



## 2015 Minnesota State Amateur Polka Dance Championships™ Rules

SATURDAY, AUGUST 8, 2015, CONTEST 5 PM, AWARDS 6:30 PM

### The following rules apply to participants of the Minnesota State Amateur Polka Dance Championships™

- No professional dancers or certified dance instructors are eligible to participate. This is defined as earning all or a substantial amount of income through dance performances or teaching. This also includes certified dance teachers who are trained and tested by national dance organizations. Dancers who have previously competed and received 1st place recognition, cannot enter for the next two following years; however, are requested to do an exhibition the following year of their titling as "Minnesota State Dance Champions."
- Acrobatic style moves are not allowed, and will result in a 5 point penalty under the following guideline: A lift is permitted if it begins and ends as a continuation of a previous move and does not interrupt the flow of dancing activity. At no time is a lift allowed if both feet leave the floor and an individual is solely supported by their partner for more than 3 measures of music. If you are in question about a lift, please bring it to the coordinator's attention beforehand. Cossack type steps are not allowed.
- If a couple becomes separated (dancing apart without hand contact) for more than 10 seconds, a 5 point penalty may apply.
- Rating in each category, except two, is done on a basis of 1–10 points (5 points representing average ability, and 10 being the highest score possible). The Timing category is scored with double points, due to its importance. The highest score possible is 60 points.
- All styles of polka are acceptable and scored equally in all categories. Contest is open to ages 16 through adult and yields a 1st, 2nd and 3rd place trophy plus cash prizes to the top three winners. Trophies are sponsored by the Valley Trophy in Stillwater, MN.

### The judging will include the following categories – One judge per category:

Timing Continuity/Execution Variations/Originality Floorcraft Costume/Appearance/Showmanship

### What does a judge look for in these categories?

#### Timing:

Is the couple in time with the music? Carefully watching off-beat variations, does the couple return to dancing in time with the music? Does the dance couple keep in time with each others' dancing throughout their dance?

#### Continuity/Execution:

Does the couple's feet and arm movements match or compliment their partners? Do they move through the variations with out strain, especially in the more difficult moves? Do the variations flow smoothly from one to another, or does the couple need to stop and prepare for the next move? Are the variations choppy?

#### Floorcraft:

Does the couple use the entire dance contest area? Do they move around the floor and use the floor craftfully? Does the couple stay in one area of the floor? Does the couple move their steps counterclockwise (the line of dance)? Do they move over the floor lightly through their steps?

#### Variations/Originality:

Does the couple have several different steps to show? Does the couple repeat their steps over and over again, with little variety? Does the couple have original steps and show creativity in movements that are uniquely theirs?

#### Costume/Appearance/Showmanship:

Does the couple have good posture or do they let their head sag as they dance and have their shoulders shrugged? Is the couple having a good time? Are they relaxed and smiling, or do they appear robot-like and move stiffly? Do the dancers look like they are working, or are they enjoying themselves? Does the couple have vibrancy of movement and charisma? Matching costumes is not necessary, as this is for amateurs, but it is recommended for audience charisma and adds to Appearance.