

UCWDC® Rules,
Contest Procedures
and Scoring Format
2026 - 2028



TEAMS

UNITED COUNTRY WESTERN DANCE COUNCIL®
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United Country Western Dance Council

Rules, Contest Procedures and Scoring Format

I. GENERAL INFORMATION

A. United Country Western Dance Council®

1. Since 1989, UCWDC® has provided the most unique competitive dance experience in the world.
2. UCWDC oversees the largest competition circuit for country dance in the world, including partner and line dance styles. Our goal is to provide our members with the structure, tools, education, and support they need to thrive in our circuit.
3. The UCWDC creates, revises, and administers the use of this uniform set of dance rules, contest procedures, scoring formats, and rating systems governing all UCWDC-sanctioned events.
4. The UCWDC recruits, develops, certifies, and evaluates Country Dance judges to create a pool from which UCWDC Dance Event Directors may draw.

B. UCWDC's Mission and Vision

1. The UCWDC oversees the largest competition circuit for country dance in the world, including partner and line dance styles. Our mission is to provide our members with the structure, tools, education, and support they need to thrive in our circuit.
2. Our Vision: The UCWDC is inspired by the vision of a thriving global country dance community featuring a world-class competition circuit and a Championship event on every continent.

C. UCWDC Business Office

The UCWDC Business Office is the official center for submitting to the UCWDC, information requests by letter, telephone, e-mail, or fax. Requests will be forwarded to the appropriate UCWDC Directors as needed.

Mailing Address: UCWDC Office
1219 W. Trindle Road
Mechanicsburg, PA. 17055 USA
Email: info@ucwdc.org

II. DANCE RULES

A. Definitions

1. **Amateur** refers to a dance competitor who does not meet any of the Professional Status Specifics outlined in the Division Entry Requirements section of this Rules document.
2. **Basic Rule** refers to the rule that, before adding embellishments or variations, competitors must dance one full, visible basic pattern of the dance per standard phrase of music – or, in the case of Line Dances, a full basic “vanilla” wall of the dance steps specified by the choreographer. More details are provided later in this rules document.
3. **Crossover** refers to either of two opportunities:
 - a. A dance competitor from another dance sport competes in the UCWDC dance sport
 - b. A dance competitor from one UCWDC Dance Type competes in another UCWDC Dance Type
4. **Dance Season** is a year that begins on January 16th and continues up to January 15th of the following year.

5. **Dance Category** refers to the specific dance, such as Two-Step, Waltz, Cha-Cha, NightClub, West Coast Swing, East Coast Swing, Polka, Triple Two, etc.
6. **Dance Types** refer to the types of dance contests offered by UCWDC, including ProAm, ProPro, Couples, Line, and Teams.
7. **Division** refers to the following segments in which UCWDC competitors may compete within a Dance Type: Age, Skill Level, and Mixed-Role. Division specifics are listed in this Rules document.
8. **Format** refers to the general forms of UCWDC dance competition, including **Classic** (in which music is selected by a DJ and competitors do not know the songs they will dance to in advance) and **Showcase** (in which competition music is either chosen by the competitors or is pre-released to competitors by UCWDC).
9. **Line of Dance** refers to the counter-clockwise movement of dancers around the floor when dancing partner dances.
10. **Progressive Dance** is a dance in which partners move in a constant flow in Line of Dance around the floor. This is in contrast to a Spot Dance. Examples include Two Step, Waltz, and Polka.
11. **ProAm** is a type of partner-dance contest in which a Professional dances with an Amateur.
12. **Professional** refers to a dancer who meets any of the Professional Status Specifics outlined in the Division Entry Rules section of this Rules document.
13. **ProPro** is a type of partner-dance contest in which two Professionals dance together.
14. **Judges' Marks** refer to the placements UCWDC judges may award competitors. These include:
 - M** = Honorable mention
 - B** = bronze
 - S** = silver
 - S+** = silver plus (ProAm only)
 - G** = gold
 - G+** = gold plus (ProAm only)
 - GH** = gold with honors
 - GH+** = gold with honors plus (ProAm only)
 - GG** = gold graduate
15. **Mixed-Role** refers to UCWDC competition divisions in which traditional dance-gender roles (i.e. males lead and females follow) are *not* required.
16. **Non-Progressive Dance** is a dance in which partners remain in one general place on the floor rather than progressing around the outside of the floor. Examples include Swing, NightClub, and Cha Cha.
17. **Shine** refers to a movement in a partnered dance in which a dancer moves independently of a physically connected lead.
18. **Vanilla** refers to a complete rendition of the entire Line Dance step description without variation.

B. UCWDC Associate Membership

1. Current, dues-paid Associate Membership is mandatory for:
 - a. All competitors (**each team is a competitor**) before they register for any UCWDC Division at any UCWDC event **or 30 days before the event (whichever is later)**. This allows the UCWDC to track their competitive credentials for each Dance Season and Eligibility Period. Tracking is used to determine eligibility for The Country Dance World Championships, Points Champions, and to graduate competitors from one skill level to the next at the end of The Country Dance World Championships.
 - b. Each and every UCWDC Contest Coordinator, Judge, Scrutineer, and Scoring Director who works at a UCWDC-sanctioned event.
2. New and renewed memberships become current the day the payment is received. Membership expires on the last day of the Dance Season, January 15th. Membership is available online at www.ucwdc.org/become-a-member.
3. A printable copy of the Rules, Contest Procedures and Scoring Format is available at www.ucwdc.org/rules.

C. Gender Requirements

1. A Team may compete with any number and combination of genders.
2. A Team “Couple” must portray a leader who leads, and a follower who follows. There is no gender restriction on these roles in a Team Couple.

D. Age Requirements

1. There are no age requirements in Team Divisions.

E. Team Divisions

Team Divisions are offered as follows:

1. Teams (3 or more competing members):
 - a. Team Line Dance Classic Country
 - b. Team Line Dance Open
 - c. Team Partner Dance Classic Country
 - d. Team Partner Dance Open
 - e. Team Combo
 - f. Team Cabaret
 - g. Team International
2. ShowTime (any number of members)

F. Division Entry Requirements

1. Competitors may enter any division for which they are qualified except for the following:
 - a. Each Team member may only dance once in any specific division at each event.

G. Division Rules

For an explanation of the movements listed below, see Glossary of Movements at www.UCWDC.org/rules.

The UCWDC does not condone obscene, indecent, or profane language or movement.

1. Team Format

- a. Teams may enter in separate divisions under the same Team Name but may only compete once in any single division at a UCWDC event.
- b. Teams competing in separate divisions must do so with different song selections and different choreography
- c. An individual member of any Team may dance in any Team division under any Team Name but may not dance in a division more than once at the same event.
- d. **Teams must provide a list of team members who will compete when registering for a UCWDC event.**

e. Team Line Dance Classic Country Movement Limitations:

- i. Moves that include acrobatics, pirouettes, fouettés, sitting on the floor, lying on the floor, bridging on the floor, spins in adagio, splits, and sits to recover from splits are not allowed.
- ii. Jumps and jetés are not allowed.
- iii. Dance movements that rotate on balance in adagio are permitted to rotate more than 360 degrees.
- iv. Use of hands, arms, facial expressions, body styling, skirt work, and hat-work are allowed without limit throughout the dance.

f. Team Partner Dance Classic Country Movement Limitations:

- i. Moves that include lifts (any type), throws, carries, aerials, acrobatics, drops (any type), rides, drags, slashes, sitting on the floor, lying on the floor, or bridging on the floor are not allowed.
- ii. Jumps and jetés are not allowed.
- iii. Dance movements that rotate on balance in adagio are permitted to rotate more than 360 degrees.

- iv. A rotating pedestal cannot be seen as counter-balanced.
- g. Team Line Open Movement Limitations:
 - i. Aerials are not allowed.
- h. Team Partner Open Movement Limitations:
 - i. Aerials are not allowed.
 - ii. Inverted lifts held on the vertical plane (rather than cartwheels that move through the vertical plane) and throws transporting the partner through the air are not allowed.
 - iii. Two-beat rule: A partner may be lifted for up to two beats of music as long as any part of the lifted partner's head, torso, arm, or leg remains at or below the shoulder level of the lifting partner and the lifted partner is not inverted. Medium lifts (with a part of the body at or below waist level) are allowed.
- i. Combo:
 - i. Aerials are not allowed.
 - ii. Inverted lifts held on the vertical plane (rather than cartwheels that move through the vertical plane) and throws transporting the partner through the air are not allowed.
 - iii. Two-beat rule: A partner may be lifted for up to two beats of music as long as any part of the lifted partner's head, torso, arm, or leg remains at or below the shoulder level of the lifting partner and the lifted partner is not inverted. Medium lifts (with a part of the body at or below waist level) are allowed.
- j. Team Cabaret or International:
 - i. There are no performance limitations.

2. ShowTime Format

- a. There are no performance limitations when performing a ShowTime routine.
- b. Wheelchair competitors may perform in ShowTime Format.

H. Floor Craft

- 1. There are no floor craft rules for teams.

I. Costuming and Props: The UCWDC does not condone obscene, indecent or profane costumes or props.

- 1. Competitors in Team Line Dance Classic Country and Team Partner Classic Country must wear:
 - a. Traditional looking Cowboy hats for leaders.
 - b. Traditional looking cowboy boots with a pull strap, stitching, and at least (1.0" or 2.54cm) heel from top of heel to floor. There is no tolerance on heel height. The boots must have a shaft of at least 7" (seven in/17.78 cm) from top of heel to top of shaft. Acceptable heel styles include Cowboy, Riding, Walking, Roper Straight, Roper Pitched, Fowler Straight, and Fowler Pitched. Fashion heels are not acceptable.
 - i. Newcomer competitors are encouraged but not required to wear boots except at The Country Dance World Championships, where boots are required for all levels.
 - ii. Junior competitors may not wear boots or other footwear with more than a 1.5 inch/3.75 centimeters heel.
 - c. Dance pants (under-shorts) for any dancer whose buttocks may be revealed during a dance performance.
- 2. Sponsored logos on costumes are allowed if they are no larger than 5 inches by 5 inches (12.7 centimeters by 12.7 centimeters) in dimension per article of clothing. Logos should be tasteful and not detract from the costume.
- 3. Team Line Dance Open, Team Partner Dance Open, Combo Team Cabaret, Team International, and ShowTime competitors have no costuming requirements or limitations and are highly encouraged to wear whatever clothing fits the style or theme of the performance.

4. The entire visual look of the performance is judged, including costuming as well as steps. Therefore, how a competitor presents oneself for performance is part of the final placement on every judge's ballot, in every dance, according to the style and story of the dance.
5. Competitors who choose to discard parts of costumes (i.e. skirts or vests) during their performance cannot leave discarded articles on the dance floor where they may impede other competitors. All discarded articles must be removed by the competitor at the end of the performance.
6. A prop is any item that is not normally worn as clothing. Props are allowed in Cabaret, International, and Showtime only. Props must be portable, not living, and delivered to and removed from the performance arena only by the competitors. Performers and props must not touch audience members or event staff. A total time of one (1) minute for prop setup, entrance, prop removal, and exit is allowed. No music may be included during setup/entrance (before the beginning of the selected music). A reprise is allowed afterwards.

J. Choreography Copyright

Like music, under international law, all original choreography is automatically copyrighted when it has been performed and may not be copied, reproduced, or imitated without permission by the owner under penalty of law.

K. Competition Music

1. These competition music length minimums may extend to the end of the phrase:
 - a. Teams – 3 to 5 minutes
 - b. ShowTime – 2 ½ to 5 minutes
2. UCWDC does not condone obscene, indecent, or profane content within competitor-selected music dance categories. While the UCWDC is a family-oriented organization, we cannot censor artistic license. Therefore, when competitor-selected music divisions are occurring before 9:00 pm, patrons should be informed that there may be adult themes portrayed during these competitions.
3. Competitor-selected music must be as described below for all parts of the dance performance for Team Line Dance Classic Country and Team Partner Classic Country for all parts of their performance:
 - a. **Our sport is inspired by country music and country artists so AI music is not acceptable.**
 - b. For the purposes of selecting competition music, music and artists that are identified by the following categories or descriptions are considered acceptable for Country Dance competition music within the UCWDC:
 - i. Country
 - ii. Contemporary Country
 - iii. Country Pop & Country Rock
 - iv. Americana/Alternative Country
 - v. Classic Country/Hillbilly
 - vi. Neo-traditionalist
 - vii. Western Swing
 - viii. Honky Tonk/Hardcore Country
 - ix. Bluegrass
 - x. Bakersfield
 - xi. Nashville/Countryopolitan
 - xii. Progressive Country & Outlaw Country
 - xiii. Urban Country
 - c. Two competition dances, Cha-Cha and West Coast Swing, have roots outside the country music genre. Therefore, Tejano music is acceptable for Cha-Cha and Blues music is acceptable for West Coast Swing. These music types are allowed only for these dances
 - d. Country music artists and songs appropriate for UCWDC competition may be identified by their presence on these platforms or by membership in these organizations:
 - i. Country Billboard or similar Country Music charts
 - ii. AM/FM/Satellite radio airplay on Country stations

- iii. iTunes, Spotify, internet-based music services in the Country genre
- iv. Record labels within the Country genre
- v. Country Music Halls of Fame, including national, state and regional
- vi. Nashville songwriters performing their own material
- vii. Nominations for Country Music categories at Grammy's and other music industry awards
- viii. Included on soundtracks for Country-themed movies
- ix. Music performed at the Grand Old Opry

4. Competitor-Selected Music: If a competitor enters two divisions that include a self-selected music dance category, they must have different competitor-selected music for each division.

- a. Because Teams select their own music, it is their responsibility to submit music 24 hours prior to the competition at every Regional Event where it is to be used and at least 96 hours prior to the performance at The Country Dance World Championships.
- b. The music must be accompanied by a properly filled out Competitor-Selected Music Itinerary (see www.UCWDC.org/rules).
 - i. The music and itinerary will be audited during competition for all requirements and must be submitted on a USB drive to the auditor designated by each specific event. The procedure for providing the information, how the information is evaluated and how any penalties are assessed if the program does not meet applicable rules are also described at www.UCWDC.org/rules.

5. Brief recorded introductions and curtain calls are permitted for Teams. Beyond the duration of the self-selected music, competitors are allowed one minute in total for prop setup, entrance, prop removal and exit. No music may be included during setup/entrance (before the beginning of the selected music). A reprise is allowed afterwards.

- a. Clocking begins when either the performance or the performance-sound begins, whichever comes first.
- b. Clocking ends when either the performance or the performance-sound ends, whichever comes last (not including curtain calls).

L. Dance Categories and Basic Timings

1. Team Dance Categories:

Team competitors may enter and perform in these divisions, which are danced separately at all UCWDC events and the Country Dance World Championships:

- a. **Team Line Dance Open:** (3-5 Minutes, No BPM limitations) A dance or medley of dances choreographed to music of the competitor's choice. The program must include 100% Line Dancing with recognizable patterns, rhythms, motions, and character. Patterns from any dance form may be used as appropriate for musical interpretation; however, no couples' lead and follow patterns may be used. Momentary touching is allowed.
- b. **Team Line Dance Classic Country:** (3-5 minutes, No BPM limitations) A dance or medley of dances choreographed to 100% Country Music of the competitor's Choice. The program must include 100% Line Dancing with recognizable patterns, rhythms, motions, and character. Any solo dance patterns may be used as appropriate for musical interpretation; however, no couples' lead and follow patterns may be used. Momentary touching is allowed.
- c. **Team Partner Dance Open:** (3-5 minutes, No BPM limitations) A dance or medley of dances choreographed to music of the competitor's choice. The program must include 100% Partner Dance with recognizable patterns, rhythms, motions and character. Patterns from any dance form may be used as appropriate for musical interpretation; however, no Line or Solo dancing may be used.
- d. **Team Partner Dance Classic Country:** (3-5 minutes, No BPM limitations) A dance or medley of dances choreographed to 100% Country music of the competitor's choice. The program must include 100% Partner Dance with recognizable patterns, rhythms, motions, and character. Patterns from any dance form may be used as appropriate for musical interpretation; however, no Line or Solo dancing may be used.

- e. **Team Combo:** (3-5 minutes, No BPM limitations) A dance or medley of dances choreographed to music of the competitor's choice. This is an open category in which a minimum of 90 seconds each Partner dance and Line Dance must be clearly shown during the performance.
- f. **Team Cabaret:** (3-5 minutes, No BPM limitations) A dance or medley of dances choreographed to music of the competitor's choice. This category may use any type of music, costuming, props, or movement and is an open category in which Line, Solo, and Partner dance may be used in any combination. Wheelchair competitors may be members. Setup and tear-down may be no longer than 6 minutes in total.
- g. **Team International:** (3-5 minutes, No BPM limitations) A dance or medley of dances native to the nation dancing. There are no costume, music, or movement limitations.

2. **ShowTime:** (2 ½ -5 minutes, No BPM limitations; no World Championship is awarded)

- a. An extensively conceived, thematic medley choreographed to music to the competitor's choice and performed by any number of competitors. This category is a long Cabaret which may use any type of music, costuming, props, or movement. It is an open category where Line, Solo, and Partner dance may be used in any combination. Wheelchair competitors may be members. Setup and tear-down may be no longer than six (6) minutes combined.

3. Team Partner Classic Country Dance Categories: Triple Two, NightClub, Waltz, Cha-Cha, Polka, East Coast Swing, Two-Step, West Coast Swing, Pony Swing, Shuffle (Ft. Worth Shuffle), Schottische, and Rhythm Two (Arizona Two Step).

4. The following section provides the minimum, maximum and preferred musical tempos in beats per minute (BPM) for Teams. These basic timings fulfill the Basic Rule for each dance. For complete definitions of each dance, refer to www.UCWDC.org/rules for the Curriculum and Standards.

- a. **Triple Two:** 76-84.
Basic Triple Two timings are 1 2 3&4 5&6 and 1 2 3&4 5 6 7&8.
Triple Two is a smooth, progressive dance with looped and laced patterns performed with curved sway and shaping actions, emphasizing connected feathers.
- b. **Polka:** 106-120.
Basic Polka timing is 1&2 3&4 5&6 7&8.
Polka is a progressive dance with 2-rail (streamlined) patterns performed with Lilt motion, emphasizing downward action on the numbered counts.
- c. **NightClub:** 54-60.
Basic NightClub timing is 1 2&3 4&5 6&7 8& (S QQS QQS QQS QQ).
NightClub is a stationary dance with linear and geometric patterns performed with draping sway and counter sway, shaping actions, emphasizing developed slows.
- d. **Cha-Cha:** 102-116.
Basic Cha-Cha timing is 1 2 3 4&5 6 7 8&.
Cha-Cha is a stationary dance with intersecting patterns performed with Cuban motion, emphasizing the first beat of each measure.
- e. **Waltz:** 84-90.
Waltz tempos in self-selected music division must be 120 BPM or less.
Basic Waltz timing is 1 2 3 4 5 6.
Waltz is a progressive dance that uses patterns that move diagonally and are performed with rise and fall accentuated with swing and sway emphasizing hover.
- f. **Two-Step:** 168-194.
Basic Two-Step timing is 1 2 3 **4 5 6** ; 1 2 3 **4 5 6 7 8** ; and 1 2 3 4 5 **6 7 8** (QQS S ; QQS QQS ; QQQQS S).
Two-Step is a smooth, progressive dance with weaved patterns and rhythm accents that separate the quicks and slows, emphasizing slows.
- g. **East Coast Swing:** 126-144.
Single, Double and Triple time swing are all permitted and interchangeable.
Basic Triple East Coast Swing timings are: 1&2 3&4 5 6 and 1&2 3 4 5&6 7 8.

Basic Single East Coast Swing timings are: 1 **2** 3 **4** 5 6 (S S QQ) and 1 **2** 3 4 5 **6** 7 8 (S QQ S QQ).
 Basic Double East Coast Swing timings are: **1** 2 3 4 5 6 (S S QQ) and **1** 2 3 4 **5** 6 7 8 (S QQ S QQ).
 East Coast Swing is a stationary dance that uses rotary patterns and is performed with semi-Cuban, emphasizing downward compression.

- h. **West Coast Swing:** 92-100.
 Basic West Coast Swing timings are 1 2 3&4 5&6 and 1 2 3&4 5 6 7&8.
 West Coast Swing is an un-phrased, smooth, stationary dance with slotted patterns and rhythm accents, emphasizing back-beat.
- i. **Pony Swing:** 102-116.
 Basic Pony Swing timing is &1 &2 &3 &4 &5 &6 &7 &8.
 Pony Swing is generally stationary with revolving patterns performed with Lilt, emphasizing downward action on the numbered counts.
- j. **Shuffle (Ft. Worth Shuffle):** 102-114.
 Shuffle timings are 1 2 3, 4&5, 6&; or 1 2 3, 4&5, 6 7, 8&.
 Shuffle is a progressive dance with leap-frog or pig-tail patterns, performed with Flat motion shaped in its movement. The dance accents 2 3 (six-count timing), or 2 3 and 6 7 (eight-count timing) with two progressive walks.
- k. **Schottische:** 120-132.
 Basic Schottische timing is 1 2 3 **4**[kick] 5 6 7 **8**[kick].
 Schottische is a progressive dance performed with plié on 2 and relevé on 4, with zigzag patterns accented with lifted kicks, scoots, hops, or brushes.
- l. **Rhythm Two (Arizona Two-Step):** 148-160.
 Basic Rhythm Two timing is 1 2 3 **4**[kick or touch] 5 **6**[kick or touch] and 1 2 3 4 5 **6**[kick or touch] 7 **8**[kick or touch].
 Rhythm Two is a spot dance performed with semi-Cuban motion and circular patterns.

M. Competitor Conduct and Ethics

1. All decisions of the contest judges, the Contest Coordinator, and Event Director are final. Competitors are expected to act and comply with the standards and rules outlined in UCWDC Associate Membership Code of Conduct, found at www.ucwdc.org/governance. On any competition registration form, competitors are required to provide their full name, mailing address, birthdate, phone number (cell preferred), e-mail address, and UCWDC Associate Membership number.
2. All Associate Members and participants acting on behalf of the UCWDC are expected to comply with all applicable laws. The UCWDC reserves the right to exclude any competitor from an event for acting in violation of an applicable law, or contrary to the UCWDC Associate Membership Code of Conduct as determined by sole discretion of the UCWDC.
 Any complaint or challenge to the composition of a judging panel or results from a judging panel must be done post-event and will go to the Judge Review Board. See the UCWDC Judge Certification Code of Conduct at www.ucwdc.org/judge-certification for information.

N. Competitor Data and Privacy

1. Before entering a UCWDC-sanctioned event, competitors may be required to sign an event waiver form that limits the event's liability with regards to injury or other damage, allows data collection and tracking, assigns the distribution rights of audio and video recordings of the attendee(s) to the event, and addresses privacy.
2. Competitors under the legal age of 18 must be accompanied by a parent or legal guardian who has written parental permission to act as "guardian", and who is responsible for the minor's safety and conduct at all times.
3. Information provided on the competition registration form will be used for tracking of performance results to determine divisional graduation status, divisional age eligibility, County Dance World Championships eligibility, and the UCWDC Points Championships.

4. All UCWDC-sanctioned event attendees are expected to act in a friendly, cordial, respectful, and professional manner throughout every event.

O. Competitors Check-in and Staging Procedure

1. For all Team categories, competitors should report to the Floor Coordinator thirty (30) minutes before a division's first contest heat to check-in, unless the size of the contest warrants an earlier reporting time (see each event's schedule).
 - a. When reporting, a designated Team member must make themselves known to the Floor Coordinator by competitor number, confirming that they are dressed, ready, and able to perform in the proper division.
2. Although UCWDC contests post the heats of competition for all divisions, the exact heat order is not guaranteed.
 - a. A competitor who fails to report to the Floor Coordinator on time or fails to answer the calls of the Floor Coordinator for a specific heat will be scratched (disqualified) from that dance category.

P. Judge Meeting

1. Relevant contest information is discussed at the official UCWDC Judge Meeting held prior to each competition session at every UCWDC event.

Q. Competitor Meeting

1. Contest logistics and schedules are discussed at the official UCWDC Competitors Meeting held at some UCWDC events. If there is no Competitors Meeting, please see the Contest Coordinator for answers.

III. COUNTRY DANCE WORLD CHAMPIONSHIPS ('Worlds')

Each year, the UCWDC presents the Country Dance World Championships, which offers world-class Couples, ProAm, ProPro, Line Dance, ShowTime, and Team competitions.

A. Eligibility

1. Associate Membership: Each Team Name may not begin to accrue qualifications for Worlds until the Team's Associate Membership dues are current and paid for the Dance Season.
2. To be eligible to compete at The Country Dance World Championships:
 - a. Each Team Name whose permanent residence is North America (except Mexico) and Europe must qualify by competing at three (3) or more UCWDC Events during the preceding Dance Season, except for all competitors from Manitoba and Western Canada, who must compete at two (2) or more events, and competitors from Mexico, who must compete at one (1) or more events.
 - b. Each Team Name whose permanent residence is Asia must qualify by competing in at least two (2) UCWDC Events during the preceding Dance Season.
 - c. Each Team Name whose permanent residence is Africa must qualify by competing in at least one (1) UCWDC Event during the preceding Dance Season.
 - d. Each Team Name whose permanent residence is a continent other than North America, Europe, Asia, and Africa may enter without pre-qualification but must be active, dues paid Associate Members before dancing at The Country Dance World Championships.
3. The Country Dance World Championships qualification in Teams does not count for any other competition Dance Type.
4. The Country Dance World Championships Team Name must have competed at least once in the Dance Category in which they intend to compete, except:
 - a. ShowTime Teams, which need not qualify

B. Acceptable Use of World Championship Titles

1. A "World Champion" title at The Country Dance World Championships is awarded only to the first-place winner in each Team dance category. When used, the year and the full name of the division must precede that title. i.e., "Team Z is the 1988 UCWDC Team Cabaret World Champion."
2. Conversely, when used in a competitor's dance resumé, 2nd Place through 5th Place winners' titles must be followed with the full name of the dance category. i.e., "Team Z is the 3rd Place Team Cabaret" winner at the Country Dance World Championship.
3. At The Country Dance World Championships, a "Points Champion" title is awarded only to the first-place Points winner in each specific division for the previous Dance Season (in January, 2026 the 2025 Points Champion is awarded).
 - a. When this title is used, the year and the full name of the division must precede that title; e.g.: "Team Z is the 1988 UCWDC Team International Points Champion."
4. Titles are bestowed upon winners by the UCWDC. Titles which are abused by the recipient may be withdrawn.

IV. CONTINENTAL CHAMPIONSHIPS

Each year the UCWDC may present a Continental Championship in one of its represented regions. All qualification requirements for the Continental Championship shall follow The Country Dance Worlds Championships format, unless noted otherwise

V. INVIGILATION

Invigilation will be used when deemed necessary and useful. The specificity of any duties of an Invigilator will be described in www.UCWDC.org/rules.

VII. GLOSSARY FOR RULES

A. Movements that incorporate any of the following defined dance concepts are subject to allowances and limitations as stipulated. Where height levels are indicated in the definition of a movement (i.e., knee level, waist level, shoulder level, head level, et cetera), those levels shall be determined by a contestant's standing upright and flat-footed. Movements are considered stationary when they are done in place and are not rotated on an axis or transported across the dance floor.

B. The following list of definitions is specifically relevant to UCWDC competition rules.

1. Acrobatic Concepts:

- a. **Lift:** any move where both feet of one partner are propelled off the floor and weight is fully supported by the other partner.
- b. **Low Lift:** any lift where some part of the body of the lifted partner (not to include hair) is at or below the (standing) knee level of the lifting partner.
- c. **Throw:** any move where both feet of one partner are propelled off the floor and transported through the air by momentum of the standing partner.
- d. **Drag:** When one partner supports the other partner, and the supported partner is pulled across the floor while maintaining contact with the floor
- e. **Aerial:** any move where a person propels both feet off the floor and passes them above the top of their head and no other contact, or only momentary contact, with the floor is maintained.
- f. **Acrobatic for Line:** any move where a person passes any part of their torso above the top of their head and contact with the floor is maintained.
- g. **Acrobatic for Partner:** any move where either partner independently or in partnership passes any part of their torso above and across the level of the top of either partner's head or passes their head through the legs of the standing partner and contact with the floor is maintained.

- h. **Drop:** any move where the head and torso of a one partner is lowered below the knee level of the other partner and weight of the lowered partner is at least partially supported or counter-balanced by the standing partner.
- i. **Ride (or leaning Horse & Cart):** any move where weight is at least partially counter-balanced (leaning-out or dipping away) by the other partner. To execute a ride, the supporting partner rotates the riding partner on an axis around the floor.
- j. **Slash:** any move where one partner is stationary and propels their partner from one side of their body to the other.
- k. **Floor Split:** any move where a person slides his or her foot or feet apart with straight legs, until the base of the torso connects with the floor.

2. Adagio Concepts:

- a. **Adagio:** any balanced or counter-balanced move where a competitor has only one foot in contact with the floor and the second foot is elevated, e.g., attitude, arabesque, dévelopé, rond dé jambe, tele rond dé, penché, passé, piroette, pedestal, piqué, fouetté, et cetera.
- b. **Jeté:** any move where a contestant leaps from one foot to the other foot, transporting his or her torso through the air and across the floor.
- c. **Grand Jeté:** any move where a contestant leaps from one foot to the other foot, elevating his or her torso through the air and across the floor, while performing a split line elevated from and parallel to the floor.
- d. **Fouetté:** is any move where a contestant executes a rondé in conjunction with using the momentum of the movement to turn in a passé position. Consecutive fouetté movements may be performed by going from the turning passé position, then executing another rondé, turning in passé, executing another rondé, turning in passé, et cetera.
- e. **Leap:** Any propulsion whether using one foot or two that travels across the floor.
- f. **Tour Jeté:** any move where a contestant from one foot to the other, transporting his or her torso through the air and across the floor, while performing one-half turn and upon landing, executing an arabesque or penché position.

3. Floor Concepts:

- a. **Kneel:** any move where a contestant contacts the floor with one or both knees.
- b. **Sit:** any move where a contestant contacts the floor with one or both buttocks.
- c. **Lie:** any move where a contestant contacts the floor with any part of his or her pelvic, hip, or buttock region of the body and also contacts the floor with any part of his or her upper body (hands, arms, rib cage, shoulders, or head). .
- d. **Bridge:** any move where a contestant contacts the floor with his or her feet or knees and braces his or her weight off the floor by contacting the hands, arms, shoulders, or head, and with no part of his or her pelvic, hip, or buttock region contacting the floor, raises his or her torso higher than or level with his or her head.

4. Partnership Concepts:

- a. **Shine:** any move where a contestant in pairs performance is not bodily connected to his or her partner, and the move is deemed non-leadable. One partner holding or leading by an article of clothing worn by the other partner but not physically touching the other partner's body is not considered bodily connected, therefore such movements will be deemed shine. Shine does not include moves that conclude without connected lead & follow, but finish based on the pattern structure of the dance, e.g. an anchor after a free spin that occurs without connection to conclude a West Coast Swing pattern.

END OF TEAMS BOOKLET