

NATIONAL SMOOTH DANCERS, INC.
2025 STATE CONVENTION — Hosted by the Golden Gate Chapter
COMPETITOR INFORMATION

Updated Dance Competition Schedule

Friday Evening
August 29th 2025

Approximate Time	Category	Dances
9:15 PM	Jack & Jill	Hustle

Saturday Afternoon
August 30th 2025

Approximate Time	Category	Dances
2:15 PM	Senior Cha Cha	Cha Cha
2:20 PM	One Star American Rhythm	Cha Cha
2:25 PM	One Star International Latin	Rumba
2:45 PM	Two Star American Rhythm	Cha Cha, Bolero
2:50 PM	Two Star International Latin	Cha Cha, Rumba
3:40 PM	Jack & Jill	West Coast Swing

Saturday Evening
August 30th 2025

Approximate Time	Category	Dances
8:30 PM	Three Star American Rhythm	Cha Cha, Bolero, Swing
8:40 PM	Three Star International Latin	Cha Cha, Samba, Rumba
9:05 PM	Three Star American Rhythm	Cha Cha, Bolero, Mambo, Swing
9:15 PM	Four Star International Latin	Cha Cha, Samba, Rumba, Jive

Sunday Afternoon
August 31st 2025

Approximate Time	Category	Dances
2:15 PM	Senior Waltz	Waltz
2:20 PM	One Star American Smooth	Waltz
2:25 PM	One Star International Standard	Waltz
2:45 PM	Two Star American Smooth	Waltz, Foxtrot
2:50 PM	Two Star International Standard	Waltz, Foxtrot
3:35 PM	Jack & Jill	Night Club 2-Step

Sunday Evening
August 31st 2025

Approximate Time	Category	Dances
8:25 PM	Three Star American Smooth	Waltz, Tango, Foxtrot
8:35 PM	Three Star International Standard	Waltz, Tango, Foxtrot
9:00 PM	Four Star American Smooth	Waltz, Tango, Foxtrot, VW
9:10 PM	Four Star International Standard	Waltz, Tango, Foxtrot, Quickstep

Hosting Chapter reserves the right to alter the competition schedule as may be required to accommodate the entire Convention program.

NSD Dance Rules Approved Competition Attire

Division	Level	Gentlemen Attire	Lady Attire
American Smooth	One Star	Slacks, Shirt & Tie. <u>Vest not permitted</u>	Dress or Skirt & Top or Blouse, or Unadorned Palazzo Pants & Top. <u>No Gowns or Costumes</u>
	Two Star	Slacks & Shirt with Tie. Vest may be added or Suit.	Dress or Skirt & Top or Blouse, Cocktail Dress, or Unadorned Palazzo Pants & Top. <u>No Gowns or Costumes</u>
	Three Star	Tuxedo, Tails, or Slacks, Shirt & Vest with Tie	Formal dress, length below knee and above ankle, <u>no exposed midriff</u> . Nude Illusion is acceptable. Ball gowns acceptable
	Four Star		
Division	Level	Gentlemen Attire	Lady Attire
International Latin	One Star	Shirt & Slacks (Vest Optional)	Dress or Skirt & Top. <u>No Gowns or Costumes</u> .
	Two Star	Shirt & Slacks (Vest Optional) <u>Latin Attire permitted</u>	Dress or Skirt & Top. <u>Latin Attire permitted</u>
	Three Star		
	Four Star		
Division	Level	Gentlemen Attire	Lady Attire
American Rhythm	One Star	Shirt & Slacks (Vest Optional)	Dress or Skirt & Top. <u>No Gowns or Costumes</u> .
	Two Star	Shirt & Slacks (Vest Optional) <u>Latin Attire permitted</u>	Dress or Skirt & Top. <u>Latin Attire permitted</u>
	Three Star		
	Four Star		
Division	Level	Gentlemen Attire	Lady Attire
International Standard	One Star	Semi Formal Attire; Costumes Optional	Semi Formal Attire; Costumes Optional
	Two Star	Vest, Tuxedo, or Tails	Ball Gown or Gown
	Three Star	Vest, Tuxedo, or Tails	Ball Gown or Gown
	Four Star	Tuxedo or Tails	Ball Gown

*NOTE: For Senior Waltz and Senior Cha Cha **THERE IS NO SPECIFIED ATTIRE**