

AMERICA'S CLOGGING HALL of FAME

Competition Rules & Information

Sanctioned Categories:

Traditional Couple Freestyle Footwork

6 Cpl Southern Appalachian
8 Cpl Southern Appalachian
Country Hoedown
Running Set Hoedown
4 or More Cpl Hoedown

Traditional Couple Precision Footwork

4 Cpl Precision
6 or 8 Cpl Precision
6 or 8 Cpl Smooth
Running Set Precision
4 or More Cpl Precision

Contemporary Precision

Line	Show
Line Formations	Acapella
Traditional Line	Small Team Exhibition
Exhibition	
Props Exhibition	

Non-Sanctioned Categories:

Buck and Wing (Traditional Duet)
Contemporary Duet
Show Duo/Duet
Traditional Solos
Flatfoot
Choreographed Solos
Small Team Line
Small Team Show

Traditional Duo
Contemporary Duo
Short Duo/Duet
Contemporary Solos
Acapella Solos
Open Acapella Team - Stomp
Small Team Line Formations
Production (Super Teams)

MAX TIME LIMITS:

8 minutes - All Traditional Categories
5 minutes - 4 or More Cpl Open Precision
4 or More Cpl Open Hoedown
Show (3 minutes setup time)

3 minutes - Line, Line Forms, Trad. Line,
Exhibition, Small Teams,
Props Exhibition, Acapella Team,
Duo/Duets (1 minute setup time)

MIN TIME LIMITS: (Tiny Tot exempt)

ONE HALF of MAX for ALL Contemporary Categories

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

Team age division is determined by AVERAGE age.

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

General Information:

- At the Annual Championships in Maggie Valley A dancer may only dance twice per contemporary dance category. NO limit for Traditional Categories. At regional competitions, there is no limit to the number of times a dancer may dance.
- Callers of figures must dance on stage with the team.
- 5 judges are required (At least 3 MUST be certified). Highest and lowest scores will be dropped and the 3 middle scores averaged.
- The same 5 judges must judge a dance category. You may not use different judges for different age divisions for the same dance category.
- A Rules Official will be in attendance and will have the final say regarding any rules infractions.
- Point Deductions:
 - A 5-point deduction will result if improper number of dancers is used.
 - A 3-point deduction for dress code violation
 - A 3-point deduction for body moves that are not family orientated
 - A 1-point deduction for every 15 seconds or portion thereof, exceeding or not meeting the given time limits.
 - A 1 point deduction for each dancer not dressed correctly (Male position dancer must wear slacks. Female position dancer must wear skirt or dress)
 - A 1-point deduction for placing dancers on stage. EXCEPTION: Tiny Tot age division.
 - A 1 point deduction for a director being at the MC table, Scorers Table, or touching the sound equipment
 - A 1-point deduction for not holding HOME position in Southern Appalachian, Smooth, 4 Couple Precision and 6 or 8 Couple Precision
 - A 1-point deduction for couples not becoming active to perform small circle figures
 - A 1-point deduction for each required figure not performed and each corner/ partner swing not performed
 - A 1-point deduction for improper progression
 - A 2-point deduction for everyone not dancing in A cappella team. A 1-point deduction for a dancer missing a step in A cappella Team
- Disqualification – Annual Championships in Maggie Valley – for a dancer dancing more than twice in a Contemporary dance category.
All Solos and Duo/Duets - violation of the dress code AND Body moves not family orientated
- DRESS CODE: NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing in ALL categories!**
- DISQUALIFICATION: Use of alcoholic beverages on premises!!!**

ACHF COMPETITION RULES

4 COUPLE PRECISION 6 or 8 COUPLE PRECISION

Dancers	Minimum of 8 dancers for 4 couple. 6 or 8 couples - not both - Any number of males and females. See rule #6.
Figures	MUST use SICILIAN SETUP for figures in 6 or 8 Couple Precision 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 figures.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. ALL outfits MUST be coordinated in material, style, color. NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing
Steps	Precision footwork. Traditional drag slide steps are encouraged. Progressive steps are allowed.
Movement	4 Couple Precision -Progression must be on inside of set in a counter clockwise direction. 6 or 8 Couple Precision-Progression must be on the circumference of the set in a counter clockwise direction. 6 or 8 Couple Precision -Couples may not progress across center of set while performing small circle 4 figures. Both -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	MUST use SICILIAN SETUP for figures. Traditional smooth 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. ALL outfits MUST be coordinated in material, style, color. NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing
Steps	Precision footwork. Gliding step on ball of foot
Movement	Counter-clockwise movement on the circumference of the set 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 HOEDOWN and 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. ALL outfits MUST be coordinated in material, style, color. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision: 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. Freestyle: Freestyle footwork using Southern Appalachian steps with rhythmic sound.
Movement	Freestyle: Dancers must not start simultaneously. Precision: 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

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. Even and Odd Couples MUST start small circle figures in 4 Couple Precision Corner/Partner swing required after each small circle 4 figures.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. ALL outfits MUST be coordinated in material, style, color. <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. Even couples Must HOLD HOME position Corner/Partner swing required after each small circle 4 figures.
Dress Code	Dancer dancing male position MUST wear slacks. Dancer dancing female position MUST wear dress or skirt. ALL outfits MUST be coordinated in material, style, color. <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

SMALL TEAM LINE (NON SANCTIONED)

Dancers	Minimum of 4 dancers - Any combination of males and/or females. See rule #6(A & B). SMALL TEAM LINE: Minimum of 3 dancers, but no more than 8 dancers - Any combination of males and/or females
Figures	Figures are not allowed.
Dress Code	ALL outfits MUST be coordinated in material, style, color. <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	3 minutes MAX & 1.5 minutes MIN

LINE FORMATIONS

SMALL TEAM LINE FORMATIONS (NON SANCTIONED)

Dancers	Minimum of 4 dancers - Any combination of males and/or females. See rule #6 (A&B). Small Team Line: Minimum of 3 dancers, but no more than 8 dancers - Any combination of males and/or females
Figures	Figures are not allowed.
Dress Code	ALL outfits MUST be coordinated in material, style, color. <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	3 minutes MAX & 1.5 minutes MIN

TRADITIONAL LINE

Dancers	Minimum of 4 dancers - Any combination of males and/or females. See rule #6 (A & B).
Figures	Figures are not allowed.
Dress Code	ALL outfits MUST be coordinated in material, style, color. <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	3 minutes MAX & 1.5 minutes MIN

EXHIBITION

SMALL TEAM EXHIBITION

Dancers	Minimum of 5 dancers - Any combination of males and/or females. See rule #6 (A & B). Small team: Minimum of 3 dancers, Maximum of 4 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.</u> <u>(Except Small Team)</u>
Dress Code	ALL outfits MUST be coordinated in material, style, color. <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. Hand, head, body movements are allowed and encouraged. No Individual or Freestyle dancing <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	3 minutes MAX & 1.5 minutes MIN

PROPS 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.</u>
Dress Code	ALL outfits MUST be coordinated in material, style, color. <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. Hand, head, body movements are allowed and encouraged. <u>BODY PROPS ARE allowed ---</u> These props MUST be attached to the body and MUST NOT Leave the body the ENTIRE routine.
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	3 minutes MAX & 1.5 minutes MIN

SHOW **SMALL TEAM SHOW (Non Sanctioned)**

Dancers	Minimum of 3 dancers - Any combination of males and/or females. See rule #6 (A & B). Small team: Minimum of 3 dancers, but no more than 8 dancers - Any combination of males and/or females.
Figures	No restriction on figures.
Dress Code	ALL outfits MUST be coordinated in material, style, color. <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 movement is 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
Setup Time	3 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	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	80% clogging steps. 20% any other kind of steps.
Movement	Any kind of movement is 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	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Progressive steps are NOT allowed. Dancers must start together and end together. <u>ALL dancers MUST dance at ALL times. (Missed steps are considered as not dancing.)</u> 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 max & 1.5 minutes min

Open A CAPELLA TEAM (The Stomp Category!) (Not Sanctioned)

Dancers	Minimum of 3 dancers - Any combination of males and/or females.
Figures	No figure restrictions.
Dress Code	<u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
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 max & 1.5 minutes min

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 & C).
Figures	Traditional mountain figures. Minimum of 1 big circle figure. Minimum of 2 different small circle figures
Dress Code	ALL outfits MUST be coordinated in material, style, and color. <u>NO Fannies, NO Midriffs, NO Cleavage, NO ragged clothing</u>
Steps	Precision footwork. Progressive steps are allowed.
Movement	Dancers must start simultaneously 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 & C).
Figures	Traditional mountain figures. Minimum of 1 big circle figure. Minimum of 2 different small circle figures.
Dress Code	ALL outfits MUST be coordinated in material, style, and color. <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	Dancers must not start simultaneously 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) ALL outfits MUST be coordinated in material, style, and color. <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.
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 max & 1.5 minutes min

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. ALL outfits MUST be coordinated in material, style, and color. <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.
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 max & 1.5 minutes min

SHOW DUO/DUET

Dancers	1 couple -- Male/female or male/male or female/female.
Dress Code	Should coordinate with theme. ALL outfits MUST be coordinated in material, style, and color. <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 is allowed.
Interaction	Dance WITH EACH OTHER – not just to the audience.
Music	Any kind of music. NO dirty language!
Time Limit	3 minutes max & 1.5 minutes min
Setup Time	1 minute

CONTEMPORARY DUO

Dancers	1 couple -- male/male or female/female
Dress Code	Any type of costumes. ALL outfits MUST be coordinated in material, style, and color. <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.
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 max & 1.5 minutes min

CONTEMPORARY DUET

Dancers	1 couple -- male/female
Dress Code	Any type of costumes. ALL outfits MUST be coordinated in material, style, and color. <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.
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 max & 1.5 minutes min

Guidelines for SOLOS

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

Contemporary, Traditional & Flatfoot

Time limit will be 20 seconds on Rise and Shine or 32 beats of music.

Any kind of steps are allowed in Contemporary.

ONLY traditional drag slide steps are allowed in the Traditional.

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

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' till music stops.

Choreographed Solos

Time limit: 2 minutes maximum, 1 minute minimum.

Interpretation of music (steps & moves).

Emphasis on Creativity & style.

Must contain 80% clogging.

SIMPLE props are allowed IF USED!

Music: Any type music may be used.

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 patten.

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' till music stops.