

THE CANADIAN DANCESPORT



FEDERATION

PRO-AM SHOW ROUTINE COMPETITION RULES

1. Routines must be over one minute thirty seconds and under three minutes in length, including Entrance and Exit.
2. Up to three lift sequences are allowed. Each sequence must be no longer than ten seconds.
3. There may be two sections:
 - (a) Comprising one teacher and one student
 - (b) Comprising multiple students and teachers - up to eight dancers.
4. Two props per couple may be used. Examples of a prop: umbrella, chair, cane etc.
5. If a piece of clothing is taken off and used in the routine, it counts as a prop. For example: a cape. The exception to this rule is a hat.
6. The prop must be of a size that one person can bring it on and off the floor
7. No scenery is permitted.
8. Dancers must wear ballroom, latin or half sole shoes or bare feet. Dancers are not permitted to wear shoes from another dance form. For example: tap or pointe shoes.
9. No song may use swear words or have content of a questionable nature.
10. The routine must include a minimum of 30% ballroom dancing.

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