

FORMATION TEAM RULES - OVATION SLC: MAY 14-16, 2026

MEDLEY EVENTS

- Minimum two dances within one style category.
- Each segment must be clearly recognizable in rhythm and character.
- Additional dances allowed within time limit.
- A couple is defined as leader + follower, regardless of gender identity.
- Judging: technique, performance, costuming, music, creativity, transitions, style fidelity, formation execution.
- Time limit: up to 6 minutes total (includes entry & exit).
- Teams: minimum 4 couples (8 dancers); larger groups encouraged

SHOW DANCE EVENTS

SHOW DANCE REQUIREMENTS INCLUDE:

- Routine must be one style or one song only, though it may contain up to three style characteristics.
- At least 50% of choreography must come from a recognized competitive style.
- Props are allowed if no additional set-up time is required.
- Routine length: Maximum of 4 minutes.
- Lifts: Up to 3 lifts longer than 2 beats. A fourth lift moves the routine to Cabaret.
- Tricks/drops/stunts ≤ 2 beats are not considered lifts.
- Team size: 3-8 couples (traditionally one boy and one girl). Organizers may allow same-gender teams under Ovation alignment, provided leader/follower roles are maintained.
- Teams may only compete once per category.

SHOW DANCE CATEGORIES/GENRES

SHOW DANCE ROUTINES ARE DIVIDED INTO THE FOLLOWING CATEGORIES FOR COMPETITION:

- International Ballroom / American Smooth: Waltz, Tango, Foxtrot, Viennese Waltz, Quickstep.
- Emphasis on elegance, flowing movement, rise and fall, and expansive floor coverage.
- International Latin / American Rhythm: Cha Cha, Samba, Rumba, Paso Doble, Bolero, Mambo.
- Characterized by sharp actions, strong rhythm, hip technique, and Latin styling.
- Swing: East Coast Swing, Triple Swing, Lindy, West Coast Swing, Jive.
- Defined by bounce, rhythmic syncopation, and classic swing or jazz styling.
- Novelty: Creative or non-traditional routines that retain a ballroom foundation.
- Examples include Hip Hop, Jazz, Disco/Hustle, Charleston, Folk, Polka, Salsa, and Single-Gender teams.
- Small Group: Teams of 3-5 couples, judged as one category regardless of style.
- Large Group: Teams of more than 8 couples (or more than 16 dancers), judged as one category, not subdivided by style.
- All Ladies Division: composed entirely of female dancers.

AGE DIVISIONS

ALL AGES ARE AS OF JANUARY 1 OF THE COMPETITION YEAR. GROUP AVERAGE AGES ARE CALCULATED BY SUMMING ALL AGES, DIVIDING BY THE NUMBER OF DANCERS, AND DROPPING DECIMALS. RULES INCLUDE:

LEVELS (AGES)
MINI (10 & UNDER)
JUNIOR (11-12)
TEEN (13-15)
SENIOR (16-18)
OPEN (19-35)
OBSERVER

OBSERVER ENTRY FEE & REGISTRATION RULES

- Routines may not compete more than one age division below their oldest dancer.
- Routines including dancers 19 or older must compete in the Open division.
- Teams may move up one age division for added challenge, but not down.
- If a division has three or fewer entries, Ovation may combine divisions to ensure fair and exciting competition.
- Participation in the camp workshop is required for all dancers to be eligible for the competition portion of the event.

ENTRY FEES

REGISTRATION DATE	BEFORE 2/28	3/1 - 5/1
PRICE PER TEAM	\$70	\$85

CONTACT INFORMATION:

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