

Rules and Regulations



This is a local virtual competition for dancers in Sacramento, CA and the surrounding areas. We have not yet expanded through all of NorCal.

You qualify if you live in or if your studio is in

Sacramento, West Sacramento, Gold River, Folsom, Roseville, Rocklin, Orangevale, Davis, Yuba City, Oroville, Granite Bay, El Dorado Hills, Elk Grove, Stockton, Fresno and Lodi.

VIDEO

Closed and Open Entries in All Categories Must be 1:30 minutes

Solo Entries Must be 1:30 to 3 minutes

Videos are recorded

Please send us your best run

There will not be a freestyle event

By entering your video, you are releasing the rights to the video to Xml Productions Presents for the Winners Video Premiere and other ads and promotions online and otherwise.

If your video cannot be saved on our computers, you will lose the opportunity to be shown.

Videos must be in wmv or mp4 formats.

You will get a refund but there will be a handler's fee of \$25

ATTIRE

No Nudity

No Offensive Costumes such as racial appropriation or hate speech

All private areas must be covered

Color Shoes Are Allowed

Hair and Makeup Must be done appropriately for Ballroom Competition

Gowns and Suits Must be Competition Style

No cocktail dresses

No Practice Gear

CATEGORIES

Lead or Follow

Male and Female

Same Gender or Other

Same Gender or Others may enter in the Male and Female Categories and also separately

Youth 4-12, Teen 13 - 18, Adult 18-30, Adult 30- 45, Adult 45-60, Senior 60 and above
Amateurs, Pro-Am, Student teacher-student and Professionals

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 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 categories

Please call or text the Capitol Ball hotline with any questions.

1(916)902-2572

This is our first competition. Please be kind and patient. We are doing our best to create an wonderful experience for Sacramento dancers.

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

Thank you.

POINTS

QUALIFICATION

You may enter in a younger or older age category with a 2-year gap

You may enter in a lower level but not in the same dance entered at a higher level

Teachers may have more than one student per category and age group

Students may enter with more than one teacher.

Dancers Under 18 Must Have parental consent

Parent Must Sign parental consent as Guardian and the same parents name must be on the credit card payment

DANCER DESCRIPTIONS

Amateurs- couples must be 2 students of dance

Pro-Am - couples consist of one professional teacher and one student

Student teacher/Student - couples consist of one teacher who is still a student in teacher training and one student

DISQUALIFICATION

Offensive Costumes with racial appropriation

Offensive Costumes with Hate Speech

Offensive Costumes with uncovered private areas

If we do not receive a payment or your payment fails to go through, you will be disqualified and we will not judge your video.

You may ask for a refund but there will be a handler's fee of \$25

We will be happy to investigate mistakes on entry. If the mistake is our fault, we will refund you the entry fee for the missed entries.