

**NATIONAL SMOOTH DANCERS, INC.**  
**2024 STATE CONVENTION — Hosted by the Palomar Chapter**  
**COMPETITOR INFORMATION**

In accordance with the current NSD Officially Approved Dance Rules, pre-registration is required.

**Pre-registration forms must be postmarked (or emailed) by August 9, 2024.**

1. For dances with only one entrant, registrants will be notified and offered the opportunity to perform an exhibition. In addition, late registrants would be welcome up until 30 minutes before the scheduled time of the dance.
2. For dances with two entrants, the competition will be held. Late registrants would also be welcome up until 30 minutes before the scheduled time of the dance to upgrade the event to a sanctioned competition.
3. Dances without pre-registrants will be cancelled without the opportunity to be re-opened

Dance competitions are "closed" and are thus open only to NSD Members who are in good standing in accordance with NSD Officially Approved Dance Rules. Dancers must be amateurs (and not professionals), must purchase the complete "Package Deal," and must sign releases on the Competition Registration form in order to be allowed to compete. Please consult your chapter's Dance Rules Chairperson or review the latest NSD dance rules **for information on proper attire and dance tempos.**

**You are advised to send in your competition registration and package deal convention registration early to avoid missing the deadline.**

The Competition Chairperson is Mark Chapman. Entries can be mailed to 7637 Rustico Dr., Carlsbad, CA 92009 or emailed to mcchapman88@gmail.com. Please put "COMPETITION REGISTRATION" on the subject line. If your competition registration is mailed with your packet registration to Geri Deutsch, it will be forwarded to Mark.

You will receive an e-mail acknowledgment within ten days of receiving your competition registration. If you do not receive an acknowledgment, you are **NOT REGISTERED** to compete. If this should happen, call Mark Chapman at 619-213-9119 or e-mail him at mcchapman88@gmail.com

## Excerpts from NSD Dance Rules

The following are excerpts from NSD Dance Rules meant to assist persons who wish to compete at the 2024 Convention. Although care has been taken to insure accuracy, this information is not a substitute for the official NSD Dance Rules or any portion thereof. If any conflict should arise, the official NSD Dance Rules in effect at the time of the Convention shall prevail. You are advised to consult your chapter's Dance Rules Chairman for further information or clarifications.

**A. Tempo of Music** The tempo of music shall be in accordance with that suggested by recognized amateur societies and shall be stated in terms of measures per minute (mpm).

International Style	Dance	American Style
28 All Levels	Waltz – 1 & 2 Star	30
28	Waltz 3 & 4 star	28
28	Foxtrot	30
32	Tango	30
50	Quickstep	NA
NA	Viennese Waltz	54
52-53	Samba	NA
26-28	Rumba	NA
30	Cha Cha	30
NA	Bolero	24-25
NA	Competition Swing	32-36
NA	Mambo	47-51
NA	Cuban Rumba	32
42-44	Jive	NA

In the Novelty Division, the tempo of each dance shall be at the discretion of the hosting chapter.

**B. Order of Dances** All multiple dance events shall be danced in the following order:

### 2 Star

International Standard	Waltz / Foxtrot
International Latin	Cha Cha / Rumba
American Smooth	Waltz / Foxtrot
American Rhythm	Cha Cha / Bolero

### 3 Star

International Standard	Waltz / Tango / Foxtrot
International Latin	Cha Cha / Samba / Rumba
American Smooth	Waltz / Tango / Foxtrot
American Rhythm	Cha Cha / Bolero / Swing

### 4 Star:

International Standard	Waltz / Tango / Foxtrot, Quickstep
International Latin	Cha Cha / Samba / Rumba, Jive
American Smooth	Waltz / Tango / Foxtrot, Viennese Waltz
American Rhythm	Cha Cha / Bolero / Mambo/ Swing

**C. Duration of Dances.** The duration of any single dance within a sanctioned competition shall be limited to 90 seconds. If any judge has not completed making the dancers within that time, an additional 30 seconds may be run his or her request.

**D. Lifts** Lifts are allowed only when the feet of the lifted dancer do not come above the waist of the partner doing the lifting. A lift is defined as a movement during which one dancer is supported by the partner and has both feet off the floor at the same time.

**E. Attire** Dress for all approved competitions, preliminaries, semi-finals and finals shall be of the appropriate formal mode for the Division.

**1. International Standard Division**

One-Star -	<i>Semi-formal attire suggested, costumes optional.</i>
Two-Star -	<i>Ball gown or Gown for ladies; Vest, Tuxedo or Tails for gentlemen</i>
Three-Star -	<i>Ball gown or Gown for ladies; Vest, Tuxedo or Tails for gentlemen</i>
Four-Star -	<i>Ball gowns for ladies; Tuxedo or Tails for gentlemen</i>

**2. International Latin/American Rhythm Division**

One-Star	<i>Ladies: Dress or Skirt &amp; Top.. No Gowns or Costumes. Gentlemen: Shirt &amp; Slacks (Vest may be added).</i>
Two Star/Three Star/Four Star	<i>Ladies: Dress or Skirt &amp; Top. Gentlemen: Shirt &amp; Slacks. (Vest may be added). Latin attire permitted for both ladies &amp; gentlemen</i>

**3. American Smooth Division**

One Star	<i>Ladies: Dress or Skirt &amp; Top or Blouse, or Unadorned Palazzo Pants &amp; Top. No Gowns or Costumes. Gentlemen: Slacks, Shirt &amp; tie (Vest not permitted.)</i>
Two Star	<i>Ladies: Dress or Skirt &amp; Top or Blouse, Cocktail Dress, or Unadorned Palazzo Pants &amp; Top. No Gowns or Costumes. Gentlemen: Slacks, Shirt &amp; tie (Vest may be added).</i>
Three Star/ Four Star	<i>Formal dress, length below knee and above ankle, no exposed midriff - Nude Illusion is acceptable or Ball gown for ladies: Gentleman: Tuxedo, Tails, or Slacks Shirt &amp; Vest with Tie.</i>

## F. Tentative Dance Competition Schedule

Approximate Time	Category	Dances
<b>Saturday Afternoon, August 31, 2024</b>		
2:20 PM	Senior Waltz	Waltz
2:35 PM	One-Star American Smooth	Waltz
2:50 PM	Two-Star American Smooth	Waltz, Foxtrot
3:00 PM	Jack & Jill	West Coast Swing
3:20 PM	One-Star International Latin	Rumba
3:40 AM	Two-Star International Latin	Cha Cha, Rumba
<b>Saturday Evening, August 31, 2024</b>		
8:20 PM	Three-Star American Smooth	Waltz, Tango, Foxtrot
8:45 PM	Three-Star International Latin	Cha Cha, Samba, Rumba
9:00 PM	Four-Star American Smooth	Waltz, Tango, Foxtrot, Viennese Waltz
<b>Sunday Afternoon, September 1, 2024</b>		
2:20 PM	Senior Cha Cha	Cha Cha
2:35 PM	One-Star American Rhythm	Cha Cha
2:50 PM	Two-Star American Rhythm	Cha Cha, Bolero
3:00 PM	Jack & Jill	Night Club 2-Step
3:20 PM	One-Star International Latin	Rumba
3:40 PM	Two-Star International Standard	Waltz, Foxtrot
<b>Sunday Evening, September 1, 2024</b>		
8:00 PM	Three-Star American Rhythm	Cha Cha, Bolero, Swing
8:20 PM	Four-Star American Rhythm	Cha Cha, Bolero, Mambo, Swing
8:30 PM	Three-Star International Standard	Waltz, Tango, Foxtrot
8:45 PM	Four-Star International Standard	Waltz, Tango, Foxtrot, Quickstep
9:00 PM	Four Dance American Combo	Waltz, Tango, Rumba, Swing

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