



AMATEUR RULES

WHAT IS FREESTYLE?

Freestyle is an artistic dance form of many styles taking into account modern trends and music. It is constantly evolving giving individuals the opportunity to express themselves through Freestyle dance.

Freestyle can be danced as fast or slow.

Contravention of any of these rules may be subject to disciplinary action resulting in reprimand, suspension, and/or Exclusion.

Appeals against any amateur rule must be directed through the ADFP/BDC teacher following the ADFP/BDC appeals procedure

WHAT IS AN AMATEUR?

An amateur freestyle dancer is a person who engages in their craft on an unpaid basis. An amateur freestyle dancer may learn but not teach and cannot hold any recognised dance teaching qualification.

1. GENERAL RULES

1.1 As a member of the ADFP/BDC, you are expected to always remain well behaved and respectful. Intimidation and/or abuse of any kind will not be tolerated.

1.1.1 Amateur members are required to pay an annual licence fee which is due by 1st January each year

- 1.2 An amateur freestyle dancer may demonstrate for a qualified teacher, if requested, but cannot be left unsupervised in sole control of a session. Amateur freestyle dancers may not accept monetary gain.
- 1.3 Amateur registered freestyle dancers cannot act as a promoter, adjudicator, or any other type of working professional at an event.
- 1.4 All members and licence holders of the ADFP/BDC, must be dressed appropriately in accordance with the ADFP/BDC Safeguarding and Child Protection policies
- 1.5 Any point that arises not covered by these rules shall be referred to the NEC or BDC whose decision shall be final.
- 1.6 Videoing and Photography is strictly regulated at ADFP/BDC freestyle events in line with the ADFP/BDC Safeguarding and Child Protection policies. Dispensation is given to official Photographers as outlined in the Promoters Rules
- 1.7 General photography is permitted for line-ups provided any posts on social media have all faces other than the specifically photographed competitor distorted or blocked out in line with ADFP/BDC Safeguarding and Child Protection policies

2. EVENT STANDARDS

- 2.1 All dancers at every event must be current members or licence holders of the ADFP/BDC at all events for insurance purposes.
- 2.2 Promoters reserve the right to refuse admission to ADFP/BDC events
- 2.3 Schools must leave their school area clean and tidy.
- 2.4 Damage to any venue will not be tolerated.
- 2.5 Changing tents or changing rooms must be always used in accordance with ADFP/BDC Safeguarding and Child Protection policies

- 2.6 Freestyle competitors may only dance in one age group and grade per section with the exception of first timers and open invitation events**
- 2.7 Only freestyle dancers from the same registered school may dance together.**
- 2.8 Freestyle competitors must be a minimum of 3 years of age and above to compete.**
- 2.9 All freestyle amateur dancers can only receive regular tuition with their registered freestyle school**
- 2.10 Moving to another ADFP/BDC school will be subject to an exclusion from events. Both teachers are responsible for completing the transfer form and submitting it to the office. The new teacher pays the appropriate fee. The exclusion starts from the date the submission and payment is made**
 - 2.10.1 Moving school is subject to a minimum of a 3 month exclusion from events including workshops and lecture days**
 - 2.10.2 Moving to a newly registered school will be subject to a minimum of a 12 month exclusion**
 - 2.10.3 Moving schools twice within a 12 month period will be subject to a minimum of a 6 month exclusion from events**
 - 2.10.4 If a competitor returns to their original school within a twelve month period, then a 3 month exclusion will apply**
 - 2.10.5 For any competitor who permanently relocates an application may be made to the ADFP/BDC for exemption of the three month exclusion**
- 2.11 Dancers who transfer from a school or branch that has permanently closed will be exempt from the 12 month exclusion provided they are registered with a new school within 28 days**
- 2.12 All dancers, at every event whether UK or overseas based must be a member or licence holder of either the ADFP or BDC to compete at all events**

3. CONDITIONS OF COMPETITION

- 3.1 Freestyle competitors should hold proof of current ADFP/BDC registration at all events.
- 3.2 The Chairpersons decision is final, any concerns should be raised in accordance with the ADFP/BDC Disciplinary and Grievance Policy.
- 3.3 All competitive dancers at FRC events must adhere to a strict Dance Code that prohibits sexualised and/or provocative movements and gestures. This applies to routines and walking on and off the floor.
- 3.4 Unsafe floor craft or floor etiquette may result in disqualification and will be referred to the Chairperson/Invigilating Chairperson
- 3.5 Any freestyle dancer rendered unconscious or having sustained a head injury on the dance floor will be immediately withdrawn from the day's competitions.
- 3.6 The First Aider or Chairperson have the right to withdraw a freestyle dancer due to injury or ill health. Confirmation from a registered medical practitioner is required for the decision to be overruled
- 3.7 Competition Numbers of a standard size will be issued on the day and cannot be altered in any way.
- 3.8 Freestyle dancers travel anti clockwise in rounds.
- 3.9 Freestyle rounds cannot contain any acro/gymnastic moves.
- 3.10 Acro/gymnastic moves are only permitted in spots, rock 'n' roll and teams that are governed by FRC rules. A full explanation is available on the ADFP/BDC website.
 - 3.10.1 Lifts are only permitted in rock 'n' roll competitions, team competitions and freestyle spots
- 3.11 Street dance and Rock 'n' Roll dancers should dance on the spot.

- 3.12 Safety restrictions and make up rules apply for all graded and ungraded competitions held at ADFP/BDC events.
- 3.13 Promoters will determine age groups, dress, and timings for ungraded competitions at ADFP/BDC events.
- 3.14 Moves, appearance and styling must always be appropriate. Teachers are responsible for ensuring this is upheld. Chairpersons and/or Promoters will issue an initial verbal warning and reserve the right to disqualify should this be ignored if there is an infringement of the ADFP/BDC Safeguarding and Child Protection Policies.

4. AGE GROUPS AND GRADES

- 4.1 Promoters may choose which age groups they run at their FRC event. All information to be advertised in advance on the programme.
- 4.2 Amalgamation of age groups is at the promoters discretion.
- 4.3 Gender defined competitions may be added at the promoters discretion
- 4.4 An Open Invitation event must be included on the programme to promote inclusivity
- 4.5 Any dancer who competes and is placed in a higher grade with 7 or more competitors will forfeit their current status and remain in that grade

FREESTYLE SOLO AND SLOW COMPETITIONS THAT CAN BE RUN AT FRC EVENTS

	BEGINNER	STARTER	INTER	CHAMP	PREM
U 4	YES	NO	NO	NO	NO
U 6	YES	YES	YES	YES	YES
U 8	YES	YES	YES	YES	YES
U 10	YES	YES	YES	YES	YES
U 12	YES	YES	YES	YES	YES
U 14	YES	YES	YES	YES	YES

U 16	YES	YES	YES	YES	YES
U 18	YES	YES	YES	YES	YES
O 18	YES	YES	YES	YES	YES

FREESTYLE PAIRS COMPETITIONS THAT CAN BE RUN AT FRC EVENTS

	BEGINNER	INTERMEDIATE	CHAMPIONSHIP
U 4	YES	NO	NO
U 6	YES	YES	YES
U 8	YES	YES	YES
U 10	YES	YES	YES
U 12	YES	YES	YES
U 14	YES	YES	YES
U 16	YES	YES	YES
U 18	YES	YES	YES
O 18	YES	YES	YES

4.6 Freestyle Pairs Eligibility

4.6.1 Freestyle dancers must dance in the age group of the eldest dancer in their pair.

4.6.2 Any new partnership will be determined by the highest-graded dancer in their pair

4.6.3 No Championship or Premier Championship fast solo freestyle dancer may dance in beginner pairs.

4.6.4 Partnerships can only have a maximum age difference of 4 years.

TEAMS

4.7 Age Groups - U12, U16 and O16

4.8 Grades - Beginner, Intermediate and Championship

4.9 Teams General

- 4.9.1 Teachers must register teams and hold an ADFP/BDC registration.**
- 4.9.2 Teams may comprise of a minimum of 6 and maximum of 16 persons.**
- 4.9.3 A freestyle dancer may only dance in one team of a particular style at any event.**
- 4.9.4 The age group of a team is determined by the eldest team member.**
- 4.9.5 The team grade is determined by the Freestyle Solo grade majority of the individual freestyle dancers.**
- 4.9.6 Renaming a team does not constitute the establishment of a new team.**
- 4.9.7 Current safety rules apply**
- 4.9.8 No Props are allowed (a prop is defined as anything that is not clothing and/or is discarded)**
- 4.9.9 Teachers may only film their own team with the promoters permission.**

5. ADFP/BDC REGISTRATION AND GRADE CHANGES

- a) Finalists for solo, slow and freestyle pairs will gain grade points as below dependent on the amount of entries in the first round of a competition:**

1st place = 7 or more competitors

2nd place = 14 or more competitors

3rd place = 21 or more competitors

4th place = 28 or more competitors

5th place = 35 or more competitors

6th place = 42 or more competitors

And so on in multiples of seven

If entry numbers are sufficient, promoters can run a 'B' final with the remaining semi-finalists to continue the placings in accordance with the above.

- b) Teams will gain grade points as below dependent on the amount of entries in the first round of the competition:**

1st place = 3 or more teams

2nd place = 6 or more teams

3rd place = 9 or more teams

And so on in multiples of 3

- 5.1 Grade points are only gained from ADFP/BDC sanctioned events with a minimum of three schools in attendance and three working adjudicators.**
- 5.2 In graded events, freestyle dancers must gain 3 grade points to move up a grade.**
- 5.3 The number of grade points is determined by the number of competitors in the first round.**
- 5.4 One grade point must be a 1st place from a championship titled event to move from Championship to Premier Championship grade**
- 5.4.1 All competitors must achieve a 1st place grade point in order to progress to the next grade unless teachers discretion is applied. Teachers discretion cannot be applied to rule 5.4**
- 5.5 Any dancer who dances in an ungraded event whereby all grades are combined together (Beginner, Starter, Intermediate, Championship, Premier Championship (this is known as an 'open' competition)) that progresses on to a Championship titled event will forfeit their original status and become either a Championship or Premier Championship dancer should they be placed in the overall final of this event.**

6. SAFETY RESTRICTIONS AND MOVES

Safety restrictions and moves are applicable to all competitions held under FRC rules

- 6.1 All unsafe moves and Health and Safety updates can be found on the ADFP/BDC website.
- 6.2 It is every members' responsibility to ensure they are always up to date.
- 6.3 No weights are permitted to be worn or used at any event.
- 6.4 The 'T area' (eyes, nose, mouth) of a dancers face must be free from material

7. DRESS AND APPEARANCE

All costumes and dance wear worn must be age appropriate. Costumes cannot be revealing, see through or render the dancer to be scantily dressed at any time. All dancers must be appropriately covered by the costume and not over sexualised in any way in accordance with the ADFP/BDC Safeguarding and Child Protection Policies. All see-through material should be appropriately lined.

- 7.1 Teachers are responsible for the costume suitability and appropriateness.
- 7.2 Inappropriate and concerning dress should be referred to a safeguarding officer.
- 7.3 The Chairperson can request a costume change.
- 7.4 No skin tone coloured only fabrics are permitted to be worn by beginners or as plain wear in any other grade
 - 7.4.1 In accordance with safeguarding any skin tone fabric that gives the illusion that the dancer is naked in an inappropriate body area is not permitted
- 7.5 All materials and accessories must be shatterproof.
- 7.6 Guidance is available on the ADFP/BDC website.

7.7 Freestyle dancers with male genitalia are advised to wear a dance belt or fitted undergarments for personal safety.

7.8 BEGINNER FAST SOLO, SLOW SOLO, PAIRS AND TEAMS

7.8.1 Hair must be left natural, no crimping, curling or waving.

7.8.2 Only one ponytail or plait or bun is permitted.

7.8.3 Only use a natural hair colour band.

7.8.4 No hair designs, colouring, wigs, extensions, or accessories

7.8.5 Costume to be lycra or cotton lycra only. **SEE APPROVED ACCEPTED DESIGN PICTURES**

7.8.6 A maximum of two items from the approved designs can be worn.

7.8.7 All nipples & genitals to be fully covered.

7.8.8 No brands, logos, or any other means of advertisement

7.8.9 Face and body jewellery must not be worn but may be covered if not removed with the exception of a close fitting nose ring

7.8.10 Only plain stud earrings no larger than the earlobe to be worn.

7.9 STARTER FAST SOLO

7.9.1 No body paint/pen/gel/glitter, body rhinestones/gems/beads to be used

7.9.2 Costumes may be of any fabric including foiled fabrics but not sequinned fabrics.

7.9.3 The only 'add ons' permitted are Fringing, Feathers, Ribbon and Flowers

7.9.4 Glass and metal accessories of any kind are strictly prohibited.

7.9.5 All nipples & genitals to be fully covered.

- 7.9.6 'T area' (eyes, nose, mouth) on face must be free from material.
- 7.9.7 No brands, logos, or any other means of advertisement.
- 7.9.8 Face or body jewellery not to be worn but may be covered if not removed with the exception of a close fitting nose ring
- 7.9.9 Only plain stud earrings no larger than the earlobe to be worn

7.10 INTERMEDIATE, CHAMPIONSHIP and PREMIER CHAMPIONSHIP FAST SOLOS, CHAMPIONSHIP AND PREMIER CHAMPIONSHIP SLOW, INTERMEDIATE AND CHAMPIONSHIP PAIRS, INTERMEDIATE AND CHAMPIONSHIP TEAMS

- 7.10.1 Glass accessories and metal of any kind are not allowed.
- 7.10.2 All nipples & genitals to be fully covered.
- 7.10.3 'T area' (eyes, nose, mouth) on face must be free from material.
- 7.10.4 No brands, logos, or any other means of advertisement
- 7.10.5 Face or body jewellery not to be worn but may be covered if not removed with the exception of a] close fitting nose ring
- 7.10.6 Only plain stud earrings no larger than the earlobe to be worn

7.11 STARTER SLOW SOLO

- 7.11.1 Glass and metal accessories of any kind are not allowed.
- 7.11.2 All nipples & genitals to be fully covered.
- 7.11.3 'T area' (eyes, nose, mouth) on face must be free from material.

- 7.11.4 No brands, logos, or any other means of advertisement
- 7.11.5 Face or body jewellery not to be worn but may be covered if not removed with the exception of a] close fitting nose ring
- 7.11.6 Only plain stud earrings no larger than the earlobe to be worn

7.12 STREET DANCE

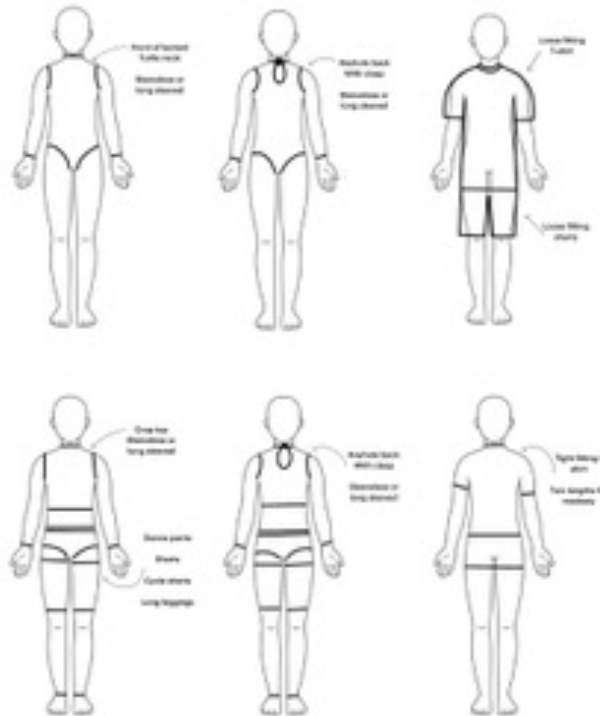
- 7.12.1 Trainers or jazz shoes must be worn.
- 7.12.2 Attire must not advertise dance school.
- 7.12.3 Glass accessories and metal of any kind are not allowed.
- 7.12.4 All nipples & genitals to be fully covered.
- 7.12.5 'T area' (eyes, nose, mouth) on face must be free from material.
- 7.12.6 Face or body jewellery not to be worn but may be covered if not removed with the exception of a] close fitting nose ring
- 7.12.7 Only plain stud earrings no larger than the earlobe to be worn

7.13 ROCK N ROLL

- 7.13.1 Trainers or jazz shoes must be worn.
- 7.13.2 Attire must not advertise dance school.
- 7.13.3 Glass accessories and metal of any kind are not allowed.
- 7.13.4 All nipples & genitals to be fully covered.
- 7.13.5 'T area' (eyes, nose, mouth) on face must be free from material.
- 7.13.6 Face or body jewellery not to be worn but may be covered if not removed with the exception of a]

- 7.13.7 close fitting nose ring
Only plain stud earrings no larger than the earlobe to be worn

FRC Beginner Dress



Please note that all tops for beginner dress wear can have a zip at the back

8. MAKE UP

- 8.1 Tan is permitted for dancers aged 10 and above provided they are not oil based or transferrable on to any surface
- 8.2 Under no circumstances is tan to be applied in venues.
- 8.3 Beginners are only permitted natural make-up applied no larger than the eye socket area

	NATURAL MAKEUP ONLY	TAN	FALSE EYELASHES FALSE NAILS	STONES, GEMS, PEARLS, GLITTER OR SEQUINS ON FACE/BODY OR HAIR
U4, U6, U8, U10 Beginners, Starters, Intermediate, Championship and Premier Championship Fast, Pairs and Slow All Teams, Street and Rock 'n' Roll	NO	NO	NO	NO
U12, U14, U16, U18, O18 Beginner Fast, Pairs and Slow Beginner Team	YES	YES	YES	NO
U12, U14, U16, U18, O18 Starter Slow Intermediate, Championship and Premier Championship Fast and Slow All Street and Rock'n'Roll Starter Fast Intermediate and Championship Pairs Intermediate and Championship Team	NO	YES	YES	YES

9. SAFEGUARDING AND CHILD PROTECTION

- 9.1 Parents/guardians must maintain responsibility for their children in accordance with the ADFP/BDC Safeguarding and Child Protection Policies.**
- 9.2 Spectator conduct is subject to the ADFP/BDC safeguarding and child protection policy.**
- 9.3 Changing rooms or changing tents must always be used.**
- 9.4 A copy of the ADFP/BDC Safeguarding and Child Protection policies are available on the ADFP/BDC website.**
- 9.5 General photography is permitted in line ups provided any posts on social media have all faces other than the specifically photographed competitor distorted or blocked out.**

10. DISCIPLINARY AND GRIEVANCE POLICY

10.1 Any amateur member/licence holder found to be in contravention of any of the aforementioned amateur rules may be subject to disciplinary action resulting in reprimand, suspension and/or exclusion -

10.2 Any disciplinary or grievance concerns must be raised in accordance with the ADFP/BDC Disciplinary and Grievance Policies which can be found on the ADFP/BDC website