

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

In accordance with the current NSD Officially Approved Dance Rules, pre-registration is required.
Pre-registration forms must be submitted online, postmarked, or emailed by August 4, 2025.

Late entries at the Convention may be accepted at the discretion of the Hosting Chapter. The decision will be based on the number of entrants already received and will be made in an attempt to produce the most effective, practical schedule accommodating the greatest number of competitors, while avoiding logistical issues that affect other Convention attendees.

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.

Entries can be submitted as follows:

- Online Registration: www.goldengatedancers.org
- Mailed to Diamond Jubilee Dance Competition Committee at 39270 Paseo Padre Parkway, #102 Fremont, CA 94538-1616
- Emailed to Diamond Jubilee Competition Committee: nsdcompetition@googlegroups.com. Please put "COMPETITION REGISTRATION" on the subject line.

If your competition registration is mailed with your packet registration to Rita Parma, it will be forwarded to the Diamond Jubilee Dance Competition Committee

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, e-mail the Diamond Jubilee Dance Competition Committee: nsdcompetition@googlegroups.com

Excerpts from NSD Dance Rules

The following are excerpts from NSD Dance Rules meant to assist persons who wish to compete at the 2025 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 Chairperson 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 |

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 scoring the dancers within that time, an additional 30 seconds may be run at their 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 - *Semi-formal attire suggested, costumes optional.*
- Two-Star - *Ball gown or Gown for ladies; Vest, Tuxedo or Tails for gentlemen*
- Three-Star - *Ball gown or Gown for ladies; Vest, Tuxedo or Tails for gentlemen*
- Four-Star - *Ball gowns for ladies; Tuxedo or Tails for gentlemen*

2. International Latin/American Rhythm Division

- One-Star *Ladies: Dress or Skirt & Top.. No Gowns or Costumes. Gentlemen: Shirt & Slacks (Vest may be added) .*

- Two Star/Three Star/Four Star *Ladies: Dress or Skirt & Top. Gentlemen: Shirt & Slacks. (Vest may be added). Latin attire permitted for both ladies & gentlemen*

3. American Smooth Division

- One Star *Ladies: Dress or Skirt & Top or Blouse, or Unadorned Palazzo Pants & Top. No Gowns or Costumes. Gentlemen: Slacks, Shirt & tie (Vest not permitted.)*

- Two Star *Ladies: Dress or Skirt & Top or Blouse, Cocktail Dress, or Unadorned Palazzo Pants & Top. No Gowns or Costumes. Gentlemen: Slacks, Shirt & tie (Vest may be added).*

- Three Star/ Four Star *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 & Vest with Tie.*

F. Tentative 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 Waltz | Waltz |
| 2:20 PM | One Star American Smooth | Waltz |
| 2:25 PM | Two Star American Smooth | Waltz, Foxtrot |
| 2:45 PM | One Star International Latin | Rumba |
| 3:05 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 |
|------------------|--------------------------------|---------------------------------------|
| 8:45 PM | Three Star International Latin | Cha Cha, Samba, Rumba |
| 8:55 PM | Three Star American Smooth | Waltz, Tango, Foxtrot |
| 9:15 PM | Four Star International Latin | Cha Cha, Samba, Rumba, Jive |
| 9:25 PM | Four Star American Smooth | Waltz, Tango, Foxtrot, Viennese Waltz |

Sunday Afternoon, August 31st, 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 | Two Star American Rhythm | Cha Cha, Bolero |
| 2:45 PM | One Star International Standard | Waltz |
| 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 |
|------------------|-----------------------------------|----------------------------------|
| 8:45 PM | Three Star American Rhythm | Cha Cha, Bolero, Swing |
| 8:55 PM | Three Star International Standard | Waltz, Tango, Foxtrot |
| 9:15 PM | Four Star American Rhythm | Cha Cha, Bolero, Mambo Swing |
| 9:25 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.