

RULES OF THE IDTA NATIONWIDE MEDALLIST COMPETITIONS

RULES APPLICABLE TO ALL BRANCHES 2023

(updated June 2023)

*The IDTA Nationwide Finals are not run under the BDC rules,
with the exception of the dress code rules B5.*

- 1 Each Area will select a specific competition for the purpose of selecting the competitors for the Nationwide competition. This specific contest may be any time prior to the Nationwide competition.
- 2 A Professional (who shall be defined as persons who have lost their amateur status) shall not be allowed to partner or compete in the Nationwide competitions. A person who has taken any professional qualification, in any core or non-core genre, from any dance teaching association recognized by the IDTA/BDC, including modules or derives an income from teaching dancing shall be deemed to have lost their amateur status. See also Ballroom, Latin, Classical Sequence and Modern Sequence rules below.
 - 2.1 Individuals who have taken a Pre-Associate examination may partner a competitor but may NOT compete (cannot compete in the Freestyle Pairs or Rock 'n' Roll competitions).
- 3 All competitors in Nationwide must have passed an IDTA one dance award (formerly medal test) or above, or Graded examination (not a Social Dance Award or All Round Efficiency), in the branch concerned in the previous twelve months prior to the qualifying heat.

Competitors must progress through the dance awards system and must dance in the highest grade, in which they hold an IDTA dance award in the relevant Branch. Under no circumstances can a competitor dance in a lower grade.

See also Freestyle and Rock 'n' Roll and Street Dance rules below.
- 3.1 Competitors may only take "one dance awards" in each genre for a period of 3 years and then must progress onto higher dance awards.

Note: Dancers with Additional Needs may continue to take one dance awards.
- 4 All competitors must enter Nationwide Heats in the Area in which their dance school competes and may only compete in one Area.
- 5 If a pupil leaves their school after qualifying for a Nationwide Final, they forfeit the right to compete in the Finals in that year. The teacher who has lost the pupil must inform their Nationwide Area Representative as soon as possible. Each case will be reviewed individually.
- 6 When competitors have been called to the floor, the heat, semi-final or final will not be delayed if a competitor is not available.
- 7 Each competitor shall dance in the age group in which he or she qualified at his or her respective Area heat.
- 8 After the start of a competition partners may not be changed unless an emergency arises.
- 9 Child Protection / Safe Guarding guidelines recommend that photography and filming should not be permitted. If you photograph or film your own child, we request that you only load photos of your own family to social media. Photography is not permitted in the changing rooms and toilets

Please be aware that some competitors or other people attending the finals may not wish to be photographed/filmed or cannot be photographed/filmed for legal reasons.

- 10 Any complaints are to be taken by the school principal to their Area representative, who will inform the chairman, who will confer with the sub-committee.
- 11 No school name or logo to be worn by competitors while dancing in the Nationwide competitions.
- 12 Repechage MAY be used for first rounds where applicable.
- 13 Any substances that could cause a hazard or leave a residue on the dance floor must not be used.
- 14 Competitors must be courteous to other competitors and adjudicators at all times.
- 15 If a competitor is injured or ill and the paramedics state that they must not dance the appropriate people will be advised (parent/guardian/chaperon/teacher) and the committee and scrutineer will be advised. The competitor will not be allowed to dance against medical advice.

- 16 **Photography/Filming**
 The IDTA engages a professional photographer and cameraman.
 Photographs of the winners may be used for IDTA promotional/advertising purposes and published in the Dance International magazine or newsletters to member teachers.
 Video clips of the event may be livestreamed and used for IDTA promotional/advertising purposes.
 Anyone who does not wish to be photographed must notify the organisers prior to event and when collecting their number cards at the event and they will be removed from any images.

In the event of television coverage, live streaming or production of a DVD recording all competitors agree that the rights to any fees from such recording will vest with IDTA Ltd (the organisers) and no competitors nor associations shall have any claim against the organisers, television company, video streaming company or DVD producer.

17. **Number cards**
 A representative from each school, either the principal or a nominated person must collect all the number cards for the school as follows:
 Morning session cards must be collected by 8.30 am
 Afternoon session cards must be collected by 2.00 pm
 Number cards will not be issued after this time. Competitors must not collect number cards.
18. Children, under age of 16 years, must be supervised by their parent/guardian at all times and will not be allowed to leave the ballroom unaccompanied.

Ballroom & Latin and Classical Sequence & Modern Sequence

- B1. The Nationwide Medallist of the Year Competitions are national competitions for IDTA medallists only.
- B2. Professional and Open Competitors, whether registered or not, are not eligible to enter and are not allowed to dance either with competitors in the Nationwide competitions. This includes All Girl, Open Club or Social competitions
- B3. Competition dancers (who shall be defined as anyone who has danced in any open competition in the last one year in any Branch) shall not be allowed to dance either with or as competitors in the Nationwide competitions unless one year has elapsed from their last open competitive event.
- B4. Competitors may not partner each other in the same competition.
- B5. In all competitions competitors must comply with the dress rules as set out within the BDC Juvenile dress rules for boys/men and girls/ladies, with the exception of the dress length in Ballroom and Classical Sequence competitions, where either skirt length may apply.

Competitors in the 12 & Under section may wear ear rings but must be small (eg: studs and not drops), hair decorations small flowers decoration no more than 11cm.

Dress for Gentleman/Boys 13 years and over – no tails, white long sleeved (not rolled up and with no additional detail) and must be tucked in the trousers. No wing collars or shiny material, cufflinks can be worn. Ties Black bow tie or regular black tie (no initials permitted).

Note: BDC Dress Rules accepted are dated January 2015 and January 2019.

- B6. In Latin competitions lifts, leaps and jumps are not permitted in any of the rounds or finals.
- B7. Ballroom: All four dances will be danced in the 1st round, excluding Viennese Waltz where repechage is not applicable.
Latin: Four dances will be selected to be danced in the 1st round where repechage is not applicable. Subsequent rounds up to and including the semi-finals will be two dances selected by the committee on the day.
All five dances will be danced in the final round of the Latin competitions
All five dances will be danced in the final round of the Ballroom competitions
- B7.1 Competitors 60 years and over
Ballroom - to dance all four dances excluding the Viennese Waltz where repechage is not applicable.
Latin: to dance the four selected dances for the first round where repechage is not applicable.
- B7.2 Classical Sequence & Modern Sequence:
Four dances to be danced in the first round where repechage is not applicable.
All rounds up to and including the semi-finals will be two dances selected by the committee on the day.
All four dances will be danced in the final of the Classical Sequence & Modern Sequence competitions.
- B8 Restricted Syllabus:
Two dances, one from the Ballroom branch and one from the Latin branch will be restricted syllabus and rotated annually.
Ballroom - all figures, precedes and follows will be restricted to those given in 'The Technique of Ballroom Dancing' by Guy Howard (revised 2011 and reprint 2016).
Latin American - all figures, precedes, follows and holds will be restricted to those given in the 'Laird Technique of Latin Dancing' by Walter Laird 2022 edition
Medallists 12 years and under must dance IDTA restricted syllabus figures in all dances including precedes, follows and holds as above.
Restricted syllabus dances – unrestricted in the final.
- B9 Qualifying heats for girls in the 12 years and under, 13-15 years inc. and 16-24 years inc. age groups will be run in two sections, girl partnered by boy or girl partnered by girl. A girl may not compete in both sections.
- B10 A girl must dance in the section in which she has qualified except in exceptional circumstances in which case prior permission from the appropriate Nationwide Area Representative (who will consult with the Nationwide Committee) must be obtained. Requests on the day of the competition must be made by the teacher to the appropriate Nationwide Area Representative.
- B11 The qualifying dates for all age groups are:
1st October for the Ballroom and Latin Finals,
1st May for the Classical & Modern Sequence Finals

Freestyle and Rock 'n' Roll

- FR1 All competitors in Nationwide must have passed an IDTA one dance award (formerly medal test) or above, or Graded Examination (not a Social Dance Award or All Round Efficiency), in the Branch concerned, in the previous twelve months prior to the qualifying heat. Competitors must only dance in the highest grade in which they hold an IDTA dance award in the relevant Branch. Under no circumstances can a competitor dance in a lower grade.

For the up to 9 years inc. Rock 'n' Roll competition and the Freestyle Pairs competition, the competitors must have taken a Freestyle Rosette, or a Freestyle or Rock 'n' Roll dance award (formerly medal test) or Freestyle Stardance Award in the last twelve months.
Freestyle and Rock 'n' Roll are separate branches.

FR2 * Floor spins where partner contact is lost are not allowed.

- Acrobatics moves, lifts and freehanded rotational movements are only allowed in the solo spots,.
- Lifts are permitted in teams but contact must be maintained at all times.
- 'Freehanded' means where there is no support or contact from the partner or no contact with the floor with feet or hands during the rotational movement, therefore, for example, cartwheels are allowed but unassisted or independent back-flips are not allowed.
- An Arab Spring is not allowed because it is a combination movement between a cartwheel and a walkover.
- Death Dives and Chest Rolls are not permitted.
- Walkovers are only permitted in the solo spots and in teams.

All lifts and throws are potentially dangerous and great care should be taken to ensure that the preparation, execution and landing of the lifts are fully understood.

FR3 Rock 'n' Roll is a non-progressive dance form and competitors must not travel around the floor. At least 75% of the dance should be in hold (holds as described in Rock 'n' Roll by Lynda King). In Rock 'n' Roll no Solo Box Jumps, Solo Splits or Illusions (also known as "Windmill") are to be danced.

FR4 Competitors must wear shoes when moving around the Ballroom and Winter Gardens complex. Shoes must be worn for Rock 'n' Roll competitions.

FR5 For Freestyle pairs and teams, a majority of Freestyle choreography must be used.

FR6 Qualifying heats for Rock 'n' Roll in the 10-12 years inc, 13-15 years inc, 16-18 years inc and 19-25 years inc. age groups will be run in two sections, girl/lady partnered by boy/man or girl/lady partnered by girl/lady. A girl/lady may not dance in both sections.

FR7 A girl/lady must dance in the section in which she has qualified except in exceptional circumstances in which case prior permission of the Nationwide Committee must be obtained.

FR8. The qualifying date for all age groups is 1st May for the Freestyle and Rock 'n' Roll Finals.

FR9. Teams consist of a minimum of 4 and a maximum of 16 members.
A MAXIMUM of 3 minutes is allowed from the start of the music.
Only ONE designated person will be allowed to video.

FR10. A competitor may only dance in one Freestyle Team.

FR11 Coaching of Teams during their performance is NOT permitted and may result in disqualification.

FR12. In Freestyle Pairs and Rock 'n' Roll competitions if one member of the qualifying couple leave their school, the privilege remains with the qualifying school to replace that member. Should a partnership divide within the school, the teacher will decide which of the two partners shall compete. There shall be no increase in the number of couples competing.

FR13. Emergency substitutes are permitted in Freestyle Teams provided that all of the competitors are in the same qualifying age group.

- FR14 Any competitor who leaves the floor, unless taken off by the paramedics will be disqualified.
- FR15 If a competitor touches an adjudicator they will be disqualified
- FR16 For Solo and Pairs the number of "runs" is limited to 4, other progressive movements are allowed and may precede or follow "runs".
- FR17 Slow Dance can be stationary to progressive.

Freestyle and Rock 'n' Roll Age Groups

- FR18. Solo - Competitors must always dance in their own age group category.
- FR19. Freestyle Pairs and Rock 'n' Roll competitions - All age groups below and including 18 years and under - The eligibility of a pair to enter a competition is determined by the age of the elder member. Example: if one member of the couple is 9 years old and the other is 16 years old the couple dance in the 16-18 age group category.
- FR20 Freestyle Pairs and Rock 'n' Roll competitions - All age groups above 19 years - The eligibility of a pair to enter a competition is determined by the age of the younger member. Example: if one member of the couple is 20 years old and the other is 26 years old the couple dance in the 19-25 age group category.
- FR21 Freestyle Pairs and Rock 'n' Roll competitions – Where one member of the partnership is in the 16 to 18 year age group and the other is in the 19 to 25 they must dance in the older age group.
- FR22 Teams - in all age group at least 75% of the team members must be in the specified age group eg: 10 - 12 years.

Street Dance

- S1 All competitors in Nationwide must have passed an IDTA one dance award (formerly medal test) or above, (not a Social Dance Award or All Round Efficiency), in Street Dance, in the previous twelve months prior to the qualifying heat. Competitors must only dance in the highest grade in which they hold an IDTA dance award in the relevant Branch.
- S2 Competitors **MUST NOT** perform acrobatics or any freehanded rotating movements ie: backflips, somersaults etc until the **final round of the Nationwide Street Dance Finals**. Acrobatics are potentially dangerous and great care should be taken to ensure that the preparation, execution and landing is fully understood. (Freehanded' means where there is no support or contact from the partner or no contact with the floor with feet or hands during the rotational movement, therefore for example, cartwheels are allowed but unassisted or independent back-flips are not allowed. An Arab Spring is not allowed because it is a combination movement between a cartwheel and a walkover. Death Dives are not permitted). Head Spins are not allowed. Knee Spins and Freezes are not recommended. (Freezes ie: a break dance floor move - a stationery position achieved and held for one or more beats of music with one hand in contact with the floor). Chest Rolls are not permitted.
All lifts and throws are potentially dangerous and great care should be taken to ensure that the preparation, execution and landing of the lifts are fully understood.
- S3 Street Dance is a non-progressive dance form and competitors must not travel around the floor.
- S4 All competitors **MUST** wear suitable footwear **AT ALL TIMES** for the Street Dance competitions. Appropriate Street wear is allowed but jewelry **MUST NOT** be worn.
- S5 For Street Dance duos and crews, a majority of Street choreography must be used.
- S6 The qualifying date for all age groups is: 1st October for the Street Dance Finals.

- S7. Crews consist of a minimum of 5 and a maximum of 16 members.
A **MAXIMUM** of 3 minutes is allowed from the start of the music.
Appropriate music must be selected by the team, notice to be taken of lyrics, radio edit to be used.
- S8 A competitor may only dance in one Street Dance Crew.
- S9 Coaching of Crews during their performance is **NOT** Permitted and may result in disqualification.
- S10 In Street Dance Duos competitions should one member of the qualifying couple leave their school, the privilege remains with the qualifying school to replace that member. Should a partnership divide within the school, the teacher will decide which of the two partners shall compete. There shall be no increase in the number of couples competing.
- S11 Emergency substitutes are permitted in Street Dance Crews provided that all of the competitors are in the same qualifying age group.

Street Dance Age Groups

- S12. Solo - Competitors must always dance in their own age group category.
- S13. Street Dance Duo competitions - All age groups below and including 16-18 years, the eligibility of a pair to enter a competition is determined by the age of the elder member. Example: if one member of the couple is 9 years old and the other is 12 years old the couple dance in the 10-12 age group category.
- S14 Street Dance competitions - All age groups above 18 years, the eligibility of a pair to enter a competition is determined by the age of the younger member. Example: if one member of the couple is 24 years old and the other is 26 years old the couple dance in the 19-25 age group category.
- S15 Street Dance Duos competitions – Where one member of the partnership is in the 16 to 18 year age group and the other is in the 19 to 25 they must dance in the older age group.
- S16 Crews and Quads - in all age groups at least 75% of the crew or quad members must be in the specified age group eg: crews 14-17 years.

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RULES OF THE IDTA NATIONWIDE ROSETTE COMPETITIONS

General

- R1 Each Area will select a specific competition for the purpose of selecting the contestants for the Rosette competition. This specific contest may be any time prior to the Nationwide competition.
- R2 There are two age groups - 3-5 years and 6-8 years.
- R3 Competitors may dance solo or with a partner.
- R4 Competitors must dance in the highest grade, in which they hold an IDTA dance award in the relevant Branch. Under no circumstances can a competitor dance in a lower grade. To take part in a Rosette competition, the competitor must have taken a rosette and no higher grade.

Ballroom & Latin and Classical Sequence & Modern Sequence

- R4 Only Rosette syllabus figures may be danced.
- R5 As from 1st January 2014 all competitors must comply with the Juvenile dress rules laid down by the British Dance Council.
- R6 Rosette competitors are not permitted to dance in any other Nationwide competitions held on the same day.
- R7 During the Rosette and Stardance competitions one dress suitable for both dance styles should be worn. The adding or removing of a skirt during the competition is not allowed.

Freestyle and Rock 'n' Roll

- R8 Only Rosette syllabus figures may be danced in the Rosette Rock'n'Roll competition
- R9 Rosette competitors are not permitted to dance in any other Nationwide competitions held on the same weekend with the exception of the following where suitably qualified:
up to 9 years inc. Rock'n'Roll OR up to 12 years inc. Rock'n'Roll;
up to 9 years inc. Freestyle Pairs OR up to 12 years inc. Freestyle Pairs;
up to 9 years inc. Freestyle Team OR up to 13 years inc. Freestyle Team.
Up to 9 years inc. Slow dance
- R10 Any competitor who leaves the floor, unless taken off by the paramedics will be disqualified
- R11 If a competitor touches an adjudicator they will be disqualified
- R12 Teachers should encourage competitors to do no more than 4 "runs", other progressive movements are allowed and may precede or follow "runs".

Street Dance

- R13 Street Dance Rosette competitors are not permitted to dance in any other Nationwide competitions held on the same weekend with the exception of the following where suitably qualified:
up to 9 years inc. Street Dance Duos OR up to 13 years inc. Street Dance Duos;
up to 9 years inc. Street Dance Crew OR up to 13 years inc. Street Dance Crew.

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RULES OF THE IDTA NATIONWIDE STARDANCE COMPETITIONS

General

- SD1 Each Area will select a specific competition for the purpose of selecting the contestants for the Stardance competition. This specific contest may be any time prior to the Nationwide competition.
- SD2 There is one age group of 6-10 years.
- SD3 Competitors may dance solo or with a partner.
- SD4 Competitors must dance in the highest grade, in which they hold an IDTA dance award in the relevant Branch. Under no circumstances can a competitor dance in a lower grade. To take part in a Stardance competition, the competitor must have taken a stardance award and no higher grade.

Ballroom & Latin and Classical Sequence & Modern Sequence

- SD4 Only Stardance syllabus figures may be danced.
- SD5 As from 1st January 2014 all competitors must comply with the Juvenile dress rules laid down by the British Dance Council.
- SD6 Stardance competitors are not permitted to dance in any other Nationwide competitions held on the same day.
- SD7 During the Rosette and Stardance competitions one dress suitable for both dance styles should be worn. The adding or removing of a skirt during the competition is not allowed.

Freestyle and Rock 'n' Roll

- SD8 Only Stardance syllabus figures may be danced in the Stardance Rock'n'Roll competition
- SD9 Stardance competitors are not permitted to dance in any other Nationwide competitions held on the same weekend with the exception of the following where suitably qualified:
up to 9 years inc. Rock'n'Roll OR up to 12 years inc. Rock'n'Roll;
up to 9 years inc. Freestyle Pairs OR up to 12 years inc. Freestyle Pairs;
up to 9 years inc. Freestyle Team OR up to 13 years inc. Freestyle Team.
Up to 9 years inc. Slow dance
- SD10 Any competitor who leaves the floor, unless taken off by the paramedics will be disqualified
- SD11 If a competitor touches an adjudicator they will be disqualified
- SD12 Teachers should encourage competitors to do no more than 4 "runs", other progressive movements are allowed and may precede or follow "runs".

Street Dance

- SD13 Stardance competitors are not permitted to dance in any other Nationwide competitions held on the same day with the exception of the following where suitably qualified:
up to 9 years inc. Street Dance Duos OR up to 13 years inc. Street Dance Duos;
up to 9 years inc. Street Dance Crew OR up to 13 years inc. Street Dance Crew.

Code of Conduct for IDTA Events

For all participants, spectators, adjudicators and IDTA representatives

- Be respectful
- Do not bully in any form
- Do not harm; physically or emotionally
- Respect diversity and equal opportunity
- Follow the rules of the competition
- Dance wear and shoes must be fit for purpose and well maintained
- Do not belittle, harass or intimidate
- Participate fairly and in the right spirit
- Be aware of the impact of your language – children attend these events
- Avoid criticizing IDTA representative who are working honestly toward good outcomes
- Listen to teachers, coaches and IDTA representatives
- Teachers are to support IDTA staff by upholding rules within their school groups
- Listen to and abide by information provided by IDTA representatives regarding health and safety and safeguarding before, during and after the event.
- Use the floor well, do not intentionally dance too near to other dancers or adjudicators
- Follow IDTA guidance on photography and video at all times

I understand that if I do not follow this code of conduct any / all of these actions may be taken against me:

- Be asked to apologise verbally or in writing
- Suspended or banned from taking part in this or future IDTA events