

Dance National League of Canada (“DNL”)

Rules and Regulations for Competitive Program

Age Divisions and Dance Levels Qualifications

The main components of these Rules include:

Age Division

Dance Levels

Athlete’s Individual Score Book

The Age Division and Dance Level are integral for the construction of training and approach in the DNL. The age category and dance level define two types of competitions in the DNL:

1. **Open Class Tournaments (challenge cups)**, in which athletes of the same age category only but different dance skill levels can compete together;
2. **Tournaments of Certain Class**, in which athletes of the same skill class only and the same age category can compete together.

1. Age Division.

- 1.1. Age groups: Juvenile-1 and Juvenile-2, Junior-1 and Junior-2, Youth, Under 21, Adults and Seniors.
- 1.2. Dancers may compete in their current age division and dance level, as well as one age division and/or one dance level higher.

1.3. Age Division in Canada:

Juvenile-1 (7-9 years old)

Juvenile-2 (10-11 years old)

Junior-1 (12-13 years old)

Junior-2 (14-15 years old)

Youth (16-18 years old)

Under 21 (16-21 years old)

Adults (18 years and older)

Seniors-1 (30 years and older)

Seniors-2 (40 years and older)

Seniors-3 (50 years and older)

Seniors-4 (60 years and older)

- 1.4. The athlete is obliged to compete in his/her age category or in competitions in his dance level or on one age division and dance level higher, depends on the rang of competition (check rules and regulations of competition when you register).

2. Dance Level.

- 2.1 Dance Level is defined as a certain level of physical development, psychological and musical-aesthetic fitness of an athlete, providing him the ability to perform figures and dances of a certain degree of complexity in technical and choreographic terms at various stages of the training process related to the age of the athlete.
- 2.2 Classes have the following designations in competitive level: “Newcomer”, “Pre-Bronze”, “Bronze”, “Silver”, “Gold”, “Pre-Championship” and “Championship”. Regional affiliates are allowed to introduce a recreational, pre-competitive program “Dance Sport to Enjoy” for beginners who have not reached the level of class “Newcomer” (the so-called dance levels “N1,2,3,4,5,6”) and develop rules for conductions competitions for them.

3. Classification Group.

- 3.1 Combining the Age Division and Dance Levels as described above determines 11 classifications groups.
- 3.2 A classification group is an allowed list of dance level for the relevant age division and represents “average”, exceptions may be possible. In other words, the classification group determines the maximum allowable upper class of skill for an athlete in a given age category.
- 3.3 Classifications groups are as follow

	Age Division	Dance Level
1	Juvenile-1 (7-9 years old)	“Newcomer”, “Pre-Bronze”, “Bronze”
2	Juvenile-2 (10-11 years old)	“Newcomer”, “Pre-Bronze”, “Bronze”, “Silver”
3	Junior-1 (12-13 years old)	“Newcomer”, “Pre-Bronze”, “Bronze”, “Silver”, “Gold”
4	Junior-2 (14-15 years old)	“Newcomer”, “Pre-Bronze”, “Bronze”, “Silver”, “Gold”, “Pre-Champ”
5	Youth (16-18 years old)	“Newcomer”, “Pre-Bronze”, “Bronze”, “Silver”, “Gold”, “Pre-Championship” and “Championship”
6	Under 21 (16-21 years old)	
7	Adults (18 years and older)	
8	Seniors-1 (30 years and older)	
9	Seniors-2 (40 years and older)	
10	Seniors-3 (50 years and older)	
11	Seniors-4 (60 years and older)	

4. Rules and Regulations on transition from one Dance Level to the next.

- 4.1 A dance skill level is assigned based on the results of DNL dance competitions and/or Provincial and National competitions.
- 4.2 An athlete who does not have a Dance skill level may be assigned a class “Newcomer” if he/she has completed the initial course of study in the pre-competitive program “Dance Sport to Enjoy” and received a Score Book on the basis of the coach’s application.
- 4.3 In the age division of Juniors-2 (from 14 years old) and older, dance level “Bronze” may be assigned, based on the coach’s application.
- 4.4. Assignments of the next Dance levels “Pre-Bronze”, “Bronze”, “Silver”, “Gold”, “Pre- Championship”, Championship” is made by the main coach on the basis of points scored.
- 4.5 Scoring is calculated separately for each athlete in a couple in accordance with his/her skill dance level and the taken place of each of the athletes at the competition.
- 4.6 Assignment of Dance Level classes is carried out separately in the Standard and/or Latin American programs.
- 4.7 Scoring, is the method that determine when competitor can move from one dance level to another.
- 4.9 The method of collecting points:
 - Dancer will get 1 point for participating in a competition.
 - Dancer receives an extra 1 point when placed 1st out of minimum of 3 competitors in their current dance level and age group; or placed in the top 25% of all dancers in a category.
 - Points will be recorded only for the current dance level and age division (i.e., points for category up will not be recorded) and Open Class Tournaments (i.e., challenge cups) current age division.

*Extra entries are needed for dancers to gain competitive experience and improve dance skills faster.

5. Dance Skill Levels.

Total points required.

The minimum number of points for one of the programs:

from “Newcomer” to “Pre-Bronze”: minimum 10 points, maximum 25.

from “Pre-Bronze” to “Bronze”: minimum 10 points, maximum 25.

from "Bronze" to "Silver": minimum 12 points, maximum 27.

from "Silver" to "Gold": minimum 12 points, maximum 27.

from "Gold" to "Pre-Championship": minimum 15 points, maximum 30.

from "Pre-Championship" to «Championship»: min 20points, max 40.

- 5.1 When competitor is moving from one age group to another, as well as creating a new dance couple, the points received from previous results will be carried forward.
- 5.2 The class in the new created dance couple is determined by the class of the male partner.
- 5.3 Couple or single competitors immediately ensure the transfer to the next dance level as soon as he has scored the maximum number of points necessary for this.

6. Athlete's Individual Score Book.

- 6.1 The athlete's Individual Score Book ("Score Book") is the main document of the athlete and must contain all the necessary information about the athlete: registration number, First and Last name, the studio and coach's name, date of birth, athlete's dance level, name of the partner, information about competitions, in which the athlete performance, the place and number of participants and the number of points scored at each competition.
- 6.2 At every competition where an athlete participates, information on the competition, the result of the athlete, and points scored must be recorded in the Score Book.
- 6.3. Points for couple or single dancer will be recorded in the Score Book only if at least three dance studios participated in the competition.
- 6.4 When need to replace the Score Book, all previous results and achievements will be recorded in the new Score Book.
- 6.5 Couple or single dancer immediately ensure the transfer to the next dance level as soon as he has scored the maximum number of points necessary for this.
- 6.6 Points will be recorded only for the current dance level and age division (i.e., points for category up will not be recorded) and Open Class Tournaments (i.e., challenge cups) current age division.

7. Registration:

- 7.1. Registration takes place by providing a score book of DNL in accordance to the starting category of athlete.