

APPENDIX 1 - NDCA APPROVED FIGURES, ELEMENTS & RESTRICTIONS - Revised January 2021

	HOLDS	POSITIONS	PROXIMITY	FEET	TIMING
Bronze	<ul style="list-style-type: none"> • Traditional Ballroom • Alternative/Traditional (Bronze) • Frame Hold • Double Hand Hold • Single Hand Hold • Handshake Waltz (Waterfall only) • Combinations of Frame Hold and Hand Holds are allowed 	<ul style="list-style-type: none"> • Closed • Outside Partner (L & R) • Promenade • Counter Promenade • Open (facing) • 90 Degree Angle Position • Left & Right Side Position • Inverted Prom. & C. Prom. • Back to Back • Right Shadow Position allowed in Shadow Tango Rocks Only (Follower in Front & Leader Behind) 	<ul style="list-style-type: none"> • Body Contact • Close (with Hold) • Extended (with Hold) 	<ul style="list-style-type: none"> • Opposite Feet only - Exception: Tango Shadow Position Rocks may be on the same foot. • Feet must close, no Continuity Style. A Closed Finish must follow Elements that end with the feet apart. E.G., Hesitations, Step Points, Swivel Points, Break steps, Spin Turn, Chasses, Locks, Grapevines, Lady's Cross Body Lead, UATS 	<ul style="list-style-type: none"> • Bronze Timings (see timing chart for each dance) • One Syncopation per Bar allowed only in Chasse's with no turn or up to ¼ turn (Waltz and Foxtrot)
Silver	<ul style="list-style-type: none"> • All Bronze Holds. • Alternative Traditional Hold (Silver) • Crossed Hand Hold (sustained) • Handshake Hold • Shadow Holds • No Hold. Must maintain a minimum of a Single Hand Hold or Hand to Frame. May release to No Hold for one bar only 	<ul style="list-style-type: none"> • All Bronze Positions. • Fallaway Positions • Same Foot Lunge Position • Right Shadow Position (Follower in Front & Leader Behind). • Contra Position (On opposite feet only) • Left Shadow in Waltz Shadow Switches (one bar only) • Left Side Position (Same Foot) • Foxtrot 4 quick grapevine only 	<ul style="list-style-type: none"> • All Bronze Proximities • Apart (one bar only) 	<ul style="list-style-type: none"> • Opposite Feet • Continuity Style • Same Foot allowed in Same Foot Lunge and Sustained Right Shadow Position only 	<ul style="list-style-type: none"> • All Bronze Timings • One Syncopation per bar only except for Tango Double Syncopated Underarm Turn and Viennese Crosses • One Syncopation per bar in Right Shadow Position is allowed only in Chasses and Locks danced with no turn or maximum of ¼ turn • Picture Lines – Maximum of two bars with the weight on one foot • Foot change timing of one syncopation or a Fake/Canter timing within the bar
Gold	<ul style="list-style-type: none"> • All Bronze & Silver Holds • Hammerlock (dbl or single Hand Hold). • Hand(s) to body • No Hold (max 4 bars, max 8 bars VW) 	<ul style="list-style-type: none"> • All Bronze & Silver Positions. • The following are allowed with Follower in front or behind • Right Shadow Position • Left Shadow Position • Right and Left Side Position (Same Foot) • Tandem Position • Right and left Contra Positions (Same Foot) 	<ul style="list-style-type: none"> • All Bronze Proximities • All Silver Proximities • Apart - max 4 consecutive bars W,T, FT, 8 Bars in VW • Away - max 2 consecutive bars W,T, FT, 4 bars in VW 	<ul style="list-style-type: none"> • Opposite Feet • Continuity Style • Same Foot 	<ul style="list-style-type: none"> • All Bronze & Silver Timings • Picture Lines – maximum of four bars • One Syncopation per Bar – on Turning Right and Left Shadow figures and Apart Turning Figures • Two Syncopations per Bar allowed in non-turning figures in R Shadow Position, Chasses, Locks and Runs in any allowable Hold. Double Underarm/Free Turns • Syncopations on every beat allowed in Advanced Standing Spins only
Definitions	<ul style="list-style-type: none"> • Holds are defined as the point(s) of Contact between the Partners. 	<ul style="list-style-type: none"> • Position refers to the partners relationship to one another. 	<ul style="list-style-type: none"> • Proximity refers to the distance between the partners. • Body to Body Contact • Close • Extended • Apart • Away 	<ul style="list-style-type: none"> • Feet refers to where the Body weight of the partner is at a given moment in time in relationship to one another. Partners are on opposite feet or on the same foot. 	<ul style="list-style-type: none"> • Timing refers to the weight changes in relation to the music. For example 1,2,3 would require three weight changes • Timings in parenthesis indicate that there is no weight change on that count. For example QQ(S) would be two weight changes. 1,2,&,3 would be four weight changes • See the Timing Chart for specific timings allowed in each dance for Bronze, Silver and Gold

REFERENCE THE NDCA ELEMENTS AND RESTRICTION LISTS FOR MORE DETAIL.