

## WSDC Rules for Sea Sun & Swing 2026

| Division                 | Dancer                                                                                                                                                                                                   | Judgement                                                                                                                                                                                                                                 |
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| <b>Jack &amp; Jills:</b> |                                                                                                                                                                                                          | Sea Sun & Swing <a href="#">follows the WSDC Points Registry Rules</a>                                                                                                                                                                    |
| 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                 |                                                                                                                                                                                                          |                                                                                                                                                                                                                                           |
| Sophisticated Masters    |                                                                                                                                                                                                          |                                                                                                                                                                                                                                           |
| <b>PRO/AM Routine</b>    | <ul style="list-style-type: none"> <li>At least two divisions apart between the AM and the PRO</li> </ul>                                                                                                | <ul style="list-style-type: none"> <li>60 % swing content min.</li> </ul>                                                                                                                                                                 |
|                          | (ex. nov. – adv.)                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>Lifts and drops are allowed but not required</li> </ul>                                                                                                                                            |
|                          |                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Dancers must maintain their own physical contact with the floor during partner weight support moves</li> </ul>                                                                                     |
|                          | <ul style="list-style-type: none"> <li>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.</li> </ul> | <ul style="list-style-type: none"> <li>Breakaways are to be no more than 8 beats of music.</li> </ul>                                                                                                                                     |
|                          |                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Duration: minimum 1.30 min.- maximum 3 min.</li> </ul>                                                                                                                                             |
|                          |                                                                                                                                                                                                          |                                                                                                                                                                                                                                           |
| <b>Rising Star</b>       | <ul style="list-style-type: none"> <li>Amateurs routine division</li> </ul>                                                                                                                              | <ul style="list-style-type: none"> <li>70 % swing content min.</li> </ul>                                                                                                                                                                 |
|                          |                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Maximum of 5 partner weight supports are permitted</li> </ul>                                                                                                                                      |
|                          |                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Dancers must maintain their own physical contact with the floor during partner weight support moves</li> </ul>                                                                                     |
|                          |                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Lifts are permitted</li> </ul>                                                                                                                                                                     |

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

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