



# ***50+ Dancesport Challenge***

*Central Ohio Senior Olympics*

*March 5, 2010 11 am - 5 pm*

*Hyatt Regency Ballroom Columbus, Ohio*

Welcome to the **50+ Dancesport Challenge**, the dance portion of Central Ohio Senior Olympics competition, which are being held for the first time at the Arnold Active Living Festival.

Dance competition will occur 11am—5pm, Friday, March 5, 2010 in the Hyatt Regency Ballroom, the same dance floor used for the Ohio Star Ball. Our MC will be Terry Cavanaugh, of Elegance in Dance studio and Dayton Dancesport Classic.

The Active Living Festival exists to encourage adults age 50 and better to continue to be active and, as we all know, dance is an excellent form of exercise and one of the best ways to maintain overall fitness.

Another dance aspect of the day will be beginner and intermediate dance lessons in an adjacent room, with instruction being provided by local studios.

A Friday Evening Dance Party, an open dance, will crown the day's activities, from 7—11pm in the same ballroom. Spotlight dances will be provided by local studios, and winners of the **50+ Dancesport Challenge** will be introduced.

Entry forms, rules, and fees are on the following pages.

Please join us at this debut of the **50+ Dancesport Challenge!**

*Mike and Kathryn Lorz*

Cochairpersons

Arnold Active Living Festival

PS: Other features of the Active Living Festival scheduled in adjacent rooms include Senior Olympics competitions in table tennis, pickleball and fencing. A Defeat the Disease program will guide attendees into the effective use of mild exercise to fight arthritis, diabetes, heart disease and Parkinson's.

# Rules & Regulations

1. All persons attending this event whether as a spectator, competitor, official or guest are obligated to adhere to the official rules set forth by this committee.
2. **Loss/Theft:** No responsibility for the loss or theft of articles left in changing rooms, ballrooms or hotel can be accepted by the organizers. The aforementioned entities cannot be held liable for any injuries sustained by any persons attending this event. Everyone attending this event does so at his or her own risk.
3. **Material:** Material used should be based on the NDCA step list or any of its affiliates. Closed freestyles are restricted to syllabus material. Open freestyles are not restricted to syllabus. Lifts and drops are not allowed in any category other than Solo Routines.
4. **Age Category:** You may enter (3) three age groups: your true age level and one adjacent group down. The age of Amateur couples is determined by the age of the older participant.
5. **Medal Level:** You may enter up to (3) three medal levels. All levels must be adjacent. No skipping of levels. You may enter in different levels in different styles.
6. **Solo Routines:** No solo is to exceed (3) three minutes. Music must be on a CD or Cassette tape cued and ready to play.
7. **Dress Code:** Costumes are permitted in all levels.
8. **Videotaping:** There is no personal videotaping allowed in the ballroom. Still pictures are permitted.
9. **Judges:** The judges' decision will be final. No one is allowed to question a judge about any marks.
10. **On Deck:** It is the dancers' responsibility to be in the on-deck area (2) two heats prior to their scheduled events.
11. **Release Statement:** You hereby give consent to the release of his/her name and likeness to be used in photographs, television, filming and recording of this event in connection with the television broadcast, exhibition, distribution or promotion of this event in any manner and by any means now or in the future. If any person has an objection to being taped, please notify the organizers (2) two weeks prior to the event. Failure to do so will be considered as permission.

## Age Categories

Division	Ages
SA1	50-60
SA2	61-65
SB1	66-70
SB2	71-75
SC1	76-80
SC2	80+

Make checks payable to: Lorz Communications, Inc.  
No personal checks will be accepted after Feb. 24, 2010.  
Mail checks and entry forms to:

Terry Cavanaugh  
9506 Centerbrook Court  
Centerville. OJ 45458















## 50+ Dancesport Challenge

### Pro / Am International Entry Form

Make checks payable to: Lorz Communications, Inc.  
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 Mail checks and entry forms to:  
 Terry Cavanaugh  
 9506 Centerbrook Court  
 Centerville, OH 45458

Teacher's name \_\_\_\_\_ E-mail \_\_\_\_\_

Studio \_\_\_\_\_ Phone \_\_\_\_\_

**Division**

**The following are the dances for each division.**

A	Pre Bronze	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
B	Full Bronze	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
C	Open Bronze	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
D	Pre Silver	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
E	Full Silver	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
F	Open Silver	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
G	Pre Gold	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
H	Full Gold	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
J	Open Gold	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive
K	Above Gold	Waltz	Tango	V. Waltz	Foxtrot	Quick Step	Cha Cha	Samba	Rumba	Paso Doble	Jive

\* Please type or print .\*

**Age Divisions Located on Rules Page**

Student Name	Age Category	Division	W	T	VW	FT	QS	Cha	Sam	Rum	Paso	Jive
<i>(Example) Betty Boop</i>	B1	C	X	X	X	X	X	X	X	X	X	X







