

AMERICAN LAMBADA ORGANIZATION
OFFICIAL JACK & JILL COMPETITION INFORMATION

Competition Structure

1. ALO divisions will be:

- a. Novice (Less than 20 Novice points)
- b. Intermediate (20 or more Novice points, and less than 30 Intermediate points)
- c. Advanced (30 or more Intermediate points))
- d. All-Star (45 or more Advanced points within the past 2 years)
- e. Junior (for competitors under age 18)
- f. Professional (requires invitation from the organizers and approval from ALO - only for those who have achieved international status)

g. Invitational (Exhibition only - no formal ranking). This is a 'fun' category only, i.e. more about performance and crowd-pleasing. International teachers, local teachers, and even advanced students can be invited. The aim is to show a high-level, well-performed display of the dance.)

Competing in Invitational will add 5 points plus whatever is earned during the Invitational to the competitor's current ranking in whichever Division he or she is currently placed, but will not automatically advance the Competitor to a higher Division.

2. Music and partners will be random. Competitors will be judged as an individual in preliminary and semi-final rounds, and be judged as a couple for finals.

3. Competitors can compete as either Leader or Follower (regardless of gender), and may compete twice per event.
4. Competitors may only compete in one division as Leader and one division as Follower. If a competitor competes in the same division for both roles, they must choose which role to compete in.
5. The maximum number of competitors per heat will be 20.
6. The minimum number of competitors per division will be 5 couples.
7. The maximum number of couples before a preliminary/semi-final is needed will be 10 couples.
8. The minimum number of judges per role for preliminary round/semi-final will be 3 plus a Head Judge.
9. The minimum number of judges for finals is 7 plus a Head Judge.

10. Accepted methods for random partner selection include drawing numbers from a receptacle, and using playing cards or a designated app.
11. The finals format will be Spotlight – one couple at a time.
12. The Professional division will be by invitation, and, for a limited time to be decided by the ALO, the All-Star division may also be by invitation. The ALO will be responsible for deciding which Professional teachers or performers qualify for invitational division. Appeals or requests can be made to the ALO, either by an Organizer or by the Professional dancer him or herself. Acceptance to the Professional Division will be according to status, achievement and number of years of sustained excellence in teaching and performing.

Accepted Styles & Timing

1. The style of dance must be essentially Lambada, with the movements, timing, spirit and continued stepping that are consistent with the dance.
2. In all heats except finals, the Competitors will dance for 90 seconds at a Medium Lamba beat (86 BPM to 98 BPM) and the second half (90 seconds) at a Fast

Lamba beat (above 98 BPM). The music will have a clear Lambada, Zouk or Kizomba beat.

3. Final rounds will be 'Spotlight' style. In the final rounds of Beginners sections competitors will dance 90 seconds to a medium Lambada beat and 90 seconds to a fast lambada beat. In the Final rounds for Intermediate and above, couples must dance 60 seconds at a slower lambada pace, then switch lead and follower roles to dance 60 seconds at a medium pace. Lastly, they must switch back to dance 90 seconds at a fast pace.

General Judging Criteria

4. Competitors must strive to demonstrate the spirit of Lambada - Energia, Alegria!
5. Competitors must not pause their feet for more than three beats, except during the musical intro. Any pause observed in finals for more than 3 beats will be penalized by dropping the couple one placement.

6. Judges must give equal status to culturally different styles of Lambada. For example, European styles of Lambada that feature more upright posture and tend to be danced on the balls of the feet – or in high heels for followers - must not be prioritized over more African styles, danced more on flat feet with flat shoes.
7. Dancing during the musical intro is expected to display at least one of the following:
 - a. Lambada steps and styling;
 - b. Continuous stepping; and/or
 - c. Using Lambada moves to mark the beat (for example, head or body rolls).
8. Competitors must dance on '1'.
9. Competitors at all levels will be expected to apply appropriate floor craft and safely execute all movements, especially during head and arm styling.

Unsafe movements and poor floor craft will be penalized.

10. Lifts are not allowed. Dancers must keep at least one foot on the floor. Any lift will be penalized by dropping a couple two placements.

Clothing & Shoes

11. Competitors must wear shoes (no socks or bare feet).

Specific studio rules regarding foot wear must be obeyed (e.g. some Dance Studios do not allow street shoes, in which case proper dance shoes – either flat or with heels - must be worn).

12. Competitors are encouraged to wear clothing that respond to movement. While competitors will not be judged on the quality or type of clothing and shoes, clothing that showcases the dance can enhance the aesthetic and perception of the dance.

13. Level-Specific Judging Criteria

14. All levels will be judged according to the following categories, to the degree expected of their level:

- a. Partner work, frame, and connection (20%)
- b. Timing and musicality (25%)
- c. Technique, including the ability to correctly execute signature Lambada steps with good balance and athleticism (35%)
- d. Performance ability – connecting with the audience, showing creativity and demonstrating the ‘energia’ (energetic exuberance) and ‘alegria’ (joy) of Lambada (20%)
- e. In the Finals of Intermediate and above, Judges must consider the switched-role section (60 seconds at a medium Lambada beat) to carry 15% out of the 35% marks awarded to overall technique.

15. At Novice level, the categories include the following:

- a. Ability to maintain posture, frame, balance and connection with their partner during foundational Lambada movements
- b. Ability to keep time and display basic musicality
- c. Technique in foundational Lambada movements (listed below)
- d. Competitors at Intermediate level will be judged on all Novice criteria, plus:
- e. Ability to employ musical phrasing, including properly applying cambre and chicote at musically correct moments.
- f. Technique in intermediate Lambada movements (listed below)
- g. Ability to achieve balance and maintain posture in more complex movements

16. Competitors at All-Star level and above will be judged on all Advanced criteria, as well as

performance ability. In the highest Divisions, showmanship and the ability to splay extraordinary creativity and to execute exceptionally impressive, high-level movements such as double and triple turns, advanced Boneca and Wi-Fi, Desprezada and Advanced Frango Assado will be expected.

17. In the final at the Intermediate Level and above, the competitors will compete in Spotlight style. They will also be required to swap Lead and Follow for 60 seconds of medium-pace Lambada. So they will dance 60 seconds of slower pace, 60 seconds of medium pace (swapping lead and follow) then swap back to dance 90 seconds at a fast pace.

18. Foundational Lambada movements include:

Novice: Basic Steps, Chicote, simple Boneca, simple Cambres such as Knee-sit, Inside and Outside Turns, Cross-arm turns, Question and Answer turns, Vovo,

Soutinho, Diagonal Preparations, Three-step turns around a Leader, Piao, and simple Wi Fi.

19. Intermediate Lamba movements (for the purposes of competition) include all Novice movements plus Piao com Cabeça com Saída, Two-step turns around the Leader, double turns, single and double turns without a leader, Turning Boneca, Boneca Bump-and-Turn, Frango Assado, Chicote/Cambre sequence, Intermediate Cambres, Intermediate Wi-Fi, and Mergulho.

20. Advanced Lambada Movements include all Novice and Intermediate movements plus Vovo com Cabeça, Piao com Cabeça including reverse direction, triple turns, helicopter turns, triple turns without a leader, Advanced Cambres, Advanced Wi-Fi, Desprezada.

21. Professional Lamba movements (for the purposes of competition) include all Novice, Intermediate and

Advanced steps plus other creative higher-level extensions of those movements.

EVENT REQUIREMENTS FOR AN OFFICIAL ALO COMPETITION:

To host an ALO official competition, you must:

1. Join the American Lambada Organization
2. Submit an application for your event to be approved by the ALO Council by emailing americanlambada@gmail.com.

Your email should include:

- a. The proposed date and location
- b. What divisions you plan to have
- c. The type of event (congress, festival, or stand-alone event)
- d. Your proposed schedule, including time allotted for competition, judging staff, MC, DJ,

floor marshalls, and competition scorer/
coordinator

e. A statement agreeing to abide by all ALO

Organizer Rules

3. The Organizer Rules state that you must:

- a) Conduct your event in an ethical manner
- b) Ensure that judging and scoring are unbiased and fair,
- c) Use the standard ALO Relative Placement System for scoring
- d) Enforce all competition rules
- e) Ensure that competitors have access to the rules and guidelines for competing
- f) Pay a Registration and Administration fee to the ALO of \$100.00 per event, at least two months prior to the Event.
- g) Pay \$1.00 per competitor to the ALO within one month of the end of the Event

- h) Have a minimum sum of 30 total contestants across all divisions.
- i) (within 2 weeks) Report the results of the Jack & Jill (including competitor names, placement, and ALO competitor ID where applicable) within two weeks of the event for upload to the ALO Competitors Registry.
- j) Provide an appropriately-sized, smooth dance floor for the Competitors, with access to bathrooms and drinking water.
- k) Ensure your Event and competitions are open to any dancer, regardless of age, color, race, ethnicity, or sexual orientation (including ability to compete, dance, and take workshops in their desired role).
- l) Ensure that all competitors are adults (over age 18), unless providing a specific Juniors competition category.

4. STAFFING REQUIREMENTS

Your event must meet the following staffing requirements:

1. The Head Judge(s) must be an approved ALO head judge. The duties of a Head Judge include:
 - a) Ensuring the competitions comply with the Rules;
 - b) Ensure competitors are placed in the correct division(s)
 - c) Ensure that partner pairings and dance order are randomly selected
 - d) Ensure that all other judge's scores are usable and entered accurately
 - e) Ensure judges are sufficiently trained to judge appropriately
 - f) Provide tie-breaking power in preliminary rounds
2. The DJ, judges, scorer, and competition coordinator must be approved by the ALO