

Universal Rules

Note: *These rules were designed so that most all routines can be danced in a category without changing the choreography.*

CONTEMPORARY CATEGORIES

Line (Standing Line)

Dancers: Minimum of 4 dancers - any combination of male and/or female.
Figures: No Figures.
Steps: **Choreography** is for one person, but danced by many, no progressive step changes and/or hand changes are allowed. Any type of steps.
Movement: All dancers must face same direction at same time. All lines must move in the same direction at the same time. Dance must start, remain and end in set line(s). No dancing on or off stage. No dancing as couples; no individual freestyle dancing. No trading, twisting, passing through, bending, rotating, interacting of lines. No stage movement that appears to be a show or stage production oriented. No body contact. No contracting or expanding of lines.
Music: Any type of music.
Time Limit: 4 minutes

Formations Line Team (Open Line)

Dancers: Minimum of 4 dancers - any combination of male and/or female.
Steps: Any type of steps.
Movement: Dance must start and end in set line(s). No clogging on or off stage. No dancing as couples; no individual freestyle dancing. Trading, twisting, passing through, bending, rotating, making V's, forming columns, interaction of lines allowed. No body contact.
Music: Any type of music.
Time Limit: 4 minutes

Large Team - Exhibition

Dancers: Minimum of 6 dancers - any combination of male and/or female.
Figures: This dance should contain a variety of dance styles, line, show, line formations, circles and couple turns. You may not re-dance this routine in another dance category.
Steps: Any type of steps. Progressive step changes and/or hand changes are allowed.
Movement: Any type of choreography. Movements may bend, rotate, pass through, split, trade breakup, reform, make V's, and include figures, circles or columns. Dance lifts, pull throughs, splits, tosses and leaps will be allowed.
Music: Any type of music that would be appropriate to the type of exhibition dance being performed.
Time Limit: 4 minutes

Small Team - Exhibition

Dancers: 3-5 dancers - any combination of male and/or female.
Figures: This dance should contain a variety of dance styles, line, show, line formations, circles and couple turns. You may not re-dance this routine in another dance category.
Steps: Any type of steps. Progressive step changes and/or hand changes are allowed.
Movement: Any type of choreography. Movements may bend, rotate, pass through, split, trade breakup, reform, make V's, and include figures, circles or columns. Dance lifts, pull throughs, splits, tosses and leaps will be allowed.
Music: Any type of music that would be appropriate to the type of exhibition dance being performed.
Time Limit: 4 minutes

Show

- Dancers:** Minimum of three (3) dancers - any number of males and females.
Steps: Stage choreography will be expected. No restrictions on figures or use of hand contact.
Movement: Heavy emphasis on "Showmanship" and creativity. Should use creative opening and closing. This is a CLOGGING, not a place for "novelty" amateur acts, nor a place for Line Dances done in show costumes. Use of hand and simple stage props are allowed. Dance lifts, pull throughs, splits, tosses and leaps allowed.
Music: Music, choreography and costumes should carry out theme. Any type of music.
Time Limit: 5 minutes

Precision (4 or More Couple)

- Dancers:** Minimum of 8 Dancers - **Any** combination of males and/or females. May dance with a hole if necessary.
Figures: Couple orientated dance. A variety of figures and formations recommended.
Steps: Dancers must be in step with each other at all times. A progressive step change allowed.
Movement: This dance is intended to be performed as couples while doing figures and formations.
Music: Country, bluegrass, western or hoedown music with or without vocals. Music break allowed.
Time Limit: 5 minutes

Hoedown (4 or More Couple)

- Dancers:** Minimum of 4 Couples - **Any** combination of males and/or females. May dance with a hole if necessary.
Figures: Couple orientated dance. A variety of figures and formations recommended
Steps: Hoedown and freestyle steps while performing dance. Dancers must not start simultaneously. No dancer intentionally in step with any other dancer.
Movement: This dance is intended to be performed as couples while doing figures and formations.
Music: Country, bluegrass, western or hoedown music with or without vocals. Music break allowed
Time Limit: 5 minutes

Acapella Team

- Dancers:** Minimum of 3 dancers - any combination of male and/or female. See Penalties #6.
Steps: Any type of steps allowed.
Music: No music allowed.
Judging: Judges face away from stage. Emphasis is on clarity, sound and intricacy of performance.
Time Limit: 3 minutes

Traditional Line

- Dancers:** Minimum of 4 dancers - any combination of male and/or female.
Steps: Footwork must be traditional style steps - drag slide clogging. Some buck allowed. Line dance is a category whose choreography is for one person, but danced by many, no progressive step changes.
Movement: No hand or head choreography. All dancers must face the same direction at the same time. No dancing as couples; no individual freestyle dancing. No trading, twisting, passing through, bending, rotating, making V's, forming columns or interaction of lines. No body contact. No moves that appear to be show or stage production oriented. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips. May clog on and off stage now.
Music: Traditional, Country, Bluegrass, Western or Hoedown Music, with or without vocals.
Time Limit: 4 minutes

Formations Traditional Line

- Dancers:** Minimum of five (4) dancers.
Movement: Dance must be performed in some form of line at all times. Dance may bend, rotate, pass through, expand, and contract formations. Dancers must use entire stage showing the ability to move as a unit. Choreographed arm and head movements are NOT allowed.
Steps: Progressive dance steps are allowed. Footwork must be traditional styled clogging steps; i.e. drag-slide (No modern clogging steps, i.e. double doubles). Some buck allowed. It will be at the judge's discretion to determine the authenticity of traditional footwork.
Interaction: No dancer may have body contact with any other dancer at any time.
Music: Traditional country, bluegrass, hoedown or folk music, with or without vocals, is required. It will be at the judge's discretion to determine the authenticity of traditional music.
Time Limit: 3 minutes

Contemporary Duo/Duet

- Dancers:** 1 Couple – male/male, female/female, or male/female.
Interaction: Dance as couple with maximum variety of interaction (applies to male/male as well as female/female duos). This is not a two-person line dance.
Steps: Dancers in step with each other at all times. A progressive step change will be allowed. Freestyling will NOT be allowed.
Movement: Use the whole stage.
Music: Any type of music.
Time Limit: 3 minutes

Traditional Duo/Duet

- Dancers:** 1 Couple – male/male, female/female or male/female.
Interaction: Dance as couple with maximum variety of interaction (applies to male/male as well as female/female duos). This is not a two-person line dance.
Steps: Dancers in step with each other at all times. A progressive step change will be allowed. Freestyling will NOT be allowed.
Movement: Use the whole stage.
Music: Traditional country, bluegrass, western or hoedown music with or without vocals.
Time Limit: 3 minutes

Show Duo/Duet

- Dancers:** 1 Couple – male/male, female/female, or male/female.
Costumes: Should match the theme of the dance.
Interaction: Some hand or body contact required.
Movement: Use the whole stage. Dance lifts, pull throughs, splits, tosses and leaps will be allowed.
Music: Music, choreography and costumes should carry out theme. Any type of music.
Time Limit: 3 minutes

Short Duo/Duet

- Dancers:** 1 Couple – male/male, female/female, or male/female.
Costumes: No requirement
Interaction: Dance as couple with maximum variety of interaction
Steps: Dancers in step with each other at all times. A progressive step change will be allowed.
Movement: Couples line up like individual freestyle to do a short (48 count) routine as couples. Format includes a warm up, short Rise & Shine, and go-for-it as couples.
Music: Music provided by the event.

Individual Freestyle (Female/Male)

- Dancers:** 1 Dancer
Costumes: No requirement
Steps: Any type of steps.
Movement: Individuals will line up, dance a warm up, short solo (32 beats), and go for it with music.
Music: Music is provided by the event.

Traditional Individual

- Dancers:** 1 Dancer
Costumes: No requirement
Steps: Steps must be traditional flatfoot drag/slide steps. Some buck allowed.
Movement: Individuals will line up, dance a warm up, short solo (32 beats), and go for it with music.
Music: Music is provided by the event.

Individual Acapella

- Dancers:** 1 Dancer
Costumes: No requirement
Steps: Any type of steps allowed
Movement: Individuals will dance a short solo (32 beats) without music one at a time. Judges face away from dancers.

TRADITIONAL APPALACHIAN CATEGORIES

6 or 8 Couple Precision Team (Either 6 or 8 - Not Both)

- Dancers:** 6 or 8 Couples- **Any** combination of males and/or females.
- Figures:** Minimum of 2 different big circle figures and a minimum of 4 different circle-4 figures. (Small) with progression between each. Corner-partner swing required after each circle-4 figure. Counter clockwise movement in progression. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps:** Dancers in step with each other at all times while performing traditional mountain figures. A progressive step change is allowed. Traditional drag slide steps are encouraged.
- Movement:** Couples CANNOT progress across the center of the set. However, the center of the set may be used in a big circle figure. No Couple may progress outside the set.
- Music:** Traditional style of music without vocals. Music break allowed.
- Callers:** Figures may be called from the set, but are not required. If they are called, they must be from within the set.
- Time Limit:** 8 minutes

4-Couple Precision Team

- Dancers:** 4-Couples. **Any** combination of males and/or females.
- Figures:** Minimum of 2 big circle figures. Minimum of 4 different circle-4 figures (small) with progression between each. Corner-partner swing required after each circle-4 figure. Other figures may be used in this category along with the required. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps:** Dancers must be in step with each other at all times. A progressive step change allowed. Traditional drag slide steps are encouraged.
- Movement:** Counter-clockwise movement in dance progression. No Couple may progress outside the set.
- Music:** Traditional style music without vocals. Music break allowed.
- Callers:** Figures may be called from the set, but are not required. If they are called, they must be from within the set
- Time Limit:** 8 minutes

Southern Appalachian Traditional Team (Either 6 or 8 - Not Both)

- Dancers:** 6 or 8 Couples - **Any** combination of males and/or females.
- Figures:** Minimum of 2 big circle figures. Minimum of 4 different circle-4 figures (small) with progression between each. Corner-partner swing required after each circle-4 figure. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps:** Southern Appalachian steps while performing traditional mountain figures. Team should strive for Rhythmic Southern Appalachian Sound. Dancers must not start simultaneously. No dancer intentionally in step with any other dancer. Speed should complement the grace and beauty of the dance.
- Movement:** Progression must be on the inside of the set in a counter-clockwise direction. Couples may not progress across the center of the set. Center of the set may used in big circle figures.
- Music:** Traditional style music without vocals. If live band is provided, team must dance to it.
- Callers:** Figures MUST be called and heard from within the set.
- Time Limit:** 8 minutes

Running Set Hoedown Team

- Dancers:** 4-Couples. **Any** combination of males and/or females.
- Figures:** English quadrille formation with 1 active couple (traveling). 4 different visiting couple figures, each led by 1 active couple. 1 opening figure, 1 closing figure, with all couples active (i.e., weave the basket) 3 connecting figures with all couples active (also called break figures). A break figure occurs at the end of the progression by the active couple when they return to their home position in the circle. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
- Steps:** Southern Appalachian steps while performing traditional mountain figures. Team should strive for Rhythmic Southern Appalachian Sound. No dancer intentionally in step with any other dancer. Speed should complement the grace and beauty of the dance.
- Movement:** Progression must be inside of the set in a counter-clockwise direction. Dancers must not start simultaneously.

Music: Traditional style music without vocals If live band is provided, team must dance to it.
Callers: Figures **MUST** be called and heard from within the set.
Time Limit: 8 minutes

Running Set Precision Team

Dancers: 4-Couples. **Any** combination of males and/or females.
Figures: English quadrille formation with 1 active couple (traveling). 4 different visiting couple figures, each led by 1 active couple. 1 opening figure, 1 closing figure, with all couples active (i.e., weave the basket) 3 connecting figures with all couples active (also called break figures). A break figure occurs at the end of the progression by the active couple when they return to their home position in the circle. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips.
Steps: Running Step (performed using a soaring, graceful run with the ball of the foot bearing the dancer's weight) while performing traditional mountain figures.. This is a precision dance. All active dancers in step with each other at all times. Some type of rhythmic movement by the inactive couples is required and must be done together in time with the music and should not detract from the active couples. They may pat their foot and clap hands to enforce the rhythm of the music ("patting") or they may continue a less aggressive running step.
Movement: Progression must be inside of the set in a counter-clockwise direction. Dancers must start together. At no time should active dancers stop dancing.
Music: Traditional style music without vocals If live band is provided, team must dance to it.
Callers: Figures **MUST** be called and heard from within the set.
Time Limit: 8 minutes

Smooth Mountain Square Dance Team (Either 6 or 8 - Not Both)

Dancers: 6 or 8 Couples **Any** combination of male and/or female.
Figures: Minimum of 2 big circle figures. Minimum of 4 different circle-4 figures (small) with progression between each. Corner-partner swing required after each circle-4 figure. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
Steps: Gliding step on ball of the foot, (weight on ball of foot, with no heavy heel sound) while performing traditional mountain figures. This is a precision dance. All dancers in step with each other at all times.
Movement: Counter-clockwise movement in dance progression. Couples may not progress across the center of the set. Center of the set may used in big circle figures.
Music: Traditional style music without vocals If live band is provided, team must dance to it.
Callers: Figures **MUST** be called and heard from within the set.
Time Limit: 8 minutes

Country Hoedown Team

Dancers: 4 Couples. **Any** combination of males and/or females.
Figures: Minimum of 2 big circle figures. Minimum of 4 different circle-4 figures (small) with progression between each. Corner-partner swing required after each circle-4 figure. NO dance lifts, pull throughs, splits, tosses, leaps, cartwheels or flips. A Basket of Flowers is allowed.
Steps: Southern Appalachian steps while performing traditional mountain figures. Team should strive for Rhythmic Southern Appalachian Sound. Dancers must not start simultaneously. No dancer intentionally in step with any other dancer. Speed should complement the grace and beauty of the dance.
Movement: Quadrille - (4 Couple square) formation with 1 or 2 active couples traveling. All couples must become the active couple sometime during the dance. Inactive couples **MUST HOLD HOME** position. Progression must be on the inside of the set in a counter-clockwise direction. Couples must square set prior to doing first figure (Identify "HOME" position prior to doing any figure or formation by swinging your partner). Dancers must not start simultaneously.
Music: Traditional style music without vocals If live band is provided, team must dance to it.
Callers: Figures **MUST** be called and heard from within the set.
Time Limit: 8 minutes