



# 1. General rules for all competitions

## Eligibility requirements

To compete at our event, you must:

- have an Event Pass eligible for competitions: Full pass, Party pass, All Star Pass or Judge Pass;
- register for each competition by the official entry deadline(s) as outlined in the weekend schedule;
- pay any required entry fees; and
- meet all other specific entry requirements outlined in these rules.

## Your responsibilities as a competitor

- **Planning ahead.** We request that you will pre-register for competitions before arriving at the competition registration at the event. The link for pre-registration will be available a few days before the event. At the competition registration (during times listed on the schedule) you will pay for the competition fees (card payment only) and pick up your bib number. Be sure to check for any last-minute changes to the schedule.
- **Knowing the rules.** You should read the rules carefully prior to the competition. You are responsible “for following the rules” whether or not you have read them. If you have any questions, you should ask them at the new competitors’ meeting on Friday or contact our Chief Judge ahead of time.
- **Attending the new competitors’ meeting.** If you are competing in the WSDC Event for the very first time, it is recommended to attend the new competitors’ meeting on Friday.
- **Being prepared to compete.** You should be in the ballroom at least 15 minutes before your competition. During the competitions, we use marshalling to prepare the following heats prior to dancing. Check which heat you are dancing in before the competition starts and follow the call for marshalling immediately. Remember to bring your bib number (all competitors in Jack & Jills, only leaders in Strictly Swing competitions). If you miss the competition or withdraw after the registration deadline, you will forfeit your entry fee.
- **Demonstrating good sporting conduct at all times.** You must demonstrate good sporting conduct at all times, both on and off the competition floor. This includes treating your partners, other competitors, competition officials, spectators, event staff and volunteers, and the event itself with respect. If you harass or verbally abuse a judge or other competition official, we may disqualify you and may also ban you from competing at our events in the future.



## Dance requirements for competitions

The following dance requirements apply to all our competitions.

- **Social dance skills emphasis.** Our Jack & Jill and Strictly Swing competitions are designed to showcase good social dance skills in spontaneous swing dancing. All dancing in these competitions should consist of lead/follow moves. Pre-choreographed routines are not allowed.
- **Connection.** West Coast Swing is a connected partner dance. You must maintain physical contact with your partner throughout the dance, except for spins, turns, short breakaways, and recoveries.
- **Partner weight support moves (“tricks”).** Like other patterns, these moves will be judged according to the standard criteria of timing, teamwork, and technique. When in doubt, leave it out. We distinguish between two types of partner weight support moves:
  - **“In the air” support moves:** In these moves, both feet of one partner are clearly off the floor. Lifts, aeriels, and some acrobatic maneuvers are examples. “In the air” support moves are not allowed in any divisions offered at the event.
  - **“On the ground” support moves:** In these moves, you and your partner both maintain physical contact with the floor. Drops, leans, circular movements, leveraged slides, and splits are examples. “On the ground” support moves are allowed in all competitions. However, support moves must be lead/follow social dance patterns that take the safety of your partner and other couples into consideration. Any moves that our judges deem unsafe may earn a violation penalty.
- **Appropriate behavior and attire.** It is our desire to encourage expressive and exciting dance performances without sacrificing quality of dancing and good taste. To maintain this balance, we encourage you to put on a good show (including humor where appropriate) but within the context of presenting solid dance fundamentals. Keep in mind that all ages (including young dancers) will be present at our event, and that your performance might be streamed live online and/or recorded.

## Competition attire

For all competitions, appropriate attire is required.

Halloween style costumes are not allowed. However, matching or complementary competition outfits suitable for social dancing are acceptable in Strictly Swing competitions.



## Competition skill levels & submitting a petition

If you have previously made finals in a WSDC Jack & Jill, you can look up your WSDC competitor number, how many points you have, and what level you are eligible to enter in each role on this site: <https://www.worldsdc.com/registry-points/>. Otherwise use the [official WSDC rules](#) (Section 3.2. and the WSDC Skill Level Jack and Jill Advancement Chart (Chart 3)) to determine the skill level for your primary and secondary role.

If you wish to dance one (1) skill level up or down in your primary role, you must submit a formal petition. You may submit a petition for your primary role only. Petitions must be submitted before the competition begins: no less than 15 days in advance to petition up, and at latest during the competition registration to petition down. See [www.worldsdc.com/wsdc-forms](http://www.worldsdc.com/wsdc-forms). Questions should be directed to [grooveconnection.wcs@gmail.com](mailto:grooveconnection.wcs@gmail.com).

If we determine before or during a competition that you have registered for the wrong division or are not eligible, we will reassign you to the correct division (if possible) or allow you to withdraw. If we discover your error after the finals, we may drop you (and your partner) out of awards. If we made the error and assigned you incorrectly, no penalty will be applied.

If you have concerns that other contestants are entered in an incorrect division or are ineligible, please inform our Chief Judge privately, as soon as possible. We will investigate and take appropriate action, if necessary.

## 2. WSDC Jack & Jill competitions (Saturday)

### Summary

Jack & Jill competitions are designed to highlight skills in spontaneous West Coast Swing dancing with a variety of partners and music. A bit of “luck of the draw” comes into play as well. Competitors enter as individuals, are randomly assigned partners, and dance to music selected by our competition DJ.

### Eligibility

We are offering both skill level and age based divisions. There is no limit on the total number of entries in each division. There are no gender restrictions for your chosen role as long as you meet the following criteria:

- You may compete in a maximum of two (2) skill level WSDC Jack and Jill competitions (Newcomer, Novice, Intermediate, Advanced, All Stars), once in



your primary role and once in your secondary role. Please refer to the [official WSDC rules](#) for details.

- You may additionally compete in an age-based WSDC Jack and Jill competition (Sophisticated) if you meet the age requirements.

## Skill level divisions

- Newcomer
- Novice
- Intermediate
- Advanced
- All Star

We recommend that dancers with no previous WSDC Jack & Jill competition experience start in Newcomer. To enter Newcomer Jack & Jill you must be competent with the basics of social dancing.

## Age-based division

- Sophisticated: 35 years or older by the close of the event

## Format

- During the preliminary and semifinal rounds, you will dance in heats with several partners selected randomly. Although you will be judged individually on a callback basis, you must demonstrate good teamwork with all your partners to advance to the next round.
- If there is an imbalance in the number of leaders and followers, some contestants will dance twice. However, even if your name is not called, you should remain in the ballroom throughout the competition, in case any additional competitors are needed at the last minute to dance again.
- Our Chief Judge will determine the exact number of finalists after our scorer has tallied the results of the callbacks.
- In the finals, we will use a random drawing (or some other random method) to determine your partner. No redraws will be permitted for any reason – it's luck of the draw. Finalists will be judged as couples.

WSDC Jack & Jill follow the [official WSDC rules](#). If the event rules and WSDC rules should be incompatible, WSDC rules supersede the event rules.



## 3. Strictly Swing (Friday)

### Summary

Our Strictly Swing competitions are designed to highlight skills in spontaneous West Coast Swing dancing (any recognized style) with a chosen partner. Competitors enter as couples and dance to music selected by our competition DJ.

### Eligibility

We are offering 3 divisions. There is no limit on the total number of entries in each division.

You may enter one or multiple Strictly Swing divisions with different partners in each contest by:

- Entering the same level as your J&J in Finnfest 2025, and/or
- Dancing up with partner(s) who qualify for higher level(s), and/or
- Dancing down in your secondary role, as WSDC rules allow for J&J

### Strictly Swing divisions

- Novice
- Intermediate
- Open

### Format

- We may hold preliminaries and final rounds, or finals only, depending on the number of entries.

## 4. Pro-Am Jack & Jill (Sunday)

### Summary

Pro-Am refers to “an amateur” (Am) partnering with “a professional” (Pro) dancer.

Pro-Am Jack & Jill contest is a fun way to allow individuals to enter competition and have the opportunity to dance with a professional level dancer in a competition format. There is an inherent “luck of the draw” factor involved. Leaders and followers



are randomly paired, although one partner will always be a professional and the other will be an Amateur.

'Pro' dancers in this competition are the Finnfest staff (teachers) and All Star dancers. If needed, we may also invite a few Advanced dancers to join them.

## Eligibility

There is one division available. The number of 'Pro' dancers attending might set a limit on the total number of 'Am' entries in this contest.

You are allowed to compete as an 'Am', if you are a Newcomer, Novice or Intermediate dancer.

## Pro-Am Jack & Jill division

- Novice-Intermediate

## Format

- The judges only judge the dancing of the 'Am', not the partnership.
- We may hold preliminaries and final rounds, or finals only, depending on the number of entries.