



Rulesbook

INTERNATIONAL EVENTS

Welcome to the organisation GOLD
Global Organisation of Line Dance

Version 3.5.
updated: April 2024

TABLE OF CONTENTS

Go directly to any chapter below by clicking on it

1.1 - INTRODUCTION	4
1.2 - DIVISIONS & LEVELS OFFERED BY GOLD	4
General Rules	6
2.1 - COMPETITION PROCEDURE	6
2.2 - PRELIMINARY ROUNDS.....	6
2.3 - COSTUMES	6
2.4 - MUSIC	7
2.5 - FLOORDANCE ETIQUETTES.....	8
2.6 - FLOORCRAFT.....	8
2.7 - GENDER REQUIREMENTS	8
2.8 - DATE CHANGES FOR NEW DANCES	8
2.9 - GRADUATION CRITERIA	9
2.10 - PENALTIES.....	11
2.11 - QUALIFICATION AND QUALIFICATION PERIOD	12
2.12 - DISPENSATION	13
2.13 - WORLD CHAMPIONSHIP REQUIREMENTS	13
Linedance Mini Rules	14
3.1 - AGE DIVISIONS	14
3.2 - DANCES	14
3.3 - ENTRY RULES	14
3.4 - BASIC RULES - LINEDANCE	14
3.5 - MOVEMENT LIMITATIONS - LINEDANCE	14
Linedance/Showcase Rules.....	15
4.1 - AGE DIVISIONS	15
4.2 - DIVISIONS & DANCES	15
4.3 - OVERALL REQUIREMENTS	15
4.4 - BASIC RULES - LINEDANCE	16
4.5 - MOVEMENT LIMITATIONS - LINEDANCE	16
4.6 - BASIC RULES - SHOWCASE	16
4.7 - MOVEMENT LIMITATIONS - SHOWCASE	16
Linedance Stars Rules	17
5.1 - AGE DIVISIONS	17
5.2 - STAR DIVISION SET UP	17
5.3 - BASIC RULES - STAR LINE	17
5.4 - MOVEMENT LIMITATIONS - STAR LINE	17
5.5 - BASIC RULES - STAR SHOWCASE.....	17
5.6 - MOVEMENT LIMITATIONS - STAR SHOWCASE.....	17
5.7 - STARS MEDLEY.....	17
Couples/ProAm/ProPro Rules.....	18
6.1 - AGE DIVISIONS	18
6.2 - DIVISION - THE STAIR SYSTEM	18
6.3 - OVERALL REQUIREMENTS	18

6.4 - BASIC RULES - CLASSIC	18
6.5 - MOVEMENT LIMITATIONS - CLASSIC	19
6.6 - BASIC RULES - SHOWCASE	19
6.7 - MOVEMENT LIMITATIONS - SHOWCASE	19
Stars Couples/ProAm/ProPro Rules	20
7.1 - AGE DIVISIONS - COUPLE STAR	20
7.2 - AGE DIVISIONS - PROAM.....	20
7.3 - AGE DIVISIONS - PROPRO.....	20
7.4 - STAR DIVISION SET UP	20
7.5 - BASIC RULES - CLASSIC	20
7.6 - MOVEMENT LIMITATIONS - CLASSIC	21
7.7 - BASIC RULES - SHOWCASE	21
7.8 - MOVEMENT LIMITATIONS - SHOWCASE	21
7.9 - SHOWCASE DIVISION: STARS MEDLEY.....	21
Free Style Rules.....	22
8.1 - AGE DIVISIONS	22
8.2 - DIVISIONS	22
8.3 - ENTRY RULES	22
8.4 - OVERALL REQUIREMENTS	22
8.5 - BASIC RULES - FREE STYLE STARTER.....	22
8.6 - MOVEMENT LIMITATIONS - FREE STYLE STARTER	22
8.7 - BASIC RULES - FREE STYLE EXPERIENCED	22
8.8 - MOVEMENT LIMITATIONS - FREE STYLE EXPERIENCED	22
Partner Rules	23
9.1 - AGE DIVISIONS	23
9.2 - DIVISIONS	23
9.3 - ENTRY RULES	23
9.4 - OVERALL REQUIREMENTS	23
9.5 - BASIC RULES - PARTNER STARTER.....	23
9.6 - MOVEMENT LIMITATIONS - PARTNER STARTER	23
9.7 - BASIC RULES - PARTNER EXPERIENCED.....	23
9.8 - MOVEMENT LIMITATIONS - PARTNER EXPERIENCED	23
Choreography Rules	25
10.1 - DIVISIONS	25
10.2 - BASIC RULES	25
10.3 - ENTRY RULES	25
10.4 - COSTUME.....	25
Team Rules.....	26
11.1 - DIVISIONS	26
11.2 - REQUIREMENTS.....	26
11.3 - BASIC RULES	26
11.4 - MOVEMENT LIMITATIONS	26
Wheelchair Rules.....	27
12.1 - DIVISIONS	27
12.2 - ENTRY RULES	27

12.3 - OVERALL REQUIREMENTS.....	27
12.4 - BASIC RULES - WHEELCHAIR STARTER	27
12.5 - MOVEMENT LIMITATIONS - WHEELCHAIR STARTER.....	27
12.6 - BASIC RULES - WHEELCHAIR EXPERIENCED	27
12.7 - MOVEMENT LIMITATIONS - WHEELCHAIR EXPERIENCED.....	28
12.8 - BASIC RULES - WHEELCHAIR TEAM	28
12.9 - MOVEMENT LIMITATIONS - WHEELCHAIR TEAM.....	28

1.1 - INTRODUCTION

The intention of the GOLD Rules board is to simplify the rules as much as possible, but yes, we do need rules.

We try to generalize as much as possible as many rules are the same for many categories. Our goal is to clarify the rules, so it is understandable for all dancers, teachers, judges etc. GOLD is an organisation created by dancers for dancers and everybody should always have a chance to influence this organisation.

The General Rules applies to all divisions, except the exceptions mentioned in the given divisions. So you should read both, the General and the Rules for the divisions you want to dance in.

1.2 - DIVISIONS & LEVELS OFFERED BY GOLD

Divisions	Levels
❖ Mini	- Mini 1 - Mini 2 - Special Heroes
❖ Line Classic ❖ Line Open ❖ Couples Classic ❖ ProAm Classic	- Starter - Newcomer - Novice - Intermediate - Advanced
❖ ProPro Classic	- ProPro
❖ Star	- Line Star - Couples Classic Star - Couples Showcase Star - ProAm Star - ProPro Star
❖ Line Showcase Classic ❖ Line Showcase Open ❖ Couples Showcase ❖ ProAm Showcase ❖ ProPro Showcase	- Showcase
❖ Free Style	- Free Style Starter - Free Style Experienced
❖ Partner Dance	- Partner Starter - Partner Experienced

❖ **Teams**

- **Starter**
- **Experienced**
- **Showtime**

❖ **Choreography**

- **Beginner**
- **Improver/Intermediate**
- **Advanced**

❖ **Wheelchair**

- **Wheelchair Starter**
- **Wheelchair Experienced**

General Rules

The General Rules applies to all divisions, except the exceptions mentioned in the given divisions. So you should read both, the General and the Rules for the divisions you want to dance in.

2.1 - COMPETITION PROCEDURE

- ❖ It's not allowed to participate in more than 1 age division at the same competition (example: Newcomer Jade and Newcomer Adult).
- ❖ Competitors must report to the floor coordinator 15 minutes prior to their competition.
- ❖ The staging area is only for the dancers in that shift & the floor coordinators.
- ❖ A Floor Coordinator will position the competitors on the dance floor. Nobody or nothing else is allowed to join during the competition.
- ❖ In Choreography, the choreographer chooses the team which will be on the floor from the start to the end of the given dance.
- ❖ As a dancer/competitor make sure that you are up to date with the rules of GOLD before competing, or ask your teacher to help you.
- ❖ Medical issues should be addressed with the first aider working at the competition, to help the first aider to be prepared before competition (i.e. asthma).
- ❖ The Contest Coordinator always has the final decision during the competition.
- ❖ All questions and doubts should be directed to the Contest Coordinator before and during a competition.
- ❖ Dancing at a competition will always be the dancer's own choice, risk and responsibility.
- ❖ Yearly membership fee is mandatory to be paid before any dancer can compete at a GOLD competition. Membership fee is paid through the GOLD website. Any questions regarding membership fee should email the following email address: members@gold-dance.com
- ❖ All questions regarding registration for all events goes to: registration@gold-dance.com.
- ❖ Everybody competing in the GOLD organisation has to pay membership fee (Except dancers up to 9 years old who are not turning 10 that same year, will have free membership), as it also includes online workshops and free competition music edits.
- ❖ Every division is a separate division. Here is an example: Classic and Open
- ❖ For intermediate and advanced dancers, they will need to earn points in all separate divisions to graduate up.
- ❖ Your age is the age you will be on the last day of that calendar year.

2.2 - PRELIMINARY ROUNDS

- ❖ Maximum of 12 dancers in any final heat
- ❖ 13 or more will result in preliminary rounds
- ❖ These rules are not applied to the Star Divisions, Teams, Choreography, Wheelchair and MINI.

2.3 - COSTUMES

- ❖ The costume rules apply to every dancer on the floor (i.e. Pros, dancers in the choreography divisions ...).
- ❖ Hats are only required for Men or Leaders in Line Classic, Line Showcase Classic, Couple, ProAm, ProPro & Partner Experienced. Leaders don't have to wear a hat for ChaCha & WCS. The person who will be judged always has to wear the number.
- ❖ Cowboy Boots are mandatory for all Line Classic, Line Showcase Classic, Couple, ProAm, ProPro & Partner Experienced. Except all divisions below Youngster (15 years and below). Due to the quickly growing feet of children.
- ❖ Stars Line: Cowboy Boots & Hat (for men) are required based on the motion danced, which includes Smooth, Waltz & Lilt.

- ❖ The costume rules apply to every person on the floor (i.e. Pro, dancers who are accompanied by Choreography ...)
- ❖ All Starter (Line, Mini, Partner, Couple, ProAm, Teams & Wheelchair) & Free Style Divisions, Cowboy Boots and **Cowboyhats** are not mandatory, but desired when appropriate with the music choice.
- ❖ In Choreography, **Cowboyhats** and Cowboy Boots are desired when it is appropriate with the music.
- ❖ **Cowboy Boots must have a minimum heel height of 2,5 cm (1 inch), min 30 cm (12 inches) calf length from the heel and up.**
- ❖ In all divisions there are no clothing restrictions except Cowboy Boots and hats, but dress appropriately and pantyhose are required for women. **Dancers need to make sure, that private parts are covered all the time.**
- ❖ Props are not allowed except in Team Showtime, **Team Wheelchair** & **Stars** Medleys.
- ❖ Dance related adverts are not allowed, only small sponsored logos on costumes are allowed. Logos should be tasteful and not detract from the costume.
- ❖ **Danceshoes** are mandatory in every division – except Stars Medleys & **Teams Showtime**.

2.4 - MUSIC

GOLD recommended BPM list for Couple/ProAm/ProPro

	Starter/New/Nov	Int/Adv/ProPro	Couples/ProAm/ProPro Stars
Triple Two	/	80 - 85	75 - 82
Polka	/	108 - 118	110 - 120
Nightclub	60 - 65	55 - 60	52 - 58
East Coast Swing	120 - 130	130 - 140	135 - 145
Waltz	85 - 90	80 - 85	75 - 83
Two Step	170 - 180	180 - 190	185 - 196
Cha Cha	105 - 110	110 - 115	115 - 122
West Coast Swing	95 - 105	105 - 115	90 - 120

Phrasing for Classic Couples & ProAm. No Tags or Restarts in the songs.

- ❖ Triple Two 16 Counts intro – 32 Counts phrasing
- ❖ Polka 16 Counts intro – 32 Counts phrasing
- ❖ Nightclub 16 Counts intro – 32 Counts phrasing
- ❖ **East Coast Swing** 16 Counts intro – 32 Counts phrasing
- ❖ Waltz 24 Counts intro – 24 Counts phrasing
- ❖ Two Step 16 / 32 Counts intro – 32 / 64 Counts phrasing
- ❖ **Cha Cha** 16 Counts intro – 32 Counts phrasing
- ❖ West Coast Swing 16 Counts intro – 32 Counts phrasing

Length Of Music

- ❖ The music length for all Line Classic /Open, Free Style, Partner & Wheelchair will be approx. 2 min. The 2 mins will start counting when the dance starts.
- ❖ The original music will be used throughout the whole year. Original music can be pitch up or down.
- ❖ Line Showcase music will be approx. 2 - 2 ½ min, depending on the music edit.
- ❖ ProAm, ProPro & Couples Classic will be approx. 1 ½ min.
- ❖ ProAm, ProPro & Couples Showcase music will be approx. 1 ½ - 2 min, depending on the music edit.
- ❖ All Choreography music will be played for 2 ½ min – DJ will fade it out

Music Preview

- ❖ Music preview in all divisions (except Mini, Teams and Choreography) will be a maximum of 30 seconds per dance. The music preview will be played 1 time per scheduled shift.
- ❖ ProAm & Couples Classic music will change every heat. Be aware that the music preview song will always differ from the competition's songs.

Providing Music

- ❖ Stars Medleys, Teams and Choreography music **must be uploaded into the system before the registration is closed.**
- ❖ **File must consist Competitors name, Name of the dance & Division (choreography/Medley/team).**
File must be a MP3 file.

2.5 - FLOORDANCE ETIQUETTES

- ❖ All competitors must respect the dance arena and not use any liquids, powders, chemicals or any other materials which could alter or damage the dance floor or cause stress to another competitor or Event Director.

2.6 - FLOORCRAFT

- ❖ All competitors must be respectful to other competitors and not interfere with or disrupt them.
- ❖ Leaving the dance floor during your heat is not allowed and can result in a penalty.
- ❖ After the Floor Coordinator has spaced the competitor on the floor, their dance space is determined.
- ❖ The competitor must remain within the flow of the step description.
- ❖ Variations should never interfere with another competitor.

2.7 - GENDER REQUIREMENTS

- ❖ GOLD has no gender restrictions in Couples/ProAm/ProPro & Partner.
- ❖ **In ProAm & ProPro they will be judged as Leader and Follower. The person who will be judged always has to wear the number.**
- ❖ In Line Dance Classic/Showcase/Stars Divisions Male will dance against Male and Female against Female.
- ❖ In the Free Style, Wheelchair, Choreography & Mini Divisions Male and Female will dance against each other.

2.8 - DATE CHANGES FOR NEW DANCES

- ❖ Can be found on the GOLD website – www.gold-dance.com

2.9 - GRADUATION CRITERIA

General

- ❖ We use a point system for graduation to a higher division. You must collect enough points and fulfil the conditions for winning.
Detailed information you'll find in the charts on Page 9 & 10
- ❖ Only Intermediate and Advanced competitors will earn points in the Showcase Division towards the Star Division.
- ❖ Graduation shall take place the day after the World Championship ends.
- ❖ Your age is the age you will be on the last day of that calendar year.
- ❖ Graduation points are transferable between age divisions.
- ❖ If a **MUST** is received to graduate to the next level it will be posted on your personal profile.
- ❖ Crossing over from other international C&W organisations you can take your points with you from the last 4 years.
- ❖ All international dancers from all organisations can cross over to **GOLD** to the same division they competed in. They must provide the following information with their request:
 - The name of the organisation, where they won the title.
 - Proof of their qualification and the date it was achieved.
 - Proof of an event where they competed with a full programme in this division.
- ❖ All the documentation needs to be sent to scoring@gold-dance.com and be referred to the Registration Team.
- ❖ At the World Championship you will earn 3 times more points than at an international competition.
- ❖ If you graduate to the next level, you graduate in all separate divisions at once.
Example: Line Dance Classic and Open

LINE												
Division Level	Graduating to:	Points needed:	Total points needed							self graduate	Condition about WIN, What you received?	
			Classic			Showcase					MUST	OPTION
			Free	Classic	Open	Free	Classic	Open				
Mini 1, 2 & Special			Graduation is not applicable in this division									
Starter	Newcomer	2	2							YES	Win the competition against 2 or more competitors	Win the competition at Worlds against 1 or no competitor
Newcomer	Novice	2	2							YES	Win the competition against 2 or more competitors in Classic OR Open	Win the competition at Worlds against 1 or no competitor in Classic OR Open
Novice	Intermediate	4	4							YES	Win the competition against 2 or more competitors in Classic AND Open	Win the competition at Worlds against 1 or no competitor in Classic AND Open
Intermediate	Advanced	6	2	2	2					NO	Win the competition against 2 or more competitors in Line Classic AND Line Open AND Showcase Classic AND Showcase Open	Win the competition at Worlds against 1 or no competitor in Line Classic AND Line Open AND Showcase Classic AND Showcase Open
Advanced	Star	12	2	2	2	2	2	2	2	NO	Win the competition against 2 or more competitors in Line Classic AND Line Open AND Showcase Classic AND Showcase Open	Win the competition at Worlds against 1 or no competitor in Line Classic AND Line Open AND Showcase Classic AND Showcase Open
Star			Graduation is not applicable in this division									
Free Style Starter	Free Style Experienced	2	2							YES	Win the competition against 2 or more competitors	Win the competition at Worlds against 1 or no competitor
Free Style Experienced			Graduation is not applicable in this division									

COUPLE + PRO AM							
Division Level	Graduating to:	Points needed:	Total points needed		Self graduate	Condition about WIN, what you received?	
			Classic	Showcase		MUST	OPTION
Starter	Newcomer	1	1		YES	Win the competition against 2 or more competitors	Win the competition at Worlds against 1 or no competitor
Newcomer	Novice	1	1		YES		
Novice	Intermediate	2	2		YES		
Intermediate	Advanced	3	3		NO		
Advanced	Star	6	3	3	NO	Win the competition against 2 or more competitors (you must win Classic AND Showcase)	Win the competition at Worlds against 1 or no competitor (you must win Classic AND Showcase)
Star Classic	Graduation is not applicable in this division						
Stars Showcase	Graduation is not applicable in this division						

PRO PRO							
Division Level	Graduating to:	Points needed:	Total points needed		Self graduate	Condition about WIN, what you received?	
			Classic	Showcase		MUST	OPTION
ProPro	ProPro Star	6	3	3	NO	Win the competition against 2 or more competitors (you must win Classic AND Showcase)	Win the competition at Worlds against 1 or no competitor (you must win Classic AND Showcase)
ProPro Star	Graduation is not applicable in this division						

PARTNER, CHOREOGRAPHY, TEAM AND WHEELCHAIR							
Division Level	Graduating to:	Points needed:	Total points needed		Self graduate	Condition about WIN, what you received?	
			Free			MUST	OPTION
Partner Starter	Partner Experienced	2	2		YES	Win the competition against 2 or more competitors	Win the competition at Worlds against 1 or no competitor
Partner Experienced	Graduation is not applicable in this division						
Choreography Beginner	Graduation is not applicable in this division						
Choreography Improver/ Intermediate	Graduation is not applicable in this division						
Choreography Advanced	Graduation is not applicable in this division						
Wheelchair Starter	Wheelchair Experienced	2	2		YES	Win the competition against 2 or more competitors	Win the competition at Worlds against 1 or no competitor
Wheelchair Experienced	Graduation is not applicable in this division						
Wheelchair Team	Graduation is not applicable in this division						

You will get rewarded (get a recommendation) when you get a high placement in divisions with many competitors (applies in all international competitions, not only WORLDS)

The rule below will ONLY apply for the divisions with more than 15 competitors, where the 2nd up to 5th (depending on the number of competitors) will receive the Graduation Criteria "recommended to move up to a higher level". This has NO effect on the points, they still must be earned.

- More competitors in one division than 15: second place also counts as win and will be recommended to move up
- More competitors in one division than 30: third place also counts as win and will be recommended to move up
- More competitors in one division than 45: fourth place also accounts as win and will be recommended to move up
- More competitors in one division than 60: fifth place also accounts as win and will be recommended to move up

No Graduation applicable for Teams

- ❖ **Line, Couple, ProAm & ProPro Star Divisions:** can move to a lower Age Division up to 20+ if they have qualified for that Division.
- ❖ **Line, Couple, ProAm & ProPro Star Divisions:** up to 19+ is not allowed to move to 20+ before turning 20 in the same calendar year.

Points accumulated with numbers of participants for all Divisions

FOR Overall Competitors Placement					
<i>International Events</i>					
Competitors	1st Place	2nd Place	3rd Place	4th Place	5th Place
1	0,5 point				
2	0,5 point				
3+	1 point				
10+	1 point	0,5 point			
15+	1 point	0,5 point	0,25 point		
20+	1 point	0,5 point	0,25 point	0,25 point	
25+	1 point	0,5 point	0,25 point	0,25 point	0,25 point

FOR WORLDS Overall Competitors Placement					
Competitors	1st Place	2nd Place	3rd Place	4th Place	5th Place
1	3 point				
2	3 point				
3+	3 point				
10+	3 point	1,5 point			
15+	3 point	1,5 point	0,75 point		
20+	3 point	1,5 point	0,75 point	0,75 point	
25+	3 point	1,5 point	0,75 point	0,75 point	0,75 point

2.10 - PENALTIES

- ❖ Non-Conference Penalty Codes: One (1) Placement Reduction:
- ❖ **C B F U M P T**
 - **C - Costume and Appearance**
i.e. Cowboy Boots & Hats are missing if the category is asking for,
Panty hose is missing
 - **B - Basic Pattern (see Basic Rules)**
 - **F - Courtesy and Floorcraft**
i.e. bumping into each other,
Showcase – the whole floor should be used, not only dancing in front of the judges
 - **U - Unacceptable Behaviour**
i.e. offensive gestures to the judges, dancers or spectators
(could be related to violence, sexual behaviour...)
 - **M - Movement (see Movement Limitations)**
 - **P - Prop use (if using extra ordinary accessories attached to your clothing as part of your costume and using it as a prop, it can result in a penalty P)**
 - **T - Timing**
Means dancing out of rhythm in all divisions (i.e. Line, Couple, Team, Choreography...)

❖ **Conference Penalty Code:**

The only conference judge call, when extreme circumstances occur and can result in either disqualification or last place.

i.e. if a dancer leaves the floor

O - One place down on all judges ballots

L - Last place on all judges ballots

X - Disqualification from all judges

Penalty Record

- ❖ A log of all penalties issued at an event will be recorded by the contest coordinator at the scrutineer's table.

2.11 - QUALIFICATION AND QUALIFICATION PERIOD

- ❖ Every competitor must be a registered GOLD member BEFORE they can compete.
- ❖ Across ALL GOLD Divisions dancers always keep their points already achieved. That means that there is no limitation to the points a dancer has already earned.
- ❖ Only Intermediate & Advanced are allowed to dance in the Showcase Division.
- ❖ You may remain in your current division until after the World Championships. You can also graduate to a higher level during the Dance year (you don't have to wait until after worlds) but still doing 3 international events to qualify for worlds, and 1 of the 3 has to be an overall and it is the dancers choice in which event you do the overall in.
- ❖ If a competitor does not compete in any GOLD competition for a continuous 2 full dancing year periods (1 period is from 1.1. – 31.12.), they may re-enter at 1 lower level. You may not compete in the Starter/Newcomer division, if you have competed at a higher level at any time at GOLD.
- ❖ From Advanced to Stars you will have to provide documentation that you have qualified in another international C&W organisation for this division.
- ❖ If you have earned any points in another international C&W organisation then you will have to provide documentation of how many points you have from the last 4 years. Only in the Line Dance Divisions we will double your points.
- ❖ Your current level registered at the time of your GOLD membership registration will be the level that will count for your equal cross over from another international C&W organisation. The equal cross over from another organisation is not valid after your first GOLD competition.
- ❖ Youngster & Adult divisions can only dance in their own age division.
- ❖ For all divisions from Youngster and up it is not allowed to move up to an older age division, until you have reached that certain age in that year, but divisions above adult are allowed to move down towards **or into** the Adult division.
- ❖ For all divisions from Youngster and below it is not allowed to move down to a younger age division, but divisions below Youngster are allowed to move up towards **or into** the Youngster division.
- ❖ Moving down in all the Star divisions (except Stars under 20 years old) is only allowed up to the qualified level **(i.e. if you qualified in Level Line Dance Star 30+, then you can move down to Line Dance Star 20+ - but you can't go up to 40+).**
- ❖ For Couples & Partners it is allowed to dance together with 2 different age divisions. Couples and Partners then have to compete in the division closest to Adult Age division.
- ❖ In ProAm & ProPro a Pro is not allowed to return as an Am.
- ❖ Your Line Dance, ProAm / ProPro and Couple skill level can differ from each other.

2.12 - DISPENSATION

- ❖ Dispensation requests for costumes, Cowboy Boots, hats etc. Must be sent to GOLD in proper time before competing and by email to: rules@gold-dance.com
- ❖ The rules board will then respond.
- ❖ A medical certificate can be required from the Rules Board.
- ❖ If there are any extreme circumstances, the Rules Board will consider these requests.

2.13 - WORLD CHAMPIONSHIP REQUIREMENTS

- ❖ All competitors, except Mini, Teams, all Starter & all Wheelchair divisions, **MUST** compete at 3 international GOLD competitions in all divisions, (minimum of 1 must be for overall, where overall is applicable).
- ❖ You may remain in your current level division until after the World Championships. You can also graduate to a higher level during the Dance year (you don't have to wait until after worlds) but still doing 3 international events except Mini, Teams, all Starter & all Wheelchair divisions to qualify for worlds, and 1 of the 3 has to be an overall and it is the dancer's choice in which level division you do the overall in. **Once you moved up into a higher level, you can't go back**
Example:
You have reached the required points during the year.
First competition: Line Intermediate Jade Classic (Overall)
Second competition: Line Advanced Jade Classic (1 Dance)
Third competition: Line Advanced Jade Classic (1 Dance)
This qualifies you to compete in Line Advanced Jade Classic at Worlds that year.
- ❖ You are only allowed to dance in 1 age division **per category at an event.**
- ❖ Competitors in Mini, Teams & all Starter & Wheelchair divisions **MUST** compete in an overall in at least 1 International GOLD competitions to qualify for Worlds.
- ❖ Competitors in Choreography must compete in at least 3 International GOLD competitions in the selected Choreography division to qualify for Worlds. The choreography that will be danced at Worlds has to be qualified in the same year at a international GOLD competition.
- ❖ Competitors from continents outside of Europe must compete in an overall in at least 1 International GOLD competitions to qualify for Worlds.

Linedance Mini Rules

3.1 - AGE DIVISIONS

- ❖ Mini 1 up to 6 Years - all dancers are winners
- ❖ Mini 2 7 – 9 Years - all dancers are winners
- ❖ Special Heroes all ages (mentally disabled) - all dancers are winners

3.2 - DANCES

- ❖ Mini 1 – only required Dance 1
- ❖ Mini 2 – required Dance 1 and Dance 2
- ❖ Special Heroes – only required Dance 1

3.3 - ENTRY RULES

- ❖ Every competitor has to be a registered GOLD member before they compete. See more info on the GOLD website.
- ❖ Competitor must be in the offered age category.
- ❖ Competitor does not dance in other offered divisions in GOLD.

3.4 - BASIC RULES - LINEDANCE

- ❖ Music will be counted in.
- ❖ Boy and Girl dancers will compete against each other.
- ❖ The provided dance should be danced as best as possible.
- ❖ Competitors can bring their own lead dancer (Lead dancer needs to know the dance).
- ❖ The final number of lead dancers will be determined by the Event Director.
- ❖ In the division Special Heroes, the lead dancers are allowed to touch the competitor.

3.5 - MOVEMENT LIMITATIONS - LINEDANCE

- ❖ There are no movement limitations.

Linedance/Showcase Rules

4.1 - AGE DIVISIONS

- ❖ Tiny up to 7
- ❖ Kiddie 8+
- ❖ Junior 12+
- ❖ Youngster 16+
- ❖ Adult 20+
- ❖ Jade 30+
- ❖ Pearl 40+
- ❖ Ruby 50+
- ❖ Emerald 60+
- ❖ Platinum 70+ - this age division is not offered in Showcase Line

4.2 - DIVISIONS & DANCES

- ❖ Divisions:
 - Starter
 - Newcomer Classic
 - Newcomer Open
 - Novice Classic
 - Novice Open
 - Intermediate Classic
 - Intermediate Open
 - Advanced Classic
 - Advanced Open
 - Showcase Classic Line
 - Showcase Open Line
- ❖ Classic motions are:
 - Smooth
 - Rise & Fall
 - Lilt
- ❖ Open motions are:
 - Cuban
 - Funky
 - Showdance

4.3 - OVERALL REQUIREMENTS

- ❖ All divisions need a minimum of 2 dances for overall placement
- ❖ Best scored dances will be picked for scoring

4.4 - BASIC RULES - LINEDANCE

- ❖ Music will be counted in.
- ❖ Only vanilla pattern and no variations are allowed for starter and newcomer divisions.
- ❖ Novice/Intermediate/Advanced should start with a full vanilla pattern. Variations are allowed with 8 counts (= 2 measures) of 4/4-time music or 6 counts (= 2 measures) of 3/4-time music. Throughout the dance, each variation must be followed by 2 measures of basic.
- ❖ Variations need to follow the flow of the dance.
- ❖ In an ABC or Tag dance, each section of the dance; A, B or C, or the Tag must begin with a full vanilla before any variation may be performed.

4.5 - MOVEMENT LIMITATIONS - LINEDANCE

- ❖ A stationary dancing introduction is allowed within the radius of 1 single step during the music prior to the start of the dance.
- ❖ Moves that include acrobatics, jetés, splits, sitting (**sit on the bum/bottom**) or lying on the floor are not allowed. (exception only if one of those moves is choreographed in the dance)

4.6 - BASIC RULES - SHOWCASE

- ❖ There will be no counting in.
- ❖ It should be a choreographed routine with the intention to interpretate the music.
- ❖ Competitors must dance repetitive patterns choreographed to the phrasing of the music.
- ❖ The competitor may begin the routine in an area of their choice on the dance floor, as long as they do not interfere with the space of the other competitors.

4.7 - MOVEMENT LIMITATIONS - SHOWCASE

- ❖ Moves that include acrobatics and lying on the floor are not allowed.

Linedance Stars Rules

5.1 - AGE DIVISIONS

- ❖ Prime Star under 20
- ❖ Elite Star 20+
- ❖ Grand Star 30+
- ❖ Majestic Star 40+
- ❖ Imperial Star 50+
- ❖ Glorious Star 60+

5.2 - STAR DIVISION SET UP

- ❖ 2 Classic + 2 Showcase + 1 Medley
- ❖ Overall requirements: All 5 above
- ❖ 15% for every Classic – 20% for every Showcase & 30% for the Medley

5.3 - BASIC RULES - STAR LINE

- ❖ Music will be counted in.
- ❖ Stars should start with a full vanilla pattern. Variations are allowed with 8 counts (= 2 measures) of 4/4-time music or 6 counts (= 2 measures) of 3/4-time music. Throughout the dance, each variation must be followed by 2 measures of basic.
- ❖ Variations need to follow the flow of the dance.

5.4 - MOVEMENT LIMITATIONS - STAR LINE

- ❖ A stationary dancing introduction is allowed within the radius of one (1) single step during the music prior to the start of the dance.
- ❖ Moves that include acrobatics, lying or sitting (**sit on the bum/bottom**) - except for recovering from splits - are not allowed

5.5 - BASIC RULES - STAR SHOWCASE

- ❖ There will be no counting in.
- ❖ It should be a choreographed routine with the intention to interpret the music.
- ❖ Competitors must dance repetitive patterns choreographed to the phrasing of the music.
- ❖ The competitor may begin the routine in an area of their choice on the dance floor, as long as they do not interfere with the space of the other competitors.

5.6 - MOVEMENT LIMITATIONS - STAR SHOWCASE

- ❖ Moves that include acrobatics and lying on the floor are not allowed.

5.7 - STARS MEDLEY

- ❖ Music length is between 4 and 7 minutes, which includes the total set up and tear down time.
- ❖ **Clocking starts when music/sound starts or people walk on the spaced dance floor. Clocking stops when the music/sound stops or last person left the spaced dance floor.**
- ❖ Free choice of music, but be aware not to use explicit versions of your song or risking to receive a penalty.
- ❖ **Props are allowed. But be aware** we are a family orientated organisation, be careful using for example weapons.
- ❖ No other limitations apply for the medley.

Couples/ProAm/ProPro Rules

6.1 - AGE DIVISIONS

- ❖ Tiny up to 7
- ❖ Kiddie 8+
- ❖ Junior 12+
- ❖ Youngster 16+
- ❖ Adult 20+
- ❖ Jade 30+
- ❖ Pearl 40+
- ❖ Ruby 50+
- ❖ Emerald 60+
- ❖ Platinum 70+ - this age division is not offered in Showcase division

6.2 - DIVISION - THE STAIR SYSTEM

In all Couple/ProAm Divisions (except Partner and Stars) GOLD introduces the Stair System:

- ❖ Starter = 3 Dances - Two Step, **Cha Cha**, WCS
- ❖ Newcomer = 4 Dances - NC2S, Two Step, **Cha Cha**, WCS
- ❖ Novice = 6 Dances - NC2S, **ECS**, Waltz, Two Step, **Cha Cha**, WCS
- ❖ Intermediate = 8 Dances - Triple Two, Polka, NC2S, **ECS**, Waltz, Two Step, **Cha Cha**, WCS
- ❖ Advanced = 8 Dances - Triple Two, Polka, NC2S, **ECS**, Waltz, Two Step, **Cha Cha**, WCS

6.3 - OVERALL REQUIREMENTS

- ❖ Starter needs a minimum of 2 dances for overall
- ❖ Newcomer needs a minimum of 3 dances for overall
- ❖ Novice, Intermediate and Advanced need a minimum of 5 dances for overall
- ❖ Best scored dances will be picked for scoring

6.4 - BASIC RULES - CLASSIC

- ❖ In Couple / ProAm Starter & Newcomer only basic timing are allowed and no variations, except for one partner executing a foot change when moving between same foot as partner. These divisions have to start in closed position.
- ❖ In Couple / ProAm Novice to Advanced Division and ProPro dancers must show 1 Basic Timing within each phrasing of the music (see below for Basic Timing). These divisions can start in any connected position.
- ❖ In all divisions the dance needs to follow the spatial structure of the specific motion.

Basic Timing

- ❖ Triple Two 1,2 3&4 5&6
- ❖ Polka 1&2 3&4 5&6 7&8
- ❖ Night Club 1 2&3 4&5 6&7 8& (S QQS QQS QQS QQ)
- ❖ **East Coast Swing** 1&2 3&4 5 6 – or – 1&2 3 4 5&6 7 8
- ❖ Waltz 1 2 3 4 5 6
- ❖ Two Step QQSS – or – QQS QQS – or – QQQQS S
- ❖ **Cha Cha** 1 2 3 4&5 6 7 8&
- ❖ West Coast Swing 1 2 3&4 5&6 – or – 1 2 3&4 5 6 7&8

6.5 - MOVEMENT LIMITATIONS - CLASSIC

- ❖ Moves not allowed from Starter to Advanced: Lifts, acrobatics, non-lead patterns (except connected side by side patterns), non-connected side by side patterns (chase allowed in Cha Cha), sitting (**sit on the bum/bottom**), lying and splits.

6.6 - BASIC RULES - SHOWCASE

- ❖ There will be no counting in.
- ❖ It should be a choreographed routine with the intention to interpret the music.
- ❖ Can start in any position (also not connected position).
- ❖ The competitor may begin the routine in an area of their choice on the dance floor, as long as they do not interfere with the space of the other competitors.
- ❖ The dance needs to follow the spatial structure of the specific motion.

6.7 - MOVEMENT LIMITATIONS - SHOWCASE

- ❖ Moves that include Lying and Lifts where all of partner's body is raised above the waist of the supporting partner are not allowed.

Stars Couples/ProAm/ProPro Rules

7.1 - AGE DIVISIONS - COUPLE STAR

- ❖ Blooming Stars under 20
- ❖ Ultimate Stars 20+
- ❖ Sublime Stars 30+
- ❖ Divine Stars 40+
- ❖ Amazing Stars 50+
- ❖ Dazzling Stars 60+

7.2 - AGE DIVISIONS - PROAM

- ❖ ProAm Blooming Star up to 19
- ❖ ProAm Ultimate Star 20+
- ❖ ProAm Amazing Star 50+

7.3 - AGE DIVISIONS - PROPRO

- ❖ ProPro Blooming Star up to 19
- ❖ ProPro Ultimate Star 20+
- ❖ ProPro Amazing Star 50+

7.4 - STAR DIVISION SET UP

2 Couples Star Divisions: Star Classic and Star Showcase

Star Couples Classic Division: 8 Classic Dances

- Triple Two, Polka, Nightclub, ECS, Waltz, Two Step, Cha Cha & WCS
- ❖ Overall requirements:
 - A minimum of 5 dances for Overall
 - Best scored dances will be picked for scoring

Star Couples Showcase Division: 3 Showcase + Medley

- ❖ Overall requirements:
 - All dances + Medley
- ❖ 20 % for every showcase dance and 40 % for the Medley

Star Proam/ProPro

- ❖ 2 Classic + 2 Showcase + 1 Medley
- ❖ Overall requirements: All 5 above
- ❖ 15% for every Classic – 20% for every Showcase & 30% for the Medley

7.5 - BASIC RULES - CLASSIC

- ❖ There will be no counting in.
- ❖ Dancers must show 1 Basic Timing within each phrasing of the music (see below for Basic Timing). These divisions can start in any position (also not connected position).
- ❖ The dance needs to follow the spatial structure of the specific motion.

Basic Timing

❖ Triple Two	1,2 3&4 5&6
❖ Polka	1&2 3&4 5&6 7&8
❖ Night Club	1 2&3 4&5 6&7 8& (S QQS QQS QQS QQ)
❖ East Coast Swing	1&2 3&4 5 6 – or – 1&2 3 4 5&6 7 8
❖ Waltz	1 2 3 4 5 6
❖ Two Step	QQSS – or – QQS QQS – or – QQQQS S
❖ Cha Cha	1 2 3 4&5 6 7 8&
❖ West Coast Swing	1 2 3&4 5&6 – or – 1 2 3&4 5 6 7&8

7.6 - MOVEMENT LIMITATIONS - CLASSIC

- ❖ Moves that include acrobatics, lying and lifts where all of partner's body is raised above the waist of the supporting partner are not allowed.

7.7 - BASIC RULES - SHOWCASE

- ❖ There will be no counting in.
- ❖ It should be a choreographed routine with the intention to interpret the music.
- ❖ The competitor may begin the routine in an area of their choice on the dance floor, as long as they do not interfere with the space of the other competitors.

7.8 - MOVEMENT LIMITATIONS - SHOWCASE

- ❖ Moves that include acrobatics, lying and lifts where all of partner's body is raised above the head of the supporting partner are not allowed.

7.9 - SHOWCASE DIVISION: STARS MEDLEY

- ❖ Music length is between 4 and 7 minutes, which includes the total set up and tear down time.
- ❖ **Clocking starts when music/sound starts or people walk on the spaced dance floor.**
Clocking stops when the music/sound stops or last person left the spaced dance floor.
- ❖ Free choice of music, but be aware not to use explicit versions of your song or risking to receive a penalty.
- ❖ **Props are allowed. But be** aware we are a family orientated organisation, be careful using for example weapons.
- ❖ No other limitations apply for the medley.

Free Style Rules

8.1 - AGE DIVISIONS

Your age is the age you will be on the last day of that calendar year.

- ❖ Junior: up to 19
- ❖ Adult: 20+
- ❖ Senior: 50+

8.2 - DIVISIONS

- ❖ Free Style Starter
- ❖ Free Style Experienced

8.3 - ENTRY RULES

Free Style Starter Division

- ❖ Free to start in this division except if competed before in the Free Style Experienced.

Free Style Experienced Division

- ❖ Free to start in this division and for dancers who graduated from the Free Style Starter division.

8.4 - OVERALL REQUIREMENTS

- ❖ All divisions need a minimum of 2 out of 3 dances for Overall placement.
- ❖ Best scored dances will be picked for scoring.

8.5 - BASIC RULES - FREE STYLE STARTER

- ❖ Music will be counted in.
- ❖ Starter dancers must dance only full basic vanilla patterns with no variations.

8.6 - MOVEMENT LIMITATIONS - FREE STYLE STARTER

- ❖ A stationary dancing introduction is allowed within the radius of 1 single step during the music prior to the start of the dance.

8.7 - BASIC RULES - FREE STYLE EXPERIENCED

- ❖ Music will be counted in.
- ❖ 1st wall must be a full vanilla pattern, after 1st wall ONLY 8 connected counts in the whole dance needs to be vanilla.
- ❖ Vanilla pattern of 8 counts (= 2 measures) consist of 4/4 time music or 6 counts (= 2 measures) of 3/4 time music.
- ❖ Variations need to follow the flow of the dance.

8.8 - MOVEMENT LIMITATIONS - FREE STYLE EXPERIENCED

- ❖ A stationary dancing introduction is allowed within the radius of 1 single step during the music prior to the start of the dance.
- ❖ Moves that include acrobatics, jetés, splits, sitting (**sit on the bum/bottom**) or lying on the floor are not allowed. (exception only if one of those moves is choreographed in the dance)

Partner Rules

9.1 - AGE DIVISIONS

Your age is the age you will be on the last day of that calendar year

- ❖ Junior: up to 19 (If one of the dancers is Adult, then they will have to dance in the Adult division)
- ❖ Adult: 20+
- ❖ Senior: 50+ (If one of the dancers is Adult, then they will have to dance in the Adult division)

9.2 - DIVISIONS

- ❖ Partner Starter
- ❖ Partner Experienced

9.3 - ENTRY RULES

Partner Starter Division

- ❖ This division is only for dancers who have never competed in any other Partner, Couples or ProAm division except any other Starter division.

Partner Experienced Division

- ❖ This division is for dancers who graduated from Partner Starter and all dancers who want to be in this division.

9.4 - OVERALL REQUIREMENTS

- ❖ All divisions need a minimum of 2 out of 3 dances for Overall placement.
- ❖ Best scored dances will be picked for scoring.

9.5 - BASIC RULES - PARTNER STARTER

- ❖ Music will be counted in.
- ❖ Starter dancers must dance only full basic vanilla patterns with no variations.
- ❖ Starting position: as per the dance step description.

9.6 - MOVEMENT LIMITATIONS - PARTNER STARTER

- ❖ Introduction step is allowed within a radius of one step for both dancers

9.7 - BASIC RULES - PARTNER EXPERIENCED

- ❖ Music will be counted in.
- ❖ Partner Experienced should start with a full vanilla pattern. Variations are allowed with 8 counts (= 2 measures) of 4/4 time music or 6 counts (= 2 measures) of 3/4 time music. Throughout the dance, each variation must be followed by 2 measures of basic.
- ❖ Variations need to follow the flow of the dance.
- ❖ Starting position: As per the dance step description.

9.8 - MOVEMENT LIMITATIONS - PARTNER EXPERIENCED

- ❖ A stationary dancing introduction is allowed within the radius of 1 single step during the music prior to the start of the dance.

- ❖ Moves that include lifts, rides, acrobatics, jetés, knee slides, splits, non-lead patterns, sitting **(sit on the bum/bottom)** or lying on the floor are not allowed. (exception only if one of those moves is choreographed in the dance)
- ❖ Dance movements that rotate because of a leg kick or swing are not permitted to turn more than 360 degrees.

Choreography Rules

10.1 - DIVISIONS

GOLD offers one united category for choreography, but split into 3 levels.

- ❖ Beginner (equal to Newcomer)
- ❖ Improver (equal to Novice) / Intermediate
- ❖ Advanced

10.2 - BASIC RULES

- ❖ Free choice of music, but be aware not to use explicit versions of your song or risking to receive a penalty.
- ❖ Step sheet is included in the judges scores, so it is mandatory **upload the step sheet for the dances before the registrations is closed.**
- ❖ Step sheets must be in English and include the following: Name of Dance, Counts, Tag/Bridge/Restart, Level of Dance, Number of Walls.
- ❖ Dance level must fit in the correct level.
- ❖ Music will be played 2 ½ minutes for all entries.
- ❖ Choreographer who submitted the dance must be on the floor presenting his/her own dance.
- ❖ Only 1 choreographer can present the same dance at the same competition.
- ❖ Props are not allowed in choreography.

10.3 - ENTRY RULES

- ❖ Only 1 dance per division is allowed.

10.4 - COSTUME

- ❖ **See general rules**

Team Rules

11.1 - DIVISIONS

- ❖ Small Team Starter
- ❖ Large Team Starter
- ❖ Small Team Experienced
- ❖ Large Team Experienced
- ❖ Small Team Showtime
- ❖ Large Team Showtime

11.2 - REQUIREMENTS

- ❖ Each Team Captain must be a registered GOLD member before the Team competes.
- ❖ Each Team should have a Team name and must have different show-names for each routine.
- ❖ Every Team name has to be registered.
- ❖ Teams competing in separate categories must have different music selections and different dance routines.

11.3 - BASIC RULES

- ❖ Small Teams should consist between 2 to 5 members from all ages.
- ❖ Large Teams should consist of a minimum of 6 members from all ages.
- ❖ Free choice of music, but be aware not to use explicit versions of your song or risking to receive a penalty.
- ❖ Line, Solo and Couple dance may be used in any combination.
- ❖ Starter **MUST** show minimum of 1 motion that is offered in GOLD.
- ❖ Experienced **MUST** show a minimum of 2 motions that are offered in GOLD.
- ❖ The expectation with Showtime is that a Theme/Story is visible/hearable.
Example: Disney, Marvel, Movie Theme etc.
- ❖ No props allowed in Starter & Experienced division.
- ❖ **Props are allowed in Showtime. But** be aware we are a family orientated organisation, be careful using for example weapons.
- ❖ Contest coordinator will time/clock Team competitor.
 - Starter (3-6 min.)
 - Experienced (3-6 min.)
 - Showtime (3-8 min.)

**Clocking starts when music/sound starts or people walk on the spaced dance floor.
Clocking stops when the music/sound stops or last person left the spaced dance floor.**

11.4 - MOVEMENT LIMITATIONS

TEAM STARTER

- ❖ Moves not allowed: acrobatics, aerials, lifts, lying, bridges, sits **(sit on the bum/bottom)** and jetés.

TEAM EXPERIENCED

- ❖ Moves not allowed: acrobatics (except lifts), aerials, sits **(sit on the bum/bottom)**, lying and jetés which rotate.

TEAM SHOWTIME

- ❖ **No Cheer Leading movements/routines are allowed as we usually don't have the necessary floor etc to guarantee the safety of the dancers.**
- ❖ Except above are no movement limitations when performing a Showtime routine. The expectation with Showtime is that a Theme/Story is visible/Hearable.
Example: Disney, Marvel, Movie Theme etc.

Wheelchair Rules

12.1 - DIVISIONS

GOLD introduces 3 categories for Wheelchair for both manual and electric wheelchairs for all ages.

- ❖ Wheelchair Starter Division
- ❖ Wheelchair Experienced Division
- ❖ Wheelchair Team Division

12.2 - ENTRY RULES

- ❖ Every competitor must be a registered GOLD member before they compete.
- ❖ Dancers must be a person with disabilities.
- ❖ Wheelchair dancers may only dance in the Wheelchair and Choreography divisions
- ❖ Male and Female dancers will compete against each other.
- ❖ All Starter competitors may self-graduate to the Experienced division at any time.

12.3 - OVERALL REQUIREMENTS

- ❖ All divisions need a minimum of 2 out of 3 dances for overall placement (This rule is not applicable for Wheelchair Teams)
- ❖ Best scored dances will be picked for scoring

12.4 - BASIC RULES - WHEELCHAIR STARTER

- ❖ Music will be counted in.
- ❖ Wheelchair dancers must dance only full basic vanilla patterns.
- ❖ No variations are allowed.
- ❖ All wheelchairs dancers will compete in the same division without any differentiation.
- ❖ The dancer must control his/her displacements without obstructing other competitors.
- ❖ Obstructing other competitors will result in a penalty.
- ❖ A guided dancer/teacher is allowed to dance with the Wheelchair dancers as a reference. This person will not be judged.

12.5 - MOVEMENT LIMITATIONS - WHEELCHAIR STARTER

- ❖ A stationary dancing introduction within the radius of the arms and body, prior to the start of the dance is allowed.

12.6 - BASIC RULES - WHEELCHAIR EXPERIENCED

- ❖ Music will be counted in.
- ❖ Wheelchair Experienced should start with a full vanilla pattern. Variations are allowed with 8 counts (= 2 measures) of 4/4 time music or 6 counts (= 2 measures) of 3/4 time music. Throughout the dance, each variation must be followed by 2 measures of basic.
- ❖ Variations need to follow the flow of the dance.
- ❖ Starting position: As per the dance step description

12.7 - MOVEMENT LIMITATIONS - WHEELCHAIR EXPERIENCED

- ❖ A stationary dancing introduction is allowed within the radius of 1 meter during the music prior to the start of the dance.
- ❖ Moves that include acrobatics, sitting (**sit on the bum/bottom**), or lying on the floor are not allowed

12.8 - BASIC RULES - WHEELCHAIR TEAM

- ❖ A Team consist of a minimum of 2 members from all ages.
- ❖ Free choice of music, but be aware not to use explicit versions of your song or risking to receive a penalty Courtesy of a judge if a penalty has been given.
- ❖ **Props are allowed. But** be aware we are a family orientated organisation, be careful using for example weapons.
- ❖ Contest coordinator will time/clock Team competitor.
 - Wheelchair Team (3-6 min. incl. setup and teardown)

12.9 - MOVEMENT LIMITATIONS - WHEELCHAIR TEAM

- ❖ There are no movement limitations when performing a Wheelchair Team routine.