

# **NASDE Rules**

**Updated June 2008 Effective January 2009**

## **NASDE Swing Dance Competition Divisions:**

NASDE sponsors the swing dance competition divisions of Showcase, Classic, and Strictly Swing to help promote, preserve, and improve swing dancing. The objective is to provide a competitive performance venue for the various unique styles of swing that have developed across the nation to include the Carolina Shag, Dallas Push, East Coast Swing, Hand Dancing, Hollywood Swing, Houston Whip, Imperial Swing, Jive, Jitterbug, Lindy Hop, Rock-n-Roll, and West Coast Swing, to name a few.

## **NASDE Statement of Swing:**

NASDE Statement of Swing to be used to identify the presence of swing in the NASDE competition divisions. Swing is an American Rhythm Dance based on a foundation of 6-beat and 8-beat patterns that incorporate a wide variety of rhythms built on 2-beat single, delayed, double, triple, and blank rhythm units. The 6-beat patterns include, but are not limited to, passes, underarm turns, push-breaks, open-to-closed, and closed-to-open position patterns. The 8-beat patterns include, but are not limited to, whips, swing-outs, Lindy circles, and Shag pivots. Although they are not part of the foundation of the dance as stated above, 2-beat and 4-beat extension rhythm breaks may be incorporated to extend a pattern, to phrase the music, and/or to accent breaks.

## **NASDE Sportsmanship Expectations:**

Sportsmanship is a fundamental aspect of our competition. Competing for the NASDE prize fund is privilege, not a right. The event director may flag a competitor's behavior as un-sportsman like. Said behavior will be reviewed by the NASDE board at the next scheduled NASDE Board meeting. Redress for violations can include but are not limited to deduction of points, dropping in level in the over all standing, or removal of competitor from the NASDE list.

## **Classic Division:**

Swing dancing that allows choreography with an "on the ground" approach to the dance. Drops, leans, circular movements and other partner weight support moves are allowed as long as both partners keep at least one foot on the floor. NASDE rules apply. If any Event rule conflicts with published NASDE rules, the NASDE rules take precedence.

## **General**

1. Contestants must be 18 years or older by the end of the event to participate.
2. Competitors will be one Male Leader and one Female Follower.
3. The maximum number of entries in each division is at the Event's discretion. There is no minimum number of entries. If fewer than ten couples enter a division, NASDE points will still be awarded.
4. Guidelines for expected swing content are: at 80% in Classic. It is at the judges' discretion to determine that the swing content requirement has been met.
5. An individual is not permitted to dance twice within the same division.

## Specific

1. Performance time is a minimum of 2 minutes and maximum of 3 minutes. The clock begins when the performance starts as determined by the chief judge.
2. Competitors select their own music.
3. Costumes are allowed and encouraged.
4. Time and judging starts at first movement of performance with or without music.
5. Separate entrances are permitted but the couple must physically join together within 32 beats of music.
6. Couples must maintain physical contact except for spins, turns, short break-a-ways, and recoveries.
7. Break-away in Classic Division to be no more than 8 beats **effective January 1, 2009**.
8. Dancers must maintain their own physical contact with the floor during partner weight support moves.
9. At most five partner weight support moves are permitted.

## Showcase Division:

Swing dancing that allows choreography with flair toward lifts and other partner weight support moves. NASDE rules apply. If any Event rule conflicts with published NASDE rules, the NASDE rules take precedence.

## General

1. Contestants must be 18 years or older by the end of the event to participate.
2. Competitors will be one Male Leader and one Female Follower.
3. The maximum number of entries in each division is at the Event's discretion. There is no minimum number of entries. If fewer than ten couples enter a division, NASDE points will still be awarded.
4. Guidelines for expected swing content are: at 60% in Showcase. It is at the judges' discretion to determine that the swing content requirement has been met.

5. An individual is not permitted to dance twice within the same division.

## **Specific**

1. Performance time is a minimum of 2 minutes and maximum of 3 minutes. The clock begins when the performance starts as determined by the Chief Judge.
2. Competitors select their own music.
3. Costumes are allowed and encouraged.
4. Time and judging starts at first movement of performance with or without music.
5. Separate entrances are permitted.
6. Break-a-ways and side-by-side patterns are permitted.
7. At least three partner weight support moves are required with the partner at knee level or above.
8. At least one partner weight support move is required with the partner above the waist.
9. There are no lift maximums.

## **Strictly Swing Division:**

Swing dancing that encourages lead and follow partner dancing at its best. Although swing includes amalgamations and patterns that are familiar to many dancers, the essence of lead and follow must be maintained in and out of these patterns. Strictly Swing division is not meant for long and extended pre-choreographed phrases. Choreography "on the fly" is the objective. Drops, leans, circular movements and other partner weight support moves are allowed as long as both partners keep at least one foot on the floor.

1. Length of performance is at the promoter's discretion.
2. Costumes are not allowed. However, matching or complementary outfits suitable for social dancing are acceptable.
3. This division will be danced in heats and/or spotlight at the promoter's discretion.
4. Couples must maintain physical contact except for spins, turns, short break-a-ways, and recoveries.
5. Pre-choreographed routines are not allowed.
6. Dancers must maintain their own physical contact with the floor during partner weight support moves.
7. At most five partner weight support moves are permitted.

## **National NASDE Jack and Jill Tour:**

1. Each NASDE event may host a NASDE Jack and Jill category. Each event may conduct this Jack and Jill competition according to its own rules.

2. The highest level NON Champion/Invitational Jack and Jill an event runs will be the point placing category.
3. Points for placements: 1st place 10 points, 2nd place 9 points, 3rd 8 points, 4th 7 points, 5th 6 points, All finalists 1 point. In the event of a tie at the end of the tour, the first tie-breaker will be whoever earned NASDE J&J points at the most events during the year. The second tie-breaker will be relative placement among the qualifying events.
4. The following year, winners may participate again in the tour.
5. Eligibility: At the end of the tour, awards will be given to the male and female dancers who have earned the most NASDE J&J points during the year. Dancers who have finished in the top five places for the NASDE couples tour (Classic, Showcase, and Strictly Swing points) are not eligible for the NASDE J&J award. Dancers who have placed as a finalist in a Champions, Invitational, or Professional Jack and Jill at a NASDE member event also are not eligible. If during the year a dancer crosses over to the Champions or Invitational level, competes at that level, and becomes a finalist, the accumulated NASDE J&J points would be forfeited at that time.
6. Awards: First place finishers, male and female, will receive the "NASDE Magic Pass" good for free entry into 6 member events. Second place will receive free passes to four member events. Third place will receive free pass to two member events. In the event of a tie: 1st criteria whomever attended the most events, 2nd criteria is relative placement.
7. Passes to specific events for the first, second, and third place winners will be selected at random from a pool of all NASDE member events.
8. The passes are Non transferable passes.
9. The winners will be announced at the US Open each year.