

RULES & REGULATIONS CONTINUED

- OPEN ALL BOYS:** 1 **Medium/Fast Song** - Jumps, Props & Drops are permitted.
Dress Code: Men's Clothing (You can wear a petticoat if so desired for fun).
- ADULT/CHILD:** 1 **Medium/Fast Song** - Minimum 10yr Age Gap.
Jumps, Props & Drops are permitted in this section but are not a requirement.
Dress Code: Traditional Rock'n'Roll Clothing. Ladies to wear either a Full circle skirt/dress & petticoat, The ladies dress must cover the kneecap. **Pencil Skirts & Pedal Pushers are not permitted.**
- TRIPLES:** 1 **Medium Song** - Jumps, Lifts, Throws, Props & Drops (Ariel's are not permitted).
During the performance each person in the Triples cannot be broken apart more than 2 arm lengths from each other.
Dress Code: please refer to Jumps rule. Both females must wear matching outfits.
- 4's:** **Social & Awesome Sections – All Traditional Rules apply**
Super Section – All Restricted Rules apply
All 4's must perform in a square or circles position. Performances can be progressive or non-progressive.
Dancers can interchange partners through circle, diagonal and mirror moves.
- SWING:** 1 **Slow song** - props and drops permitted.
All styles of swing are permitted. Triple Step, West Coast, East Coast, Hollywood & Swing Jive.
Dress Code: Costume related to the era.
- LINDY:** 1 **Fast song** - Jumps Permitted.
Basic actions: Jitterbug, Boogie and Lindy Hop with Linear movements, (4,6 and 8 step).
Dress Code: Costume related to the era.
- JACK'N'JILL:** 1 **Medium/Fast Song** - Props, Drops & Slides permitted. **For safety purposes Jumps, Lifts or Throws are not permitted.**
- **PLEASE NOTE:** **PRE COMP INJURIES: If you have had an injury ie: Broken bones or damaged knees, shoulders ect within the last 6months, you must provide a Medical Certificate of Clearance to dance from your Doctor/Specialist before your entry will be accepted.**