

## General Information

Dancesport denotes competitive ballroom dancing, as contrasted to social or exhibition dancing. In the case of wheelchair dancesport, at least one of the dancers is in a wheelchair. Dancesport events are sanctioned and regulated by dancesport organizations at the national and international level. The term *dancesport* applies to the International Style,<sup>1</sup> as well as American Style of competitive ballroom. It includes the following categories, which applies to individual couples and formation dance:

- International Standard
- International Latin
- American Smooth
- American Rhythm

Amateur competitions commonly include events that group dancers by age, experience, or both. Competitors may also be grouped by experience level, with categories such as Beginner, Novice, Intermediate, Pre-Amateur and Amateur.

For more information about the competition, such as competition schedule, rules and guidance, visit USA Dance at <http://www.usadance.org/>