

February 21, 2019

Dear Youth Coaches,

Thanks to all of you for your support and participation in the upcoming 2019 United States Formation Championships. Attached are the specific rehearsal times for the formation team rehearsals.

**All Youth Teams will receive five minutes, Junior teams will receive four minutes and Pre-teens will receive three.** As you can see the schedule is very tight and we will run right on time so please have your group in the arena at least 15 minutes before their scheduled time to dance.

### REMINDERS

#### ***Report of Closed and Open Bars for Ballroom Teams (if you submitted these with your entry we have them)***

When you come to the rehearsal you must bring a chart showing your closed and open bars for your ballroom medley's (attached). Please read the rule regarding closed and open bars to refresh your memory.

#### ***Costumes-***

Please bring one of your costumes (boy and girl) to the Marriott Center the night of your rehearsal. You will need to have one of your students try the dress on and show it to Katie Davidson to confirm that it meets the guidelines. **COSTUMES MUST MEET THE STANDARDS ON EVERY GIRL**

#### ***Draw***

**At about 6:00 pm** Tuesday night we will draw for the order of the competition for all teams. If you are not there then we will have a proxy draw for you.

#### ***Entrances/ Exits***

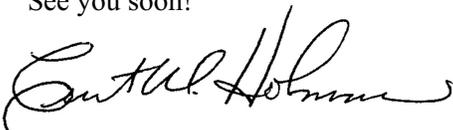
There are specific rules regarding entrances and exits. The rule book states that *the timing begins when the first person sets foot on the floor and the timing ends when the last person on the team steps off the dance floor.*

Because our floor is wider at this event we will allow the teams to walk on the edges of the floor to prepare for their walk on. If a team enters from the corners of the floor then additional time (within reason) may be used to set up in the desired location. Exits should move quickly to get off the floor. The spirit of this rule is that teams do not take excessive time to set up for their routines which may enhance their artistry in a manner that could give them an advantage. **At the "run through's" we will instruct the invigilator to allow for this adjustment to the rule.** If there is excessive time used and the entrances or exits exceed the intent of this allowance, then you will be asked to make adjustments.

As always, there will be strict adherence to NDCA rules regarding formation dancing. Please make sure that you are compliant in all areas including time restrictions.

Thanks again for your enthusiasm and support, I know this takes a lot of effort and work.

See you soon!



Curt Holman

Co-organizer 2019 U.S. National Amateur Championships

COUNTING IN BEATS AND BARS

Waltz:	Time signature is 3/4 Each step is 1 beat <b>for example: Counting in Beats and Bars 123, 223, 323,423 = four bars.</b>
Tango	Time signature is 2/4 Slow = 1 beat Quick =1/2 beat– this is often easier counted as below: <b>for example: 1234, 2234, 3234 = three bars.</b>
V.Waltz	Time signature is 3/4 Each step is 1 beat <b>for example: Counting in Beats and Bars 123, 223, 323,423 = four bars.</b>
Foxtrot	Time signature is 4/4 Slow = 2 beats, Quick =1 beat– <b>for example: 1234, 2234, 3234 = three bars.</b>
Quickstep	Time signature is 4/4 Slow = 2 beats, Quick =1 beat– <b>for example: 1234, 2234, 3234,4234 = four bars.</b>

Sample Chart

<i>Dances</i>	Open	Closed (every couple must be in closed in order to count the bar as closed)
<i>Waltz</i>	5	9
<i>Tango</i>	4	13
<i>Quickstep</i>	0	14
<i>etc.....</i>	<i>etc,...</i>	<i>etc.....</i>
<i>Total</i>	9	36

