



## Victorian Rock'n'Roll Dance Association

Registered No: A0023069L

Proudly representing Victorian R'n'R clubs, schools and dancers.

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*"...keeping Victoria rocking..."*

### Competition Rules for 2026

- 1) All events are Rock'n'Roll. All styles of Rock'n'Roll are acceptable e.g. Rockabilly, East Coast Swing, 'Pub Rock' but styling should not appear to be predominantly Lindy Hop. Ballroom Jive is not permitted.
- 2) Some categories are designated as open to 'amateur' competitors only. Competitors are considered to be 'professionals' if they receive any payments for dance instruction. Newcomers, Beginners and Intermediate are designated as amateur only.
- 3) All Competitors must enter the Competition using the Official Entry Form of the VRRDA. This form must be signed, acknowledging that the Rules have been read, understood or explained and accepted. For competitors aged <18, a parent or guardian must sign the form on their behalf.
- 4) Music will be prerecorded. All songs played will be in the spirit of the 50's & 60's. For the 2026 Championships, Adult, Senior and Youth State Title events may be danced to live music.
- 5) The Order of Events shall be entirely at the discretion of the committee.
- 6) Where events require qualifying heats on the day of the Championships (i.e. More than six entries) these will be danced in the afternoon. All competitors involved will be notified in advance of the requirement to dance in any qualifying heats.
- 7) One song only will be danced for Heats, Triples, Lifts, Fours and Teams. Youth/Teen/Junior events will be one song only, with the exception of the Youth State Title. For all other events, two songs will be danced. Where one song only is danced it will be of at least 'medium' pace. Where two songs are danced they will be one 'slow' (120 – 140bpm) song and one 'fast' (150 - 185bpm) song.
- 8) If a single entry only is received in any Adult section where two songs would usually be danced, the Competitor will be given the option to dance only one song and will also choose whether it is a 'fast' or 'slow' song.
- 9) Any objections or complaints must be lodged within 30 minutes after completion of the event. The objection must be in writing with contact details of the objector. The Lodgement Fee for an objection is \$20. If the objection is upheld the fee will be refunded.
- 10) The Committee of the VRRDA reserves the right to restrict trophies and / or prizes for any event dependent on entries received for that event.
- 11) Competitors are able to request their results by email to the head judge - [Barclay.fionam@gmail.com](mailto:Barclay.fionam@gmail.com)
- 12) The Committee of the VRRDA reserves the right to assist or change any entry to another grading or category to ensure the evenness and fairness of competition.

#### 13) Event Sections

The following 24 events will be available for the 2026 Competition;

- (a) Youth Beginners
- (b) Youth Intermediate

- (c) Youth Advanced
- (d) Adult Newcomers
- (e) Adult Beginners
- (f) Adult Intermediate
- (g) Adult Advanced
- (h) Youth Lifts
- (i) Adult Lifts
- (j) Platinum Lifts
- (k) Junior No Lifts
- (l) Teen No Lifts
- (m) Young Adult No Lifts
- (n) Masters No Lifts
- (o) Nifty Fifties No Lifts
- (p) Diamond Era No Lifts
- (q) Youth Triples
- (r) Novice Triples (all ages)
- (s) Adult Triples
- (t) Teams
- (u) Fours
- (v) Youth State Title
- (w) Adult State Title
- (x) Senior State Title

#### 14) Definitions of Grades

##### a) Beginner

- i. A Competitor who has danced for less than two years.
- ii. A Competitor who has not previously won a Rock'n'Roll dance competition other than a Beginner/Newcomer/Novice section.
- iii. A competitor who won the Beginner section at last year's Championships but was the only entrant may dance in this section again.
- iv. Where one competitor in a couple is of a higher grade, then the Beginner must dance in the more advanced partner's section.
- v. A competitor in the Beginners section may not dance in Intermediate or Advanced graded events at the same Championship.
- vi. Once dancing up in a higher section at the VRRDA Championships, a competitor may not dance down again.
- vii. There is no restriction on the types or numbers of moves displayed during the competition bearing in mind it is a 'no lift' section.
- viii. The Head Judge can upgrade a competitor to Intermediate or Advanced at any time. If unsure of your eligibility for this event, please contact the Head Judge. [Barclay.fionam@gmail.com](mailto:Barclay.fionam@gmail.com)

##### b) Adult Newcomers

- i. Only competitors who have never won a Rock 'n' Roll dance competition can enter this section.
- ii. Open to all competitors regardless of dance experience but not withstanding i. above.
- iii. Competitors may continue to re-enter this section each year whilst they have not won a Rock 'n' Roll dance competition.
- iv. Novice competitors may enter other sections at these Championships.

### **c) Intermediate**

- i. This section is for competitors who have been dancing more than two years and are competent social dancers.
- ii. A competitor who has previously won the Intermediate section (in this partnership or as part of another partnership), should enter the Advanced section, however if a competitor feels they are not advanced enough they may ask for a re-grading.
- iii. A competitor who has won the Youth Intermediate Section, when moving into the Adult Section may ask to be re-graded as Adult Intermediate.

### **d) Advanced**

- i) This section is for competitors who have danced in Advanced previously, been graded advanced, previously won the Intermediate section or won a State Title.
- ii) A competitor who has won the Youth Advanced section, when moving into the Adult Section may ask to be re-graded as Adult Intermediate.

## **15) Section Age Definitions**

- a) The following age sections will apply – all ages based on age as at the date of the Championships
  - i) Adult – 18 years and over
  - ii) Youth - under 18 years
  - iii) Junior – 12 years and under
  - iv) Teen – 13 years and over to under 18 years
  - v) Young Adult – 18 years and over to under 35 years
  - vi) Masters – 35 years and over to under 50 years
  - vii) Senior – 45 years & over (Senior State Title Event only)
  - viii) Nifty Fifties – 50 years and over to under 60 years
  - ix) Platinum – 50 years and over (Lifts only)
  - x) Diamond Era – 60 years and over
  - xi) All ages – no restriction on age-group combination (Novice Triples and Teams only)
- b) Competitors who are 18 and over may compete in Adult sections and either Young Adult, Masters, Nifty Fifties or Diamond as well as Platinum for 50 & Over Lifts and Senior for 45 & Over State Title. Competitors who are Under 18 may compete in Youth sections and either Junior or Teen.
- c) Competitors in the Junior section may dance in Teen instead of Junior.
- d) Competitors in the Diamond section may dance in Nifty Fifties, Masters or Young Adult instead of the Diamond Era.
- e) Competitors in the Nifty Fifties section may dance in Masters or Young Adult instead of Nifty Fifties.
- f) Competitors in the Masters section may dance in Young Adult instead of Masters.
- g) In the event of competitors in a couple being in different age sections, they shall compete in the older competitor's section in the case of Under 18s, and in the younger competitor's section in the case of the 18 years and over.
- h) An Adult couple may only dance in one age section out of Young Adult, Masters Nifty Fifties or Diamond Era, either Platinum or Adult Lifts and only in one State Title event. Likewise a Youth couple may only dance in one age section out of Junior or Teen.
- i) Notwithstanding 15(h), a competitor may compete in more than one age section with different partners in each section.
- j) A competitor who is under 18 years of age, may dance in sections for 18 and over provided;
  - i) Their partner is 18 or over, or in the case of triples, at least one member of the trio is 18 (and the others at least 16 years of age).
  - ii) They are 16 years or older.
- k) The Committee, at any time, may require proof of age. If proof of age is not forthcoming, the Committee of the VRRDA reserves the right to decide in which age section the Competitor may dance.

## 16) Lift Sections

- a) In the interest of competitor safety, the following restriction applies to the Youth sections only. Any lift, which involves a full-length, head first dive by the dancer from a height equal to or higher than their partner's shoulder height while standing erect is not permitted.
- b) A lift is defined as when a partner is lifted held or supported with both feet off the ground (dips, leans, drops etc. are not counted).
- c) Entrants in Lifts sections are expected to execute at least four different lifts. Performing less than four lifts will result in the competitors being downgraded.
- d) Youth Lifts, Adult Lifts and Platinum Lifts are Lift sections (lifts are compulsory).
- e) Lift sections will be judged 50% on lifts and 50% on floor-work. The emphasis should be on a combination of a good standard of dancing which incorporates a variety of lifts that are well performed. The overall routine should be free flowing, i.e. Competitors should not stop to enter or exit a lift.
- f) In addition to 16e above, there will also be a dedicated Lifts Judge who will assess each competitor on their lifts only. See Rule 23c.

## 17) No Lift Sections

- a) Supported moves such as dips, leans, sways, sweeps etc. are not allowed except to end the dance in these sections. Performance of these moves during the dance will result in disqualification.
- b) Junior No Lifts, Teen No Lifts, Young Adult No Lifts, Masters No Lifts, Nifty Fifties No Lifts, Diamond Era No Lifts, Adult Beginners, Adult Newcomers, Adult Intermediate, Adult Advanced, Youth Beginners, Youth Intermediate, Youth Advanced and the first song of the Adult State Title, Senior State Title and Youth State Title are **No Lift** sections.

## 18) Lift Optional Sections

- a) In the interest of competitor safety, the following restriction applies to the Youth sections only. Any lift, which involves a full-length, head first dive by the dancer from a height equal to or higher than their partner's shoulder height while standing erect is not permitted.
- b) Competitors in a Lifts Optional section may execute as many lifts, jumps, sweeps, dips and throws as desired or none at all.
- c) Triples, Teams and the second song of the Adult State Title, Senior State Title and Youth State Title are **Lift Optional** sections.

## 19) Triples Sections

- a) There are no restriction in competitor combinations. e.g. all girls etc. allowed but age criteria are to be observed for the Youth Triples and Adult Triples.
- b) Triples sections are Lifts Optional sections i.e. competitors may execute as many lifts, jumps, sweeps, dips and throws as desired or none at all. Conditions of Rule 18 apply.
- c) Entry in the Novice Triples section is available only for trios who have not previously placed 1<sup>st</sup> in any Triples competition (individually or in this combination), except by default. Competitors should consult the Head Judge if they are unsure of their eligibility for this event. This is now an 'all ages' category and previous age criteria does not apply.

## 20) Teams

- a) The Teams section is open to dancers of all ages.
- b) Each team will comprise three or more couples. In conjunction with Rule 23a, judges will assess musicality, synchronization, inventiveness of patterns and changing of partners at least once.
- c) Each Team entered will perform to music of their choice, approved by the Committee.
- d) The Teams section is Lifts Optional i.e. Competitors may execute as many Lifts, Jumps, Sweeps, Dips and Throws as desired or none at all. Conditions of Rule 18 apply.
- e) A separate entry form is required for this event. The form is available on the website - [www.vrrda.org.au](http://www.vrrda.org.au)

## 21) Fours

- a) The Fours section is open to dancers of all ages.
- b) Each Fours unit will be made up of four dancers.
- c) There must be at least one partner change during the routine.
- d) In conjunction with Rule 23a, judges will assess synchronization (please avoid 'showcasing' one couple at a time), the inventiveness of the patterns/choreography and the interpretation of the music.
- e) For the 2026 State Championships the song is 'Lollipop' by The Chordettes. The version is approx. 2min 11sec long and 140bpm. It is available on iTunes. Please contact the Head Judge if any clarification required.
- f) Fours is a No Lifts event, however, leans, drops, sweeps, dips etc. will be allowed at any time.
- g) A separate entry form is required for these events. The form is available on the website - [www.vrrda.org.au](http://www.vrrda.org.au)

## 22) State Title Sections

- a) To be eligible to dance in this section, competitors need to have danced in any other 'singles' section at these Championships regardless of whether they have qualified for the final in that section.
- b) The first song in the State Title final will be 'No Lifts' and the second song will be 'Lifts Optional'.

## Other Items

### 23) Judging Criteria

- a) Five Judges will officiate at the Championship Finals and State Titles for each event: Timing x two, Technique x two and Showmanship x one (see additional Lift rule below);
  - i) **Timing** - Competitors are to be dancing in time with the beat of the music and with each other. Footwork and bodywork should accentuate the beat at all times. The variety and the degree of difficulty of the moves plus musicality will be assessed.
  - ii) **Technique** - Judges will be looking for the flow of moves (appearance of spontaneity), minimal repetition, moves are performed safely, who is leading and who is following, co-ordination, balance as a couple, degree of difficulty and skill in their execution of moves and use of the music.
  - iii) **Showmanship / Flair** - Includes an assessment of the competitors' dress, where it should be complementary, but not necessarily matching colours or fabric. Harmony as a couple. Are they enjoying themselves and interpreting the music? Energy but not necessarily effort, variety and spontaneity. Do they engage the audience?
- b) For designated Lifts sections (16f), each of the five Judges' rankings will be based 50% on dance and 50% on lift work.
- c) For designated Lift sections (16f), a 6<sup>th</sup> Judge will judge only the lift work using the following criteria: timing entering and exiting the lift (it should be seamless), safe execution of the lift, variety of lifts and the overall appearance of each lift.
- d) In the Finals, the slow and fast songs will be ranked separately.
- e) The Judging Panel decision is final and no correspondence will be entered into.

### 24) Countback Procedure

- a) In the event of a 'tie' in the final of any section at the Championships a countback will be undertaken, firstly on Timing and then on Technique. If scores are still tied then two trophies will be awarded for that placing. In designated Lift sections, the Lift Judges' ranking will be considered after Technique.
- b) The exception being 1<sup>st</sup> place in any of the State Title section for which a 'dance off' will be held between the two couples tied for 1<sup>st</sup> place only.

### 25) Dress Code

- a) Competitors should wear traditional Rock'n'Roll clothing in the spirit of the 50's era (full circle skirts and layered petticoats are strongly encouraged) and be within the bounds of public decency.
- b) Dress shoes and rubber soled shoes are allowed, but sporting footwear is not permitted e.g. Nike's. We recommend bringing more than one pair of shoes to allow for slow/fast floor.

- c) Competitor numbers must be worn below the knee on either leg of the designated male dancer.
  - d) A warning may be given if the code in relation to footwear or public decency is not adhered to and if not corrected the following Penalties will apply;
    - i) Incorrect Footwear - a 'points' penalty deduction may be imposed.
    - ii) Incorrect clothing - a 'points' penalty deduction may be imposed or in the case of exceeding the bounds of public decency – disqualification.
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