



## America's Clogging Hall of Fame Amended 12/2022

### Time Limits: No Minimums

#### Sanctioned Categories

Country Hoedown	8 max
Southern Appalachian Hoedown	8 max
Smooth	8 max
Running Set Hoedown	8 max
Running Set Precision	8 max
4 Couple Precision	8 max
6 or 8 Cpl Precision	8 max
4 or More Cpl Open Hoedown	5 max
4 or More Cpl Open Precision	3 max
Traditional Line	3 max
Traditional Line Formations	3 max
Line	3 max
Line Formations	3 max
Exhibition	3 max
Small Team Exhibition	3 max
Props Exhibition	3 max
Show	8 max
Acapella Team	3 max
Open Acapella Team	3 max

#### Sanctioned Categories

Buck and Wing	3 max
Traditional Duo	3 max
Contemporary Duo/Duet	3 max
Show Duo/Duet	3 max
Choreographed Solos	2 max
Short Duo/Duet	
Traditional Solos	
Contemporary Solos	
Flatfoot Solos	
Acapella Solos	20 Seconds
Acapella Duo/Duet	20 Seconds

**Traditional Categories are in red**

**Open Traditional Categories are in green**

**Contemporary Categories are in blue**

**Open Contemporary Categories are in orange**

***Hoedown Categories*** -- Timing begins when last dancer starts dancing and ends when first dancer stops dancing.  
***Precision Categories*** -- Timing begins when the first dancer starts dancing and/or uses body movements, and ends when the last dancer stops dancing and/or uses body movements. (Knee bouncing doesn't signify the start of timing)

### Age Divisions

Team and Duo/Duets (age division determined by average age)	
Tiny Tot	<b>6 and Under</b>
Pee Wee	<b>7-9 years old</b>
Elementary	<b>10-12 years old</b>
Junior	<b>13-15 years old</b>
Senior	<b>16-18 years old</b>
Young Adult	<b>19-29 years old</b>
Adult	<b>30-50 years old</b>
Senior Adult	<b>51 and Over</b>

Solos		Flatfoot, Acapella, Aca Duo/Duet
3 and Under	16-19 years old	<b>10 and Under</b>
4-5 years old	20-25 years old	<b>11-15 years old</b>
6-7 years old	26-31 years old	<b>16-30</b>
8-9 years old	32-40 years old	<b>31 and Over</b>
10-11 years old	41-50 years old	<b>1. Age divisions standard for all events</b>
12-13 years old	51 and Over	<b>2. Males and Females compete</b>
14-15 years old		<b>against each other in Flatfoot and Acapella</b>

## **General Information**

1. Music and Dress must be age appropriate in all categories. Think School Dress Code! No Fannies, No Midriffs, No Cleavage and No Ragged clothing in any/all categories.
2. Teams must place 1st or 2nd with each category and age division at two sanctioned competitions to qualify for the National Championships in October. All Duo/Duet categories must compete at two sanctioned competitions (do not have to place) in order to compete at the National Championships. Directors are responsible for collecting birth certificates from their dancers and having copies at Nationals in case there is any question about their age division. Registration will be verified at each regional competition with the dancer's birthdate on the registration form. A list of dancers and birthdates must be sent to the Sanctioning Chairman to keep on file. This must be sent no later than January 30<sup>th</sup> of each qualifying year. If a team is new and begins competing with ACHF in the middle of a qualifying year then they must submit their information no later than 30 days after their first regional competition with ACHF.
3. 5 judges are required (All must be ACHF certified) at all ACHF competitions. Highest and Lowest scores are dropped and the 3 middle scores are averaged. (Three judges may be used at the discretion of the Executive Board)
4. The same 5 judges must judge an entire dance category. Different judges shall not be used for different age divisions for the same category.
5. A Rules "Rep" Official will be in attendance and will have the final say regarding any rule infractions.
6. Point Deductions:
  - a. 5 point deduction for improper number of dancers in routine
  - b. 2 point deduction for everyone not dancing at all times in Acappella Team
  - c. 1 point deduction for a dancer missing a step in Acapella Team
  - d. 1 point deduction for every 15 seconds, or portion thereof, exceeding the time limits given
  - e. 1 point deduction for each dancer not dressed correctly
  - f. (Male position dancer must wear slacks In Smooth, Female position dancer may wear skirt or dress (slacks preferred by only required in Smooth)
  - g. 1 point deduction for placing dancers on stage *EXCEPTION: Tiny Tot age division*
  - h. 1 point deduction for "directing" off stage *EXCEPTION : Tiny Tot age division*
  - i. 1 point deduction for not holding HOME position in Traditional Categories.
  - j. 1 point deduction for couples not becoming active, if required, to perform small circle figures
  - k. 1 point deduction for each required figure not performed and each corner/partner swing not performed when required in figure
  - l. 1 point deduction for improper progression
7. Disqualification : Use of alcoholic beverages or Unsportsmanlike or Obscene actions on premises of any ACHF event!!!
8. Disqualification : If a team dances in the wrong age division. Example: You register in Adult age division and dance, when your average age of your dancers that dance are really Young Adult. You will be disqualified. Verified by birth certificates that the director is responsible to have in their possession.
9. Disqualification : No parking lot teams allowed, except for Team Collaboration Categories.
10. Disqualification : When a team registers one count of dancers and then at the competition puts more than what was registered on the stage and competes without notifying the competition director, you will be disqualified.
11. Please be conscious of the dance environment and do not throw and fiber or materials that will require either cleanup after the routine or would make the dance surface slick and dangerous for the next team and/or dancer. Failure to follow this rule could result in disqualification.
12. To Average your team age: you add the ages of every dancer then divide that by the total number of dancers and you don't round up or down. Example: 15.6 is 15 is your age division. Age should be calculated as of January 1<sup>st</sup> of that competition year.

## Premier (Novice) Division

All Premier (Novice) Teams will follow the same rules and guidelines as the Elite Division. A Premier team must remain in the premier categories through the competition year. Premier teams must place 1<sup>st</sup> or 2<sup>nd</sup> at two regional competitions with each category or age division to be qualified for Nationals to dance in Premier (Novice) divisions for a National Premier Title. Once a Premier team has met qualifications for nationals in a competition year they must move up to Elite competition division for the following competition year. Teams can only compete in Premier (Novice) division for a maximum of two years then they must move up to Elite Division.

## Country Hoedown And 4 Couple Precision

**Dancers** 4 Couples -- Any number of males and/or females

### Figures

- Traditional Southern Appalachian Mountain Figures
- Minimum of 2 different big circle figures (opening & closing). An additional big circle break figure must be used between the 2nd & 3rd small circle figures.
- Minimum of 4 different small circle figures with progression between each figure.
- Even AND Odd Couples must start small circle figures. Either even couples or odd couples may lead simultaneously when directed by the caller. If the caller has a single couple lead, then an additional big circle break figure must be performed when the single lead couple has returned to their home position.
- Corner/Partner swing required after each small circle figure. (Exceptions are figures not requiring a corner swing).

### Dress Code

- Traditional apparel required
- Dancer dancing male position should wear slacks (preferred but not required), Dancer dancing female position MUST wear dress or skirt.
- All outfits must be coordinated in material, style, and color. (couples should coordinate colors but are not required to color match rest of couples )
- No Fannies, No midriffs, No Cleavage, No ragged clothing.

### Steps

**Country** : Freestyle footwork using Southern Appalachian steps with rhythmic sound.

**4 Couple Precision** : Precision footwork. Traditional drag slide steps encouraged. Progressive steps are allowed.

### Movement

- Dancers must Not start simultaneously in Country Hoedown; Must start simultaneously in 4 Couple Precision.
- Couples must "square set" prior to doing 1st figure. (Identify HOME position by swinging partner).
- Progression must be on inside of set in a counter-clockwise direction.
- Quadrille - 4 couple square formation with 1 or 2 couples traveling. Inactive couples must hold Home position.
- No dance lifts, pull through, splits, tosses, leaps, cartwheels, or flips are allowed.

### Music

Traditional music - No vocals

### Time Limit

8 minutes max - no min

**For Country Hoedown**, Timing begins when last dancer starts dancing, and ends when the first dancer stops dancing.

**For 4 Couple Precision**, Timing begins when dancers start dancing and/or use body movements, and ends when dancers stop dancing and/ or stop using body movements.

## **Country Hoedown and 4 Couple Precision continued.....**

*Below is one Framework example of how a routine should flow.* This is one common order of dance for Country Hoedown. Several others are described in the Encyclopedia of Traditional Appalachian Square Dance.

- Couples must "square the set" prior to doing the 1st figure, meaning all couples must stop in their designed HOME positions in the squared set.
- Once the square is set, the HOME position must be identified by each couple swinging their partner with a full swing
  
- Big Circle Figure # 1 (Opening Figure) -- All Couples Active
  
- Small Circle Figure # 1 :
  - Couple #1 (Odd Cpl) performs a small circle figure with Couple # 2(Even Cpl) by progressing counterclockwise inside the set to visit the Home position of Couple # 2; while at the same time, Couple # 3 (Odd Cpl) performs a small circle figure with couple # 4 (Even Cpl) by progressing counterclockwise inside the set to visit to Home position of couple # 4.
  - Corner/Partner swing
  - Couple # 1 (Odd Cpl) progresses counterclockwise inside the set to face couple # 4 (Even Cpl) at their Home Position; at the same time, couple #3 (Odd Cpl) progresses counterclockwise inside the set to face couple #2 (Even Cpl) at their Home position.
  
- Small Circle Figure # 2 :
  - Couple # 1 (Odd Cpl) performs a small circle with couple # 4 (Even Cpl) at the Home Position of couple #4; while at the same time, couple # 3 (Odd Cpl) performs a small circle with couple # 2 (Even Cpl) at the Home position of couple # 2.
  - Corner/Partner swing
  - Couple # 1 (Odd Cpl) progresses counterclockwise inside the set to their own Home position; at the same time couple # 3 (Odd Cpl) progresses counterclockwise inside the set to their own Home position.
  
- Break Figure -- An additional big circle break figure #2 must be used between 2nd & 3rd small circle figures.
  
- Small Circle Figure # 3 :
  - Couple #2 (Even Cpl) performs a small circle figure with couple #3 (Odd Cpl) by progressing counterclockwise inside the set to visit the Home position of couple #3; while at the same time, Couple # 4 (Even Cpl) performs a small circle figure with couple # 1 (Odd Cpl) by progressing counterclockwise inside the set to visit the Home position of Couple # 1.
  - Corner/Partner swing
  - Couple #2 (Even Cpl) progresses counterclockwise inside the set to face couple #1 (Odd Cpl) at their Home position; at the same time, Couple #4 (Even Cpl) progresses counterclockwise inside the set to face couple #3 (Odd Cpl) at their Home position.
  
- Small Circle Figure # 4 :
  - Couple #2 (Even Cpl) performs a small circle figure with Couple #1 (Odd Cpl) at the Home position of Couple #1; while at the same time, Couple # 4 (Even Cpl) performs a small circle figure with couple #3 (Odd Cpl) at the Home position of Couple #3.
  - Corner/Partner swing
  - Couple #2 (Even Cpl) progresses counterclockwise inside the set to their own Home position; at the same time Couple #4 (Even Cpl) progresses counterclockwise inside the set to their own Home position.
  
- Big Circle Figure # 3 (Closing Figure) -- All Couples Active

## Southern Appalachian Hoedown

Dancers 6 or 8 Couples -- Any number of males and/or females

Figures

- Traditional Southern Appalachian mountain figures
- Minimum of 2 big circle figures
- Progression to the first small circle figure must be done from a big circle; therefore a big circle figure is required at the beginning of the routine.
- Minimum of 4 different small circle figures with progression between each figure.
- Even Couples Must hold Home position.
- Corner/Partner swing required after each small circle 4 figure. (Exception are figures not requiring a corner swing).

Dress Code

- Traditional apparel required
- Dancer dancing male positions should wear Slacks, (preferred but not required) Dancer dancing female positions MUST wear dress or skirt.
- All outfits must coordinate in material, style, and color. (couples should coordinate colors but are not required to color match rest of couples )
- 
- No Fannies, No Midriffs, No Cleavage, No ragged clothing.

Steps Freestyle footwork using Southern Appalachian steps with rhythmic sound to include Buck dancing and Flatfoot

Movement

- Dancers must Not start simultaneously
- Couples oriented dance while performing figures and formations.
- Progression must be on the inside of set in a counter-clockwise direction.
- Couples may not progress across the center of the set while performing small circle 4 figures.
- No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.
- Progression led by Odd Couples MUST be COUNTER-clockwise within set
- **Lead/Head couple must be clearly identified from beginning of routine**

Music Traditional music -- No vocals

Callers Figures must be called and heard within the set

Time Limit 8 minutes max -- no min Timing begins when last dancer starts dancing, & ends when the first dancer stops dancing.

## Smooth And 6 or 8 Couple Precision

Dancers 6 or 8 couples -- Any number of males and/or females

Figures

- MUST use SICILIAN SETUP for small circle figures.
- Traditional smooth mountain figures.
- Minimum of 2 different big circle figures (opening & closing)
- Progression to the first small circle figure must be done from a large opening figure; therefore a large circle/opening figure is required at the beginning of the routine.
- Minimum of 4 different small circle figures with a progression between each figure
- Corner/Partner swing required after each small circle figure. (Exception are figures not requiring a corner swing).
- Even Couples must hold HOME position. If there is a large break figure between small circle figures then the Even Couples must return to their HOME position and the Odd Couples are required to progress.
- Please maintain the traditional look, feel and flow of a SMOOTH routine. Even though it is a precision routine it should not look like a production with every body part choreographed. This is one of the oldest dance forms and it should be preserved as such.

Dress Code

- Traditional apparel required
- Dancer dancing male positions MUST wear slacks,
- Dancer dancing female positions MUST wear dress or skirt.
- All outfits must coordinate in material, style, and color. (couples should coordinate colors but are not required to color match rest of couples )
- 
- No Fannies, No Midriffs, No Cleavage, No ragged clothing.

Steps **Smooth**-> Precision footwork. Gliding step on the ball of foot.  
**6/8 Couple Precision**-> Precision footwork. Traditional drag slide steps encouraged. Progressive steps are allowed.

Movement

- Progression must be on the perimeter of the circle in a counter clock wise direction.
- Couples may Not progress across the center of the set while performing small circle 4 figures.
- Progression led by Odd Couples on the circumference of the set MUST be Sicilian
- Couple oriented dance while performing figures and formations.
- No dance lifts, pull through, splits, tosses, leaps, cartwheels, or flips are allowed.
- **Lead/Head couple must be clearly identified from beginning of routine**

Music Traditional music -- No vocals

Callers Figures Must be called and heard from within the set

Time Limit 8 minutes max - no minimum

**Smooth** -> Timing begins when dancers start dancing and/or use body movements, & ends when dancers stop dancing and/or using body movements.

**6/8 Couple Precision**-> Timing begins when dancers start dancing and/or use body movements, & ends when dancers stop dancing and/or using body movements.

## Running Set Hoedown And Running Set Precision

Dancers 4 Couples -- Any number of males and/or females

### Figures

- 1 Opening figure. 1 Closing Figure. These must be 2 different Big Circle Figures.
- 4 Different visiting couple figures (Corner/Partner swings not necessary) led by 4 different couples.
- Break figure occurs at end of progression by the active couple when they return to home position in the circle.
- Couples must return to Home position after each Break Figure is performed.
- Column figures are not allowed.

Here is the framework of how the routine must flow :

- Big Circle Figure #1 (Opening Figure) - All Couples Active
- Couple # 1 performs a small circle figure with couples #2,3,4
- Break figure - All couples Active
- Couple #2 performs a small circle figure with couples #3,4,1
- Break Figure - All couples Active
- Couple #3 performs a small circle figure with couples #4,1,2
- Break Figure - All couples Active
- Couple #4 performs a small circle figure with couples #1,2,3
- Big Circle Figure #2 (Closing figure) - All Couples Active

### Dress Code

- Traditional apparel required
- Dancer dancing male positions should wear Slacks (preferred but not required), Dancer dancing female positions MUST wear dress or skirt.
- All outfits must coordinate in material, style, and color. (couples should coordinate colors but are not required to color match rest of couples )
- No Fannies, No Midriffs, No Cleavage, No ragged clothing.

### Steps

#### **Precision:**

- Precision footwork using Running Step (Performed using a soaring, graceful run on the ball of the foot).
- Active couples must not stop with running step.
- Variation allowed - Inactive couples may perform some rhythmic motion with no break when again becoming active.

**Hoedown:** Freestyle footwork using Southern Appalachian steps with rhythmic sound.

### Movement

**Hoedown:** Dancers must not start simultaneously.

**Precision:** Dancers must start simultaneously.

- Progression must be on inside of the set in a counter clockwise direction.
- No dance lifts, pull throughs, splits, tosses, leaps, cartwheels, or flips are allowed.

Music Traditional music - No vocals - **Running Set Precision can be danced acapella**

Callers Figures must be called and heard from within the set.

Time Limit 8 minutes max - no min

**Hoedown:** Timing begins when last dancer starts dancing and ends when the first dancer stops dancing

**Precision:** Timing begins when dancers start dancing and/or use body movements, & ends when dancers stop dancing and/or using body movements.

## 4 or More Couple Open Hoedown

Dancers	<ul style="list-style-type: none"><li>• Min of 8 dancers - Any combination of males and/or females.</li><li>• Must have an even number of dancers.</li></ul>
Figures	Traditional Southern Appalachian Mountain Figures Minimum of 1 big circle figure. Minimum of 2 small circle figures.
Dress Code	All outfits must be coordinated in material and style. No Fannies, No midriffs, No Cleavage, No ragged clothing.
Steps	Freestyle footwork using Southern Appalachian steps with rhythmic sound including buck dancing and flatfoot.
Movement	Dancers must not start simultaneously. Couple oriented dance while performing figures and formations. No dance lifts, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music - No Vocals
Callers	Figures must be called and heard from within the set.
Time Limit	5 minute max. Timing begins when the last dancer starts dancing and ends when first dancer stops dancing.

## 4 or More Couple Open Precision

Dancers	Min of 8 dancers - Any combination of males and/or females. Must have an <b>even number of couples (ex: 4, 6, 8, 10, 12)</b>
Figures	Traditional Southern Appalachian Mountain Figures Minimum of 1 big circle figure. Minimum of 2 small circle figures.
Dress Code	All outfits must be coordinated in material and style. No Fannies, No midriffs, No Cleavage, No ragged clothing.
Steps	Precision footwork. Progressive steps allowed.
Movement	Dancers must start simultaneously. Progressive movements are allowed. Couple oriented dance while performing figures and formations. No dance lifts, splits, tosses, leaps, cartwheels, or flips are allowed.
Music	Traditional music - With or without vocals. Music breaks are allowed.
Callers	Figures may be called but not required.
Time Limit	3 minute max Timing begins when dancers start dancing and/or use body movements and ends when dancers stop dancing and/or using body movements.



## Traditional Line

Dancers	Minimum of 4 dancers - Any combination of males and/or females
Figures	Figures are not allowed
Dress Code	<ul style="list-style-type: none"><li>• Traditional apparel required</li><li>• All outfits must be coordinated in material, style, and color. <b>Don't let sequins/rhinestones or bling overshadow the outfit.</b></li><li>• No Fannies, No Midriffs, No Cleavage, No ragged clothing.</li></ul>
Steps	<ul style="list-style-type: none"><li>• 100% precision footwork.</li><li>• Footwork must be Traditional style steps - drag slide clogging/buck dancing/flat foot</li><li>• No progressive steps are allowed.</li></ul>
Movement	<ul style="list-style-type: none"><li>• The dance must be choreographed for one but danced by many</li><li>• No hand, head, or body choreography from waist up</li><li>• All dancers must face same direction at the same time. Dancers are not allowed to face each other in the same line.</li><li>• All lines must move in the same direction at the same time.</li><li>• Dancers must start and stop on stage. No clogging onto or off stage.</li><li>• No progressive movements. No dancing as couples, No rise &amp; shine or individual dancing.</li><li>• No body contact is allowed.</li><li>• No stage movement that appears to be a stage production.</li><li>• ONLY feet may touch the floor.</li></ul>
Music	Country, Bluegrass, or Traditional-style music only -- with or without vocals
Callers	Dance must not be called or cued from on or off stage.
Time Limit	3 minute max Timing begins when dancers start dancing, & ends when dancers stop dancing. (knee bouncing doesn't signify start of routine)

## Traditional Line Formations

Dancers Minimum of 4 dancers - Any combination of males and/or females

Dress Code Traditional Apparel Required  
All outfits must be coordinated in material, style, and color. **Don't let sequins/rhinestones or bling overshadow the outfit.**  
No Fannies, No Midriffs, No Cleavage, No Ragged Clothing.

Steps 100% Precision Footwork. Must be Traditional style steps - drag slide clogging.  
Progressive steps are allowed.

### Movement

- The dance must be choreographed for one but danced by many
- No Hand, Head, or body choreography from the waist up
- No dancing as couples
- No Rise & Shine/individual dancing
- No body contact is allowed.
- Trading of lines, twisting of lines, passing through lines, bending of lines, rotation,
- V's, columns, interaction of lines are allowed and encouraged
- No dancing onto or off stage. Dance must begin and end on stage.
- Only Feet may touch the floor.

Music Country, Bluegrass, or Traditional-style music only - with or without vocals

Callers Dance must not be called or cued from on stage or off stage

Time limit 3 minute max  
Timing begins when dancers start dancing and ends when dancers stop dancing.(knee bouncing doesn't signify start of the routine)

## Line

Dancers	Minimum of 4 dancers - Any combination of males and/or females
Figures	Figures are not allowed
Dress Code	All outfits must be coordinated in material, style, and color. No Fannies, No Midriffs, No Cleavage, No ragged clothing.
Steps	Precision footwork. Progressive steps are not allowed.
Movement	<ul style="list-style-type: none"><li>• The dance must be choreographed for one but danced by many.</li><li>• All dancers must face same direction at the same time. Dancers are not allowed to face each other in the same line.</li><li>• No placing dancers onstage except for Tiny Tot Age Division.</li><li>• No cueing from OFF stage except for Tiny Tot Age Division.</li><li>• All lines must move in the same direction at the same time.</li><li>• Dancers must start from and end from set lines on stage.</li><li>• Dancers must start and stop on stage. No clogging onto or off stage.</li><li>• No progressive movements. No dancing as couples, No Rise &amp; Shine or individual dancing.</li><li>• No body contact is allowed.</li><li>• No stage movement that appears to be a stage production.</li><li>• Hand, Head, body movements are encouraged. Jazz &amp; floor movement are allowed</li><li>• Don't overshadow footwork.</li></ul>
Music	Any type of music allowed. <u>NO OBSCENE OR NON FAMILY ORIENTED LANGUAGE!</u>
Callers	Dance must Not be called or cued from on or off stage
Time Limit	3 minute max – No minimum Timing begins when dancers start dancing and/or use body movements and ends when dancers stop dancing and/or using body movements. (knee bouncing doesn't signify start of routine)

## Line Formations

Dancers	Minimum of 4 dancers - Any combination of males and/or females
Figures	Figures are not allowed
Dress Code	All outfits must be coordinated in material, style, and color. No Fannies, No Midriffs, No Cleavage, No ragged clothing.
Steps	Precision Footwork. Progressive steps are allowed.
Movement	<ul style="list-style-type: none"><li>• The dance must be choreographed for one but danced by many</li><li>• Dance must start and stop on stage. Dance must start from and end from set lines on stage. No clogging onto or off stage.</li><li>• No placing dancers onstage except for Tiny Tot Age Division.</li><li>• No cueing from OFF stage except for Tiny Tot Age Division.</li><li>• Progressive movements are allowed. No dancing couples. No rise &amp; shine/ individual dancing.</li><li>• No body contact is allowed.</li><li>• Trading of lines, twisting of lines, passing through lines, bending of lines, rotation, V's, columns, interaction of lines are allowed and encouraged.</li><li>• Hand, Head, body movements are encouraged. Jazz and floor movement are allowed.</li><li>• Don't overshadow footwork.</li></ul>
Music	Any type of music allowed. <u>NO OBSCENE OR NON FAMILY ORIENTED LANGUAGE!</u>
Callers	Dance must Not be called or cued from on or off stage
Time Limit	3 minute max – No minimum Timing begins when dancers start dancing and/or use body movements, and ends when dancers stop dancing and/or using body movements. (knee bouncing doesn't signify start of routine)

## Exhibition And Small Team Exhibition

Dancers	<b><u>Exhibition</u></b> : Minimum of 5 dancers - Any combination of males and/or females <b><u>Small Team</u></b> : Minimum of 3 - maximum of 4 dancers - Any combination of males and/or females
Figures	No Figure Restrictions. <u>This dance may NOT be recognized as choreography that fits any other category</u>
Dress Code	All outfits must be coordinated in material, style, and color. No Fannies, No Midriffs, No Cleavage, No ragged clothing.
Steps	Precision footwork. Progressive steps are allowed.
Movement	<ul style="list-style-type: none"><li>• Stage production numbers should be performed in this category.</li><li>• Progressive movements are allowed.</li><li>• <u>Body Contact Is REQUIRED. (This is not a line form category with one touch. Body contact must be more than a simple touch. It must be coordinated into the routine as a group or partner variation such as a circle, line, partner turns, etc.)</u></li><li>• Any type of movement is allowed.</li><li>• Hand, head, body movements are allowed and encouraged.</li><li>• Lifts, pull throughs and stunts are acceptable.</li><li>• No props are allowed.</li><li>• All dancers and dance must start on stage but can clog on on/off stage during routine and all dancers do not have to end on stage.</li></ul>
Music	Any type of music allowed. <u>NO OBSCENE OR NON FAMILY ORIENTED LANGUAGE!</u>
Callers	Dance must Not be called or cued from on or off stage
Time Limit	3 minute max - No min Timing begins when dancers start dancing and/or use body movements, & ends when dancers stop dancing and/or using body movements. (Knee bouncing doesn't signify start of routine)

## Props Exhibition

Dancers	Minimum of 3 dancers - Any combination of males and/or females
Figures	No Figure Restrictions. <u>This dance may NOT be recognized as choreography that fits any other category</u>
Dress Code	All outfits must be coordinated in material, style, and color. No Fannies, No Midriffs, No Cleavage, No ragged clothing
Steps	Precision footwork. Progressive steps are allowed.
Movement	<ul style="list-style-type: none"><li>• Stage production numbers should be performed in this category.</li><li>• Dance must start and stop on stage. Can clog onto or off of stage.</li><li>• Progressive movements are allowed.</li><li>• <u>Body Contact is REQUIRED.</u></li><li>• Any type of movement is allowed.</li><li>• Hand, head, body movements are allowed and encouraged.</li><li>• <u>Props Are REQUIRED. Every dancer MUST have a prop.</u></li><li>• Lifts, pull throughs and stunts are acceptable.</li><li>• Props must be used throughout routine and cannot be placed on stage and left, else the prop becomes a stage prop which is SHOW category. One point will be deducted every time a prop is placed on the stage or dropped (by the Rep)</li><li>• Prop can be taken off stage and re-entered. If prop is not used, it must be taken off stage. (don't set it down on stage)</li><li>• Props can be traded, exchanged or tossed.</li><li>• All dancers and dance must start on stage but can clog on on/off stage during routine and all dancers do not have to end on stage.</li></ul>
Music	Any type of music allowed. <u>NO OBSCENE OR NON FAMILY ORIENTED LANGUAGE!</u>
Callers	Dance must Not be called or cued from on or off stage
Time Limit	3 minute max - No min - Timing begins when dancers start dancing and/or use body movements, & ends when dancers stop dancing and/or using body movements. (Knee bouncing doesn't signify start of routine)

## **Show**

Dancers Minimum of 3 dancers - Any combination of males and/or females

Figures No Figure Restrictions

Dress Code Costumes should enhance the theme of the routine.  
No Fannies, No Midriffs, No Cleavage, No ragged clothing.

Steps Minimum of 80% clogging steps. 20% any other type of steps.

### **Movement**

- Theme is required. Stage choreography is required. Must Not be recognizable of another category.
- Performance must tell a story.
- Creative Opening & Closing is required.
- Heavy Emphasis on creativity and showmanship ability to carryout story line.
- Stage props are allowed.
- Music, choreography, and costumes, must all blend to carry out a theme and tell a story.
- Any type of dance movement/style is allowed.
- All participants must CLOG at some point.

Music Any type of music allowed. NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE!

Callers Dance must Not be called or cued from on or off stage

Time Limit 8 minute max  
Timing begins when the first dancer starts dancing and/or uses body movements, & ends when the last dancer stops dancing and/or using body movements. (knee bouncing doesn't signify start of routine)

Setup Time 3 minutes to setup and 3 minutes to take down

## **Acappella Team**

Dancers Minimum of 4 dancers - Any combination of males and/or females

Figures No Figure Restrictions

Dress Code No Fannies, No Midriffs, No Cleavage, No ragged clothing  
Coordinated, Neat and Clean Uniform or Costume, Clogging Shoes

### Steps

- Precision footwork. Steps are performed on the same foot
- Dancers must start together and end together.
- No props are allowed.
- All sound must be created by feet and hands.

Movement Dance must start from and end on stage. No dancing on or off stage.

Music No music is allowed.

Callers A caller may cue the dance on stage to begin the routine ONLY. No other cues/calls are allowed.

Judging Judges will watch but will still judge the clarity & intricacy of performance.  
Judges will deduct for missed steps, stopped dancing, faking steps & execution of steps.  
Judges give points for Sound, Rhythm, Melody, Skill, Choreography & complexity of steps.

Time Limit 3 minutes max  
Timing begins when dancers start dancing, & ends when dancers stop dancing (knee bouncing doesn't signify start of routine)



## Open Acappella Team

Dancers Minimum of 4 dancers - Any combination of males and/or females

Figures No Restriction to figures  
Traditional Figures are allowed & encouraged. Any figure is allowed & encouraged.

Dress Code All outfits must be coordinated in material, style, and color.  
No Fannies, No Midriffs, No Cleavage, No Ragged clothing.

Steps

- Footwork can start with one or more dancers or the whole group collectively. Progressive steps and/or movements (lines, body, etc) are allowed.
- Sound may come from feet, hands, vocals, or props

Movement

- Dance must start from & end on Stage. No dancing on or off stage.
- Claps, Hand, Head & Body movement are allowed & Encouraged.
- Teams can dance as Couples and/or Individuals (Both are encouraged).
- Where the Lines may twist, bend, rotate, trading of lines, V's, columns and boxes are allowed and encouraged. (No restrictions on formations)
- Creativity in choreography plus great Sound & Energy is the focus.
- No dance lifts, pull through, splits, tosses, leaps, cartwheels, flips.

Props Props allowed

Music No music allowed

Callers A caller may cue the dance on stage to begin the routine ONLY. No other cues/calls are allowed.  
Chants allowed during routine.

Judging Judges will watch & judge the Sound, clarity, complexity, rhythm, and intricacy of performance as well as how the claps, hand, head and body movement compliment the overall sound and Footwork.

Time Limit 3 minute max  
Timing begins when dancers start dancing and/or use body movements, & ends when dancers stop dancing and/or use body movement. (knee bouncing doesn't signify start of routine)

**Qualification: In order to compete at Nationals:**

**Director must have copies of the birth certificates.**

**The duo or duet must have competed at 2 regional competitions (they do not have to place) Nationals Duo/Duet of the Year: Duos/Duets must place as Grand Champion at a qualifying competition. Each Grand Champion Duo/Duet will be entered into the dance off at nationals. The duo or duet that is qualified will only be danced once during the regular competition and the dance will be noted on the score sheets if it is in the dance off. The highest scoring duo/duet in traditional, contemporary or show will be the National Champion for Duo/Duet of the year. ONLY the duos/duets that placed as Grand Champion at a qualifying competition will be competing for the National dance off.**

**Buck And Wing - Traditional Duet**

Dancers 1 Couple Male/Female

Dress Code

- Traditional Costumes - Male must wear pants; female must wear dress or skirt
- Outfits must be coordinated in material, style, and color.
- No Fannies, No Midriffs, No Cleavage, No ragged clothing.

Steps

- Precision Footwork.
- Traditional drag slide steps are required and includes buck dancing and flatfoot.
- Progressive steps are allowed.

Movement

- Use the whole stage (all 4 quadrants).
- Do Not separate from partner and dance across stage from each other.
- No clogging onto or off stage.

Interaction Dance as couple holding hands as much as possible using plenty of arm turns.  
Dance WITH EACH OTHER -- not just to the audience.

Music Country, Bluegrass, or Traditional-style music Only, with or without Vocals.

Time Limit 3 minute max - NO min

Timing begins when dancers start dancing and/or use body movements and ends when dancers stop dancing and/or using body movements.

## Traditional Duo

Dancers 1 Couple -- Male/Male or Female/Female

### Dress Code

- Traditional apparel required - Male must wear slacks. Females may wear slacks or dress.
- Outfits must be coordinated in material, style, and color.
- No Fannies, No Midriffs, No Cleavage, No ragged clothing.

### Steps

- Precision Footwork.
- Traditional drag slide steps are required and includes buck dancing and flat foot.
- Progressive steps are allowed.

Movement Use the whole stage. Do Not separate from partner and dance across stage from each other.  
No clogging onto or off stage.

Interaction Dance as couple holding hands as much as possible using plenty of arm turns.  
Dance WITH EACH OTHER -- not just to the audience.

Music Country, Bluegrass, or Traditional-style music Only, with or without Vocals.

Time Limit 3 minute max - NO min

Timing begins when dancers start dancing and/or use body movements, and ends when dancers stop dancing and/or using body movements.

## Contemporary Duet

Dancers 1 Couple -- Male/Female

Dress Code Any Type of costumes.  
Outfits must be coordinated in material, style, and color.  
No Fannies, No Midriffs, No Cleavage, No ragged clothing.

Steps Precision Footwork. Any type of clogging steps are allowed. Progressive steps are allowed.

### Movement

- Use the whole stage ( all 4 quadrants).
- Do Not separate from partner and dance across stage from each other except for short period of time.
- No clogging onto or off stage.

Interaction Dance as couple holding hands as much as possible using plenty of arm turns. (includes Male/male)  
Dance WITH EACH OTHER -- not just to the audience.

Music Any type of music. NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE!

Time Limit 3 minute max - NO min

Timing begins when dancers start dancing and/or use body movements and ends when dancers stop dancing and/or using body movements.

## **Contemporary Duo**

Dancers 1 Couple -- Male/Male or Female/Female

Dress Code Any Type of costumes.  
Outfits must be coordinated in material, style, and color.  
No Fannies, No Midriffs, No Cleavage, No ragged clothing.

Steps Precision Footwork. Any type of clogging steps are allowed. Progressive steps are allowed.

### **Movement**

- Use the whole stage (all 4 quadrants).
- Do Not separate from partner and dance across stage from each other.
- No clogging onto or off stage.

Interaction Dance as couple holding hands as much as possible using plenty of arm turns. (includes Male/male)  
Dance WITH EACH OTHER -- not just to the audience.

Music Any type of music. NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE!

### **Time Limit**

- 3 minute max - NO min
- Timing begins when dancers start dancing and/or use body movements and ends when dancers stop dancing and/or using body movements.

## **Show Duo/Duet**

Dancers 1 Couple -- Male/Female or Male/Male or Female/Female

Dress Code Should Coordinate with the theme and/or story line.  
Outfits must be coordinated in material, style, and color.  
No Fannies, No Midriffs, No Cleavage, No ragged clothing.

Steps Minimum of 80% clogging required. 20% other steps allowed.

Movement Theme is required. Stage Choreography is required.  
Creative opening & closing is required.  
Heavy Emphasis on creativity and showmanship  
Stage props are allowed.  
Music, choreography, and costumes must all blend to carry out a theme.  
Any type of dance movement is allowed.

Interaction Dance WITH EACH OTHER -- not just to the audience.

Music Any type of music. NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE!

Time Limit 3 minute max – NO min Timing begins when dancers start dancing and/or use body movements, and ends when dancers stop dancing and/or using body movements.

Setup Time 1 minute

## Short Duo/Duet

- Time limit will be 48 beats (six 8 counts) line and again on Rise & Shine.
- Any type of steps are allowed.
- When music begins, start dancing and "Go for it" as a couple.
- Each couple will have an opportunity to Rise & Shine beginning with the couple on your right.
- Return to line on your left.
- When Rise & Shine is complete, all couples "Go for it" till music stops.

**Qualification: To dance Choreograph solo at Nationals: The dancer has to compete at 2 regional competitions. The dancer does not have to place in order to compete.**

## Choreographed Solos

Dress Code Should Coordinate with Use of Music

Steps Minimum of 80% clogging required.

Movement Theme IS NOT REQUIRED

Clarity of Steps/ Complexity & Sound of Steps

Heavy emphasis on creativity and showmanship along with other dance forms (tap, jazz, hip hop, etc.)

Stage props are allowed.

Use of stage and 4 quadrants.

Any type of movement is allowed. Please keep it Family oriented. Should not be danced as a line dance.

Music Any type of music. NO OBSCENE OR NON-FAMILY ORIENTED LANGUAGE!

Time Limit 2 minute max – NO min Timing begins when dancer starts dancing and/or use body movements and ends when dancer stops dancing and/or using body movements.

Setup Time 1 minute

## ***Guidelines for Solos***

**Grand Champion Solo winners in Traditional, Contemporary, Acapella, Flatfoot, Short Duo/Duet, & Acapella Duo/Duet at an ACHF regional competition will qualify to dance off for the Overall ACHF Solo Championships in each of their categories.**

**Grand Champion Choreographed Solo winners at an ACHF regional competition will qualify for the ACHF National Dance off.**

**Dress Code: No Fannies, No Midriffs, No Cleavage, No ragged Clothing**

**Steps: No award will be given for performing the wrong type of steps in any category.**

### **Traditional, Contemporary, & Flatfoot Solos**

- Time limit will be 32 beats of music in line and again on Rise & Shine.
- Any type of steps is allowed in Contemporary.
- Only Traditional drag slide steps are allowed in Traditional.
- Only old time drag, low to the floor rhythmic steps are allowed in Flatfoot.
- Dancers will line up on stage facing judges.
- When music begins, start dancing and "Go for it".
- Each dancer will have an opportunity to Rise & Shine beginning with the dancer on your right.
- Return to the line on your left.
- When Rise & Shine is complete, All dancers "Go for it" until the music stops.

### **Acapella Solos/Acapella Duo/Duet**

- Time limit will be 20 seconds
- Any type of steps is allowed
- This is a dance of sound, rhythm and melody
- Emcee will give number to judge and cue dancer to start. Timing begins with dancer's first step/sound.
- Dancer will stop dancing on Emcee's cue.
- Dancer(s) may use claps