

MLDC Rules and Regulations:

Definitions:

An “Amateur Dancer” is defined as a person who is not compensated monetarily for their dancing or teaching.

A “Professional Dancer” is a dancer who makes a portion of their living or 100% of their living off of their dance ability, whether it be by teaching or performing.

Duration of Showcase:

Couple Showcase or solo 1:30 – 2:30

Team 2:00-3:00

Salsa Showcase Rules:

Dancers are allowed to dance on1 or on2. If you are dancing on2 salsa your timing must show a break forward on the 2 count and a break backward on the 6 count or visa-versa. This timing must be maintained throughout the entire dance. If you are dancing on1 salsa your timing must show a forward break on the 1 count and a back break on the 5 count or visa-versa. This timing must be maintained throughout the entire dance. Lifts, Tricks and Dips are allowed through out the routine. However, competitors need to show a balance between dancing and trick related moves.

Bachata Showcase Rules:

Dancers must maintain a consistent timing throughout the entire routine showing a press into the floor between steps. Lifts, Tricks and Dips are allowed through out the routine. However, competitors need to show a balance between dancing and trick related moves.

Just Dance Rules: Each heat is 1:30 of pure lead and follow. Music is chosen by the DJ. Dancers must demonstrate their “on the fly” skills of music interpretation. Simple dips are allowed but not tricks. One foot must be on the floor at all times.

Beginner Students demonstrate basic understanding of foundational/core moves of each genre. There is little music interpretation and mainly partner work with little to no shines.

Intermediate Students demonstrate more in depth understanding of combinations of foundational/core movements. These students demonstrate better understanding of timing and rhythm and a more technical execution of the dance.

Advanced students can execute the dance at a high level, leading and following intricate patterns and demonstrating musical shines. These students can execute multiple spins and interpret the music at a high level.

Judging Criteria:

20% Timing – Do the dancers show and maintain proper timing through out the entire dance.

20% Latin Dance Technique – Do the dancers demonstrate the true essence and feel of the genre they are dancing? Judges will look at body movement, hip rotation, groundedness, etc.

20% General Dance Technique – Do the dancers demonstrate proper dance training such as pointed toes, turned out feet, proper use of Port De Bras, etc?

20% Musicality – How do the dancers interpret the music? Does the dance reflect the music?

10% Difficulty Level – Are the dancers executing a high level of turn patterns, spins, extensions, etc?

10% Presentation – How well put together are the dancers? Judges will look at costume, hair, makeup, and presence on stage. Are the dancers projecting to the judges and to their partners or are they introverted and looking down?

Costumes

Appropriate costumes are required by all competitors. Ladies must wear fishnet stockings and high heel latin dance shoes. Men must wear a jazz shoe (not sneaker) or Cuban heel.

Prizes and Awards:

The top three couples in each category will receive medals. Other prizes to be announced shortly.

Judges:

TBA

Competition Schedule:

TBA