

Senior Olympics Dance Rules

Playing Format

1. The following dance competition rules are adopted by the New Mexico Senior Olympic Board of Directors. Sports Coordinator will have additional theater procedures regarded as “house rules.”
2. **Dance** consists of six couple dances and one Line dance event.
Couple dances are: Country Western, Jitterbug, Ballroom, Polka, Latin Dance, and Country Waltz. Latin Dance Categories are: Cha Cha, Samba, Rumba, Merengue, Paso Doble or Mambo. Samba and Paso Doble will always be danced around the floor (travel) all others dance in one spot. NMSO will make final determination to rotate categories.
The dance order for competition will be announced by Sports Coordinator.
3. Age categories for all Dances are 50-69 and 70+. Age of the youngest dance member as of December 31st will determine age category for couple/group.
4. A registration/entry form is required from each individual dance member and name of dance partner/group is required on form.
5. Practice and Sport Competition schedule times may be obtained:
 - on the website: www.nmseniorolympics.org
 - in the registration athlete booklet
 - at the Sports Table Info at Athlete Check In
 - by calling the Sports Coordinator or NMSOPractice time for Line dance groups will be by appointment only.
All Practice for Dance is mandatory to coordinate theater house logistics. In the event contestants do not attend Dance Practice they may be subjected to disqualification. Please call Sports Coordinator for details.
6. Contestants must check in 30 minutes at the Theater prior to the Dance Contest or risk being disqualified.
7. Music for couple dances is determined in advance by NMSO and is available upon request.
8. All dance routines and costumes are at the discretion of the dancers provided specific dance rules are followed. Dance rules are listed below.
9. Judges/Scoring– Sports coordinator will identify and train qualified judges prior to competition. Five judges will be utilized. A standard criterion to select dance judges has been developed by NMSO and is available upon request.
10. Introduction sheet is individual dance information to be used by announcer. Introduction sheet must accompany registration entry forms.
11. Time for wardrobe changes will be the responsibility of dance members and not the Sports Coordinator. Couples will wear numbers on their backs.
12. Final individual scores will only be provided to couples/groups upon request to NMSO. Please allow 2-4 weeks.
13. Couples who qualify together are not required to dance together. All participants must have qualified for the sport in which they intend to participate.

Playing Rules – Couple Dances

1. It is the responsibility of the dancers to be familiar with each dance as defined by New Mexico Senior Olympics, Inc. prior to competition.
2. A maximum of 8-10 dance couples will be on the dance floor per round.
3. For 10+ couples registered in a Dance, couples will be divided into groups not exceeding 10 couples per group.
4. Dance categories will consist of a minimum of one (1) round and a maximum of two (2) rounds. Each round will be two (2) minutes long.
5. For 10+ couples-- each group will dance all rounds as “preliminary” before next group takes the floor. The top five overall couples, by high scores, will dance “final” for consideration to determine final placements, first through fifth.
6. Judging criteria:
 - Timing or rhythm--keeping to the beat of the music
 - Frame/Posture--how does the couple carry themselves?
 - Style/ Dance Characteristics/Animation--does it look like the dance? Is the couple moving easily, looking natural, having fun?
 - Footwork- Are the patterns/footwork executed correctly?
 - Lead/Follow - Is there good connection (lead/follow) within the partnership?
 - See appendix for sample score sheet.
7. **Dance -Country Western-(2 Rounds)**
 - a. First round is a Texas/Country Western 2 step.
 - b. Second round may be a Nightclub 2 step.
8. **Dance - Polka (1 Round)**
 - a. Polka is a lively step.
 - b. Feet must leave the floor—not slide.
 - c. European Polka music is to be used.
9. **Dance - Jitterbug (1 Round)**
 - a. Round is a Big Band Swing, Rock & Roll, or Jitterbug Swing
 - b. Contact NMSO for final determination.
10. **Dance – Ballroom (1 Round)**
 - a. Beat must be 1-2-3, 1-2-3, etc.
11. **Dance - Country Waltz (1 Round)**
 - a. Beat must be 1-2-3, 1-2-3, etc. and predominantly passing the feet.
 - b. Generally follows a direct line of dance characterized by underarm turns and body rise.
12. **Dance - Latin Dance (2 Rounds)**
 - a. Dances in Latin Ballroom will be Cha Cha, Samba, Rumba, Merengue, Paso Doble or Mambo.
 - b. Round 1 will always be danced in one spot. Round 2 dancers always move around the floor (travel).

Playing Rules for Line Dance Groups

1. Dance format: Any line dance routine can be performed
2. Line Dance Definition--A line dance is choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines.
3. Music--any type of music.
4. Music must be provided on a cassette tape or CD. It is the responsibility of the group leader to provide tape or cassette at practice and retrieve at end of competition. Label all tapes and CDs.
5. Group Size: Minimum of six (6) dancers and a maximum of 15 per team. Group may be all men, all women or co-ed. It is recommended that a group have sufficient numbers to ensure state competition eligibility.
6. Time Limit: Three minute time limit.
7. One routine per group.
8. Judging criteria:
 - Creativity/Originality - Does the group display imagination in routine?
 - Synchronization--Is the group moving together and keeping in step?
 - Choreography--Are the steps and/or movement of the routine of planned design?
 - Costume/Enthusiasm - Is the style of dress for the group consistent with the music? Are the dancers able to project some excitement and zeal while they dance?
 - See appendix for sample score sheet.