



NATIONAL ASSOCIATION OF SWING DANCE EVENTS (NASDE) NASDE Division Rules

Rule changes effective January 1, 2026 are highlighted in yellow.

NASDE Swing Dance Competition Divisions

NASDE sponsors the swing dance competition divisions of Showcase and Classic to help promote, preserve, and improve swing dancing. The objective is to provide a competitive performance venue for the various unique styles of swing that have developed across the nation to include the Carolina Shag, Dallas Push, East Coast Swing, Hand Dancing, Hollywood Swing, Houston Whip, Imperial Swing, Jive, Jitterbug, Lindy Hop, Rock-n-Roll, and West Coast Swing, to name a few.

NASDE Statement of Swing

NASDE Statement of Swing to be used to identify the presence of swing in the NASDE competition divisions. Swing is 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.

NASDE Sportsmanship Expectations

Sportsmanship is a fundamental aspect of our competition. Competing for the NASDE prize fund is a privilege, not a right. The event director may flag a competitor's behavior as un-sportsman-like. Said behavior will be reviewed by the NASDE board at the next scheduled NASDE Board meeting. Redress for violations can include but are not limited to deduction of points, dropping in level in the overall standing, or removal of a competitor from the NASDE list.

NASDE Re-Starts Rule

Re-starts will be allowed in NASDE Classic or Showcase divisions, if something occurs during the performance that would ***impact the safety*** of the competitors.

This includes:

1. Technical problems — factors outside the dancers control (e.g., lights in ballroom go out, flooring is faulty or damages, music suddenly stops)

OR.

2. Costume malfunctions, such as shoe breaks, untied costumes, or loose items, can endanger dancers or expose inappropriate body parts. If a problem occurs during a performance, the Chief Judge may stop it until rectified at the competition. Competitors can also voluntarily stop and request a Re-Start before leaving the dance floor. They must speak to the Chief Judge when the problem occurs. If Re-Start is allowed, Chief Judge will decide when competitors perform again based on the situation

Judging: Performance prior to the Re-Start will not be counted toward competitor's overall ranking.

NASDE Points Allocation

5 (five) or more entries: 1st/10, 2nd/9, 3rd/8, 4th/7, 5th/6 **4 (four) entries:** 1st/8, 2nd/7, 3rd/6, 4th/5
3 (three) entries: 1st/5, 2nd/4, 3rd/3 **2 (two) entries:** 1st/3, 2nd/2 **1 (one) entry:** 1st/2

NASDE General Divisions Rule

1. If any Event rule conflicts with published NASDE rules, the NASDE rules take precedence.
2. Contestants must be 18 years or older by the end of the event to participate.
3. A competitive couple must consist of a leader and a follower. They must remain in their respective roles throughout the entire routine, except for a one-time role switch that doesn't exceed eight beats.
4. Costumes are allowed and highly encouraged.
5. Competitors select their own music.
6. Performance time is a minimum of 2 minutes and maximum of 3 minutes. The clock begins and judging starts at the first dance movement of the performance, with or without music.
7. No props are allowed. A prop is defined as any article or object intentionally discarded, removed, taken away, or brought into a dance by a competitor. This includes, but not limited to, a hat that is thrown to the floor, a cane that is tossed away, or picking up an object from the floor. The referee will be designated as ensuring this rule is enforced. If the referee determines a violation occurred, the NASDE Referee system will be used for verification and applying penalties. If flagged, a review panel will make the final decision on any violation or drop in placement.
8. An individual is not permitted to dance twice within the same division.
9. The minimum prize money offered for the division should be \$1,000 (1st-500, 2nd-250, 3rd-150, 4th-50, 5th-50). Amounts can be converted into local currency and any event may offer more prize fund amount if desired.
10. A minimum ceiling height of 12 feet (3.7 meters) must be provided for NASDE routines.

Classic Division Specific

1. Swing content: 70% swing content is required. It is at the Judges' discretion to determine that the swing content requirement has been met.
2. Separate entrances are permitted but the couple must physically join together within 32 beats of music.
3. Couples must maintain physical contact except for spins, turns, short break-aways, and recoveries. If combined, separation cannot be more than 8 beats of music. For example, if a competitor does a free spin or a turn, is not connected to their partner, and goes straight into a side by side break-away, the entire separation cannot be more than 8 beats of music.
4. Both partners must keep at least one foot on the floor during weight-support moves. If the foot comes off the floor, it will be flagged for review to determine if it was a violation (part of the choreography) or an error.
5. A maximum of seven (7) partner weight-support moves are permitted.

Showcase Division Specific

1. Swing content: 60% swing content is required. It is at the Judges' discretion to determine that the swing content requirement has been met.
2. Separate entrances are permitted.
3. Break-aways and side-by-side patterns are permitted.
4. A minimum of three (3) lifts total are required, with at least one of those lifts must be where the followers hips is at or above the leads shoulders while the lead is standing (not sitting, squatting, or flexed forward) and the lift must have the appearance of being sustained for 1-3 seconds.
5. There is no lift maximum.