

Smooth Rules and Restrictions

Restrictions for All Closed Syllabus Levels

- Viennese Waltz allows the *Curtsey and Bow before taking hold. No other entrances are allowed at any level. Posing or poses prior to taking hold will be considered an entrance.
- No **embellishments** of syllabus figures, i.e., no changes of levels, (couples must always remain in a standing position), no head rolls. Syncopations and delayed timings only as allowed in the Timing Charts for each dance. No dips or drops below the waist level, no jumping, skipping or hopping, no lifts.
- Kicks, Rondés, Developés are not permitted at the Bronze level, and must be no more than **waist high** in Silver and Gold.
- Couples may dance figures from the level entered and any lower level. Figures specified at Gold level may not be danced in Silver, *even if they are otherwise compliant with the overall rules.*

Bronze Closed Syllabus Restrictions for All Smooth Dances

- All couples must start in Ballroom Hold in any Bronze position in Contact or Close Proximity, (including the follower's left hand being placed on the leader's right upper arm or shoulder), and must remain in this hold for the first **four** bars they dance. An additional **eight** bars must be danced in Ballroom Hold during the first minute of music for a total of **12** bars.
- Once the initial hold is taken, couples must always maintain an allowed hold and may not separate.
- Feet must close, no passing feet in Waltz, Foxtrot or Viennese Waltz except in permitted *Apart Feet figures (*Single-Step figures, Breaks, Promenade Chassé, Crossbody Lead/Twist, Grapevines (Half and Full), Pivots, Underarm Turns and Change of Places*). These figures may not be repeated or combined (except Single-Step figures and Breaks) and feet must close at the end of the bar on the following figure.
- Partners must remain on **Opposite Foot** except for the *Tango Shadow Walks and Rocks.
- No Fallaway movements are allowed (including Fallaway Grapevines).
- No syncopations are allowed other than the *Promenade Chassé allowed in Waltz and Foxtrot and the *Brush Tap in Tango (Left or Right Side Position only).
- No Picture Lines. (Tango Corte is not considered a Picture Line).

Silver Closed Syllabus Restrictions for All Smooth Dances

- All couples must start in Ballroom Hold in any allowable Bronze position or proximity, (including the follower's left hand being placed on the leader's right upper arm or shoulder), and must remain in this hold for the first **4** bars they dance. An additional **8** bars must be danced in Ballroom Hold during the first minute of music for a total of **12** bars.
- Partners may separate (No Hold) for up to **1** bar of music per occurrence at Apart or closer proximities only.
- Right Shadow Position (Same Foot, Follower in front) is restricted to a maximum of **8** consecutive bars including entrance to and exit from Shadow Position.
- Allowed Picture Lines may be held for a maximum of **2** bars on one foot.
- Partners are on Opposite Foot except for the Same Foot Lunge and Right Shadow Position as noted in the individual dances
- Closed Silver routines must not incorporate any figures or elements specified in the Figure List for the Closed Gold level.
- Basic Runaround is not permitted in Tango.

Gold Closed Syllabus Restrictions for All Smooth Dances

- Partners must start on **Opposite Foot**, with any allowed hold that requires a minimum of a Single Hand Hold for the first **4** bars of music. At least **6** bars within the **first minute** of each dance must be danced in Ballroom Hold.
- Partners may release to No Hold for a maximum of **4** consecutive bars, then must take any allowed hold for at least **2** bars before releasing hold again. In Viennese Waltz partners may separate for a maximum of **8** consecutive bars, then must take any allowed hold for at least **4** bars before releasing hold again.
- Continuous partnership Pivots are allowed for a maximum of **3** consecutive bars. Syncopated Pivots are allowed in Waltz only with no more than **1** syncopation per bar.
- Standing Spins may be danced for up to **4** bars. Both feet must remain on the floor for both partners (timings do not have to match). Advanced Runarounds/Standing Spins are not permitted in Tango.
- Allowed Picture Lines may be held up to a maximum of **4** bars on one foot.

Open Level for All Smooth Dances

- There are no restrictions or requirements on holds allowed, including no time restrictions on No Hold at any distance from partner. Entrances are allowed.
- No lifts are allowed, if one partner is supported by the other at least one foot must always remain touching the floor.
- Kicks, Rondés, Developés may be any height.
- Jumps, skips and hops are allowed. Assisted jumps allowed but the partner may not be held up (only for the same number of beats as if taken unassisted).
- No restrictions on timings or syncopations including length of time in Picture Lines or Standing Spins.