

Rules Teacher/Student

All events at the United Kingdom Open Dance Festival, including (Single Dances, Multi Dance and The UK Championships) allow professional/ amateur (teachers) to participate together with their amateur student in competition. All events have unrestricted syllabus.

The Teacher/Student section at the United Kingdom Open Dance Festival 2026 features the following age divisions

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 |



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Dates for TeacherStudent

The 21st January 2026, **TeacherStudent Ballroom Rising Star**

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

The 21st January 2026, **TeacherStudent Latin Syllabus**

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

The 22nd January 2026, **TeacherStudent Latin Rising Star**

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

The 22nd January 2026, **TeacherStudent Ballroom Syllabus**

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

The 23rd January 2026, **TeacherStudent Ballroom**

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

The 24th January 2026, **TeacherStudent Latin**

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

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

(All TeacherStudent 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 and Syllabus events will be held in the Solent Hall.

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

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

| | | Ballroom | Latin |
|-----------------|-------|---------------|---------------|
| TSSD S JUVENILE | U 12 | W, T, V, F, Q | C, S, R, P, J |
| TSSD S JUNIOR | 12-15 | W, T, V, F, Q | C, S, R, P, J |
| TSSD S Under 21 | 16-20 | W, T, V, F, Q | C, S, R, P, J |
| TSSD S A | 16-35 | W, T, V, F, Q | C, S, R, P, J |
| TSSD S B | 36-50 | W, T, V, F, Q | C, S, R, P, J |
| TSSD S C | 51-60 | W, T, V, F, Q | C, S, R, P, J |
| TSSD S D | 61-70 | W, T, V, F, Q | C, S, R, P, J |
| TSSD S 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. (Teacher/Student, Single Dance, age category B, TSSD B) would be able to also compete in TSSD 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 and Syllabus events will be held in the Solent Hall. All entrants will compete in three dances.

TSM DL, TSM DB, TSM DL RS, TSM DB RS, TSM DB S, TSM DL S

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

UK Open Rising Star:

TSUOL R, TSUOB R

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 Open Syllabus

TSUOL S, TSUOB S

The United Kingdom Open Dance Festival Syllabus 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.

The UK Open Restricted Syllabus is listed here:

<https://www.britishdancecouncil.com/wp-content/uploads/2024/03/RulesAppendix1Latin.pdf>
<https://www.britishdancecouncil.com/wp-content/uploads/2024/03/RulesAppendix2Ballroom.pdf>

This applies to all events and categories taking place on the days of the restricted syllabus event.

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

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

Latin

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

Smooth

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

Rhythm

| | | |
|---------|-------|-----------------|
| TSUCR A | 16-35 | C, R, SW, B, MA |
| TSUCR B | 36-50 | C, R, SW, B, MA |
| TSUCR C | 51-60 | C, R, SW, B, MA |
| TSUCR D | 61-70 | C, R, SW, B, MA |
| TSUCR 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.