

# New Mexico Senior Olympics

## Dance Rules

Revised 10-2020

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### Playing Format

1. The following dance competition rules are adopted by the New Mexico Senior Olympic Board of Directors. Sports Coordinator will have additional theater procedures known as “house rules.”
2. Dance categories are limited to the following seven categories: Ballroom (Ballroom Waltz, Foxtrot), Tango (American, Argentine), Latin (Cumbia, Salsa/Mambo, Cha Cha Cha, Rumba, Corrido), Swing (Jitterbug, West Coast Swing), Western (Two-Step, Country Waltz), and Miscellaneous (Night Club Two-Step, Polka) and Line Dance. Dance consists of 15 Couple Dances and one Line Dance event. In the Latin category, all dances will be rotated every 2 years.  
Dances not listed above (e.g., Bolero, Charleston, Flamenco, Hustle, Merengue, Paso Doble, Quickstep, Samba, Viennese Waltz and the like) may be competed as Group Dances in the Talent Production.  
The prospective dance order for competition will be given in writing to each competitor by the Sports Coordinator. However, the dance order is subject to change during the competition. Any changes will be announced by the announcer.
3. Age categories for all Dance are 50+ and 70+. Age of the youngest dance member as of December 31<sup>st</sup> of the current year will determine age division for couples/group.
4. A registration/entry form is required from each individual dance member and name of dance partner is required on form. Dancers may compete with only one partner per Dance category.
5. In case a partner becomes ill after registration, with a documented medical reason, a substitute may be made. See Partner/Team/Groups in Item H in General Rules
6. Practice and Sport Competition schedule times may be obtained:
  - on the website: [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
  - in the registration athlete booklet
  - at the Sports Table Info at Athlete Check In
  - by calling the Sports Coordinator or NMSOPractice time for Line dance groups will be by appointment only.  
Dance Practice is mandatory for all couples and teams to coordinate theater house logistics. In the event contestants do not attend Dance Practice, they may be subjected to disqualification. Please call Sports Coordinator for details.
7. Contestants must check in at the Theater 30 minutes prior to the Dance Contest or risk being disqualified.
8. Music for Dances is determined in advance by NMSO and is available to competitors upon request.
9. All dance routines and costumes are at the discretion of the dancers provided specific dance rules are followed. Dance rules are listed below.
10. Judges/Scoring – Sports Coordinator will identify and train qualified judges prior to competition. Five judges will be utilized. Standard criteria for judging the Dance and Line Dancing Events have been developed by NMSO. The Criteria for Judging will be given to the judges and is available to the competitors on request.
11. An introduction sheet, which contains individual dance information to be used by announcer, must accompany registration entry forms.

## Dance Rules (cont.)

12. Time for wardrobe changes will be the responsibility of the contestants and not the Sports Coordinator, although every reasonable effort will be made to accommodate the contestants.  
The gentleman contestants in the dances will wear contestant numbers on their backs. Each gentleman will be provided with a card bearing flat, black digits measuring a minimum of four inches in height, which must be attached to his shirt or coat in the middle of his back. If gentlemen enter multiple dances, they will be provided with a duplicate number for each costume change. The number cards will be constructed of cardstock or Tyvek with holes punched in each corner and four, one-inch safety pins will be provided.
13. Final individual scores will only be provided to couples/groups upon request to NMSO. Please allow 2-4 weeks.

### Playing Rules –Dances

1. It is the responsibility of the dancers to be familiar with the dances that they are dancing, as defined by New Mexico Senior Olympics, prior to competition.
2. **A couple may enter no more than two dances from any of the six categories for a maximum of twelve entries total. Each dance will be judged and awarded as a single dance.**
3. A maximum of six dance couples will be on the dance floor for a final round.  
Judges will place these six couples first through sixth.
4. A maximum of twelve dance couples will be on the dance floor for a semifinal round.  
Judges will recall six of the contestants from the semi-final round to the final round.  
Should there be a tie in the number of recalls for sixth place, a tie-breaker round to break the tie will be danced only by the couples involved in the tie. The judges will be instructed to recall contestants accordingly.  
A minimum of a five-minute interval is required between either a semifinal round and a tie-breaker round, and/or a final round of the same dance.
5. For twelve to twenty-four couples registered in a dance, couples will be divided into approximately even groups, not exceeding twelve couples per group, for a quarterfinal round. Judges will be instructed by the announcer to recall twelve couples from the two quarterfinal rounds to a semifinal round.  
Should there be a tie in the number of recalls for twelfth place, a tie-breaker round to break the tie will be danced by the couples involved in the tie. Judges will be instructed to recall contestants accordingly.  
A minimum of a five-minute interval is required between either a quarterfinal round and a tie-breaker round and/or a semifinal round of the same dance.
6. **Each Round will be approximately two minutes long.**
7. Judging criteria:
  - TIMING/RHYTHM: Is the couple keeping beat with the music?
  - STYLE/ANIMATION: Does it look like the dance? Is the couple having fun?
  - ORIGINALITY: That little extra!
  - FRAME/POSTURE: How do the dancers carry themselves?
  - MOVEMENT: Is the couple moving easily and looking natural?
  - LEAD/FOLLOW: Is there good connection (lead/follow) within the partnership?
  - FOOTWORK: Are the patterns/footwork executed correctly?

# Dance Rules (cont.)

## Dance Category

**A couple may enter no more than two dances from any of the six categories for a maximum of twelve entries total.**

**Each dance will be judged and awarded as a single dance.**

## Ballroom Category

1. **Ballroom Waltz** - 3/4 Time; Progresses counter-clockwise in Line of Dance.
  - a. The musical phrase for the Ballroom Waltz consists of two measures of 3/4 time or six beats of music.
  - b. In Waltz, the primary accent is on count one and the secondary accent is on count four.
  - c. Waltz is characterized by turning figures and by rise and fall as well as sway.
2. **Foxtrot** - 4/4 Time; Progresses counter-clockwise in Line of Dance.
  - a. The musical phrase in Foxtrot consists of two measures of 4/4 time or eight beats of music.
  - b. Foxtrot figures employ both six and eight count patterns.
  - c. In Foxtrot, the basic count can be Slow-Slow-Quick-Quick or Slow-Quick-Quick-Slow-Quick-Quick.
  - d. Foxtrot is characterized by moving freely around the dance floor.
  - e. Foxtrot utilizes sway.

## Tango Category

3. **American Tango** - 4/4 Time; Progresses counter-clockwise in line of dance.
  - a. The musical phrase in American Tango consists of two measures or eight beats of music.
  - b. The accent is on count one of each measure.
  - c. The basic rhythm is Slow-Slow-Quick-Quick-Slow although many variations can be employed as long as the 4/4 time is maintained.
  - d. American Tango is characterized by contra-body position and dramatic changes between slow and fast steps.
4. **Argentine Tango** - 4/4 time; Progresses counter-clockwise in line of dance.
  - a. The musical phrase in Argentine Tango consists of two measures or eight beats of music.
  - b. The basic step is often, but not always, begun with the man's right foot stepping backwards and lady's left foot stepping forwards.
  - c. In Buenos Aires, the Tango varies from one Barrio (neighborhood) to another. The gentleman has much freedom in selecting figures (steps) to interpret the music, as long as he stays on the beat.
  - d. Argentine Tango is characterized by interludes of intricate footwork usually executed in one place, before continuing on around the line of dance.
  - e. The frame and connection of Argentine Tango varies from American Tango and changes frequently with the demands of the figure being executed.

# Dance Rules (cont.)

## Latin Category

5. **Cumbia** - 4/4 Time; Non-progressive dance.
  - a. The musical phrase in the Cumbia consists of two measures or eight beats of music.
  - b. The count is Quick-Quick-Slow in the Tex-Mex and the Columbian varieties. In the New Mexican variety, the count can be Quick-Quick-Slow-Slow or Quick-Quick-Slow-Quick-Quick-Slow.
  - c. Cumbia is the national dance of Columbia, South America, and is interpreted in New Mexico in three distinct patterns. It is the most popular dance at Mexican weddings and other festivities here in New Mexico.
  - d. The three patterns are (1) a Tex-Mex variety with a Cross-Behind-Side action similar to the Night Club Two-Step; (2) the Columbian Basic with a hip lift action; and (3) the New Mexican basic with the Side-Together-Side Side Basic or the Side-Together-Side-Side-Together-Side Basic. Any one of these renditions is acceptable for consideration in this competition.
6. **Salsa/Mambo** - 4/4 Time; Non-progressive dance.
  - a. The musical phrase in Salsa/Mambo consists of two measures or eight beats of music.
  - b. The count is Quick-Quick-Slow.
  - c. The Salsa and Mambo are fast and spicy dances characterized by strong Cuban Motion, staccato movement and expression of rhythm throughout the body.
  - d. There is no clear distinction between Salsa and Mambo. Mambo grew out of Rumba. Salsa grew out of Mambo. In general, Salsa music is faster than Mambo music and flows more continuously. Mambo is more staccato. Mambo blends into Salsa as the tempo of the music increases.
  - e. Mambo/Salsa dancers have an on-going discussion regarding the "count of music to break on". It is a personal preference issue and any beginning count is acceptable as long as the couple dances with emphasis on the **accented** beat of music.
7. **Cha Cha Cha** - 4/4 Time; Non-progressive dance.
  - a. The musical phrase in Cha Cha Cha consists of two measures or eight beats of music.
  - b. Several counts are utilized in the CCC. Step-Step-Cha-Cha-Cha is one of the counts. Musical note value wise, this is Quarter-Quarter-Eighth-Eighth-Quarter.
  - c. The accent in Cha Cha Cha is on the third Cha or the last Quarter note.
  - d. Cha Cha Cha is a lively, playful dance and does have Cuban Motion on the Quarter notes, but less so on the Eighths because of the limited time.
8. **Rumba** - 4/4 Time; Non-progressive dance.
  - a. The musical phrase in Rumba consists of two measures or eight beats of music.
  - b. Both Quick-Quick-Slow and Slow-Quick-Quick are utilized in the count.
  - c. Both the Arthur Murray box and the Cuban diamond are utilized in the basic step. Either style is acceptable for consideration in this competition.
  - d. The Rumba is characterized by a transfer of weight which is known as Cuban Motion. This action should be achieved on each step but with more accent on the Slow count.
  - e. Rumba is a very old dance, having its origins in the Habanera and the Bolero. It comes to us through Cuba and is the parent of Mambo/Salsa and Cha Cha Cha.

## Dance Rules (cont.)

9. **Corrido** (also known as the Ranchero) - 2/4 Time; Progresses counter-clockwise in line of dance.
  - a. The musical phrase in the Corrido consists of four measures or eight beats of music.
  - b. The count is One-And-Two-And. The action is smooth and swaying.
  - c. The Corrido utilizes a marching action with the weight being taken ball-flat, ball-flat with subtle Cuban Motion.
  - d. The Corrido is the second most popular dance played at Mexican weddings and other festivities here in New Mexico.
  - e. The Corrido can utilize Swing step patterns and underarm turns taken from the Western Waltz and Two Step.
  - f. At faster tempi, the Corrido becomes a Charanga. The Charanga has the same action as the Corrido but is executed much more briskly.

### Swing Category

10. **Jitterbug** - 4/4 Time; Non-progressive dance except for the Amarillo Push and Hot Springs Travel which does travel in line of dance.
  - a. Jitterbug is a term that is applied to several different styles of Swing dancing. Jitterbug includes Single, Double, and Triple Eastern Swing, East Coast Swing, International Latin Jive, Rock and Roll, Lindy Hop, Pony Swing, Western Jitterbug and Amarillo Push & Hot Springs Travel. Any one of these renditions is acceptable for consideration in this Competition.
  - b. Jitterbug, in all of its manifestations, is a buoyant, up-beat and playful dance.
  - c. Its figures employ both six and eight count patterns.
11. **West Coast Swing** - 4/4 Time; Non-progressive dance.
  - a. West Coast Swing is smooth (no bounce) and danced in a slot.
  - b. In general, the gentleman dances midway of the slot, moving in and out of it as the lady is led to dance from one end of the slot to the other.
  - c. West Coast Swing, being a nightclub offspring of Eastern Swing, employs both six and eight count patterns.
  - d. The accent is usually on count four.

### Western Category

12. **Two-Step** - 4/4 Time; Progresses counter-clockwise in line of dance.
  - a. The musical count for Two Step is based on six beats of music, although it is written in 4/4 time. When two figures of six counts are danced, twelve beat have been utilized, which is divisible by four.
  - b. The count in Two Step is usually Quick-Quick-Slow-Slow, although some couples do begin with a Slow-Slow-Quick-Quick. Either count for the start is acceptable.
  - c. Two Step is characterized by a strong line of dance direction with the couple passing the feet on most steps, making for a brisk action.
  - d. Two Step employs many underarm turns for both gentleman and lady.

## Dance Rules (cont.)

13. **Country Waltz** - 3/4 Time; Progresses counter-clockwise in line of dance.
  - a. The musical phrase for Country Waltz consists of two measures of 3/4 time or six beats of music.
  - b. In Waltz, the primary accent is on count one and the secondary accent is on count four.
  - c. Country Waltz is characterized by a linear approach (rather than a circular one as in Ballroom Waltz) to the dance floor.
  - d. It employs a strong line of dance direction with the couple passing the feet on most steps.
  - e. Country Waltz utilizes many underarm turns for both gentleman and lady.

### Miscellaneous Category

14. **Night Club Two Step** - 4/4 Time; Non-progressive Dance.
  - a. The musical phrase for Night Club Two Step consists of two measures of 4/4 time or eight beats of music.
  - b. The basic rhythm for Night Club Two Step is Quick, Quick, Slow (or Slow, Quick, Quick).
  - c. In Night Club Two Step, two basic steps are utilized: a Cross-Behind-Side Basic and a Side-Cross-Side Basic.
  - d. In Night Club Two Step, the accent is on count three or the Slow.
  - e. The step patterns for Night Club Two Step include elements of Slow Dancing, Tex-Mex Cumbia, and Bolero.
  
15. **Polka** - 2/4 Time; Progresses counter-clockwise in line of dance.
  - a. The musical phrase in the Polka consists of four measures or eight beats of music.
  - b. Two ways to count the Polka Basic are And-One-And-Two or And-Flat-Ball-Flat with the beat value of Eighth-Eighth-Eighth-Eighth.
  - c. The Polka is popular in many countries and has many variations of steps, timing and interpretations of style. Any one of these renditions is acceptable for consideration in this competition.

# Dance Rules (cont.)

## Playing Rules for Line Dance Groups

1. Dance format: Any Line Dance routine may be performed.
2. Line Dance Definition--A Line Dance is choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines.
3. Music--any type of music.
4. Music must be provided on a CD. It is the responsibility of the group leader to provide a CD at Dance Practice and retrieve it at end of Competition. Label all CDs.
5. Group Size: Minimum of six dancers and a maximum of 15 per team. Group may be all men, all women or co-ed. It is recommended that a group have sufficient numbers to ensure state competition eligibility.
6. **Time Limit: Three-minute time limit. Line Dance Acts will be penalized for performing past the time limits by subtracting 5 points for each ½ minute or portion thereof over the allotted time.**
7. One routine per group.
8. Judging criteria  
Judges must be versed in the following:
  - CREATIVITY/ORIGINALITY: Does the group display imagination in routine?
  - SYNCHRONIZATION: Is the group moving together and keeping in step?
  - CHOREOGRAPHY: Are the steps and/or movement of the routine of planned design?
  - COSTUME: Is the style of dress for the group consistent with the music??
  - ENTHUSIASM: Are the dancers able to project some excitement and zeal while they dance?
9. Judge's Guidelines  
The following items are what the judges will use in rating the Couples Dance:
  - TIMING OR RHYTHM – keeping to the beat with the music.
  - STYLE/ANIMATION – Does it look like the dance? Is the couple moving easily, looking natural, having fun?
  - ORIGINALITY -
  - FRAME/POSTURE – How does the couple carry themselves?
  - MOVEMENT -
  - LEAD/FOLLOW – Is there good connection (lead/follow) within the partnership?
  - FOOTWORK – Are the patterns/footwork executed correctly?