Approved Syllabus

Applies to:

- JUVENILE (INC. SUB-JUVENILE) - All Events
- JUNIOR - Lead/Follow Events
- RECREATIONAL - All Events
- SOLO C & B Grade Events

Introduction

DanceSport has evolved a great deal over the years, yet one thing remains intrinsic to its core: a sound understanding of basic technique.

The Approved Syllabus sets out the fundamental figures drawn from the internationally accepted technique books. Its purpose is to encourage dancers at the grassroots level to concentrate on developing their basic technical ability.

By focusing on these basic figures during their formative introduction to DanceSport, new competitors — and Juvenile competitors in particular — can build a firmly entrenched understanding of the technical aspects of all three styles. This grounding becomes a solid foundation for a successful progression through the grades and helps in mastering more complex figures later on.

Many technique books and online sources exist, and their descriptions of figures often vary. For this reason, DSA has chosen to publish a single point of reference for the approved figures. This edition of the Approved Syllabus provides a definition for each approved figure, which Chairpersons and Adjudicators will use when determining the validity of a competitor's choreography.

Each definition specifies the **Start**, **Finish** and **Timing** to be used for each figure. Permitted variations to the figures are given in the NOTES below the definition. The approved technique books remain the reference for all other aspects of that figure, such as footwork, rise and fall, and so on; however, the figures and timings published in these rules are the overriding authority on what is permitted in competition.

The following Rules apply to all dances

1. Each definition has a description of the first step (Start) and last step (Finish).
2. The basic timing is given. The notes below each figure give you the alternative possible timings.
3. Permitted variations to the figures are given in the NOTES below the definition.
4. Figures must be danced in their entirety; figures can't be freely cut into parts for use. A figure

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can't be added to or parts taken away, unless specifically allowed in the NOTES.
5. The precedes and follows are not given.
6. Only the listed figures on the Approved Syllabus can be used.
7. For details not described in the definition, refer to the approved technique books.

Standard Style

Dances

- Waltz
- Tango
- Viennese Waltz
- Foxtrot
- Quickstep

Latin American Style

Dances

- Latin Introduction
- Cha Cha Cha
- Samba
- Rumba
- Paso Doble
- Jive

New Vogue Style

The approved technique books for the syllabus are:

1. New Vogue Sequence Dancing - Neville Boyd OAM
2. Revised Technique of the New Vogue Championship Dances - Russ Hesketh

Notes

1. DSA recognises that there are differences between techniques now accepted and that such differences are matters of opinion.
2. DSA has not attempted to judge one method as being preferable to the other and further accepts that such judgement will remain the prerogative of the Coaches and Dancers.
3. Relative to both Competitions and Championships in:

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    - Recreational Division - All age groups
    - Juvenile - All Events
    - Junior - Events that are being judged as individuals
    - Competitors MUST adhere to the holds as printed in the publications accepted by DSA
4. Relative to both Competitions and Championships, competitors in:
    - Graded and Open events for Junior, Youth, Adult, Masters and Professional
    - are permitted a reasonable relaxation of hold for the purpose of style and expression. The Technique (e.g. alignment, timing, positions of feet, amount of turn etc) must be maintained in all instances.
5. Reasonable relaxation allows for a release or relocation of the hand contact whilst retaining the general line or shape of categorised hold. It does NOT extend to the adoption of a different hold or the use of “NO HOLD” where a hold is described as part of the technique in the publications accepted as reference manuals by DSA.

Reference

- Figures Beyond the Approved Syllabus — figures recorded for reference that are **not** part of the Approved Syllabus.

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