

WSDC Rules for Sea Sun & Swing 2023

Division	Dancer	Judgement
Jack & Jills:		Sea Sun & Swing follows the WSDC Points Registry Rules
Juniors		
Newcomer		Sea Sun & Swing allows dancers to compete as both Leader/Follower in skill level Jack & Jills. Competitors are allowed to compete in their non-dominant role one level down, as long as they don't qualify in both for the same division.
Novice		Also competitors may compete as a Leader/Follower in an aged-based level JNJ – like Masters or Juniors.
Intermediate		
Advanced		
All Star		
Masters		
PRO/AM Routine	<ul style="list-style-type: none"> At least two divisions apart between the AM and the PRO (ex. nov. – adv.) 	<ul style="list-style-type: none"> 60 % swing content min.
		<ul style="list-style-type: none"> Lifts and drops are allowed but not required
		<ul style="list-style-type: none"> Dancers must maintain their own physical contact with the floor during partner weight support moves
	<ul style="list-style-type: none"> If there aren't more than 3 contestants in both the Female Pro and the Male Pro division, the divisions will be joined and compete against each other. 	<ul style="list-style-type: none"> Breakaways are to be no more than 8 beats of music.
		<ul style="list-style-type: none"> Duration: minimum 1.30 min.- maximum 3 min.
Rising Star	<ul style="list-style-type: none"> Amateurs routine division 	<ul style="list-style-type: none"> 70 % swing content min.
		<ul style="list-style-type: none"> Maximum of 5 partner weight supports are permitted
		<ul style="list-style-type: none"> Dancers must maintain their own physical contact with the floor during partner weight support moves
		<ul style="list-style-type: none"> Lifts are permitted

		<ul style="list-style-type: none"> · Separate entrances are permitted but the couple must physically join within 32 beats of music. · Breakaways are to be no more than 8 beats of music · Duration minimum 2 min. – maximum 3 min. · Own music and costumes
Showcase	<ul style="list-style-type: none"> · 18 years or older 	<ul style="list-style-type: none"> · 60 % swing content min. · Minimum of three partner weight supports over the knee, at least one over the hip · No maximum of amount of lifts · Breakaways and side by side are permitted · Duration minimum 2 min. – maximum 3 min. · Own music and costumes
Classic	<ul style="list-style-type: none"> · 18 years or older 	<ul style="list-style-type: none"> · 80 % swing content min. · No lifts allowed · Maximum of 5 partner weight supports are permitted · Dancers must maintain their own physical contact with the floor during partner weight support moves · Separate entrances are permitted but the couple must physically join within 32 beats of music. · Couples must maintain physical contact except for spins, turns, short breakaways and recoveries. · Breakaways are to be no more than 8 beats of music. · Duration minimum 2 min. – maximum 3 min. · Own music and costumes
Team	<ul style="list-style-type: none"> · Couple dance only (ex. WCS, Salsa, Shag, Rock/Boogie, Lindy Hop etc.) · A competitor is allowed to compete with one Team only 	<ul style="list-style-type: none"> · Acrobatics, drops, side by side, slides, change of partners, reverse lead/follow are allowed · Duration minimum 3 min. – maximum 4 min. · Own music and costumes

Strictly Swing	<ul style="list-style-type: none"> · Dancers choose their partner 	<ul style="list-style-type: none"> · 100 % West Coast Swing
Nov		<ul style="list-style-type: none"> · Impro, lead and follow
Inter / avancé		<ul style="list-style-type: none"> · No acrobatics
All-Stars / Champions		<ul style="list-style-type: none"> · Drops are allowed
		<ul style="list-style-type: none"> · Breakaways are to be no more than 8 beats of music
		<ul style="list-style-type: none"> · Music chosen by DJ/organizer
		<ul style="list-style-type: none"> · Properly dressed