Sea To Sky: 2026 Competition Rules

Please read the following descriptions of the competitions carefully. Competitors may be placed out-of-the-ranking if a violation occurs.

* Note* Minimum number of 5 Entries in any division otherwise division MAY be cancelled at the discretion of the Event co-ordinator. Time slots set aside for competition that are cancelled will become social dance time.

JACK & JILL and STRICTLY SWING

If competitors do not meet a division's qualifications as stated in this document, and checked against the World Swing Dance Council Competitor Registry, they may petition to be accepted into a specific category. **It is highly recommended each competitor review their points on the Jack and Jill Competitor's Point Registry before the convention. It is advised to have a printed copy at the time of registration to avoid any delays or expedite any petitioning.**

WEST COAST SWING JACK & JILL DIVISIONS.
We are offering nine WCS divisions. There is no limit on the total number of entries in each division. We use the World Swing Dance Council Points Registry (WSDC) to determine eligibility for each WCS division. Please see WSDC rules for eligibility. **Must be 18 years of age to compete (or signed waiver by parent or guardian).**

Our Jack & Jill competitions are designed to highlight skills in spontaneous swing dancing and the ability to dance well with a variety of partners. A bit of "luck of the draw" comes into play as well. Competitors enter as individuals, are randomly assigned partners, and dance to music selected in advance by our Competition DJ.

At least 85% recognizable swing patterns are required. If there is a preliminary, contestants will dance in groups with several different partners; judged individually in the preliminaries and as a couple in the finals.

Per WSDC rules a competitor can compete in (1) WSDC skill level Jack and Jill in primary role, (1) in secondary role as well as (1) age division.

***WSDC Rules will be followed, see here WSDC Division Rules .**

Newcomer Jack & Jill. (See WSDC Definition)
Novice Jack & Jill. (See WSDC Definition)
Intermediate Jack & Jill. (See WSDC Definition)
Masters Jack & Jill (See WSDC Definition, 50 and above)
Advanced. (See WSDC Definition)
All-Star Jack & Jill. (See WSDC Definition)
Champions (see WSDC)

Masters Jack & Jill - Note: You may also enter any other level J&J divisions you qualify for based on WSDC rules.

Open(All American) Jack & Jill. This competition is for everyone. Open to any level competitor. Any lead can draw any follow. If enough competitors enter we will have a prelim, Semi and final.

STRICTLY SWING

Novice Strictly
Intermediate Strictly
Masters Strictly (50 or over only)
Adv Strictly
All-Star Strictly
Switchly Strictly

- Competitors must register for the divisions they are currently qualified for per WSDC. (Masters: You may also enter any other level divisions you qualify for based on WSDC rules).
- At least 90% recognizable swing patterns are required.
- Switchly Strictly - partners must constantly switch lead and follow throughout their dance.
- Competitors are free to choose their partner of any gender. You will dance at the level of the role you qualify for per WSDC Jack and Jill rules unless you petition. If planning to dance at a level OTHER than what you compete at in Jack and Jill you MUST submit a petition to ensure you qualify.
- No role switching during the dance – Leaders must lead, Follows must follow (except for Switchly Strictly)
- Only Leaders must wear their number high on their back, no numbers needed for the follows.
- Coordinating attire is permissible.
- Judges will be looking for the type of clothes worn to go out dancing on a weekend evening.
- Couples may dance in heats or spotlight depending on the number of couples entered.

Lifts, acrobatics, aerials are not allowed. Partners must stay in contact at all times, *except* on free spins, turns, and breakaways. Flea hops, bunny hops, heel kicks, flying Lindy and adaptations to other swing styles, small jumps over a partner's leg, social drops and leveraged slides are all allowed; otherwise, both dancers must keep one foot on the floor at all times. No routines or choreographed moves are allowed. Recognizable shag patterns are allowed. Dancing must be strictly lead and follow.

Music for the Jack & Jill and Strictly Swing competitions. Our Competition DJ will select all music in advance for our Jack & Jill, and Strictly Swing competitions. Music for finals spotlight dances will be approximately the same length of time for each couple. The event reserves the right to provide a choice of music to spotlighted couples. The exact time of fade out is left to the DJ's discretion to maximize the effectiveness of the music. If the judges need more time to determine their callbacks or final placements, the Chief Judge may request that additional music be played.

Rising Star Summary
Our Rising Star competition is intended for adult couples that are relatively new to performing a choreographed routine. Competitors enter as couples, supply their own music, and perform a swing dance routine (any recognized style) prepared in advance. Routines may follow either the "Showcase" or "Classic" format. Rising Star is a tour event. See all details available here.
Rising Star rules are here

Judging Criteria

All divisions will be judged using Relative Placement .

Definitions

A. **TIMING** - Swing is danced beginning on the downbeat. Timing extends to much finer distinctions than a single beat. It includes fractionally ahead or behind the beat, as well as matching the syncopated "swing" of the music.
B. **TEAMWORK** - Swing is a connected, partner dance. The demonstration of this connection and the appearance of lead/follow or action/reaction between the partners is an expected part of any competition. One partner

ignoring or out-dancing the other, or jeopardizing the safety of the other (or other Competitors), indicates poor teamwork.

C. **TECHNIQUE** - How well the Competitors execute the movements comprising their dance constitutes technique. This includes control of balance and weight, foot placement, bodylines, and spins.

D. **CHOREOGRAPHY** - The selection and order of movements and transitions executed during a dance comprises choreography. Good choreography demonstrates an intimate connection with the music and its phrasing, as well as variety and contrast.

E. **PRESENTATION** - To create an atmosphere of excitement by inviting and generating interest in a performance is the desired effect of good presentation. While providing a good show is one aspect of presentation, a good show is not a substitute for good dancing.

Definitions Continued

Aerial.

An aerial is a move in which one dancer is lifted with the assistance of his/her partner and the head and torso is in a position higher than the waist of the supporting partner. **Aerials are prohibited in all competitions except Showcase.**

Lift.

A lift is any intentional maneuver lasting longer than a full beat of music where the feet of one dancer are clearly off the floor and the partner supports the weight. This definition shall not include any of the following common syncopations or patterns: "flea hops"; "bunny hops"; "heel clicks"; "Flying Lindy" (and its obvious adaptations to other swing styles); "jumps" by competitors over the leg of the partners and leveraged slides. **Lifts are prohibited in all competitions with exceptions in the Champions Divisions.**

West Coast Swing is a slotted version, an American Rhythm Dance based on a foundation of 6-beat and 8-beat patterns that incorporate a wide variety of rhythms built on 2-beat single, delayed, double, triple, and blank rhythm units. The 6-beat patterns include, but are not limited to, passes, underarm turns, push-breaks, open-to-closed, and closed-to-open position patterns. The 8-beat patterns include, but are not limited to, whips, swing-outs, Lindy circles, and Shag pivots. Although they are not part of the foundation of the dance as stated above, 2- beat and 4-beat extension rhythm breaks may be incorporated to extend a pattern, to phrase the music, and/or to accent breaks.

Submitting a petition to change divisions

In competitions with more than one division, it is our goal to encourage you to compete with your peers in the correct division. If you are unclear about which division is right for you, check with our Competition Coordinator, Chief Judge, or Contestant Representative before you register.

Petitions to dance in a different division must be submitted a minimum of 15 days prior to the event. In order to petition up please submit your request here. In order to petition down, use this form and bring a copy to the competition registration desk when you register.

You must dance in whichever Strictly Swing division level that matches your primary role you are competing in at Sea to Sky. If you dance in a secondary role, that is the level you can compete in a Strictly as long as you stick to that role.

Our Competition Coordinator (or another competition official designated by our Competition Coordinator) will review your petition (in consultation with the Chief Judge) and approve or deny your request. Our Competition Coordinator will notify you as soon as possible (no later than the contestant meeting) of the decision. If offered you should attend the contestant meeting and be prepared to compete in the original division if your petition is denied. Or speak with a member of our contestant coordination staff.

Our verification of your eligibility

We will verify that you are eligible for the competitions you enter by checking the WSDC Points Registry (and other sources of information, if applicable). In some cases (for example, if you submit a petition or do not have the required WSDC points), we may reassign you to a different division.

If you have concerns that other contestants are entered in an incorrect division or are ineligible, please inform our Competition Coordinator, Chief Judge, or Contestant Representative privately, as soon as possible. We will investigate and take appropriate action, if necessary.

If we determine before or during a competition that you have registered for the wrong division or are not eligible, we will reassign you to the correct division (if possible) or allow you to withdraw. If we discover your error after the finals, we will drop you out of awards. If we made the error and assigned you incorrectly, no penalty will be applied.

Contestant Meetings/Contests

There are no competitor meetings. You are responsible for reading the rules, ensuring you are registered in the appropriate division and if you have any questions, ask the Chief Judge or contest co-ordinator and/or contest registration before you register or minimum of 2 hours before the competition.