



## ***LUCK OF THE DRAW CONTESTS AT NEXT GEN CLUB DANCES***

*One key reason TNGSDC runs contests at its monthly dances is to let competitors gain experience and confidence dancing for an audience. The general rules and definitions used for our monthly contests are consistent with national rules and/or publications because many of those who participate in our monthly contests also compete at regional and national dance conventions.*

### **NEXT GEN “LUCK OF THE DRAW” COMPETITIONS - GENERAL RULES**

1. All dancing in our *Luck of the Draw* competitions should be lead/follow. Pre-choreographed routines are not allowed.
2. Our judges will expect to see at least 90% recognizable swing content. (See NASDE statement below).
3. You and your partner must maintain physical contact except for spins, turns, short breakaways, and recoveries.
4. “In the air” partner weight support moves (lifts, aerials) and acrobatic maneuvers are not allowed. “On the ground” support moves (such as drops) are allowed. However, you and your partner must both maintain physical contact with the floor during support moves. Support moves must be lead/follow social dance patterns that take the safety of your partner and other couples into consideration. Any moves that the judges deem unsafe may earn a violation penalty. When in doubt, leave it out.

*Note: In the interest of safety, we request competitors to use discretion if using “on the ground” support moves. While not prohibited, our judges may impose a penalty violation for any move deemed unsafe.*

### **NASDE STATEMENT OF SWING**

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.

*February 2012*