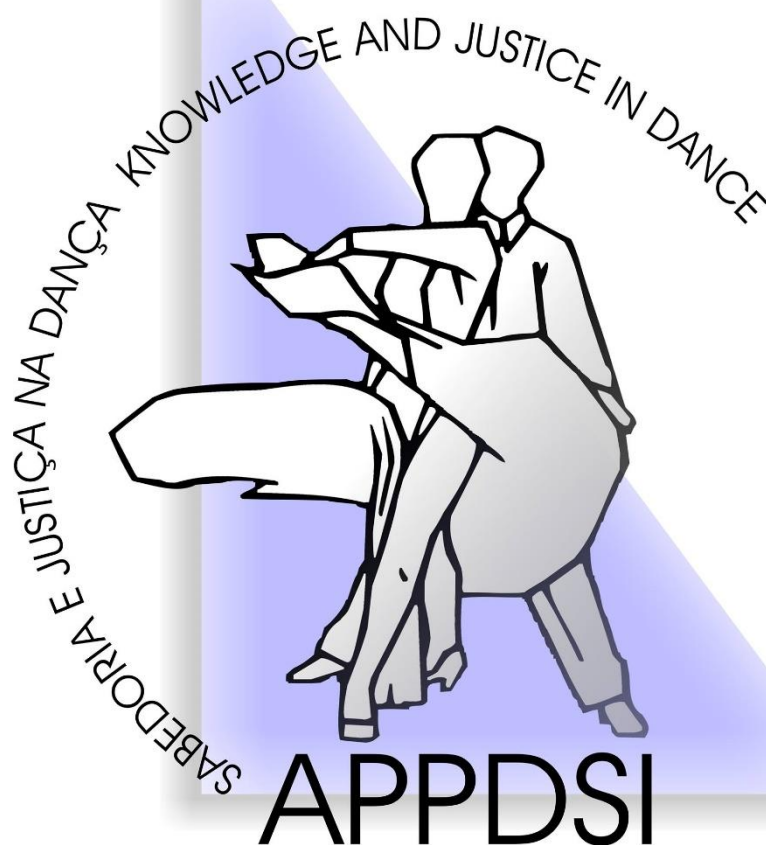


**REGULAMENTO
E REGRAS**

SYLLABUS

Juvenis Intermédios Latinas e Modernas



REGRAS GERAIS

- 1) O escalão etário de juvenis engloba todos os competidores com idade inferior a 12 (doze anos) à data da competição em que se inscrevem.
- 2) O escalão etário de juvenis tem quatro níveis: novice C, novice B, novice A e Intermédios. As promoções entre níveis serão determinadas pelo sistema de ranking em vigor.
- 3) A secção de intermédios é a secção mais alta no escalão etário de juvenis e irá obedecer às regras de indumentária constantes deste Regulamento.
- 4) Os competidores da secção de juvenis intermédios, após atingirem os 12 anos de idade, irão competir na secção de juniores intermédios, passando os pontos a zero.
- 5) Qualquer infração a este Regulamento levará a desqualificação imediata.

SYLLABUS LATINAS

1. **TÉCNICA:** Livro: *The Laird Technique of Latin Dancing - Walter Laird* e *Technique of Latin Dancing Supplement - Walter Laird* (IDTA).
2. **FIGURAS PERMITIDAS:** Todas as figuras dos livros de técnica do ponto anterior incluindo as notas, e notas especiais. **Ver ANEXO 1.**

SYLLABUS BALLROOM

1. **TÉCNICA:** Livro: *Technique of Ballroom Dancing by Guy Howard* (IDTA).
2. **FIGURAS PERMITIDAS:** Todas as figuras do livro de técnica do ponto anterior incluindo as notas, e notas especiais. **Ver ANEXO 2.**

2.1. **VALSA LENTA:** São permitidas todas as figuras de dança. **ANEXO 2**, mais:

- a. **Open Natural Turn from PP**
- b. **Contra Check**
- c. **Left Whisk**
- d. **Oversway**

2.2. **SLOW FOXTROT:** São permitidas todas as figuras de dança ANEXO 2, mais:

- a. **Contra Check**
- b. **Oversway**

2.3. **TANGO:** São permitidas todas as figuras de dança. ANEXO 2, mais:

- a. **Oversway Natural Turn**
- b. **Contra Check**
- c. **Left Whisk**

2.4. **QUICKSTEP:** São permitidas todas as figuras de dança. ANEXO 2, mais:

- a. **Open Natural Turn (Passing Natural Turn from PP)**

2.5. **VALSA VIENENSE:** Só são permitidas as seguintes figuras:

- a. **Reverse Turn**
- b. **Natural Turn**
- c. **RF Forward Change Step - Natural to Reverse**
- d. **LF Forward Change Step - Reverse to Natural**
- e. **LF Backward Step - Natural to Reverse**
- f. **RF Backward Step - Reverse to Natural**
- g. **Natural Fleckerl**
- h. **Reverse Fleckerl**
- i. **Check from Reverse Fleckerl to Natural Fleckerl**

ANEXO 1 (LATINAS) - FIGURAS PERMITIDAS

CHA CHA CHA

1. Basic Movement - Close(d) - Open - In Place
2. Cha Cha Cha Chasses to Lett & Right and Cha Cha Cha Locks Forward and Backwards
3. Time Steps
4. New York to Left or Right Side Position (Check from OCPP & Check from OPP)
5. Spot Turns to Lett or Right. including Switch and Underarm Turns
6. Shoulder to Shoulder to Lett & Right Side
7. Hand to Hand to Right & Left Side Position (Open PP & Open CPP or PP & CPP)
8. Three Cha Cha Cha's Fwd & Back and in OPP & OCPP
9. Side Steps to Lett & Right
10. There and Back
11. Fan
12. Hockey Stick
13. Alemana
14. Alemana from Open Position
15. Alemana from Open Position Right to Right Hand Hold
16. Alemana finish A and Finish B
17. Natural Top and Natural top with finish A & B
18. Natural Opening OW Movement
19. Close(d) Hip Twist
20. Open Hip Twist
21. Reverse Top and Opening out from Reverse Top
22. Aida
23. Spiral
24. Curl
25. Rope Spinning
26. Cross Basic
27. Cuban Breaks - including Split Cuban Breaks
28. Cuban Break - In Open Position, In Open CPP, Split in Open CPP, Split from Open CPP & Open PP
29. Chase
30. Changes of shape of C.C.C. Chasse (Ronde Chasse - Hip Twist Chasse - Slip Close Chasse)
31. Figures that may be turned to Open CPP include - Hockey Stick - Close(d) Hip Twist - Open Hip Twist
32. Alemana checked to Open CPP
33. Methods of Changing Feet 1 - 2 -3. - Foot Changes
34. Advanced Hip Twist
35. Turkish Towel
36. Sweetheart
37. Follow my Leader
38. Guapacha Timing
39. Close(d) Hip Twist Spiral
40. Open Twist Hip Spiral

SAMBA

1. Basic Movements - Natural - Reverse - Side – Progressive
2. Samba Whisks to L & R (also with Lady's Underarm turn)
3. Samba Walks - Promenade – Side - Stationary
4. Volta Movements
5. Rhythm Bounce
6. Bota Fogos - Travelling Forward and Back
7. Promenade Botafogo (also to PP & CPP)
8. Reverse Turn - Basic and Advanced
9. Travelling Voltas to Right & Left – Criss Cross Voltas
10. Solo Spot Voltas
11. Volta Spot Turns to Right & Left for lady
12. Continuous Volta Spot turn to Right & Left
13. Foot Changes (Methods of changing feet 1 & 2)
14. Side Chasses
15. Shadow Travelling Voltas
16. Corta Jaca
17. Close(d) Rocks on RF & LF
18. Natural Roll
19. Open Rocks to Right & Left
20. Backward Rocks on RF & LF (Back Rocks)
21. Plait
22. Rolling off the Arm
23. Argentine Crosses
24. Maypole
25. Shadow Circular Volta - Circular Voltas to Left & Right in Shadow Position
26. Contra Bota Fogos
27. Roundabout - Circular Voltas to Right & Left
28. Reverse Roll
29. Promenade & Counter Promenade Runs
30. Methods of Changing Feet 3&4
31. Three Step Turn
32. Samba Locks
33. Cruzados Walks & Locks
34. Cruzados Locks in Shadow Position
35. Drop Volta

RUMBA

1. Basic Movements Closed - Open - In Place -Alternative
2. Forward Walk & Backward Walk
3. Fan
4. Hockey Stick
5. New York to Left & Right Side Positions - Check from Open CPP and /or Open PP
6. Spot Turns to Left or Right (including Switch & Underarm Turns
7. Natural Top (ending A or
8. Hand to Hand (to Right & Left Side Positions (Open PP & Open CPP)
9. Cucarachas
10. Shoulder to Shoulder
11. Side Steps to Left or Right
12. Cuban Rocks
13. Alemana from Fan Position
14. Alemana from Open Position with L to R Hand Hold
15. Alemana from Open Position with R To R Hand Hold
16. Opening Out to Right & Left
17. Natural Opening Out Movement
18. Closed Hip Twist (Close Hip Twist)
19. Reverse Top
20. Open Hip Twist
21. Opening Out from Reverse Top
22. Aida (Fallaway)
23. Spiral Turns
24. The Spiral
25. Spiral to Open Position – Fan Position - to Open CPP - to Reverse Top
26. The Curl
27. Rope Spinning
28. Figures that may be turned into Open CPP include : Hockey Stick – Closed (Close)
Hip Twist - Open Hip Twist - Spiral - Curl
29. Alemana may be Checked to Open CPP
30. Advanced opening Out Movement
31. Sliding Doors
32. Fencing
33. Three Threes
34. Three Alemanas
35. Hip Twists - . Advanced – Continuous - &. Continuous Circular

PASO DOBLE

1. Basic Movement - March - Sur Place
2. Chasses to R & L - including Elevations
3. Drag
4. Deplacement - (Attack)
5. Promenade Link - including Promenade Close
6. Ecart
7. Fallaway Whisk
8. Appel
9. Huit
10. Promenade
11. Separation
12. Fallaway Ending to Separation
13. Sixteen
14. Promenade & Counter Promenade
15. Grand Circle
16. Alternative Entries to PP
17. Open Telemark
18. Twist Turn
19. La Passe
20. Banderillas
21. Fallaway Reverse
22. Coup de Pique
23. Coup de Pique - changing from LF to RF - from RF to LF – Syncopated Couplet
24. LF Variation
25. Spanish Line
26. Flamenco Taps
27. Syncopated Separation
28. Methods of Changing Feet
29. Travelling Spins from PP
30. Travelling Spins from CPP
31. Fregolina - incorporating Farol
32. Twists
33. Chasse Cape - including Outside Turn
34. Chasse Cape

JIVE

1. Chases to Left and Right
2. Basic In Place
3. Fallaway Rock Action
4. Basic in Fallaway
5. Fallaway Throwaway
6. Link
7. Change of Place(s) Right to Left
8. Change of Place(s) Left to Right
9. Change of Hands Behind the Back
10. Promenade Walks (Slow and Quick)
11. Hip Bump/ L Shoulder Shove
12. Whip
13. American Spin
14. Stop & Go
15. Mooch
16. Whip Throwaway (Throwaway Whip)
17. Reverse Whip
18. Windmill
19. Spanish Arms
20. Rolling off the Arm
21. Simple Spin
22. Miami Special
23. Change of Place Right to L with Double Spin
24. Overturned Change of Place L to R
25. Double Cross Whip
26. Curly Whip
27. Overturned Fallaway Throwaway
28. Ball Change
29. Shoulder Spin
30. Toe Heel Swivels
31. Chugging
32. Chicken Walks
33. Catapult
34. Stalking Walks, Flicks & Break

ANEXO 2 (BALLROOM) - FIGURAS PERMITIDAS

WALTZ

1. Closed Changes RF & LF
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk fwd (& al comer)
6. Chasse from PP – Syncopated Chasse
7. Hesitation Change
8. Progressive Chasse to R
9. Closed Impetus
10. Outside Change
11. Reverse Corte
12. Back Whisk
13. Basic Weave
14. Weave in Waltz time
15. Double Reverse Spin
16. Drag Hesitation
17. Backward Lock Step
18. Forward Lock Step
19. Reverse Pivot
20. Closed Telemark
21. Open Telemark, Cross Hesitation
22. Open Telemark, Wing
23. Open Impetus Turn
24. Open Impetus. Cross Hesitation
25. Open Impetus. Wing
26. Weave from PP
27. Weave from PP after Open Impetus
28. Weave from PP after Whisk
29. Outside Spin
30. Under turned Outside Spin
31. Turning Lock
32. Turning Lock to Right
33. Closed Wing
34. Fallaway Reverse & Slip Pivot
35. Hover Corte
36. Fallaway Natural Turn
37. Running Spin Turn
38. Fallaway Whisk (after 1-3 Natural Turn)

TANGO

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Open Promenade / Open Finish
6. Natural Rock Turn, Closed or Open Finish — Rock turn Closed or Open Finish
7. Back Corte. Closed or Open Finish
8. Basic Reverse Turn, Closed or Open Finish
9. Open Reverse Turn. Lady Outside. Closed or Open Finish
10. Open Reverse Turn, Lady In Line. Closed or Open Finish
11. Progressive Side Step Reverse Turn. Closed or Open Finish
12. Rock on LF. Rock on RF
13. Natural Twist Turn
14. Natural Promenade Turn
15. Promenade Link
16. Four Step
17. Back Open Promenade
18. Outside Swivel (4 methods)
19. Fallaway Promenade
20. Four Step Change
21. Brush Tap
22. Natural Promenade Turn to Rock Turn(at comer and along side of room)
23. Fallaway Four Step - Fallaway Four Step (at comer and along side of room)
24. The Chase
25. Fallaway Reverse & Slip Pivot
26. Five Step
27. Mini Five Step

SLOW FOXTROT

1. Walk
2. Feather Step
3. Three Step
4. Natural Turn
5. Reverse Turn
6. Change of Direction
7. Closed Impetus and Feather Finish Impetus Turn
8. Natural Weave
9. Basic Weave
10. Weave after 1-4 Reverse Wave
11. Reverse Wave
12. Closed Telemark - Telemark
13. Open Telemark, Feather Ending
14. Top Spin - Top Spin after Feather Finish (all alignments)
15. Hover Feather
16. Hover Telemark
17. Natural Telemark
18. Hover Cross
19. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
20. Open Impetus Turn
21. Weave from PP
22. Natural Twist Turn
23. Reverse Pivot
24. Quick Open Reverse
25. Quick Natural Weave from PP
26. Curved Feather to Back Feather
27. Curved Feather
28. Back Feather
29. Curved Feather from PP
30. Natural Zig-zag from PP
31. Fallaway Reverse & Slip Pivot
32. Natural Hover Telemark
33. Bounce Fallaway with Weave ending
34. Extended Reverse Wave
35. Curved Three Step

QUICKSTEP

1. Walk
2. Quarter Turn to R
3. Progressive Chasse
4. Natural Turn (at a comer)
5. Natural Turn with Hesitation
6. Natural Pivot Turn
7. Natural Spin Turn
8. Progressive Chasse to R
9. Forward Lock
10. Backward Lock
11. Reverse Pivot
12. Tipple Chasse to R
13. Tipple Chasse to R (after 1-3 Natural Turn at comer)
14. Tipple Chasse to R (after 4 of Bach Lock)
15. Running Finish & Open Running Finish (to PP)
16. Natural Turn & Back Lock, Tipple chasse to Right
17. Natural Turn & Back Look, Running Finish
18. Double Reverse Spin
19. Closed Impetus
20. Impetus Turn
21. Quick Open Reverse
22. Zig-Zag. Bach Lock, Running Finish
23. Fishtail
24. Running Right Turn
25. Four Quick Run
26. V6
27. Closed Telemark
28. Tipple Chasse to L
29. Cross Swivel
30. Running Cross Chasse
31. Passing Natural Turn (Open Natural Turn)
32. Six Quick Run
33. Rumba Cross
34. Topsy to R & Topsy to L
35. Topsy followed by 2-4 of Forward Lock
36. Hover Corte