More Cpl Open Hoedown

Non-Sanctioned Categories:

Buck and Wing (Traditional Duet)
Traditional Duo
Contemporary Duet
Contemporary Duo
Show Duo/Duet
Short Duo/Duet
Flatfoot
Acapella Solos
Contemporary Solos
Traditional Solos
Open Acapella Team - Stomp
Small Team Line
Small Team Line Formations
Small Team Show
Production (Super Teams)
Choreographed Solos

TIME LIMITS: (No minimum time requirements)
8 minutes - All Traditional Categories

5 minutes - 4 or More Cpl Open Precision
4 or More Cpl Open Hoedown
Show

4 minutes - Line, Line Forms, Trad. Line,
Exhibition, Small Teams

3 minutes – Duo, Duet, Acapella Team

TIMING for Teams:

Freestyle FOOTWORK Categories - Begins when last dancer starts dancing and ends when the first dancer stops dancing.
Precision FOOTWORK Categories - Begins when the first dancer starts dancing and ends when the last dancer stops dancing.

Age Divisions:

<u>Team and Duo/Duet</u>	<u>Solo</u>	<u>Flatfoot (Males & Females compete against each other)</u>
Tiny Tot 6and under	3 and under	
Pee Wee 7 - 9	4 - 5	16 - 19
Elementary 10 - 12	6 - 7	20 - 25
Junior 13 - 15	8 - 9	26 - 31
Senior 16 - 18	10 - 11	32 - 40
Young Adult 19 - 29	12 - 13	41 - 50
Adult 30 and over	14 - 15	51 and over

Team age division is determined by AVERAGE age.
Duo/duet age division is determined by age of oldest dancer.

General Information:

1. At the Annual Championships in Maggie Valley A dancer may only dance twice per contemporary dance category – ... a dancer may only dance ONCE per age division. At regional competitions, there is no limit to the number of times a dancer may dance.
2. Callers of figures must dance on stage with the team.
3. 5 judges are required (At least 3 MUST be certified). Highest and lowest scores will be dropped and the 3 middle scores averaged.
4. The same 5 judges must judge a dance category. You may not use different judges for different age divisions for the same dance category.
5. A Rules Official will be in attendance and will have the final say regarding any rules infractions.
6. Point Deductions:
 - A. A 5 point deduction will result if improper number of dancers is used.
 - B. A 1 point deduction for every 15 seconds or portion thereof, exceeding the given time limit.
 - C. A 1 point deduction for each dancer not dressed correctly (Male position dancer must wear slacks. Female position dancer must wear skirt or dress).
7. Disqualification – Annual Championships in Maggie Valley – for a dancer dancing more than twice in a Contemporary dance category.
8. **DRESS CODE: NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing in ALL categories!**

ACHF COMPETITION RULES

6 or 8 COUPLE PRECISION

Dancers	6 or 8 couples - not both - Any number of males and females. See rule #6.
Figures	Traditional mountain figures. Minimum of 2 big circle figures. Minimum of 4 different small circle figures with progression between each figure. Corner/Partner swing required after each small circle 4 figure.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Traditional drag slide steps are encouraged. Progressive steps are allowed.
Movement	Progression must be on inside of set in a counter clockwise direction. Couples may not progress across center of set while performing small circle 4 figures. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals. Music breaks allowed.
Callers	Figures may be called but is not required.
Time Limit	8 minutes

4 COUPLE PRECISION

Dancers	Minimum of 8 dancers - Any number of males and females. See rule #6.
Figures	Traditional mountain figures. Minimum of 2 big circle figures. Minimum of 4 different small circle figures with progression between each figure. Corner/Partner swing required after each small circle 4 figure.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Traditional drag slide steps are encouraged. Progressive steps are allowed.
Movement	Progression must be on inside of set in a counter clockwise direction. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals. Music breaks allowed.
Callers	Figures may be called but is not required.
Time Limit	8 minutes

SMOOTH

Dancers	6 or 8 couples – not both - Any number of males and females. Must have an even number of couples. See rule #6.
Figures	Traditional mountain figures. Minimum of 2 big circle figures. Minimum of 4 different small circle figures with progression between each figure. Corner/Partner swing required after each small circle 4 figure.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Gliding step on ball of foot
Movement	Counter-clockwise movement in dance progression. Couples may not progress across center of set in small circle 4 figures. Couple oriented dance while performing figures and formations. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals.
Callers	Figures must be called and heard from within the set.
Time Limit	8 minutes

RUNNING SET PRECISION

Dancers	4 Couples - Any number of males and females. See rule #6.
Figures	English quadrille with 1 active couple (traveling) 1 Opening figure 1 Closing figure 4 different visiting couple figures led by 4 different couples. 3 connecting or break figures (break figure occurs at the end of the progression by the active couple when they return to their home position in the circle)
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork using Running Step (performed using a soaring, graceful run on the ball of the foot) Active couples must not stop with running step. Variation allowed - Inactive couples may perform some rhythmic motion with no break when becoming active.
Movement	Dancers must start simultaneously. Progression must be on inside of set in a counter clockwise direction. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals.
Callers	Figures must be called and heard from within the set.
Time Limit	8 minutes

RUNNING SET HOEDOWN

Dancers	4 couples - Any number of males and females. See rule #6.
Figures	English quadrille with 1 active couple (traveling) 1 Opening figure 1 Closing figure 4 different visiting couple figures led by 4 different couples. 3 connecting or break figures (break figure occurs at the end of the progression by the active couple when they return to their home position in the circle)
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Freestyle footwork using Southern Appalachian steps with rhythmic sound.
Movement	Dancers must not start simultaneously. Progression must be on inside of set in a counter clockwise direction. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals.
Callers	Figures must be called and heard from within the set.
Time Limit	8 minutes

COUNTRY HOEDOWN

Dancers	4 couples - Any number of males and females. See rule #6.
Figures	Traditional mountain figures. Minimum of 2 big circle figures. Minimum of 4 different small circle figures with progression between each figure. Corner/Partner swing required after each small circle 4 figure.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Freestyle footwork using Southern Appalachian steps with rhythmic sound.
Movement	Dancers must not start simultaneously. Couples must 'square set' prior to doing 1 st figure. (Identify HOME position by swinging partner) Progression must be on inside of set in a counter clockwise direction. Quadrille - (4 couple square) formation with 1 or 2 couples traveling. Inactive couples must 'hold home position'. Couples may not progress across the center of the set while performing small circle 4 figures. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals.
Callers	Figures must be called and heard from within the set.
Time Limit	8 minutes

SOUTHERN APPALACHIAN

Dancers	6 or 8 couples – not both - Any number of males and females. Must have an even number of couples. See rule #6.
Figures	Traditional mountain figures. Minimum of 2 big circle figures. Minimum of 4 different small circle figures with progression between each figure. Corner/Partner swing required after each small circle 4 figure.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Freestyle footwork using Southern Appalachian steps with rhythmic sound.
Movement	Dancers must not start simultaneously. Couple oriented dance while performing figures. Progression must be on inside of set in a counter clockwise direction. Couples may not progress across the center of the set while performing small circle 4 figures. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals.
Callers	Figures must be called and heard from within the set.
Time Limit	8 minutes

LINE

Dancers	Minimum of 5 dancers - Any combination of males and/or females. See rule #6(A & B).
Figures	Figures are not allowed.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	100% precision footwork. NO progressive steps are allowed.
Movement	All dancers must face same direction at same time. Dancers are not allowed to face each other in the same line. All lines must move in the same direction at the same time. Dance must start and stop on stage. No clogging onto or off stage. No progressive movements. No dancing as couples. No rise & shine or individual dancing. No body contact is allowed. No stage movement that appears to be a stage production. Hand, head, body movements are encouraged. Jazz & floor movement is allowed – don't over shadow footwork.
Music	Any type of music is allowed. NO dirty language!
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	4 minutes

Small Team – LINE (Not sanctioned)

Dancers	Minimum of 3 dancers, but no more than 8 dancers - Any combination of males and/or females.
Figures	Figures are not allowed.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	100% precision footwork. NO progressive steps are allowed.
Movement	All dancers must face same direction at same time. Dancers are not allowed to face each other in the same line. All lines must move in the same direction at the same time. Dance must start and stop on stage. No clogging onto or off stage. No progressive movements. No dancing as couples. No rise & shine or individual dancing. No body contact is allowed. No stage movement that appears to be a stage production. Hand, head, body movements are encouraged. Jazz & floor movement is allowed – don't over shadow footwork.
Music	Any type of music is allowed.
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	4 minutes

LINE FORMATIONS

Dancers	Minimum of 5 dancers - Any combination of males and/or females. See rule #6 (A&B).
Figures	Figures are not allowed.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Progressive steps are allowed.
Movement	Dance must start and stop on stage. No clogging onto or off stage. Progressive movements are allowed. No dancing as couples. No rise & shine or individual dancing. No body contact is allowed. Trading of lines, twisting of lines, passing through lines, bending of lines, rotation, V's, columns, interaction of lines are allowed and encouraged. Hand, head, body movements are encouraged. Jazz & floor movement is allowed – don't over shadow footwork.
Music	Any type of music is allowed. NO dirty language!
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	4 minutes

Small Team - LINE FORMATIONS (Not sanctioned)

Dancers	Minimum of 3 dancers, but no more than 8 dancers - Any combination of males and/or females.
Figures	Figures are not allowed.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Progressive steps are allowed.
Movement	Dance must start and stop on stage. No clogging onto or off stage. Progressive movements are allowed. No dancing as couples. No rise & shine or individual dancing. No body contact is allowed. Trading of lines, twisting of lines, passing through lines, bending of lines, rotation, V's, columns, interaction of lines are allowed and encouraged. Hand, head, body movements are encouraged. Jazz & floor movement is allowed – don't over shadow footwork.
Music	Any type of music is allowed.
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	4 minutes

TRADITIONAL LINE

Dancers	Minimum of 5 dancers - Any combination of males and/or females. See rule #6 (A & B).
Figures	Figures are not allowed.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	100% precision footwork. Footwork MUST be traditional style steps - drag slide clogging. NO progressive steps are allowed.
Movement	No hand, head, or body choreography. All dancers must face same direction at same time. Dancers are not allowed to face each other in the same line. All lines must move in the same direction at the same time. Dance must start and stop on stage. No clogging onto or off stage. No progressive movements. No dancing as couples. No rise & shine or individual dancing. No body contact is allowed. No stage movement that appears to be a stage production. ONLY feet may touch the floor.
Music	Country or Blue Grass or Traditional style music only -- with or without vocals.
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	4 minutes

EXHIBITION

Dancers	Minimum of 3 dancers - Any combination of males and/or females. See rule #6 (A & B).
Figures	No figure restrictions. <u>This dance may NOT be recognized as choreography that fits any other category. (Except Small Team)</u>
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Progressive steps are allowed.
Movement	<u>Stage production numbers should be performed in this category.</u> Dance must start and stop on stage. No clogging onto or off stage. Progressive movements are allowed. Body contact is allowed. Any kind of movement is allowed except unassisted cartwheels and flips. Hand, head, body movements are allowed and encouraged. <u>NO props are allowed.</u>
Music	Any type of music is allowed. NO dirty language!
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	4 minutes

SMALL TEAM - Exhibition

Dancers	Minimum of 3 dancers, but no more than 8 dancers - Any combination of males and/or females. See rule #6 (A&B).
Figures	No figure restrictions. <u>This dance may NOT be recognized as choreography that fits any other category. (Except Exhibition)</u>
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Progressive steps are allowed.
Movement	<u>Stage production numbers should be performed in this category.</u> Dance must start and stop on stage. No clogging onto or off stage. Progressive movements are allowed. Body contact is allowed. Any kind of movement is allowed except unassisted cartwheels and flips. Hand, head, body movements are allowed and encouraged. <u>NO props are allowed.</u>
Music	Any type of music is allowed. NO dirty language!
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	4 minutes

SHOW

Dancers	Minimum of 3 dancers - Any combination of males and/or females. See rule #6 (A & B).
Figures	No restriction on figures.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	80% clogging steps. 20% any other kind of steps.
Movement	Theme is required. <u>Stage choreography is required.</u> Must <u>not</u> be recognizable as another category. Creative opening and closing is required. Heavy emphasis on creativity and showmanship. Simple stage props are allowed. Music, choreography, and costumes must all blend to carry out a theme. Any kind of movements except unassisted cartwheels or flips are allowed. No dancer on stage not dancing at all.
Music	Any kind of music is allowed NO dirty language!
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	5 minutes

Small Team – SHOW (Not sanctioned)

Dancers	Minimum of 3 dancers, but no more than 8 dancers - Any combination of males and/or females.
Figures	No restriction on figures.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	80% clogging steps. 20% any other kind of steps.
Movement	Theme is required. <u>Stage choreography is required.</u> Must <u>not</u> be recognizable as another category. Creative opening and closing is required. Heavy emphasis on creativity and showmanship. Simple stage props are allowed. Music, choreography, and costumes must all blend to carry out a theme. Any kind of movements except unassisted cartwheels or flips are allowed. No dancer on stage not dancing at all.
Music	Any kind of music is allowed
Callers	Dance must NOT be called or cued - from on stage or off stage.
Time Limit	5 minutes

Production (Super Teams!) (Not Sanctioned)

Dancers Minimum of 20 dancers - Any combination of males and/or females.

Figures No restriction on figures.

Dress Code **NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing**

Steps 80% clogging steps. 20% any other kind of steps.

Movement Any kind of movements except unassisted cartwheels or flips are allowed.
Props Are Allowed.
This can be any kind of choreography – no restrictions apply.

Music Any kind of music is allowed

Callers Dance must NOT be called or cued - from on stage or off stage.

Time Limit 5 minutes

ACAPELLA TEAM **NOTE RULES CHANGE FOR THIS CATEGORY****

Dancers Minimum of 5 dancers - Any combination of males and/or females. See rule #6 (A & B).

Figures No figure restrictions.

Dress Code **NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing**

Steps Precision footwork. **Progressive steps are NOT allowed.** Dancers must start together and end together.
ALL dancers MUST dance at ALL times. NO props are allowed. All sound MUST be caused by feet in clogging shoes on floor.

Movement Dance must start from, and end on stage. No dancing onto or off stage.

Music NO music is allowed.

Callers Dance must NOT be called or cued except to begin routine - from on stage or off stage.

Judging Judges must face away from stage and judge the clarity and intricacy of performance.

Time Limit 3 minutes

Open ACAPELLA TEAM (The Stomp Category!) (Not Sanctioned)

Dancers Minimum of 3 dancers - Any combination of males and/or females.

Figures No figure restrictions.

Dress Code **NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing**

Steps Progressive steps are allowed. Props are allowed. Emphasis on creativity.

Movement Dancers may enter and exit stage during routine

Music NO music is allowed.

Callers Vocal cues are allowed.

Judging Judges will face stage and judge the clarity and intricacy of performance as well as how props, claps and vocal cues compliment the overall sound and footwork.

Time Limit 3 minutes

4 or MORE COUPLE PRECISION

****NOTE RULES CHANGE FOR THIS CATEGORY**

Dancers	Minimum of 8 dancers - Any combination of males and/or females. Must have an even number of dancers. See rule #6 (A&B).
Figures	Traditional mountain figures. Minimum of 1 big circle figure. Minimum of 2 different small circle figures with progression between each figure.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Progressive steps are allowed.
Movement	Progressive movements are allowed. Couple oriented dance while performing figures and formations. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – with or without vocals. Music breaks are allowed.
Callers	Figures may be called, but is not required.
Time Limit	5 minutes

4 or MORE COUPLE HOEDOWN

****NOTE RULES CHANGE FOR THIS CATEGORY**

Dancers	Minimum of 8 dancers - Any combination of males and/or females. Must have an even number of dancers. See rule #6 (A & B).
Figures	Traditional mountain figures. Minimum of 1 big circle figure. Minimum of 2 different small circle figures with progression between each figure.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Freestyle Southern Appalachian footwork with a rhythmic sound. Dancers must NOT start simultaneously.
Movement	Couple oriented dance while performing figures and formations. No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music – no vocals.
Callers	Figures must be called and heard from within the set.
Time Limit	5 minutes

BUCK and WING – (Duet)

Dancers	1 couple -- 1 male and 1 female.
Dress Code	Traditional costumes (males must wear pants, females must wear skirts) <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Traditional drag slide steps are required. Progressive steps are allowed.
Movement	Use the whole stage. Do not separate from partner and dance across stage from each other. No clogging onto stage or getting off stage. No unassisted gymnastics are allowed.
Interaction	Dance as couple holding hands as much as possible using plenty of arm turns. Dance WITH EACH OTHER – not just to the audience.
Music	Country or Blue Grass or Traditional style music only -- with or without vocals.
Time Limit	3 minutes

TRADITIONAL DUO

Dancers	1 couple -- male/male or female/female.
Dress Code	Traditional apparel required. Males must wear slacks. Females may wear slacks or dress. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Traditional drag slide steps are required. Progressive steps are allowed.
Movement	Use the whole stage. Do not separate from partner and dance across stage from each other. No clogging onto stage or getting off stage. No unassisted gymnastics are allowed.
Interaction	Dance as couple holding hands as much as possible using plenty of arm turns. Dance WITH EACH OTHER – not just to the audience.
Music	Country or Blue Grass or Traditional style music only -- with or without vocals.
Time Limit	3 minutes

SHOW DUO/DUET

Dancers	1 couple -- Male/female or male/male or female/female.
Dress Code	Should coordinate with theme. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	80% clogging required. 20% other steps allowed.
Movement	Theme is required. Stage choreography is required. Creative opening and closing is required. Heavy emphasis on creativity and showmanship. Simple stage props are allowed. Music, choreography, and costumes must all blend to carry out a theme. Any kind of movement except unassisted cartwheels or flips are allowed.
Interaction	Dance WITH EACH OTHER – not just to the audience.
Music	Any kind of music. NO dirty language!
Time Limit	3 minutes

CONTEMPORARY DUO

Dancers	1 couple -- male/male or female/female
Dress Code	Any type of costumes. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Any type clogging steps allowed. Progressive steps are allowed.
Movement	Use the whole stage. Do not separate from partner and dance across stage from each other except for short period. No clogging onto stage or getting off stage. No unassisted gymnastics are allowed.
Interaction	Dance as couple holding hands as much as possible using plenty of arm turns. (Includes male/male) Dance WITH EACH OTHER – not just to the audience.
Music	Any type of music. NO dirty language!
Time Limit	3 minutes

CONTEMPORARY DUET

Dancers	1 couple -- male/female
Dress Code	Any type of costumes. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Any type clogging steps allowed. Progressive steps are allowed.
Movement	Use the whole stage. Do not separate from partner and dance across stage from each other except for short period. No clogging onto stage or getting off stage. No unassisted gymnastics are allowed.
Interaction	Dance as couple holding hands as much as possible using plenty of arm turns Dance WITH EACH OTHER – not just to the audience.
Music	Any type of music. NO dirty language!
Time Limit	3 minutes

Guidelines for SOLOS

DRESS CODE: NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing!

Contemporary & Traditional

Time limit will be 20 seconds on Rise and Shine.

Any kind of steps are allowed in Contemporary.

ONLY traditional drag slide steps are allowed in the Traditional.

Dancers will line up on stage facing judges.

When music begins, start dancing and 'Go for it'.

Each dancer will have opportunity to Rise and Shine beginning with dancer on your right.

Return to line on your left.

When 'Rise and Shine' is complete, all dancers 'Go for it' til music stops.

Flatfoot

Time limit will be 20 seconds on Rise and Shine (IF there is a rise & shine).

Only old time drag slide low to the floor rhythmic steps are allowed in flatfoot solos.

NO high stepping or double toes are allowed!!!

Dancers will line up on stage facing judges til judges have numbers.

When music begins, form a circle and start dancing .

Keep dancing in a circle til music stops.

Choreographed Solos

Time limit: 2 minutes (maximum).

Emphasis on Creativity & style. Must contain 80% clogging.

Music: Any type music may be used.

Age Divisions are the same as duo/duets

A Capella

Time limit will be 20 seconds on Rise and Shine.

Any kind of steps are allowed.

This is a dance of sound, rhythm, and patter.

Be sure you have all three included in your steps.

Judges will turn their backs to dancers.

Emcee will give number to judges and cue Dancer to "Start".

Dancer will stop dancing when emcee says "STOP".

Short Duo/Duets

Time limit will be 32 - 48 seconds on Rise and Shine.

Any kind of steps are allowed.

Couples will line up on stage facing judges.

When music begins, start dancing and 'Go for it' as a couple.

Each couple will have opportunity to Rise and Shine beginning with coupler on your right.

Return to line on your left.

When 'Rise and Shine' is complete, all couples 'Go for it' til music stops.