



159 N. 25th Street, Camp Hill, PA, USA, 17011-3609

November 15, 2024

Hello, UCWDC members!

As you prepare for the upcoming World Championships, please know that the Rules Committee has heard your concerns regarding three issues and the Council has approved these adjustments to our rules, effective immediately.

- 1) The boot heel height (measured from the top of the heel to the floor) will be, at minimum, one inch or 2.54 centimeters. No exceptions. We still recommend a heel height of 1.25 inches or 3.16 centimeters so that as wear and compression occur, the height is the minimum or one inch or 2.54 centimeters.
- 2) Eligible ProAm Advanced dancers may compete in AllStars and retain their Advanced status. To retain Advanced status, dancers must compete for overall in both divisions - Advanced and AllStars – at any event where they choose to compete in AllStars. Dancers choosing to compete only in AllStars at an event will relinquish their Advanced eligibility.
- 3) The music tempo ranges for age divisions have been adjusted to provide more overlap between age divisions. The overall ranges for each dance have not changed. Expanding the “common ground” in the tempo range across age divisions will make it easier for DJs to play music appropriate for each division and broaden the scope of music available. A chart of the expanded tempos is included in this message.

Best of luck in your final competitions and preparations for Worlds.

See you in Orlando!

Beth

Beth Emerson | VP Rules

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Couples and ProAm/ProPro Music Tempos in Beats Per Minute

Triple Two

Overall Range: 76 – 84 bpm

- Platinum/Pearl: upper end of the range
- AllStars/Masters/Crown: Lower end of range.

NightClub

Overall Range: 54 – 60 bpm

- Newcomer, Platinum, and Pearl: upper end of range

Waltz

Overall Range: 84 - 90

- Newcomer, Platinum, and Pearl: upper end of range

Polka

Overall Range: 106 - 120 bpm

- Platinum/Pearl Newcomer and Novice/Division III: 106 - 112
- Newcomer and Novice/Division III for all other age divisions: 110 - 116
- Platinum and Pearl Intermediate/Division II and above 110 - 116
- Intermediate/Division II and above for all other age divisions: 114 – 120

Cha-Cha

Overall Range: 102-116 bpm

- Platinum/Pearl Newcomer and Novice/Division III: 102 - 106
- Newcomer and Novice/Division III for all other age divisions: 102 - 110
- Platinum/Pearl Intermediate/Division II and above: 102-110
- Intermediate/Division II and above for all other age divisions: 108 – 116

East Coast Swing

Overall Range: 126-144 bpm

- Platinum/Pearl Newcomer and Novice/Division III: 126 – 136
- Newcomer for all other age divisions: 126 - 136
- Intermediate/Advanced Platinum/Pearl and Novice/Division III for all other age divisions: 130 – 140
- Intermediate/Division II and above: 134-144

Two Step

Overall Range: 168-192 bpm

- Newcomer for all age divisions: 170 - 178
- Platinum/Pearl Newcomer and Novice: 168-178
- Novice/Division III for all other age divisions: 174 - 186
- Platinum/Pearl Intermediate/Division II and above: 174 - 184
- Intermediate/Division II and above for all other age divisions: 182 - 192

West Coast Swing

Overall Range: 92 - 100 bpm