



INFORMATION AND DIRECTIVES

La Super-Am – February 28, 2026

COMPETITORS

- a. All categories will be conducted according to the rules and regulations of [DSQ](#) and [CDS](#). It is each entrant's responsibility to learn and fully comply with these rules and regulations. Ignorance of these rules and regulations will not be accepted as a valid excuse.
- b. All competitors must present their valid Regional Association membership card.
- c. Competitors under 18 years of age must have a release signed by a parent or legal guardian.
- d. Each competitor must purchase an admission ticket for the day of the event. [There are no refund for entry fees.](#)
- e. Registrations will not be processed until the registration fees and tickets are fully paid.
- f. **There will be an extra fee for entries received and accepted after February 12, 2026 (see Order Form).** Entries will only be accepted after the deadline if this does not necessitate additional rounds. No entries will be accepted on the day of the event. The schedule of events is subject to change without notice. DSQ reserves the right to cancel an event if less than three (3) couples are registered.
- g. It is each dancer's responsibility to be ready to compete at least one hour prior to their event. Competition events will not be delayed for competitors who arrive late.
- h. The dress code will be strictly enforced. Refer to the [CDS](#) and [DSQ](#) websites for full details.
- i. The use of spray tan is strictly forbidden on the premises.

CONFIRMATION

You will receive confirmation of your entries by e-mail. The Final Schedule and Heat List will be posted online one week before the event. Please notify us promptly of any inaccurate information.

REGISTRATION AND AGE INFORMATION: - [CDS Rules book](#):

7.01 Age restrictions:

Juvenile I: reach 9th birthday or less in the calendar year

Juvenile II: reach 10th or 11th birthday in the calendar year

Junior I: reach 12th or 13th birthday in the calendar year

Junior II: reach 14th or 15th birthday in the calendar year

Youth: reach 16th, 17th or 18th birthday in the calendar year

Under 21: reach 16th, 17th, 18th, 19th or 20th birthday in the calendar year

Adult: reach 19th birthday or more in the calendar year

Senior I: One partner must have reached his or her 35th birthday in the calendar year and the other partner must have reached his or her 30th birthday in the calendar year.

Senior II: One partner must have reached his or her 45th birthday in the calendar year and the other partner must have reached his or her 40th birthday in the calendar year.

Senior III: One partner must have reached his or her 55th birthday in the calendar year and the other partner must have reached his or her 50th birthday in the calendar year.

Senior IV: One partner must have reached his or her 65th birthday or more in the calendar year. The other partner must have reached his or her 60th birthday or more in the calendar year.

Senior V: Both must have reached his or her & 70th birthday in the calendar year.

Junior II couples are allowed to compete in all Youth events. Youth couples are allowed to compete in adult events. In all age groups one partner of a couple can belong to a younger age-group, except in the Senior I, Senior II, Senior III, Senior IV and Senior V age groups.

DANCES LEVEL

A competitor or couple of competitors cannot dance in more than two levels

Example:

Yes, for Pre-Bronze Standard Block 1 and Bronze Standard Block 1

No, for Pre-Bronze Standard Block 1, Bronze Standard Block 1, and Silver Standard Block 1