



2025 Rules & Regulations

1. All persons attending the Paragon Open DanceSport Championships (spectators, competitors, officials, staff, guests, etc.) shall be bound by the rules and regulations of the National Dance Council of America (NDCA) and, by participating in this event, automatically become obligated to adhere to them.
2. Every person attending the Paragon Open DanceSport Championships does so at his or her own risk and expressly and irrevocably waives any claim or claims against the NDCA, Paragon Open DanceSport Championships, its organizers, employees and representatives arising from any loss, personal injury, death, or damage associated with this event.
3. The Paragon Open DanceSport Championships, its organizers and the NDCA accept no responsibility for damage, loss, or theft of property left in the changing rooms, ballroom, guest rooms, or hotel.
4. This event may be photographed by video, photography, or other method. All persons attending this event may be photographed and, by their presence, waive any claim related to the use of that photography and the rights of any copyright, privacy, or publicity associated with said photography. The Paragon Open DanceSport Championships and its organizers reserve all print, electronic, and broadcast rights and reserve the right to use any and all photography taken at the Paragon Open DanceSport Championships for future promotional purposes.
5. Private videotaping is not allowed at any time during the Paragon Open DanceSport Championships without express permission from the organizers. Violators may be asked to leave the ballroom or have their cameras confiscated until after the competition. Professional photographic services will be available.
6. ALL DANCERS competing at the Paragon Open DanceSport Championships MUST be registered with the NDCA and provide proof of current registration to the organizers on entry forms and upon request.
7. Entry waivers for minors must be signed by a parent or legal guardian.
8. Entries consist of completed entry form, signed waivers, accounting form (if applicable) & payment in full. Incomplete entries will not be processed. Entries received after October 3, 2025 will be accepted at the discretion of the organizers if space & time permit.
9. Changes or additions to entries after October 3, 2025 will be accepted at the sole discretion of the organizers.
10. All entries must be complete and all fees paid before competitor numbers are issued and before competitors are allowed to dance.
11. The organizers reserve the right to modify the final schedule if necessary. In accordance with NDCA rules, events may commence up to 30 minutes prior to their scheduled time.
12. Competitors must be in the ballroom at least 30 minutes before their scheduled event and in the "on deck" area at least 2 heats prior to their scheduled heat. Events will not be delayed for latecomers.
13. Events with less than 3 entries may be cancelled or combined across age and/or gender divisions. Prize monies will be reduced in events with 3 or less participants.
14. The judges' decisions will be final. No competitor shall question or harass a judge about his or her personal marks.
15. Marks will be posted. Anyone removing posted marks or master scrutineer sheets without permission may be subject to disciplinary action.
16. All closed syllabus events will be invigilated using the current NDCA list of elements and restrictions. Penalties may be given without warning for any syllabus infractions.

17. Competitors shall conduct themselves in a civil, sportsmanlike manner at all times while on the competition premises.
18. The organizers reserve the right to reject entries from competitors who have previously violated rules of conduct at NDCA events.
19. Cancellations must be made in writing. Cancellations received by the organizers on or before October 3, 2025, will receive a refund by mail no later than 30 days after completion of the event minus a minimum \$100 service charge. No refunds will be issued for cancellations received after October 3, 2025. Credit or partial credit toward entry fees for the following year may be considered at the sole discretion of the organizers in cases of emergency, only when notified prior to the start of the competition and when accompanied by a physician's certificate.
20. Additional rules for Pro/Am competitors include:
 - a. Pre-Teen, Junior and Youth Pro/Am competitors may dance up one age level.
 - b. Adult & Senior Pro/Am competitors may dance down in age (but not into Youth).
 - c. The Newcomer category is restricted to Pro/Am students who have never competed in any NDCA-sanctioned event prior to the PODSC. The Newcomer division is restricted to the bronze syllabus.
 - d. Pro/Am competitors must enter the same single dances in order to enter multi-dance events in the same style.
 - e. Ladies and gentlemen will be combined for all Pro/Am multi-dance events.
 - f. Figures used in American-style Newcomer through Full Silver syllabus events are restricted to NDCA-approved figures, elements, and restrictions. Figures used in American-style Gold syllabus events are restricted to the official NDCA American-style syllabus and approved syllabi of NDCA member organizations.
 - g. Figures used in International Newcomer through Full Gold syllabus events are restricted to NDCA-approved figures, elements, and restrictions.
 - h. Syllabus figure restrictions do not apply to Gold Star or Open events.
 - i. Continuity styling is not allowed at the American Bronze levels.
 - j. Lifts are not permitted at any time.
 - k. Costumes are permitted at any level for Junior, Youth, Adult, and Senior Pro/Am competitors. Pre-Teen competitors must adhere to NDCA Pre-Teen costume requirements.
21. Additional rules for Adult Mixed Amateur competitors include:
 - a. Confined to amateurs partnering other than their regular amateur partner; an advanced amateur competitor/teacher partnering another amateur dancer who is his or her student competitor in "Mixed Amateur" competition categories.
 - b. Both members of Mixed Amateur partnerships must be registered as Amateur Competitor with the NDCA.
22. Additional rules for Student/Student competitors include:
 - a. Student/Student events are limited to one adult student Pro/Am dancer competing with another adult student Pro/Am dancer (both of whom must comply with the definition of Pro/Am Student dancer).
 - b. Student/Student events are not open to amateur dancers who compete in Amateur Competitions and/or Championships at the "Open Amateur" proficiency level.
 - c. Student/Student couples may enter single dances only.
23. Additional rules for Pro/Am, Mixed Amateur & Amateur Solo Exhibitions include:
 - a. Age divisions for Solo Exhibitions are the same as for the equivalent single dance events.
 - b. Music must be on a Flash drive, labeled with the competitors' names & the name of the routine, and delivered to the Music Director at least 30 minutes prior to scheduled start time.
 - c. Solo Exhibitions are limited to three (3) minutes. Music will be faded out after three (3) minutes.
 - d. Drops and lifts are permitted.
 - e. Critique sheets and scores will be available to studio personnel.
24. Additional rules for Amateur competitors include:

- a. Pre-Teen, Junior, Youth and Adult dancers competing in Amateur events at the Paragon Open DanceSport Championships must be currently registered with the NDCA and provide proof of current registration to the organizers on entry forms and upon request. NDCA Registration Forms may be obtained from www.ndca.org or: David Shulz 3214 North University Avenue Box #406, Provo, UT 84604, Telephone (801) 422-8124.
- b. An amateur couple's age classification eligibility is determined by: 1) the age of the older partner for Pre-Teen, Junior, Youth and Adult classifications or 2) the age of the younger partner for Senior classifications. Please consult the NDCA rules for additional details regarding age classifications.
- c. Pre-Teen, Junior and Youth amateur couples may dance up one age category.
- d. Senior amateur couples may dance down one age category.
- e. The Newcomer category is restricted to amateur competitors in their first year of competing. The Newcomer division is restricted to the bronze syllabus.
- f. Singles events are open to individual amateur Pre-Teen, Junior, or Youth competitors. The Single competitor must be partnered by another amateur competitor aged eighteen years or younger. The age of the Single competitor shall determine the age level entered and only the Single will be judged.
- g. Figures used in American-style Newcomer through Silver syllabus events are restricted to NDCA-approved figures, elements, and restrictions. Figures used in American-style Gold syllabus events are restricted to the official NDCA American-style syllabus and approved syllabi of NDCA member organizations.
- h. Figures used in International-style Newcomer through Gold syllabus events are restricted to NDCA-approved figures, elements, and restrictions.
- i. Continuity styling is not allowed at the American Bronze levels.
- j. Lifts are not permitted at any time.
- k. Costuming requirements are as follows:
 - ❖ NDCA costume requirements for Pre-Teen
 - ❖ Syllabus dress for Pre-Bronze through Gold
 - ❖ Either "Syllabus" dress or "Open Amateur" dress for Novice
 - ❖ "Open Amateur" dress for Pre-Champ and above

25. Additional rules for Professional competitors Include:

- a. Professionals competing in any capacity at the Paragon Open DanceSport Championships must be registered with the NDCA and provide proof of current registration to the organizers on entry forms and upon request. NDCA Registration Forms may be obtained from www.ndca.org or: David Shulz 3214 North University Avenue Box #406, Provo, UT 84604, Telephone (801) 422-8124.
- b. Professional Cabaret rules include:
 - ❖ Music must be on a USB flash drive, labeled with the names of the competitors, and delivered to the Music Director at least 30 minutes prior to scheduled start time.
 - ❖ The time of the Cabaret music may be up to 3:30 minutes. The time begins when the music starts.

26. The dress code for spectators is as follows: casual for daytime, dressy for evening.

27. Smoking of any type is not permitted in the ballroom, foyer, or changing rooms at any time.

28. Complete NDCA rules and regulations can be found at www.ndca.org.