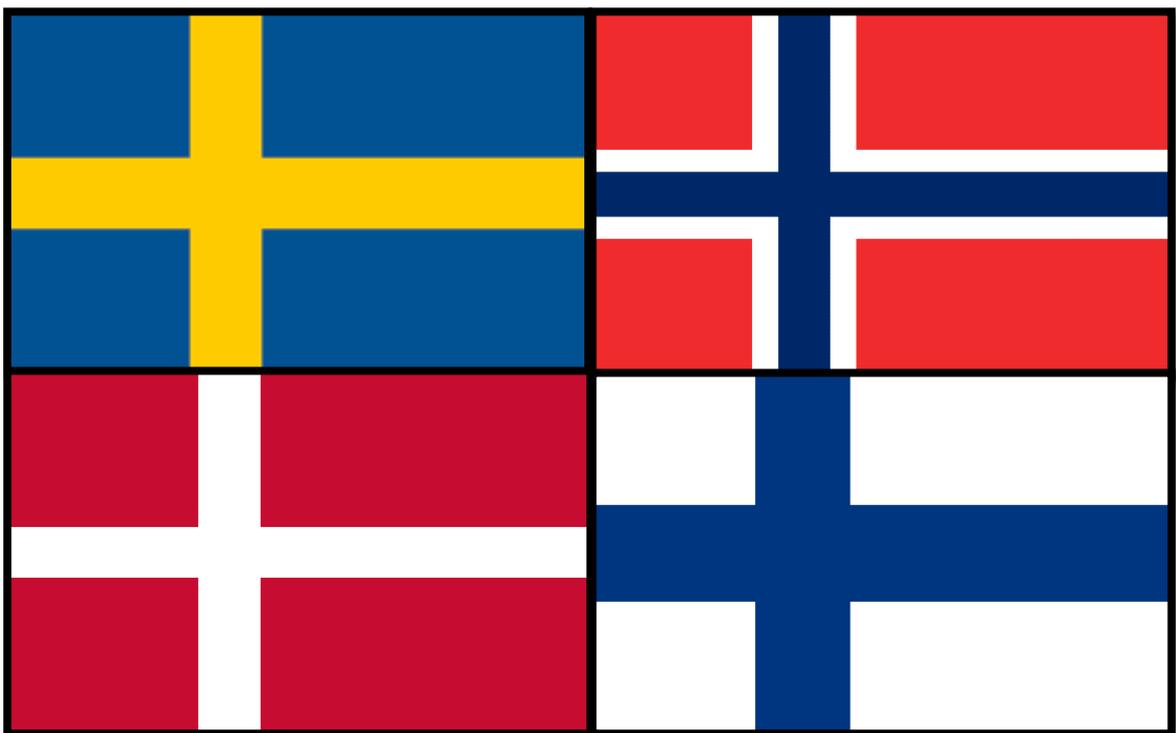


Overall rules

Nordic Championship

Swing



Updated 18.03.2026

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1. Tournament definitions

Dicipline	Category	Age	Round	Music speed	Music duration	Max couples on the floor
Boogie Woogie	Junior	13 - 17	From 1st round and up to 2 nd round of qualification	48-50	01:15	3
			Starting ¼ final	48-50	01:30	2
			Final	48-50	01:30	1
	Main Class Fast	Min 16	From 1st round and up to 2 nd round of qualification	50-51	01:15	3
			Starting ¼ final	50-51	01:30	2
			Final	50-51	01:30	1
	Main Class Slow	Min 16	1 st round	27-30	01:15	3
			Final	27-30	01:30	1
	Seniors Fast	35 +	From 1st round and up to 2 nd round of qualification	46 - 48	01:15	3
			Starting ¼ final	46 - 48	01:30	2
			Final	46 - 48	01:30	1
	Seniors Slow	35 +	Final	27-30	01:30	1
Rock'n'Roll	Junior	13 - 17	From 1st round and up to 2 nd round of qualification	47-49	01:30-01:45	3
			Starting ¼ final	47-49	01:30-01:45	2
			Final	47-49	01:30-01:45	1
	Main Class Freestyle & Contact style	Min 14	From 1st round and up to 2 nd round of qualification	48-50	01:30-01:45	2
			Starting ¼ final	48-50	01:30-01:45	2
			Final	48-50	01:30-01:45	1
	Main Class Footwork	Min 14	Final	50-52	01:00-01:15	1
Bugg	Junior	13 - 17	All rounds	42-43	01:30-01:45	7
	Main Class Fast	Min 16	All rounds	44-45	01:30-01:45	7
	Main Class Slow	Min 16	Final	20-27	01:30-01:45	7
	Seniors Fast	35 +	All rounds	42-43	01:30-01:45	7
	Seniors Slow	35 +	Final	20-27	01:30-01:45	7
Trio Show (Double bugg)	Junior	13 - 17	All qualification rounds	40-42	01:30-01:45	2
			Final	Optional	01:30-01:45	1
	Main Class	Min 16	All qualification rounds	42-44	01:30-01:45	2
			Final	Optional	01:30-01:45	1
Swing Fun	Junior	13 - 17	All fast rounds	40-44	01:30-01:45	7
	Main Class	Min 16	All fast rounds	40-44		
	Senior	35 +	All fast rounds	40-44		
Lindy Hop	Junior	13 - 17	All rounds	48-50	01:30	7
	Main Class	Min 16	All rounds	52-55	01:30	7
	Seniors	35 +	All rounds	50	01:30	7

2. Age division

The age of a competitor is calculated as the year of birth combined with the year of the competition.

Age = (Year of competition) – (Year of birth).

Seniors: Both competitors must turn at least 35 years old in the year of the competition.

Multiple changes of age groups are not allowed.

3. Competition hall requirement

Floor size: The floor needs to be no less than 10 X 12 m²

Height: Due to Acrobatic Rock'n'Roll a minimum of 6 m free height above the dance floor is required.

4. Start fee

Start fee Nordics: 25 Euro per dancer

5. Nomination of judges

Number of judges

The number of judges shall be nominated in accordance with WRRRC regulations.

Each Nordic country shall appoint one judge to represent their nation at the Nordic Championship.

Preferably, this should be the same judge who is, if applicable, appointed to the WRRRC event (World Cup or Continental Championship) held in connection with the Nordic Championship.

National Federations responsibilities:

Each Nordic federation is responsible for arranging and covering travel expenses and pay the salary for their nominated judge.

Organizers responsibilities:

The organizer is responsible for appointing the remaining judges, normally those nominated through WRRRC. The organizer shall cover travel, accommodation, and the salary for these judges.

Composition:

Judges shall represent different countries to ensure neutrality and balanced representation.

Provisions:

The organizer must provide all judges and officials with appropriate accommodation, meals, and beverages for the duration of the event.

5.1 Certification of judges:

Either WRRRC licensed judge or;

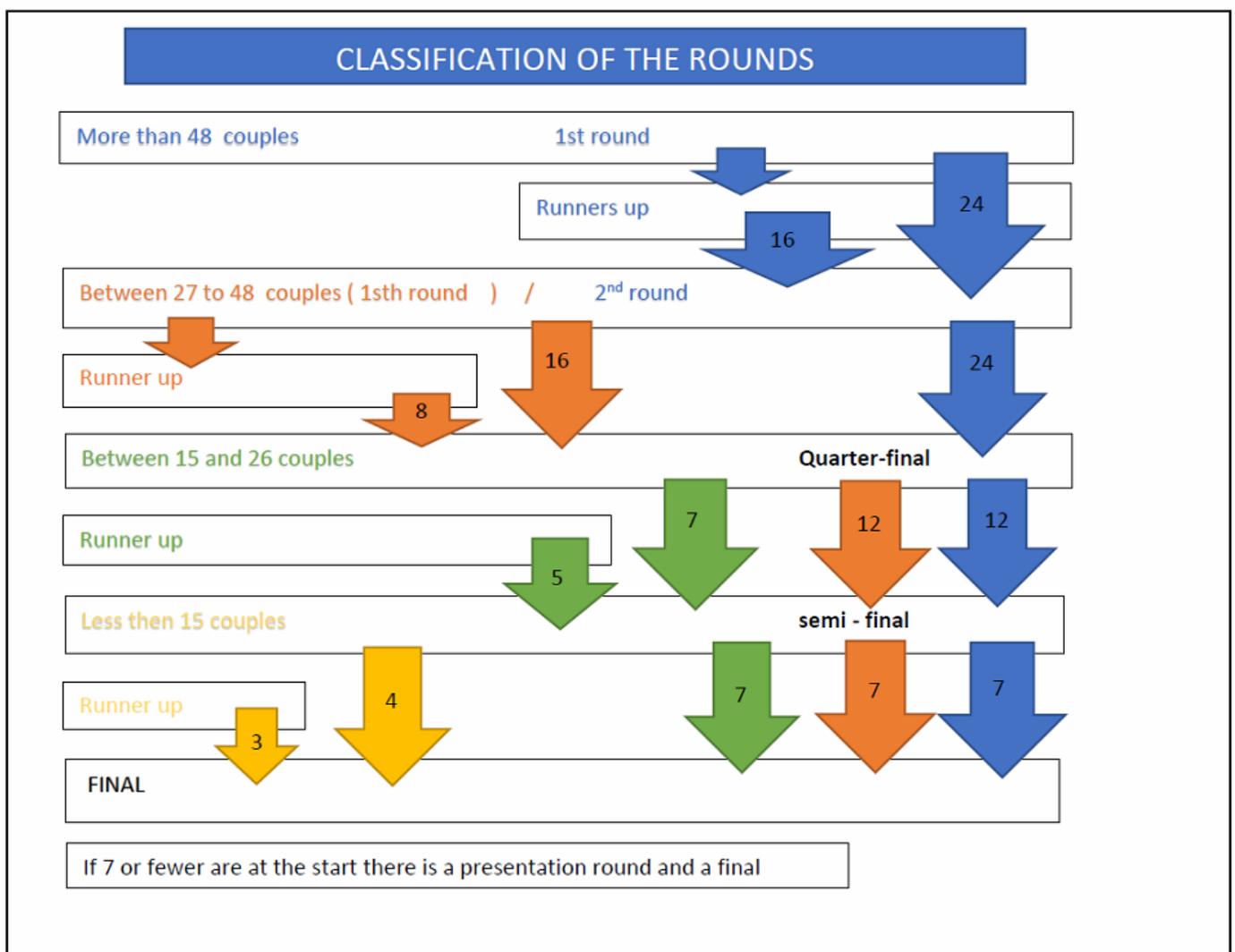
Approved by the Nordic commission

It is an advantage if the judge have experience from different swing disciplines.

6. Rules for timing & qualification of rounds

Explanation of the table below:

-  • More than 48 couples participating
-  • Between 27 to 48 couples participating
-  • Between 15 to 26 couples participating
-  • Less than 15 couples participating



It is important that the organizer/scrutineer consider that dancers can compete in several disciplines in the same competitions. This regarding the schedule.

7. Registration at the competition

All competitors must arrive and report to the tournament organizers at least one hour prior to the beginning of the event, this either by a coach/team captain or the dancers by themselves.

The specific required arrival time shall be stated in the tournament announcement/invitation.

8. Rules Boogie Woogie

The last updated documents (competition rules) published on WRRRC's webpage is always the valid rules and regulations for the Nordics. <https://wrrc.dance/>

9. Rules Rock`N`Roll

The last updated documents (competition rules) published on WRRRC's webpage is always the valid rules and regulations for the Nordics. <https://wrrc.dance/>

10. Music

The music is provided by the organizer. Live music can be used, but has to be approved by the supervisor. For disciplines as Boogie Woogie and Rock'n'Roll – only approved music from WRRRC can be used.

The speed of the music may not deviate more than +/- 1 bar per round. This regards all disciplines and age groups.

11. Rules Bugg

11.1 Introduction

Bugg is a dance where lead and follow plays a major role. The character of the dance is created by the lead and follow connection in the couple. The leader is changing follower's direction of rotation by accenting the lead.

Important topics for Bugg:

- Bugg is a social dance based on the spontaneous performance (not choreography).
- Bugg can be danced on the spot or by moving around the floor or combination of both.
- The leader can turn on the spot, right or to the left when the follower is circling around the leader.
- Both leader and follower should interpret the music with spontaneous adaptations. Good spontaneous interpretations demands good lead & follow.
- All arm movements should follow the natural body movements and come from the center.
- **Step regulations:**
 - o The follower steps is based on walking steps (all the time). Meaning that no kind of triple steps are allowed. The follower has to perform the steps on 1,2, 3 and 4 in the music. Right foot should hit 1 and 3, and the left foot should hit 2 and 4 in the beat (step regulations).
 - o The follower can use hesitations, double tempo turns/spins, kick ball change and other variations to adapt their dancing to the music.
 - o The leader has freedom in choosing steps, however they should be harmonic to the follower's steps, dance figures and the music. A variation of the leader's footwork is preferred.
- **Lead and follow regulations:**
 - o Any change of direction for followers should happened on 1 or 3 on the beat. This must be initiated with a physical lead from the leader.

- Any changes for the follower – From “forward or left turn” To “backward or right turn” or vice versa.
- Any deviation from the lead & follow regulation above will result in the lowest
- Any steps out of beat for both leader and follower will result in the lowest score/placement.

11.2 Limitations

No choreography is allowed.

Acrobatics and final poses are not allowed.

Step regulations:

- The follower steps is based on walking steps (all the time). Meaning that no kind of triple steps are allowed. The follower has to perform the steps on 1,2, 3 and 4 in the music. Right foot should hit 1 and 3, and the left foot should hit 2 and 4 in the beat.
- The leader has freedom in choosing steps, however they should be harmonic to the follower’s steps, dance figures and the music. A variation of the leader’s footwork is preferred.
- Any deviation from the step regulations above will results in the lowest score/placement.

Lead and follow regulations:

- Any changes for the follower – From “forward or left turn” To “backward or right turn” or vice versa.
This must be initiated with a physical lead.
- Any deviation from the lead & follow regulation above will result in the lowest score/placement.

No free variations that do not comply with the step regulations and lead & follow regulations are allowed.

11.3 Match Races (Semi Finals & Finals)

The semi finales in Bugg for both junior and main class can be carried out in a “match race” system where the top 12 couples are battling against each other. It’s up to the organizer/supervisor to decide if the match race system should be used or not.

In total it will be six heats with two and two couples on the floor per heat. The winning couple is qualified for the final and the loosing couple should dance for a lucky looser-spot in the final. The reedance for the last final spot are danced after all six battles are done. The competition continues with the finals (top seven couples) with one slow and one fast round.

Important topics for match races:

- Each heat should not be longer than 40 seconds.
- Six wining couples are qualified to the final rounds.
- Six loosing couples should dance one more time and fight for one lucky looser spot in the final. The lucky looser heat should be held after all six battles are danced.
- The competition continues with the final rounds (top seven couples) with one slow and one fast round.
- At least 12 couples have to be participating, if this type of system can be chosen.

12. Rules Lindy Hop

12.1 Introduction

Lindy hop is based on 6 and 8 counts and danced to Swing music. Lindy shall give priority to musical interpretation.

Lindy hop must remain free to allow evolution of the dance. There is no syllabus for lindy hop.

12.2 The concept of Lindy Hop events

The competition should be arranged in a social context, the audience, participators and officials should have the possibility to dance and enjoy the spirit of Lindy Hop. There is no need for a huge arena like concepts and in coherence with Lindy Hop spirit the event can be arranged in clubs, theaters and smaller forms of arenas where the audiences can come close to the dancers and the joy and happiness that the dance spreads. The events should preferably be arranged together with other type of Swing dances.

12.3 Tournament restrictions and restriction for figures

All couples in all ages will dance the finals as a Jam Session (see tournament definitions on page 3). Qualification rounds will be danced if its enough couples.

12.3.1 Restriction on poses for lindy hop juniors

- Rotations of more than 180° around the body's width or depth axis are not allowed.
- Poses are allowed only if one partner can perform them alone or if there is permanent contact between the ground and at least one foot.
- Acrobatics/Air Steps/Aerials are prohibited for Juniors.

12.3.2 Jam session is conducted in the following way

First all couples shall dance together for 45 seconds (called All Skate)

Each couple performs a solo section consisting of 16 eight-counts, followed by 8 eight-counts (where 8 eight-counts correspond to 16 bars). Between the initial 16 eight-counts and the final 8 eight-counts, the couples switch positions on the floor according to the randomized starting order.

After the solo performances all couples shall dance together for another 45 seconds (All Skate).

The jam session is performed to continuous music, with no breaks between the All Skate sections and the solo performances.

12.4 Judgment

12.4.1 Distribution of points

A special marking sheet for single couples is available.
3 criterias from 0-10 shall be judged.

- Presentation/Showmanship, 0 - 10 points
 - Figures/Content, 0 - 10 points
 - Foot techniques/Lead Follow, 0 - 10 points
- Acrobatic elements are judged as dance figures.

Maximum number of point's 30 points

13. Rules Trio Swing Show (double bugg):

13.1 Introduction

Trio swing is danced like a small formation with three dancers together. The Trio should contain one leader and two followers, but the formation is free to change who is leading/following during the performance.

The main idea, the basic steps and the characteristics of Trio Swing must reflect one or several swing styles as Boogie Woogie, Bugg, Rock'n'Roll, Lindy Hop etc. The formation should show different patterns and lines by changing places while using lead and follow as the most important factor for the rotations and the different transfers. A variation of the footwork is preferred.

13.1.1 Important characteristics for the Trio Swing Show:

- The performance should represent a feeling from one or several swing dances.
- The performance should variate with different lines, patterns and formations, e.g.
 - o Lines
 - o Circles
 - o Triangles

All this should preferably be danced in a smooth and unexpected way with a physical lead/contact.

- Tempo
- Interpretation of music
- Ideas, theme, originality, imagination and contrast
- Harmony within the trio

13.2 Show figures

A show figure is where the dancers occasionally leave the basic character of the dance. However, in order to maintain the basic character, these must be short and not too dominant.

Show-Figures should be in harmony with the music, the theme and the choreography.

13.3 Acrobatics

Acrobatics are allowed but can only be used in the solo performance, when its only one TRIO on the floor. In Main Class acrobatics are free.

In Junior Class must be adhered to the valid WRRRC rules. .

All three dancers in the trio should be involved in the acrobatic figures.

13.4 Judgement

Simplified judging is used 0-10 points in the first round.

In the finals: it vil be jused three criteries:

13.4.1 Dancing technique/Art 0 -10

- Performance of basic steps
- body posture/training
- poise of arms
- bar/rhythm
- synchronism and harmony

13.4.2 Dance figures and dancing performance Richness 0 – 10

- Dance figures and dancing performance Richness in figures
- variety
- degree of difficulty
- trio figures
- radiance
- elegance/aesthetics
- synchronism and harmony

13.4.3 Choreography 0 - 10

Entire presentation Ideas,

- interpretation of music
- theme interpretation
- clothing
- images
- spreading on the dance floor
- lines
- entry
- exit and synchronism and harmony

Acrobatic elements are judged as dance figures. Maximum number of points 30 points

The basic idea and characteristics of the Trio Swing Show must be taken into consideration in all three sections when distributing the points.

If for example a trio has too little physical contact (lead and follow) when creating their patterns or if a trio has very few patterns this should result in low points in all three criterias.

14. Rules Swing Fun:

14.1 Introduction

The idea of having Nordic swing Fun completion as a part of the Nordic Championships event was brought out to emphasize the joy of Nordic swing dances. Participating couples can choose freely what dance they will use during competition. It's not mandatory to use just Nordic Swing Dances in the Nordic Swing Fun, but they are hoped to be chosen. Couple can change the dance style from round to round or even within one round if it fits into the music used.

It's all about having fun while dancing **to the music** in Nordic swing dances. While having fun and enjoying dancing, you still need to **keep the rhythm**, you need to do **dance steps** and you need to do the **steps with your partner**. To dance in the rhythm is mandatory.

All of participating countries has special local swing dances like:

Fusku (Finland)

Bugg (Sweden)

Folkeswing (Norway)

The winner of the competition shall be the Champion of Nordic Swing Fun.

14.2 Qualification of rounds

The couples are divided in 3 ages groups; junior, main class and seniors (see tournament definitions on page 3).

Both in qualification rounds and finals, maximum 7 couples on the floor at the same time.

Finals: final fast should be danced as a jam session. First 45 sec together, than spotlights 30 sec for each couple and end with all skate 45 sec.

14.3 Judgement

Simplyfied judgement following regular skating system will be used.

In preliminary rounds: The judge must mark/decide the number of couples, specified by the chairman/supervisor to the next round (crosses).

In finales: The judge is evaluating the couples and give them placement (1-7).

14.3.1 Judge criterias

Dance couples will be judged based on following criteria's:

- Rhythm (most important)
- Lead and follow / connection
- Harmony
- Having fun
- Spontaneous dancing