

Square Dancing

1. Categories: Men and Women 55 years of age and older.
2. Events: In all age categories and all divisions
 - a. Plus experienced Level – Team (Square) of 8 people plus 2 spares
 - b. Mainstream experienced Level – Team (Square) of 8 people plus 2 spares
 - c. In addition, non-competitive Square and Round Dances for experienced dancers and/or an introductory Level for non-dancers
3. Participation:
 - a. Each Zone may send an Unlimited number of Teams
 - b. Any combination of Men and Women are allowed
 - c. Teams must specify on entry form which Level they will be competing in
 - d. Team that wins a medal at the Plus Level will not be eligible to receive a medal at the Mainstream Level
 - e. Isolation Zone rules apply
4. Competition:
 - a. B.C. Square and Round Dance Federation Rules shall apply
 - b. Casual Dress will be acceptable
 - c. Format and Rules for medal rounds:
 1. Medal Round Competition consists of three (3) timed sessions with time starting when the Caller begins the first Command
 2. The first (1st) session will be comprised of fairly easy choreography, called from the most frequently used dance positions
 3. The second (2nd) session will be more challenging choreography than the first session called from a variety of dance positions.
 4. The third (3rd) session will be the toughest session with very challenging choreography called from all dance positions.
 5. A Team (Square) will be considered “down” (not earning any Time) when any part of the Team is not correctly following the commands of the caller.
 6. Scoring Judges may be either Callers or Experienced Dancers, and will be randomly assigned to judge each Team. Each Judge will use a stopwatch to time the dancers.
Scoring Judges can be rotated to different Teams (Squares) during subsequent sessions.
 7. If a part of the Team breaks “down”, the Scoring Judge(s) for that Team will Stop the stopwatch until every part of that Team is again correctly dancing the call. The stopwatch will Start running when they all start moving again.
 8. The accumulated Time on the stopwatch will be considered “Time Danced”. At the end of the three (3) sessions the “Time Danced” will be totalled, and this will be the Final Score for the Team (Square).
 9. All Teams may Dance, but only those Qualifying for Medal sessions will be timed.

5. Medals:

- a. The Team with the Longest "Time Danced" will win the Gold medal
- b. The Team with the second Longest "Time Danced" will win the Silver medal
- c. The Team with the third Longest "Time Danced" will win the Bronze medal

During the time when there are no competitions, Recreational square dancing will be offered to those in attendance.