

Rules PRO/AM

All events at the United Kingdom Open Dance Festival, including (Single Dances, Multi Dance and The UK Championships) allow professional/amateur entrants to participate together in competition with unrestricted syllabus. The amateur dancer in the couple is considered to be the student of the professional partner, with the professional being registered and holding a valid license.

The Pro/Am section at the United Kingdom Open Dance Festival 2026 features the following age divisions in all events:

Age Categories

*UK Single Dance Rising Star, UK Multi Dance Rising Star, The UK Open Rising Star
UK Single Dance, UK Multi Dance Challenge, The UK Championships*

Juvenile: Under 12
Junior: 12-15
Under 21: 16-20
A: 16-35
B: 36-50
C: 51-60
D: 61-70
E: 71+

The age categories listed refer to the Amateur students age at the time of the event.

Dances:

Ballroom

W Waltz
T Tango
V Viennese Waltz
F Foxtrot
Q Quickstep

Smooth

W Waltz
T Tango
V Viennese Waltz
F Foxtrot

Latin

C ChaChaCha
S Samba
R Rumba
P Paso Doble
J Jive

Rhythm

C ChaChaCha
R Rumba
SW Swing
B Bolero
M Mambo

Dates for ProAm:

The 21st January 2026, **ProAm Latin Rising Star**

(All ProAm Latin Rising Star events will be danced to conclusion on this day).

The 22nd January 2026, **ProAm Ballroom Rising Star**

(All ProAm Ballroom Rising Star events will be danced to conclusion on this day).

The 23rd January 2026, **ProAm Latin**

(All ProAm Latin events will be danced to conclusion on this day).

The 24th January 2026, **ProAm Ballroom**

(All ProAm Ballroom events will be danced to conclusion on this day).

The 25th January 2026, **ProAm Smooth, ProAm Rhythm**

(All ProAm Smooth, Rhythm events will be danced to conclusion on this day).

Single Dances: Events to be held in either the Solent Hall or Windsor Hall. All Rising Star events will be held in the Solent Hall.

		Ballroom	Latin	Smooth	Rhythm
PASD JUVENILE	U 12	W, T, V, F, Q	C, S, R, P, J		
PASD JUNIOR	12-15	W, T, V, F, Q	C, S, R, P, J		
PASD Under 21	16-20	W, T, V, F, Q	C, S, R, P, J		
PASD A	16-35	W, T, V, F, Q	C, S, R, P, J	W, T, F, V	C, R, SW, B, MA
PASD B	36-50	W, T, V, F, Q	C, S, R, P, J	W, T, F, V	C, R, SW, B, MA
PASD C	51-60	W, T, V, F, Q	C, S, R, P, J	W, T, F, V	C, R, SW, B, MA
PASD D	61-70	W, T, V, F, Q	C, S, R, P, J	W, T, F, V	C, R, SW, B, MA
PASD E	71+	W, T, V, F, Q	C, S, R, P, J	W, T, F, V	C, R, SW, B, MA

		Ballroom	Latin
PASD RS JUVENILE	U 12	W, T, V, F, Q	C, S, R, P, J
PASD RS JUNIOR	12-15	W, T, V, F, Q	C, S, R, P, J
PASD RS Under 21	16-20	W, T, V, F, Q	C, S, R, P, J
PASD RS A	16-35	W, T, V, F, Q	C, S, R, P, J
PASD RS B	36-50	W, T, V, F, Q	C, S, R, P, J
PASD RS C	51-60	W, T, V, F, Q	C, S, R, P, J
PASD RS D	61-70	W, T, V, F, Q	C, S, R, P, J
PASD RS E	71+	W, T, V, F, Q	C, S, R, P, J

In all events with exception of Under 12, Junior, Under 21 and A, participants will be allowed to dance one age category down. E.g. (Participants of Pro/Am, Single Dance, age category B, **PASD B**) would be able to also compete in **PASD A** should they wish). In the A category, participants being Under 21 on the day of the events taking place would also be permitted to dance one age category down.

Multi Dances: Events to be held in either the Solent Hall or Windsor Hall. All Rising Star events will be held in the Solent Hall. All entrants will compete in three dances.

PAMD L, PAMDB, PAMD L RS, PAMDB RS

	Three Dances
Ballroom	W, T, Q
Latin	C, R, J
Smooth	W, T, F
Rhythm	C, R, SW

UK Open Rising Star:

PAUCL RS, PAUCB RS

The United Kingdom Open Dance Festival Rising Star is an open event held through five dances in Ballroom and Latin. There is no eligibility or minimum dance requirement to enter. These events shall be danced to entirety at the BIC, with all rounds being in the Solent Hall.

UK Championships:

To be eligible to enter and compete in the UK Championships, entrants will need to have entered in at least five single dances and one multi dance challenge. The UK Championships in all events will be contested through all dances. These events shall be danced to entirety at the BIC, with all rounds being in the Windsor Hall. The finals of all events from A to E will include live music from the band of the United Kingdom Open Dance Festival.

Ballroom

PAUCB JUV	U 12	W, T, F, Q
PAUCB JUN	12-15	W, T, V, F, Q
PAUCB U21	16-20	W, T, V, F, Q
PAUCB A	16-35	W, T, V, F, Q
PAUCB B	36-50	W, T, V, F, Q
PAUCB C	51-60	W, T, V, F, Q
PAUCB D	61-70	W, T, V, F, Q
PAUCB E	71+	W, T, V, F, Q

Latin

PAUCL JUV	U 12	C, S, R, J
PAUCL JUN	12-15	C, S, R, P, J
PAUCL U21	16-20	C, S, R, P, J
PAUCL A	16-35	C, S, R, P, J
PAUCL B	36-50	C, S, R, P, J
PAUCL C	51-60	C, S, R, P, J
PAUCL D	61-70	C, S, R, P, J
PAUCL E	71+	C, S, R, P, J

Smooth

PAUCS A	16-35	W, T, V, F
PAUCS B	36-50	W, T, V, F
PAUCS C	51-60	W, T, V, F
PAUCS D	61-70	W, T, V, F
PAUCS E	71+	W, T, V, F

Rhythm

PAUCR A	16-35	C, R, SW, B, MA
PAUCR B	36-50	C, R, SW, B, MA
PAUCR C	51-60	C, R, SW, B, MA
PAUCR D	61-70	C, R, SW, B, MA
PAUCR E	71+	C, R, SW, B, MA

Prices will be listed on the entry page on www.uk-internationaldance.com from when entries open.

Entry to any event is paid in advance online, with the fee being non-refundable or transferable from when payment is made. Entrance to the venue per couple is included within the entry price. For Late entry please view all terms and conditions.

By entering in any event, all entrants and participants will have agreed to the rules and the terms and conditions of the organisers.