



Rhythmic Souls Challenge

A Progressive Jack n' Jill Competition

Rules:

1. Must know and be able to properly execute the basic WCS patterns: passes, tucks, whips, pushes.
2. Must be lead and follow movements and patterns. No Choreographed routines.
3. This is a Classic West Coast Swing contest. No lifts; no side-by-side or completely open except for free spins and recoveries. At least 70% West Coast Swing movements and Patterns. Men as leaders; Women as followers.
4. No contest will be held with fewer than 5 men and 5 women contestants.
5. Must sign up to compete by fifteen minutes before the scheduled contest time.
6. The couples will dance in heats of fifteen or less.
7. The couples will dance to a minimum of two different pieces of music.

Points:

1. Competitors will be awarded points in each contest based on our current Contest method: 1st-6 points, 2nd-5 points, 3rd-4 points, 4th-3 points, and 5th- 2 points. One point will be awarded to those couples placing 6th through 10th. If there are less than 10 couples only first through 5th will be given points. Points will accumulate for one contest year.
2. A competitor dancing more than once in a given contest will receive points only for the highest placement.
3. There will be a Finals Contest held in December with the top point holders qualifying for those Finals.
4. After the Finals contest, all points return to zero for the next competition year.