

## Rules West in Lyon 2025

Division		
<b>JNJ WSDC points</b> Newcomer Novice Intermediate Advanced All Star Champions  <b>Age based JNJ:</b> Juniors Sophisticated Masters	<ul style="list-style-type: none"> <li>WIL follows the <a href="#">WSDC Points Registry Rules</a></li> </ul>	Champions division are allowed to do lifts.
Junior Routine	<ul style="list-style-type: none"> <li>Age 6-13</li> </ul>	<ul style="list-style-type: none"> <li>60 % swing content min.</li> <li>Separate entrances are permitted</li> <li>No maximum amount of lifts or weight supports</li> <li>Breakaways and side by side are permitted</li> <li>One time role switch of max 8 beats</li> <li>Duration minimum 2 min. - maximum 3 min.</li> <li>Own music and costumes</li> </ul>
Young Adult Routine	<ul style="list-style-type: none"> <li>Age 14-17</li> </ul>	<ul style="list-style-type: none"> <li>60 % swing content min.</li> <li>Separate entrances are permitted</li> <li>No maximum amount of lifts or weight supports</li> <li>Breakaways and side by side are permitted</li> <li>One time role switch of max 8 beats</li> <li>Duration minimum 2 min. - maximum 3 min.</li> <li>Own music and costumes</li> </ul>

<p>PRO/AM Routine</p>	<ul style="list-style-type: none"> <li>• Age 6+</li> <li>• To qualify for a partnership in Pro-Am, there must be an instructor/student relationship <ul style="list-style-type: none"> <li>○ Amateur – one who doesn't teach wcs on a regular basis</li> <li>○ Professional – one who earns a significant amount of income teaching or performing WCS</li> </ul> </li>   <li>• If there aren't more than 3 contestants in both the Female Pro and the Male Pro division, the divisions will be joined and compete against each other.</li> </ul>	<ul style="list-style-type: none"> <li>• 50 % swing content min.</li> <li>• Lifts and drops are allowed but not required</li> <li>• Dancers must maintain their own physical contact with the floor during partner weight support moves</li> <li>• Breakaways are to be no more than 8 beats of music.</li> <li>• Duration: minimum 1.30 min.- maximum 3.00 min.</li> <li>• Own music and costumes</li> </ul>
<p>Rising Star</p>	<ul style="list-style-type: none"> <li>• Age 15+</li> <li>• Amateur routine division</li> </ul>	<ul style="list-style-type: none"> <li>• 70 % swing content min.</li> <li>• Maximum of 5 partner weight supports are permitted</li> <li>• Dancers must maintain their own physical contact with the floor during partner weight support moves</li> <li>• Lifts are permitted</li> <li>• Separate entrances are permitted but the couple must physically join within 32 beats of music.</li> <li>• Breakaways are to be no more than 8 beats of music</li> <li>• One time role switch of max 8 beats</li> <li>• Duration minimum 2 min. - maximum 3 min.</li> <li>• Own music and costumes</li> </ul>
<p>Showcase</p>	<ul style="list-style-type: none"> <li>• 18 years or older</li> </ul>	<ul style="list-style-type: none"> <li>• 60 % swing content min.</li> <li>• Separate entrances are permitted</li> <li>• Minimum of three lifts are required, at least one of the lifts where the followers hip is over the leaders shoulder</li> <li>• No maximum of amount of lifts</li> </ul>

		<ul style="list-style-type: none"> <li>• Breakaways and side by side are permitted</li> <li>• One time role switch of max 8 beats</li> <li>• Duration minimum 2 min. - maximum 3 min.</li> <li>• Own music and costumes</li> </ul>
Classic	<ul style="list-style-type: none"> <li>• 18 years or older</li> </ul>	<ul style="list-style-type: none"> <li>• 75 % swing content min.</li> <li>• No lifts allowed</li> <li>• Maximum of 7 partner weight supports are permitted</li> <li>• Dancers must maintain their own physical contact with the floor during partner weight support moves</li> <li>• Separate entrances are permitted but the couple must physically join within 32 beats of music.</li> <li>• Couples must maintain physical contact except for spins, turns, short breakaways and recoveries.</li> <li>• Breakaways are to be no more than 8 beats of music.</li> <li>• One time role switch of max 8 beats</li> <li>• Duration minimum 2 min. - maximum 3 min.</li> <li>• Own music and costumes</li> </ul>
Team	<ul style="list-style-type: none"> <li>• Age 6+</li> <li>• Minimum of 8 couples</li> <li>• This is a swing division open to alle styles of swing</li> <li>• A competitor is allowed to compete with <b>one</b> Team only</li> </ul>	<ul style="list-style-type: none"> <li>• Acrobatics, drops, side by side, slides, change of partners, reverse lead/follow are allowed</li> <li>• Duration minimum 3 min. - maximum 5 min.</li> <li>• Own music and costumes</li> </ul>
<b>Strictly Swing</b> Open Division	<ul style="list-style-type: none"> <li>• Dancers choose their partner</li> <li>• A couple can consist of a mix of any levels, although the following is not possible: <ul style="list-style-type: none"> <li>○ All Star/All Star</li> <li>○ Champ/Champ</li> <li>○ All Star/Champ</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 100 % West Coast Swing</li> <li>• Impro, lead and follow</li> <li>• No acrobatics</li> <li>• Drops are allowed</li> <li>• Breakaways are to be no more than 8 beats of music</li> <li>• Music chosen by DJ/organizer</li> <li>• Properly dressed</li> </ul>