

# How to use this Document:

This document of rules may seem overwhelming, but don't fear! Many sections won't affect you, and this Introduction aims to guide you to the relevant bits.

1. Which competition do you want to enter? Browse the category section of the website and see which competition takes your fancy. For extra fun, you can enter multiple categories throughout the day, with different partners if you so wish.
2. Read all of the Standard Competition Rules (Section 1), as these rules will apply to ALL categories.
3. Find your specific category in the Competition Categories section (Section 2) and read up on the guidelines that will affect your chosen competition.
4. Browse the Judges' Criteria (Section 3). These are the guidelines provided to our judges prior to the event and highlights what they will be considering when watching the competition. The table will inform you which areas you will be marked on for your chosen entry.

NB. This is a lengthy section, and is not intended to intimidate you. It is rather a checklist that will enable you to appraise your potential areas of weakness and aid you with your preparation for the event. Many competitors do exceptionally well at the Championships without having read this section at all...*they just dance like no-one is watching!*

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# SECTION 1:

## Standard Competition Rules

These standard rules apply to all competition categories.

- Competitors are encouraged to warm up sufficiently prior to the heat.
- Competitors will dance to music chosen by the organisers. This could include anything from the 40's to present day.
- All judging will be by a points system (except Great Escapee which is judged via the crowd applause and Grand Masters which is judged uniquely).
- Competitors are encouraged to dance to the end of their heat.
- Qualifying dancers will be asked back to the next round.
- Judges decisions are final.
- There are no age restrictions at this event except:
  - Open, All-Stars & RocVets (specified in category rules)
  - Top Cats & Lucky Dip (minimum age is 16)
- Competitor numbers in each category are strictly limited so places are allocated on a first come first served basis.
- Competitors will be issued with a dance number prior to the event. It is the competitors' responsibility to ensure that their dance number is reinforced and securely fixed to their person during the competition categories.
- Competitors are advised to laminate or otherwise strengthen the fixing points on their dance numbers to avoid tearing.
- If the competitors dance number drops off or is unreadable during the competition heat then the competitor may not be judged.
- Ceroc Enterprises Ltd reserves the right to change the programme and competition if necessary without consultation.
- The event will be recorded by film, video and photograph; these may be used for Ceroc promotional purposes without any obligation.
- The organisers accept no responsibility for loss or injury to persons or possessions in relation to this event.
- There will be no refund for competitors who withdraw or are unable to compete of a category either before or during the event.



# SECTION 2:

## Competition Categories

### Introduction

Below is a description of all the categories that are available at Ceroc Competitions. Not all categories are available at all competitions. Each Ceroc Competition has a unique schedule of competition categories. Please refer to each specific competition website for a schedule of categories available.

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### Lucky Dip

**It's the luck of the draw that could see you end up with the teacher you most admire or your regular dance partner or some random who turns out to be your dancing soul mate. You just never know with this comp so dip in and see what you get.**

In this category, no-one knows who their partner will be until the day itself; they may be a complete stranger they may not! They may be a good dancer - they may not.

- This category is open to anyone (amateurs and professionals).
  - Traditional gender allocation only in this category. More specifically, males are leaders and females are followers.
  - Numbers are limited. Only the men have dance numbers.
  - Dance partners are allocated on a random basis on the day.
  - Participants must be 16 years of age or older to compete in this category.
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# Top Cats

**Think you're one of the best dancers on the circuit? Well sign up and be tested. You are judged individually here so there is nowhere to hide. Push your boundaries and excel, dancing with some of the best partners you will ever encounter. This is a true test of your skills as a dancer.**

In this section no-one knows who their partner will be and partners are changed during each heat! With this category we aim to discover the best overall individual dancers.

- Individuals are randomly paired in each round and individually judged on their dancing.
- It is the individuals who go through to the next round, where they are again randomly paired for the next heat. This means that each entrant may have a different partner for each round and may even be allocated different partners for each track during the round.
- The number of entries to this category are limitless but obviously it has to be gender balanced.
- Each competitor will receive a dance number that has to be pinned in a place where it is VERY easy for the judges to see.
- Traditional gender allocation only in this category. More specifically, males are leaders and females are followers.
- Partners will be randomly allocated on the day.
- Open to amateurs and professionals.
- Participants must be 16 years of age or older to compete in this category.

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# Ceroc X

**Have you got the 'X' Factor?? With the routine prescribed all you have to make it look absolutely fabulous! So grab a partner, dig deep, pull out all the stops and show us YOUR style.**

To enter this category you are required to learn a specific Ceroc X routine. Every couple will be dancing the same 8 Intermediate Moves, but by adding their own character, style, personality and attitude they will make the individual moves their own.

You can dance any or all of the 8 moves, and you can dance them in any order. You cannot add any additional moves into the repertoire.

The judges will not be looking for technical accuracy, or your ability to remember all of the 8 moves. They will however be looking for your stylistic

interpretations of the moves, your musicality, and the originality of your performance.

Two Demonstrations and a teach through of the moves will be recorded on YouTube and the link inserted below prior to the routines being taught in the venues.

Demonstration: Link (TBA)

Teach: Link (TBA)

It's not just the moves... even the music for the competition has been predetermined.

The music you will be dancing to will be advertised on the Championships website prior to the routines being taught in the venues.

1. 'Entry level track:
2. 'Slow track:
3. 'Fast Track:
4. The track for the final round will be kept secret until the event.

Once you have subscribed to this category, you will receive ONE further video.

These hidden videos highlight in more depth the style variations you can explore, and will offer you more guidance as to what the judges are going to be looking for in this category.

Ceroc X has NOTHING to do with technical proficiency or memory. It has EVERYTHING to do with innovation, creativity and standing out from the crowd.

- Couples will dance to predetermined music chosen by the organisers. (The music will be released on the Championship website prior to the event to assist you with your practise).
- Couples can only dance moves chosen from the 8 specific moves as designated by the organisers.
- No additional moves can be added to the routine. Any moves added will not be marked by the judges.
- The designated moves can be danced in any order.
- Any move can be repeated as many times as you wish.
- There is no obligation to dance all 8 moves.
- Couples must dance for the entire period of the competition track.
- All you are required to add is your character, attitude and personality to the individual moves.

- You cannot be disqualified from this category. If judges see you make a mistake, you may be penalised, however this will not exclude you from being put forward to the next round.
  - Open to amateurs and professionals.
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## **Ceroc Pro-Am**

**This is where our dance teachers and professionals line up with the amateur talent to create a medal winning partnership. Sparks can fly in this comp as the best of the best and the best of the rest team up for some awesome partnerships that burn up the dance floor...**

This competition is open to couplings comprising of a dance professional\* and a non-dance professional (an amateur) who compete together as a dance couple.

- The Dance Professional and the Amateur will be judged as a couple.
  - Any competitor taking part in the Open Competition cannot participate as an amateur in the ProAm category.
  - This category is only open to partnerships consisting of one dance professional and one amateur.
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## **RocVets**

**Completely leveling out the playing field this category is THE ONE to sign up for if you're fed up with competing with the youngsters. It's hard fought and highly competitive and a great showcase for the age group.**

This category is for couples where both participants in the partnership are 50 years of age or older.

Proof of age will be required.

Amateurs only may participate.

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# Double Trouble

**Ever had a threesome? Grab a couple of friends and get ready to have some fun. This playful comp is limited only by your imagination. The emphasis is about enjoying your self and entertaining the crowd.**

This category is a 'freestyle' category. The music will be chosen at random by the organisers and the entrants are expected to dance to the chosen track.

- In this section you need to make up a trio of dancers.
  - Each team must consist of three people in any combination of male/female dancers.
  - The dancing must be continuous, but the lead is allowed to change from one dancer to another
  - No member of the trio can completely release hand hold or break contact for more than eight beats.
  - Open to amateur and professionals in any combination.
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# Aerials

**The category where you literally take to the sky in a dazzling display of aerobatics to wow the audience and impress the judges with feats of strength and daring.**

This is the category recommended for dancers wishing to include the more acrobatic elements of Ceroc into their repertoire. There are no rules with regard to the number of aerial moves or the duration of any given move.

Please note that this category is can be extremely physically demanding and that there is a high risk of physical injury whilst participating.

The organisers and their agents accept no responsibility for any injuries sustained during the competition, and the competitors understand that they participate and compete entirely at their own risk.

If you are unsure if this category is for you, please contact us for further information.

The heat will consist of one track which will be up to 4 minutes in length. This track length has recently been extended as judges will be marking on Ceroc content and transitions into and out of aerial steps, as well as the airsteps themselves.

Open to amateurs and professionals.



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# Showcase

**If you really want to be creative with your dancing then this is the category for you. Anything goes here. Any style, any genre, any discipline. Only your imagination can limit your creativity so stretch both, put on a mind blowing performance and showcase your dancing skills to an eager audience.**

In this section competitors choose their own piece of music and perform their own choreography.

This category is intended as a platform to showcase any genre of dance e.g. African, Ballet, Ballroom, Belly dance, Bollywood, Capoeira, Contemporary, Flamenco, Folk, Hip Hop, Indian, Jazz, Jitterbug, Kizomba, Lambada, Latin (Rumba, Samba, Cha Cha etc), Lindy Hop, Line Dance, Merengue, Rock'n'Roll, Salsa, Swing (East / West Coast), Tango, Tap, Zouk etc.

Applications for inclusion in the Showcase category may be subject to scrutiny prior to being accepted. This is to maintain the quality of performance in this category.

## IMPORTANT

After application for consideration in this category the applicants may be contacted by The Dance Department should they require a video clip of the 'work in progress' of the applicant's routine, along with a written description of the content of the routine and the costumes that will be worn. Please have a video clip ready in case you are contacted.

- Any dance style is acceptable in this category.
  - Each partnership should consist of one couple only.
  - Each couple must dance to their own music which must be sent electronically to the organisers no later than 3 weeks before the event. A hard copy of the music must also be brought on the day.
  - Any performance which is either under 3 minutes or over 4 minutes will be penalised.
  - Open to amateurs and professionals
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# Team Cabaret

**Much anticipated and much admired, this category is the highlight of the comp. Entertaining, exciting, skillful, creative – are just a few words to describe these performances. Being part of a team is very fulfilling and can become addictive... be warned!**

- Competitors choose their own piece of music and perform their own choreography.
  - There is no restriction on the number of hold-breaks or drops/lifts in order to allow more artistic freedom.
  - Routines can be in any style of dance (partnered or solo) and will be judged for their 'entertainment' value. This takes consideration of, but not limited to:
    - Musical Interpretation
    - Choreography
    - Quality of Dancing
    - Synchronicity
    - Dress
    - Performance: engagement with audience and one another and use of expression
    - Imagination: Innovation of theme and content
    - Use of Space: Formation, shape and placement
    - Complexity: challenge of choreography with relation to number of dancers
  - A team must be between three and twenty five couples.
  - Each team must nominate a Representative (Team Leader) or Choreographer through whom all discussions will take place.
  - Each team must dance to their own music that must be provided to the organisers no later than 3 weeks before the event.
  - Any performance which is either under 4 minutes or over 5 minutes will be penalised.
  - Team leaders must submit a definitive list of all team members and the final name of the Team at least 10 days prior to the event.
  - All individual team members must purchase a Day Entry ticket to the event to be able to take part in this competition.
  - Open to amateurs and professionals
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# All-Stars Freestyle Trophy

**Want to make a name for yourself on the amateur competition circuit? Then this is the gig for you. Whether you have been dancing a few months or a few years, you have a level playing field on which to compete, gain experience and even possibly win!!!**

The category will be divided into 3 age class divisions:

Class 1: 25 years and under

Class 2: 26 - 35 years old

Class 3: 36 years and over.

The determining age criteria are based on the age of the youngest member of the partnership. For example if you are a 35 year old male dancing with a 24 year old female you will have to compete in the 25 years and under category. If you are a 35 year old male competing with a 37 year old female you will have to dance in the 26 - 35 year old category.

- All Star competitors cannot participate in the Open category with the same or a different partner.
  - Proof of age will be required should there be any question regarding eligibility.
  - Previous gold medalists in this category are not allowed to compete in All-Stars again, with or without a different partner.
  - Any previous gold medalist in the All-Stars category must move up to the Open Category.
  - Competitor couples or partnerships from the Open Freestyle Trophy sections are not permitted to enter this section.
  - Open to amateur dancers only.
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## Open Category Trophy

**Going head to head with some of the best dancers on the competition circuit will certainly raise your game. This eagerly anticipated comp is hard fought and will bring out your best performance.**

The Open category is recommended for those advanced dancers who want to dance Ceroc with no holds barred!

Participants (couples or individuals) in the Open Category cannot compete in the All Stars, Ceroc X or partner a Pro in the ProAm category.

The Open category will be divided into 3 age divisions:

Class 1: 25 years and under

Class 2: 26 - 35 years old

Class 3: 36 years and over.

The determining age criteria are based on the age of the youngest member of the partnership. For example if you are a 35 year old male dancing with a 24 year old female you will have to compete in the 25 years and under category. If you are a 35 year old male competing with a 37 year old female you will have to dance in the 26 - 35 year old category.

Proof of age may be required.

One major airstep or inverted move per track is permitted, plus dips, drops, leans and baby aerials of any kind.

Both professional and amateur dancers may participate.

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## **Grand Masters Trophy**

**You only get to compete in this category if you're on fire on the day and have won one of the eligible categories. This is 'The ULTIMATE PRIZE'...**

This competition is for the winners of the major freestyle categories at the Champs who are invited to compete after the Prize Giving ceremony against the competitions best dancers for this competitions ultimate prize.

This category will consist of up to 6 couples.

The Grand Masters Trophy Final is open to the winners of the following competition categories:

- Great Escapee
- Open Class 1: under 25 years
- Open Class 2: 26 - 35 years
- Open Class 3: Over 36 years
- ProAm
- Top Cats (as a couple)

Special rules apply if a lead or follow (or a couple) win more than one of the above:

1. In the event of a couple winning multiple categories - the number of finalists for the Grand Masters Trophy will be reduced to reflect the number of UNIQUE Gold medalists.

2. In the event of the same lead/follow winning multiple categories with different partners, only one partnership will be able to enter the final. The partnership to enter the final will be determined by Ceroc and will be based upon the highest differential (margin), between First and Second place of each of the competitions, won by the partner who has danced and won multiple competitions. It therefore follows that the possibility exists that an individual who wins one of the above competitions will not be able to enter the Grand Masters by virtue of the fact that their partner has elected to dance in multiple competitions with multiple partners. In exceptional circumstances such as injury this election may be varied.

3. Silver Medalist partnerships will not be considered for the Grand Masters Trophy irrespective of whether the Gold medalists are able to dance in the Grand Masters.

4. The only unique circumstance where a silver medalist would be considered for the Grand Masters Trophy is in the scenario of a single competitor winning 2 qualifying categories, with one of those categories being Top Cats. In this scenario, the multi-qualifying competitor will always compete in their fixed partner category, and the solo Top Cats Gold Medalist will get the opportunity to compete in the Grand Masters with their Silver Medalist counterpart.

The above has been assessed by our independent adjudicator and deemed the only fair way to select the Grand Masters Trophy finalists.

The competition will consist of 1 round of freestyle dancing to 2 diverse musical tracks.

The judging process will be as follows:

- 15 judges to pick their top couple.
  - Each judge will have 6 different coloured balls.
  - Each colour will represent one couple.
  - The male competitor will wear a matching coloured dance card.
  - At the end of the competition each judge drops the coloured ball that represents his or her top couple into a bucket.
  - The balls are counted in view of the audience.
  - The winning couple is the pairing with most coloured balls representing their dance card colour.
  - The winners are awarded the GRAND MASTERS TROPHY.
  - There will be no 2nd or 3rd places announced.
  - In the case of a tie, the audience will cast the deciding vote via the medium of a state of the art sound meter.
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# Great Escapee

**The cherry on the top of attending an awesome Escape weekender is winning the Great Escapee competition on the Saturday night and getting to 'Touch the Cup". Being the exalted and proud recipient of the coveted orange sash will get you entry to this comp at the Champs.**

All heats are held at Ceroc Escape weekend events with only the Finals being held at the Champs.

This competition category is unusual in that only 'The Final' takes place on the day of the Champs, as all the heats will already have taken place at our Escape weekender events during the previous 12 months!

This category is free to enter, as all you have to do is attend a weekender and take part in the competition that takes place during the Entertainments Hour on the Saturday evening.

Members of the audience, chosen at random will judge the Weekender Competition choosing 3 couples to compete in the Knockout Final. The entire audience will judge this Final, with the winners being the couple who receive the loudest applause as measured with a state of the art sound meter by Decibel Dave. The winners are each awarded a special Great Escapee Orange Sash that gives them entry to 'The Final' at the Championships, PLUS they are allowed to touch the Golden Trophy!

All the individual heats winners who receive a sash will be eligible to take part in 'The Final' at the Champs and the winner will receive trophies and there will be medals for 1st 2nd & 3rd place.

There are no eligibility criteria for this category.

In 'The Final', there will be no points system. The audience will judge and applaud on whatever criteria they see fit and their applause will be measured using a decibel meter.

In the event of a draw where 2 or more couples register the same decibel reading, then the tied couples will again be judged by the audience applause measured using a decibel meter.

Open to amateurs and professionals

For more information about ESCAPE weekender events, please visit [www.ceroc.com/escape](http://www.ceroc.com/escape)

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# SECTION 3:

## Judges' Criteria

This section explores the different qualities that the judges will be looking for in your competition.

### JUDGING CRITERIA QUICK VIEW TABLE

What will you be judged on in YOUR category?

	Lucky Dip	Top Cats	Ceroc X	Pro-Am	RocVets	Double Trouble	Aerials	Showcase	Team Cabaret	All-Stars	Open	Grand Masters	Great Escapee
Style	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*
Musical Interpretation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*
Innovation Imagination	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*
Theme & Content	x	x	x	x	x	x	x	✓	✓	x	x	x	*
Synchronisation of Dancers	x	x	x	x	x	x	x	✓	x	x	x	x	*
Connection Between Dancers	✓	✓	✓	✓	✓	✓	✓	x	x	✓	✓	✓	*
Quality of Dancing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*
Variety and Complexity of Moves	✓	✓	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	*
Dress and Presentation.	x	x	x	x	✓	✓	✓	✓	x	✓	x	x	*
Personality, Character, Attitude	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*
* Judged by audience applause using Decibel Meter													

### TECHNICAL

All competitors are expected to demonstrate basic technical and safety standards of competing:

- Technical – Dancing in time with the music is essential, demonstrating a sound understanding of rhythm and timing.
- Safety – Floorcraft and respect for other competitors is essential. Anyone compromising the safety of anybody else present in the venue, or not showing consideration for other competitors when dancing, will be heavily penalised.

### STYLE

Does the partnership demonstrate a confident and natural use of styling? Styling considers (but is not exclusive to) the following skills:

- Posture and line
- Arm styling and footwork
- Balance and control

- Focus, head movement and eye-line
- Aesthetic consideration – is the movement pleasing and interesting to observe

## **MUSICAL INTERPRETATION**

Does the partnership consider the music that is being played, and adjust their performance to compliment? For example, competitors should not dance exactly the same way to two different genres of track. Musical interpretation considers:

- The rhythm and tempo of the music
- The style and genre of the music
- The mood and atmosphere created by the music
- Any stand out highlights, breaks or changes in the music

## **INNOVATION AND IMAGINATION**

Does the partnership steal the attention of the judges with their uniqueness and creativity? Judges see many dancers across the day and originality always stands out from the crowd. Innovation and Imagination considers:

- New and unseen movements
- Popular movements performed with original and creative styling
- Moments of surprise, sudden unexpected wow moves or a quick change in dynamics
- Playfulness and experimentation

## **THEME AND CONTENT**

For the choreographed performance categories only. Is there a message, story, theme or purpose to the choreography? Everything in the performance, from the dancers, to the movements, to the costumes, to the music, should compliment this theme throughout.

## **SYNCRONISATION OF DANCERS**

For the Team Cabaret category only. Are the dancers dancing in time with one another and with the music? Move complexity and number of dancers also play a big part in this consideration. It is much harder to synchronise if there are more people, or if the movement material is more demanding. Easier movement or fewer dancers, then we expect much tighter synchronicity.

## **CONNECTION BETWEEN DANCERS**

Is each dancer connected to their partner? Or are they ignoring each other and dancing independently from one another. Connection considers

- Is the lead and follow aspect of the dance clearly demonstrated?
- Are the dancers interacting with one another facially and emotionally?
- Is the lead considering the ability, comfort, stability, direction and control of the follow?
- Is the follow listening, and reacting appropriately, to the lead?



## **QUALITY OF DANCING**

The technical mastery of the dance, and the substance that backs up the style. Quality of dancing considers:

- Strength of movement, energy, enthusiasm and attack
- Grace, control and flow in the movement
- Competent execution with minimal errors or faults
- Assertiveness and conviction with the movement

## **VARIETY AND COMPLEXITY OF MOVES**

Variety is key to hold and maintain interest. Complexity shows the range and depth to the dancers' technical repertoire:

- Avoid too much repetition.
- Ensure moves are complex enough to impress, but not too complex for the individual's (or partner's) ability level.
- Ensure that the moves are relevant given the music that is being played.
- Don't neglect simple movements. Complexity is pointless if the execution is bad. A simple movement executed perfectly is far more likely to leave a positive impression.

## **DRESS**

Clothes and costumes can enhance the overall feel of performance. Don't worry about dressing up smart, just consider the style of dance and the image that the dancers want to portray. A more relaxed wardrobe that has been carefully considered can have just as much impact as sparkles and sequins:

- Does the clothing complement their partner's, and does the image synchronise?
- Does the clothing complement their style? Don't wear a ball gown if you are more street and funky.
- Does the clothing complement the dance? Wear something that enhances the movement, and avoid anything that inhibits or restricts the performance.

## **PERSONALITY, CHARACTER, ATTITUDE**

Dance ability aside, are the dancers performing and showing individual character? Fun, flair, enjoyment, sass, confidence and attitude can often take precedence over dance ability in the overall entertainment value of the dance:

- Confidence – pride, power, head up, shoulders back, conviction and attack
- Facial expression – smile, eye contact, look out to the crowd, show emotion
- Personality – can the judges see what sort of character you are through your movement, or do you just look nervous and stressed?

## **DISCLAIMER**

The judges criteria expressed above are meant as a general overview of what the judges will be looking for during the competition. It is not a comprehensive list and is not meant to represent all elements or aspects of the judging.