

# THE STOMP

## SUPPLEMENTARY GUIDELINES & RULES

### Entries/ Admin

1. You don't have to register individuals in order to receive a competitor number for them. Competitor numbers won't be allocated until the program is created.
2. Team Leaders are to complete the 2026 entry form The Stomp website.
3. Entries must be submitted online using the entry forms (spreadsheet) on our website and then be sent to [thestompentries@gmail.com](mailto:thestompentries@gmail.com). Any adjustments to sections and competitors must be emailed through to [thestompentries@gmail.com](mailto:thestompentries@gmail.com) (not through social media etc.)
4. Entries open on **Monday 26<sup>th</sup> January** and close on **Wednesday 25<sup>th</sup> February**.
5. Entry fees are \$13 per person/ per section.
6. The Charity Challenge entry fee is \$40 and is for four (4) competitors in total. This will be a separate invoice.
7. An invoice will be sent and payments are to be made no later than **Friday 6<sup>th</sup> March**. Unless an agreement with event director Maddison Glover has been discussed, **failure to make payment by Friday 6<sup>th</sup> March will result in entries being removed.**
8. A routine can only be performed once throughout the competition. Penalty = Disqualification

### Music Time Limit

Section	Time Limit
Standard sections (duos/ trios/ teams)	<b>3 minutes</b>
Set Song/ Dance Sections (set solo, set duo, set team)	<b>2 minutes and 30 seconds</b>
All Abilities Dance Battle	<b>2 minutes</b>
"Battle of the Relos"	<b>1 minute</b>

### Music

1. Music that is not supplied by The Stomp must be submitted by **Friday 6<sup>th</sup> March**.
2. Dropbox links will be sent to a club representative for own choice music sections and music must be uploaded to the Dropbox. Each track must include: section number, club, competitors name and title of the track.

(i.e.: 6A Illawarra Maddison and Ashley Cold Heart)

### Medal Presentation

1. All Competitors must remain in competition costume or club attire for presentations to be eligible to accept awards.
2. Boots or Dance Sneakers (If part of their competition costume) must be worn. No Crocs/ Slides/ Slippers/ Thong etc.
3. Club shirts are permitted (t-shirts & polos only). No cropped shirts showing midriff.
4. If wearing club shirts; they must be worn with jeans or pants. No shorts, activewear or miniskirts.
5. We wish to continue to uphold a high standard for our competition presentation in accordance with the dress code outlined above.
6. The medal presentation will stop if recipients are not dressed appropriately and professionally.

### THE STOMP – The 180 (One-Eighty) Team **NEW**

1. The 180 (One-Eighty) is a new section for the 2026 Championships.
2. The ages of all competitors in your team must add up to 180 and/or beyond (*no higher than 200*).
3. Standard Team Rules Apply.

### THE STOMP - Country Polka Team **NEW**

1. Music selected must be of a Polka rhythm.
2. Basic Polka Timing: 1&23&45&67&8 | Alternative Counting: QQSQQSQSQSQS.
3. If you are uncertain of if your track meets this requirement; please don't hesitate to email us [thestompentries@gmail.com](mailto:thestompentries@gmail.com)
4. Standard Team Rules Apply.

### THE STOMP - Open Age Standard Solo **NEW**

1. This section will be held during the Evening Dance Party.
2. Competitors in this section will be required to be at the Friday Evening "Circus is Coming to Town" Dance Party. They **don't** need to have a Friday Evening ticket for the social. They will be permitted to perform and stay for the medal presentation, but will then have to leave; unless they have an event ticket.
3. Circus "*themed*" costumes are encouraged.
4. Standard Solo Rules Apply.

### THE STOMP - Honky Tonk Icons Freestyle Solo **NEW**

1. This is the only Freestyle Solo section at The Stomp 2026.
2. We are encouraging you to "**Represent your local Honky Tonk/ Bar/ Dance Club**".
3. Country clothing is strongly encouraged. Please refer to **Costumes**.
4. In the **Honky Tonk Icons Freestyle Solo**; Competitors must complete two vanillas of the dance (as per the step sheet on The Stomp website). **Please see OFFICIAL STOMP STEPSHEET from our website as this is slightly different for the 2026 Competition.**
5. Additional styling with hat, hands, arms, or skirt may be added during these **two walls**.
6. After completing two walls of the official choreography to demonstrate accuracy and timing, dancers may add freestyle elements. **Please see OFFICIAL STOMP STEPSHEET from our website as this is slightly different for the 2026 Competition.**
7. Competitors have the option to then interpret the music, add styling and variations but must maintain the flow and direction of the original dance.
8. Freestyle is optional — competitors may also perform the full routine exactly as written.

9. Several competitors will compete on the floor at the same time; therefore, dance floor etiquette must be followed.

### THE STOMP - Honky Tonk Icons Team **NEW**

1. We are encouraging you to "Represent your local Honky Tonk/ Bar/ Dance Club".
2. Country clothing is strongly encouraged. Please refer to **Costumes**.
3. Teams must consist of a minimum of 4 (four) dancers.
4. Standard Team Rules Apply.

#### THE STOMP - All Abilities Dance Battle **NEW**

1. This section is a welcoming and inclusive space for people of all abilities, including those living with disability. This section is designed to support dancers with individual needs, encourage self-expression, build confidence and celebrate movement in a fun, safe and supportive environment.
2. This is an own-choice music section (2-minute-limit).
3. If participants are unable to access boots or cannot wear them due to a disability, they may wear other closed-in shoes instead.
4. All Abilities Dance Battle must have a minimum of 3 (three) dancers.
5. Competitors can dance twice in this section (*in two different routines with two different groups*).
6. The instructor/ leader of the group is permitted to dance with the group or be a shadow dancer on the side of the dancefloor.

#### THE STOMP – Calrossy Classic **NEW**

1. This brand-new section was designed to celebrate the history of our Australian Line Dance Competition scene. The Australian Line Dance Championships are now in their 31<sup>st</sup> year of operation.
2. Routines in this section must have been danced at Calrossy (for the Australian Line Dance Championships).
3. All footwork must remain the same. Hands, skirt, hat work may be modified or added.
4. Calrossy Classic must have a minimum of 4 (four) dancers.
5. At least one original member from when the routine was performed must be in the team.
6. Standard team rules apply.

#### THE STOMP - Country Trifecta (Duo, Trio, Team)

1. A club must enter a duo (7A), trio (7B) and team (7C) (four or more competitors)
2. Only one “team” from each club can enter in the Country Trifecta.
3. Each routine in the duo, trio and team in the Country Trifecta must be to a different song/ routine.
4. The same competitor can compete multiple times with their club in the Country Trifecta (i.e.; competitor (A) can dance in the duo, trio and team)
5. Country Trifecta Team must have a minimum of 4 (four) dancers.
6. Country music must be used for the Country Trifecta. **Penalty = Disqualification**
7. The club with the highest total of points combined from the duo, trio and team events will be the Country Trifecta Champions.
8. Standard rules for duos, trios and teams apply. **See the ALD Rules (*edited document uploaded on our website*)**.

#### THE STOMP - Charity Challenge (Team)

1. The Stomp select a charity each year and all money raised from the Charity Challenges will be donated to this charity.
2. This section requires teams of four (4) to perform a set dance.
3. \$40 entry fee (per team, not per person) to enter and all proceeds will go to the selected charity for 2026.
4. No winner will be announced and no medals will be presented for this section. It is a community event that encourages all ages and abilities to unite on the dancefloor and raise money for the selected charity.
5. All competitors will dance on the floor at the same time in a circle (anti-clockwise).
6. This is an open age category.
7. The set dance for this category is “The Cheeseburger” – Sheila Bernstein. Please see section outline for additional information.

#### THE STOMP - Country Freestyle Team

1. The Country Freestyle Team category must consist of a **minimum of four (4) dancers and no maximum limit on the number of dancers in the team**.
2. This is an open age category.
3. Country Freestyle teams will compete separately.
4. A line dance will be selected and the team will be required to dance the first two walls as vanilla (as per the step sheet on The Stomp website), then perform the 3<sup>rd</sup>, 5<sup>th</sup>, and all odd numbered walls as variations (**Please see OFFICIAL STOMP STEPSHEET from our website as this is slightly different for the 2026 Competition**).
5. Variations do not need to flow in the direction of the vanilla steps, however, vanilla walls must be performed to the correct wall.
6. Teams are permitted to change formation within the variation walls but must stay in formation for all vanilla walls.
7. Introductions and endings are permitted.
8. The track will be edited to comply with the time limits of set songs/ dances and will be available on the website.
9. Touching for longer than **8 counts at one time = Disqualification**
10. Freestyle rules apply.

#### THE STOMP - Relatives Team “Battle of the Relos” (Own Choice)

1. A relatives team must have a minimum of three per team.
2. Please see criteria for the relatives sections in ALD rules (*edited document uploaded on our website*).
3. Competitors can only enter in this section once.
4. Competitors will have one minute to showcase their routine in the “Battle of the Relos”.
5. You can either submit an edited one-minute track or the competition DJ will fade out the track after one minute.
6. Freestyle rules apply for this section. **See the ALD Rules (*edited document uploaded on our website*)**.2.7.
7. Touching for longer than **8 counts at one time = Disqualification**

#### THE STOMP – Instructor/ Student/ Support Crew Club Challenge

1. The cost for this section is a set rate of \$40.00 per club; not per person.
2. Formations must not change once the dance begins.
3. Competitors must wear club shirts in this section. Please refer to **Costumes**.
4. Please see **OFFICIAL STOMP STEPSHEET from our website as it also includes hand and/or prop options at our 2026 Competition**.
5. This is an “entertainment section” that will judge based on creativity and entertainment. This will be a ranked section, based on judges discretion and although scoresheets will not include unity or degree of difficulty, they will still be looking for a “clean” routine.

#### Novice

Competitors qualify for the Novice category at The Stomp if:

- A competitor has never received a medal in a line dance competition; or
- A competitor has only received a medal in a section of 3 or less competitors; or
- A person has never entered a line dance competition before; or
- Has been competing in line dance competitions for **two years or less**.

(Competitors only need to qualify for one from the criteria above)

#### **Set Dance Category (Duo/ Team)**

8. A set dance for the particular section will be pre-released.
9. Several competitors will compete on the floor at the same time (or in heats; depending on the number of entrants). Dance etiquette must be followed at all times.
10. Dancers may include an introduction and start facing mirror image, in opposite directions or separately. Once the set dance begins, competitors must not be facing opposite directions and cannot change formations during the set dance.
11. The competitors must follow the step description provided but can add arms, skirt, hat and styling options.
12. The Set Dance Team category must consist of a **minimum of four (4) dancers and a maximum of 12 (twelve) dancers**.
13. Please ensure you use the music and step sheet provided by the Event Director.
14. If it says "styling option", competitors can decide if they wish to include it, however; if it is outlined as part of the choreography; competitors must include it.

#### **Set Song Category (Duo)**

1. A set dance for the particular section will be pre-released.
2. Several competitors will compete on the floor at the same time (or in heats; depending on the number of entrants). Dance etiquette must be followed at all times.
3. Freestyle rules apply for this section. **See the ALD Rules (edited document uploaded on our website).2.7.**
4. Dancers may change formations, dance in opposite directions, face mirror image and touch for up to 8 counts at a time.
5. Touching for longer than 8 counts = Disqualification
6. Competitors must be aware of their personal dance space and not intentionally or carelessly intrude on another dancer's area. Penalty – Points lost for non-compliance with this rule.
7. Please ensure you use the music provided by the Event Director.
- 8.

#### **Relatives Duo (Set Dance)**

9. Little Stompers Relatives Duo: One competitor must be 12 years or under and the other competitor must be over 12 years of age.
10. Relatives Duo: Both competitors must be over 12 years of age.
11. Please see criteria for the relatives sections. **See the ALD Rules (edited document uploaded on our website)**.

#### **Costumes**

12. No denim/ ripped shorts or mini denim skirts are to be worn throughout the championships. **Penalty= Disqualification**.
13. When dancing to country music, boots must be worn. Other footwear can be worn when dancing to alternate genres of music (Excluding the Open Class Dance Team section; as it is not expected that all class dancers own a pair of boots).
14. If the music is country and the dance style being performed is West Coast Swing, swing shoes or swing boots may be worn. If the dance style is classed as Street, then trainers may be worn.
15. If you have any concerns about footwear for any of the sections, please contact Event Director Maddison Glover [thestompentries@gmail.com](mailto:thestompentries@gmail.com)
16. See ALD Rules Applicable for The Stomp for additional rules.

Updated 11/1/26  
Event Director – Maddison Glover