

Ballroom 101 for Spectators

What is Ballroom Dance?

Any partnered dance where one partner is designated the lead and the other is designated the follower.

What are the traditional Standard and Latin dances?

1. The Waltz, Tango, Viennese Waltz, Foxtrot and Quick Step are International Standard dances.
2. The Samba, Cha-Cha, Rumba, Paso Doble and Jive are International Latin dances.

Are there different competitive categories in International Ballroom Dancing?

Yes, and the categories are the same for Standard and Latin. Each dance has a list of recognized steps associated with it, called the Syllabus. As the category increases in difficulty, the Syllabus changes to account for that. Competitors are not required to dance all the steps on the syllabus for their category. The categories and respective dances for Canada DanceSport 2009 are as follows:

	<i>Standard</i>	<i>Latin</i>
Pre-Bronze	Waltz, Quick Step	Cha-Cha, Jive
Bronze	Waltz, Foxtrot, Quick Step	Cha-Cha, Rumba, Jive
Silver	Waltz, Tango, Quick Step	Samba, Cha-Cha, Rumba
Gold	Waltz, Tango, Foxtrot, Quick Step	Samba, Cha-Cha, Rumba, Jive
Pre-Championship	Waltz, Tango, Foxtrot, Quick Step	Samba, Cha-Cha, Rumba, Jive
Championship	Waltz, Tango, Viennese, Foxtrot, Quick Step	Samba, Cha-Cha, Rumba, Paso Doble, Jive

Are there different age levels in International Ballroom Dancing?

Yes, and the age levels are the same for Standard and Latin. For 2009 Canada DanceSport, the age levels are:

Juvenile:	11 th or less birthday by December 31, 2009
Junior:	12 th to 15 th birthday by December 31, 2009
Youth:	16 th to 18 th birthday by December 31, 2009
Adult:	One partner must reach his/her 19 th birthday by December 31, 2009
Senior 35+:	Both partners must reach their 35 th birthday by December 31, 2009
Senior 45+:	Both partners must reach their 45 th birthday by December 31, 2009
Senior 55+:	Both partners must reach their 55 th birthday by December 31, 2009

Youth couples are allowed to participate in adult competitions. In all age levels, one partner of a couple may be younger, except in Senior.

Are there rules about what the competitors are allowed to wear by category or age level?

Yes. The Canadian Amateur DanceSport Association has developed a stringent dress code. We have simplified it to share with spectators.

Juvenile Pre-Bronze to Gold: No competition costumes allowed. Simple skirt or dress with sleeves & short block heels for girls. Black pants, plain white or black shirt for boys.

Juvenile Pre-Championship & Championship: Competition style costumes or as above. Short block heels.

Junior Pre-Bronze & Bronze: Same dress code as Juvenile above except girls may wear high heels.

Junior Silver & Gold: Costumes optional. Both partners must either be in costume or both in Juvenile code attire.

Junior Pre-Championship & Championship: Competition style costumes must be worn.

Adult & Youth Pre-Bronze & Bronze: No costumes allowed. Day dress or skirt between mid-thigh & mid-calf in length & blouse. Men must wear jacket for Standard. Men must wear a plain black or navy vest or cardigan over their white or black shirt with tie for Latin or black turtleneck with suitable pants.

Adult & Youth Silver to Championship: Competition style costumes must be worn. Dresses have to create Characteristic shape for each discipline (Standard or Latin) and must cover intimate parts of dancers.

Remember to cheer on your favorite dancers by calling out their competitor number. The dancers appreciate your support and encouragement. Enjoy Canada DanceSport 2009 and make some noise!