We suggest that you review the rules for formation dancing in the NDCA Rule Book. As you present your medley your choreography and composition will be strictly scrutinized based on the current NDCA rules. Failure to comply with <u>all</u> rules may result in disqualification. For your convenience we included brief instructions on how to count the bars for ballroom routines.

COUNTING IN BEATS AND BARS

Waltz:	Time signature is 3/4 <i>for example: Counting</i>	•					
Tango	Time signature is 2/4 Slow = 1 beat Quick =1/2 beat– this is often easier counted as below: <i>for example:</i> 1234, 2234, 3234 = three bars.						
V.Watlz	Time signature is 3/4Each step is 1 beatfor example: Counting in Beats and Bars123, 223, 323,423 = four bars.						
Foxtrot	Time signature is 4/4 Slow = 2 beats, Quick =1 beat– <i>for example:</i> 1234, 2234, 3234 = three bars.						
Quickstep	Time signature is 4/4 Slow = 2 beats, Quick =1 beat– for example: 1234, 2234, 3234,4234 = four bars.						
Sample Chart							
Dances		Open		Closed (every couple must be in closed in order to count the bar as closed)			
Waltz		5		9			
Tango		4		13			
Quickstep		0		14			
etc		etc,		etc			
Total		9		36			

BALLROOM FORMATION TEAM CLOSED AND OPEN BAR ACCOUNTING CHART

Team Name:									
Director:									
Age Category: (Please circle)	Pre teen	Junior	Youth						
Time: (list the exact time of your medley)									
List dances in your medley in the order in which they are danced	OPEN BARS			CLOSED BARS					
TOTALS									