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 script for each approved figure, which Chairpersons and Adjudicators will use when determining the validity of a competitor's choreography.

The approved technique books remain the reference for matters 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 figure 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. Any changes allowed to the figures are given in the NOTES below the figure.
4. Figures must be danced in their entirety; figures can't be freely cut into parts for use. A figure can't be added to or parts taken away, unless specifically allowed in the NOTES.
5. The precedes and follows are not given.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=syllabus:approved_syllabus&rev=1782182883

6. Only the listed figures on the Approved Syllabus can be used.

Standard Style

The approved technique books for the syllabus are:

1. The Ballroom Technique - Imperial Society of Teachers of Dancing
2. The Technique of Ballroom Dancing - Guy Howard
3. The Viennese Waltz Technique - Imperial Society of Teachers of Dancing
4. The Viennese Waltz - Neville Boyd OAM
5. WDSF Technique Books - Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

Dances

- Waltz
- Tango
- Foxtrot
- Quickstep
- Viennese Waltz

Latin American Style

The approved technique books for the syllabus are:

1. Latin American Dancing - Imperial Society of Teachers of Dancing
2. The Laird Technique of Latin Dancing - Walter Laird
3. WDSF Technique Books - Samba, Cha Cha Cha, Rumba, Paso Doble & Jive

The following Rules apply to all dances

1. All technical details of figures should be sort from the technique books above.
2. The basic timings are given, any alternative timings must be listed in the technique books for that figure.
3. Any changes allowed to the figures are given in the NOTES below the figure.
4. Figures must danced in its entirety, figures can't be freely cut into parts for use. A figure can't be added to or parts taken away, unless specifically allowed in the NOTES.
5. Standardised holds, body positions and variations to these listed in the technique books must be used.
6. Precedes & Follows listed in technique books must be adhered to.
7. Only the listed figures on the Approved Syllabus can be used.

Key to following figures

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=syllabus:approved_syllabus&rev=1782182883

- Figures in **BLACK** are in both ISTD & WDSF technique books & Syllabus
- Figures in **RED** are only in ISTD technique book & Syllabus
- Figures in **BLUE** are only in WDSF technique book & Syllabus

Dances

- 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 re 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:
    - Recreational Divison - All age groups
    - Juvenile - All Events
    - Junior - Events that are being judged as individuals
    - Youth, Adult, Masters Grade C events
    - Competitors MUST adhere to the holds as printed in the publications accepted by DSA
4. Relative to both Competitions and Championships, competitors in:
    - Grade A events for Youth, Adult and Masters and Open events for Junior, Youth, Adult and Maters
    - Mixed Level events which include Grade A in Youth, Adult, Masters Divisions and Professional events
    - 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.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=syllabus:approved_syllabus&rev=1782182883

From:
https://dancesport.org.au/dswiki/ - **DSA Rules**

Permanent link:
https://dancesport.org.au/dswiki/doku.php?id=syllabus:approved_syllabus&rev=1782182883

Last update: **2026/06/23 12:48**

This printed or downloaded copy is not a controlled document. Always check the link above for the current version of this rule.

UNCONTROLLED COPY – the current version of this rule is published at https://dancesport.org.au/dswiki/doku.php?id=syllabus:approved_syllabus&rev=1782182883