



SOUTHERN HIGHLANDS DANCE COMP

28-29 MARCH 2020

DANCE COMP | NOVELTY EVENTS | WORKSHOPS

BARGO SPORTS CLUB

SYLLABUS

www.panpacificrocknrollnswing.com.au

FATD & ARRS DL Rock 'n' Roll and Swing Dance Faculty
Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
Saturday, 28th March 2020

Venue: Bargo Sports Club – Auditorium

Location: 3580 Remembrance Driveway, Bargo

Doors Open: 10am

Entries in writing close FRIDAY, 28th February 2020 by 5pm

Official Entry Form is enclosed. Please note that late entries will not be accepted. Additional Entry forms and ticket order forms are also available at www.panpacificrocknrollnswing.com.au. **Entries will only be accepted on the official entry form.**

Submission of an entry is considered an agreement to appear and dance.

Competitors' entry fees and door admission payments are to be submitted with entries, please refer to enclosed forms.

		Pre-Purchase
Competitor	Under 16 years	\$10.00
Competitor	Youth	\$45.00
Competitor	Adult	\$45.00
Competitor	Masters	\$45.00
Competitor	Golden Oldies	\$40.00
Spectator	Under 16 yrs & Pensioner	\$5.00
Spectator	Adult	\$10.00

(All prices are inclusive of GST)

All Novelty & Pro-Am events incur a charge of \$15.00 per event;

Spectators wishing to enter Novelties / Pro-Am are required to pay \$15.00 per event.

Advertising Space Available

Advertise your business, festivals, dance schools, products and events within the Southern Highlands Festival of Rock 'n' Roll and Swing DANCE COMPETITION Souvenir Programme, which will be available for purchase on the day.

Closing date for copy and payment before 28th February 2020

Please email info@panpacificrocknrollnswing.com.au for more details and packages.

P: 0435 499 747 / 0438 524 929

events@panpacificrocknrollnswing.com.au

53 Grevillea Crescent GREYSTANES NSW 2145

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1. Competitor entries may be lodged either individually or through studios as in the past but WILL NOT be accepted or processed unless accompanied by FULL Payment for all competitors.
2. Ticket orders for spectators after Friday, 28th February 2020, 5pm will need to be purchased at the door on the day of competition.
3. **NO COMPETITOR ENTRIES WILL BE ACCEPTED ON THE DAY.**
4. Competitor fees will be non-refundable for competitors unable to meet their commitment to attend and compete because of illness (subject to the return of the tickets within five days of the event accompanied by the appropriate medical certificate) will have their entry fees held in credit towards the next PAN PACIFIC ROCK 'N' ROLL & SWING DANCE CHAMPIONSHIPS.
5. Parking is available at the venue.
6. **Advance purchase of spectator tickets is welcomed and encouraged.**
7. The management of the Club stipulates that under no circumstances will food or beverages be allowed into or onto the licensed premise. For your convenience, food and drinks are available at the club.
8. A \$5.00 deposit is required to collect each competitor number(s). A separate number is required for each partner. This is a refundable deposit on return of the competitor number to the registration table.
9. All competitors are required in the marshalling area three (3) events prior to their event.
10. By entering the competition venue as a competitor/spectator you give permission for your photo/video to be taken and used by ROCK 'N' ROLL and SWING DANCE FACULTY.
11. Video Options: requires a tag to be purchased and visibly attached to the Mobile phone (at all times) for \$5,

We look forward to seeing you at:
Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition.

CLOSING DATE FOR ENTRIES – FRIDAY, 28th February 2020 by 5pm

FORMS and DETAILS AVAILABLE ONLINE AT

www.panpacificrocknrollnswing.com.au

Enquiries or Questions:

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**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
Bargo Sports Club Saturday 28th March 2020**

ROCKABILLY		
Event	Grade	Type
Junior (15 – 17 years)		
1	Novice	
2	Intermediate	
3	Open	
Youth (18 – 21 years)		
4	Novice	
5	Intermediate	
6	Open	
Adult (22 – 34 years)		
7	Novice	
8	Intermediate	
9	Open	
10	Open Invitational	
Masters (35 – 59 years)		
11	Novice	
12	Intermediate	
13	Open	
Golden Oldies (60 years and over)		
14	Novice	
15	Intermediate	
16	Open	
PRO-AM		
17	Open	
Please note: Should entries be insufficient in specific grades of any given style, events will be combined, e.g., Novice & Intermediate together.		

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ROCK 'N' ROLL		
Event	Grade	Type
Junior (15 – 17 years)		
18	Novice	
19	Intermediate	
20	Open	
Youth (18 – 21 years)		
21	Novice	
22	Intermediate	
23	Open	
Adult (22 – 34 years)		
24	Novice	
25	Intermediate	
26	Open	
27	Open Invitational	
Masters (35 – 59 years)		
28	Novice	
29	Intermediate	
30	Open	
Golden Oldies (60 years and over)		
31	Novice	
32	Intermediate	
33	Open	
PRO-AM		
34	Open	
Please note: Should entries be insufficient in specific grades of any given style, events will be combined, e.g., Novice & Intermediate together.		

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**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
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FREESTYLE ROCK 'N' ROLL (Liftwork)		
Junior (15 – 17 years)		
35	Open Restricted	
Youth (18 – 21 years)		
36	Intermediate Restricted	
37	Open	
Adult (22 – 34 years)		
38	Intermediate Restricted	
39	Open	
40	Open Invitational	
Masters (35 – 59 years)		
41	Intermediate Restricted	
42	Open	
Golden Oldies (60 years and over)		
43	Intermediate Restricted	
44	Open	
Please note: Should entries be insufficient in specific grades of any given style, events will be combined, e.g., Novice & Intermediate together.		

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**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
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The Harlem		
Event	Grade	Type
Junior (15 – 17 years)		
45	Novice	
46	Intermediate	
47	Open	
Youth (18 – 21 years)		
48	Novice	
49	Intermediate	
50	Open	
Adult (22 – 34 years)		
51	Novice	
52	Intermediate	
53	Open	
54	Open Invitational	
Masters (35 – 59 years)		
55	Novice	
56	Intermediate	
57	Open	
Golden Oldies(60 years and over)		
58	Novice	
59	Intermediate	
60	Open	
Please note: Should entries be insufficient in specific grades of any given style, events will be combined, e.g., Novice & Intermediate together.		

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LINDY HOP / JITTERBUG		
Event	Grade	Type
Junior (15 – 17 years)		
61	Novice	
62	Intermediate	
63	Open	
64	Open	Dance Only
Youth (18 – 21 years)		
65	Novice	
66	Intermediate	
67	Open	
68	Open	Dance Only
Adult (22 – 34 years)		
69	Novice	
70	Intermediate	
71	Open	
72	Open	Dance Only
73	Open Invitational	
Masters (35 – 59 years)		
74	Novice	
75	Intermediate	
76	Open	
77	Open	Dance Only
Golden Oldies (60 years and over)		
78	Novice	
79	Intermediate	
80	Open	
81	Open	Dance Only
PRO-AM (Dance Only)		
82	Open	
Please note: Should entries be insufficient in specific grades of any given style, events will be combined, e.g., Novice & Intermediate together.		

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Triples		
83	Sub – Juvenile / Juvenile /Junior	Dance Only
84	Youth (18 – 21 years)	
85	Adult (22 – 34 years)	
86	Masters (35 – 59 years)	
87	Golden Oldies (60 years and over)	

Please note: Should entries be insufficient in specific grades of any given style, events will be combined, e.g., Novice & Intermediate together.

Novelty Events		
Event	Grade	Type
88	Rock 'n' Roll	Boy / Boy
89	Rock 'n' Roll	Girl / Girl
90	Rock 'n' Roll	Adult / Child
91	Rock 'n' Roll	Teams
92	Rock 'n' Roll	Jack n Jill
93	Lindy Hop	Boy / Boy
94	Lindy Hop	Girl / Girl
95	Lindy Hop	Adult / Child
96	Lindy Hop	Teams
97	Lindy Hop	Jack n Jill

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**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
Bargo Sports Club Saturday 28th March 2020**

COMPETITOR ENTRY FORM

Leader:			DOB			Age		
Address:			Suburb			State	Post Code	
Email:				Mobile				
Follower:			DOB			Age		
Address:			Suburb			State	Post Code	
Email:				Mobile				
Studio/Teacher:								
Extra Partners 2.				DOB:				
3.				DOB:				
4.				DOB:				

Indicate Event Numbers *(in boxes below)*

	Rockabilly	Rock 'n' Roll	Freestyle Liftwork	The Harlem	Lindy Hop	Novelty/ Pro Am
1						
2						
3						
4						

CLOSING DATE FOR ENTRIES FRIDAY, 28th February 2020

Tickets	Price	Quantity <i>(please indicate number of tickets required under relevant category)</i>	
		Qty	Total Price
Competitor – Junior under 16	\$10.00		\$
Competitor – Youth	\$45.00		\$
Competitor – Adult	\$45.00		\$
Competitor – Masters	\$45.00		\$
Competitor – Golden Oldies	\$40.00		\$
Novelty / Pro-Am	\$15 per event extra		\$
Video Tag / Package	See Entry - Item 11		\$

TOTAL

\$

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**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
Bargo Sports Club Saturday 28th March 2020**

TICKET ORDER FORM

Name:					
Address:					
Suburb:		State:		Postcode:	
Phone:		Email:			
Studio/Teacher:					
Tickets	Price	Quantity (please indicate number of tickets required under relevant category)			
		Qty	Total Price		
Spectator – Adult	\$10.00		\$		
Spectator –U16, Pensioner	\$ 5.00		\$		
Souvenir Programme (Printed)	\$ 5.00		\$		
		Total Price	\$		
		Grand Total	\$		

Payment Methods (Please circle appropriate method to indicate payment type.)

Direct Deposit: BSB: 032 076 Account No. 491439
Account Name: AUSTRALIAN ROCK AND ROLL AND SWING DANCE LEAGUE
Please use your first initial and surname in Bank reference field.

Direct Deposit / EFT:

Please make Cheques & Money Orders payable to:
AUSTRALIAN ROCK AND ROLL AND SWING DANCE LEAGUE

Cheque:

Money Order:

Please forward your completed Competitor Entry forms and Ticket Order forms along with payment details to:

events@panpacificrocknrollnswing.com.au

or

Mail to: 53 Grevillea Crescent GREYSTANES, NSW., 2145

Confirmation of your entry/order will be returned.

P: 0435 499 747 / 0438 524 929

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**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
Bargo Sports Club Saturday 28th March 2020**

Notice of Availability for Judging

The services of _____ will be made available at the **Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition** on Saturday, 28th March 2020

Please place a cross (X) under the genres you would be able to judge

Rockabilly	Rock 'n' Roll	Freestyle (Lift-work)	The Harlem	Lindy Hop	Novelties

Please provide details of your judging qualifications and experience:

Phone:		Email:	
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The services of _____ will be made available at the **Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition** on Saturday, 28th March 2020.

Please place a cross (X) under the genres you would be able to judge

Rockabilly	Rock 'n' Roll	Freestyle (Lift-work)	The Harlem	Lindy Hop	Novelties

Please provide details of your judging qualifications and experience:

Phone:		Email:	
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**We appreciate your willingness to participate and thank you for your support.
Please return your Notice of Availability for Judging to the below address by Monday, 2nd March 2020.**

**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
Bargo Sports Club Saturday 28th March 2020**

Grade Restrictions

Novice: Events are DANCE ONLY, basic lean permitted. NO props, drops or slides permitted. Each dancer must support own weight.

Intermediate: Props, drops or slides permitted.

Open: No liftwork except Freestyle or Lindy Hop.

Open Invitational: All Open Invitational – Professional Event, every one invited to enter. No liftwork except Freestyle or Lindy Hop.

Dancing Up: Competitors dancing in Junior may dance in their grade and Open plus up one category or by special permission. Youth are eligible to dance up to Adult. Masters are eligible to dance down to Adult. Golden Oldies are eligible to dance down to Masters or Adult.

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**Southern Highlands Festival of Rock 'n' Roll and Swing Dance Competition
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Dance Styles

Rock n Roll: Basic actions, flat triple step, pressure step, flick step (9 step), tap step (the stomp). The style commenced must be maintained as your basic throughout the whole dance.

The Harlem: Danced to combinations of 4, 6 & 8 count patterns, with the emphasis being on 6 & 8 count. Basic 6 being a flat chasse movement, minimal back step and characterised by the staccato steps of hesitations plus waist spins and swing outs; very smooth styling, using the rhythms of the music. No high knee actions. Must incorporate at least 3 basic Harlem Steps e.g. Hesitations, Slew Foot, Waist spin. Supported sweeps, not lifted above the waist are also permitted.

Lindy Hop: Characterises the swing era, danced to combinations of 4, 6 & 8 count patterns, mainly 8. Must contain 8-count swing outs, Lindy circles, Charleston's and depict the expressions of freedom which was the basis of this dance. Lindy Hop lifts are a continuous flow of the dance and have a wild, somewhat untidy character.

Rockabilly: Basic actions are to 1 bar of music, 4-count, no back step, basic hand holds and danced anticlockwise, either lay back or forward.

Freestyle: Restricted Lifts: a minimum of 3 different lifts must be performed from list:
Straddle, Hip-Hip, Hip Sit, Hip Toss, Cradle (or Baby), Bunny Hop.

No lift is to be above the shoulders.

Open, Open Invitational and Unrestricted Categories:

A minimum of 5 different lifts must be performed.

No International Lifts – Must maintain some partner contact at all times.

Freestyle Rock 'n' Roll lifts are different in character, style and execution to those used in Lindy Hop.
e. & o.e.

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**Southern Highlands Festival of Rock 'n' Roll and Swing Workshops
Bargo Sports Club Sunday 29th March 2020**

WORKSHOP ENTRY FORM

Name:					
Address:					
Suburb:		State:		Postcode:	
Phone:		Email:			
Studio/Teacher:					
Tickets	Price	Quantity (please indicate number of tickets required under relevant category)			
		Qty	Total Price		
Workshop - Any Single Workshop	\$25.00		\$		
All Workshops	\$55.00		\$		
All Workshops - Full Competitor (from yesterday's Competition – Bargo)	\$ 40.00		\$		
All Workshops – ARRSDL Members	\$ 40.00		\$		
		Total Price	\$		
		Grand Total	\$		

Payment Methods (Please circle appropriate method to indicate payment type.)

Direct Deposit: BSB: 032 076 Account No. 491439
Account Name: AUSTRALIAN ROCK AND ROLL AND SWING DANCE LEAGUE
Please use your first initial and surname in Bank reference field.

Direct Deposit / EFT:

Please make Cheques & Money Orders payable to:
AUSTRALIAN ROCK AND ROLL AND SWING DANCE LEAGUE

Cheque:

Money Order:

Please forward your completed Workshop Entry forms along with payment details to:

events@panpacificrocknrollnswing.com.au

or

Mail to: 53 Grevillea Crescent GREYSTANES, NSW., 2145

Confirmation of receipt of your entry will be provided.

P: 0435 499 747 / 0438 524 929

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