

# Categories



Amateur  
Pro-Am  
Professional  
Student Teacher-Student  
Disability  
Same Gender  
Solo Stars  
Formations

Closed and Open Position  
Please State the Position During Entry

Beginner Bronze 1-2  
Full Bronze 3-4  
Beginning Silver 1-2  
Full Silver 3-4  
Gold 1-2  
Gold 3-4  
Advanced

For Open  
Beginners, Intermediate and Advanced  
Bronze  
Silver  
Gold

Lead or Follow  
Male and Female  
Same Gender or Other  
Same Gender and Others may enter in All Categories and also separately  
Youth I 3-11, Youth II 12 - 17, Adult I 18-30, Adult II 31- 45, Adult III 45-60, Senior I 60-75,  
Senior II 75+

Closed: Beginner Bronze, Full Bronze, Beginners Silver, Full Silver, Gold, Gold Advanced  
Open: Bronze Beginners, Intermediate and Advanced, Silver Beginners, Intermediate and advanced, Gold beginners, Intermediate and Advanced

Cabaret All levels compete with each other - lifts and tricks allowed  
Theatrical and Caberet Solos with or without partner in all levels compete with each other - lifts and tricks allowed

You can enter in Singles and 9 dance for Bronze, Silver, Gold in Closed and Open Categories in American Rhythm, Latin International, American Smooth and International Standard.

You can enter The Night Club Event in Singles or All three dances for Bronze, Silver, Gold in Closed and Open categories

You can enter Specialty Dances only for Singles in Bronze, Silver, Gold in Closed and Open Positions.

If you are entering a multi-dance event, you must enter each dance separately with the correct labels.

Formations must have at least 4 people and a maximum of 16 people.

Please call or text the Capitol Ball hotline with any questions.  
1(916)902-2572

This is our first competition and the only one of it's kind. Please be kind and patient. We are doing our best to create a wonderful experience for Sacramento dancers.

We will do all we can to make the registration process easy for everyone.

Thank you.

## DANCES

### Night Club 3 Dance Event

Salsa

Bachata

Merengue

### American Rhythm

Cha Cha

Rumba

EC Swing

WC Swing

Bolero  
Mambo  
Samba

Latin International  
Cha Cha  
Rumba  
Jive  
Mambo  
Samba

American Smooth  
Waltz  
Tango  
Foxtrot  
Viennese Waltz

International Standard  
Waltz  
Tango  
Foxtrot  
Quickstep  
Viennese Waltz

Specialty  
Lindy Hop  
Peabody  
Jitterbug  
Argentine Tango

If you have a suggestion for future competitions, make a note upon entry, message the website, call or text (916)994-2596

Thank you, we wish you the best. Good luck and we will see you at The Capitol Ball Virtual DanceSport Competition 2023 Winner's Circle Review on YouTube,



