

## **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.

### **Showcase Rules (pro-am, am-am, solo and team):**

All genres of dance are welcome to compete. Once registration has closed, all entry's will be put into appropriate categories based on the number of entries. Consistent timing must be maintained during the entire routine. Lifts, Tricks and Dips are allowed throughout the routine. However, competitors need to show a balance between dancing and trick related moves. Couple and Solo Showcase routines must be between one minute and thirty seconds and two minutes and 30 seconds. Team showcase routines must be between two and three minutes.

### **Just Dance Rules:**

Each heat is one minute and thirty seconds 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.

New-Comer / 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:**

### **Just Dance:**

#### Timing (40%)

Do the dancers show and maintain proper timing throughout the entire dance?

#### Technique (20%)

Does the dancer demonstrate roundedness, good posture, spotting, proper footwork?

#### Presentation (20%)

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 partner, or are they introverted and looking down?

#### Connection (20%)

How well-connected are the two dancers? Are they demonstrating good team work? Are they demonstrating good lead and follow technique, or is there a disconnect between the partners, back leading, etc.

### **Showcase:**

#### Timing (40%)

Do the dancers show and maintain proper timing throughout the entire dance?

#### Latin Dance Technique (20%)

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.

#### General Dance Technique (20%)

Do the dancers demonstrate proper dance training such as pointed toes, turned out feet, proper use of Port De Bras, good extension, etc?

#### Musicality (20%)

How do the dancers interpret the music? Does the dance reflect the music?

Difficulty Level (10%) Are the dancers executing a high level of turn patterns, spins, shines, etc?

#### Presentation (10%)

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 (if wearing a dress) and high heel Latin dance shoes. Men must wear a jazz shoe (not sneaker) or Cuban heel.