

### SOBHD 2019 CHAMPIONSHIP STEPS

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|---|---|---|--|
| <b>FLING</b>                                  | 7 & under 12 years<br>1st Step: Shedding<br>5th Step: Second Back-Stepping<br>6th Step: Crossover<br>8th Step: Last Shedding  | 12 & under 16 years<br>1st Step: Shedding<br>2nd Step: First Back-Stepping<br>3rd Step: Toe-and-Heel<br>5th Step: Second Back-Stepping<br>6th Step 2nd Alternative: Crossover with Pause<br>8th Step: Last Shedding   | 16 years & over<br>1st Step: Shedding<br>2nd Step: First Back-Stepping<br>3rd Step: Toe-and-Heel<br>5th Step: Second Back-Stepping<br>6th Step 4th Alternative: Crossover with Low Cut<br>8th Step: Last Shedding  |
| <b>SWORD</b>                                  | Intro: 4 count bow, step to 1d<br>1st Step: Addressing the Swords<br>2nd Step: Open Pas de Basque<br>8th Step: Crossing and Pointing  | Intro: 4 count bow, step to 1d<br>1st Step: Addressing the Swords<br>5th Step: Diagonal Points<br>3rd Step: Toe-and-Heel<br>8th Step: Crossing and Pointing   | Intro: 4 count bow, step to 1d<br>1st Step: Addressing the Swords<br>5th Step: Diagonal Points<br>3rd Step: Toe-and-Heel<br>8th Step: Crossing and Pointing  |
| <b>SEANN<br/>TRIUBHAS</b>                     | Intro: Alternative<br>1st Step: Brushing<br>2nd Step: Side Travel<br>8th Step: Leap and Shedding<br>14th Step: Toe-and-Heel, and Rock<br>Finish: Entrechat Method 1   | Intro: Alternative<br>1st Step: Brushing<br>2nd Step: Side Travel<br>5th Step: Travelling Balance<br>8th Step: Leap and Shedding<br>17th Step: Heel-and-Toe, Shedding and Back-Stepping<br>14th Step: Toe-and-Heel, and Rock<br>Finish: Entrechat Method 1  | Intro: Alternative<br>1st Step: Brushing<br>2nd Step: Side Travel<br>6th Step: Leap and High Cut<br>10th Step Alternative: High Cut in Front and Balance (with travel)<br>17th Step: Heel-and-Toe, Shedding and Back-Stepping<br>14th Step: Toe-and-Heel, and Rock<br>Finish: Entrechat Method 2                     |
| <b>STRATHSPEY<br/>and<br/>REEL OF TULLOCH</b> | Intro: Basic<br>Ending: Basic<br>Setting Steps:<br>4th Step: Rocking (ending 2 rocks)<br>6th Step: Crossover<br>Reel Steps:<br>1st Step: Pas De Basque<br>8th Step: Assemble and Travel<br>5th Step: High Cuts and Spring Points (finish with 4 High Cuts)<br>Last Step: High Cutting | Intro: Basic<br>Ending: 2nd Alternative<br>Setting Steps:<br>4th Step: Rocking (ending 2 rocks)<br>6th Step 1st Alternative: Crossover<br>Reel Steps:<br>1st Step: Pas De Basque<br>8th Step: Assemble and Travel<br>6th Step 1st Alternative: Balance and Round-the-Leg<br>Last Step: High Cutting | Intro: Alternative<br>Ending: 3rd Alternative<br>Setting Steps:<br>4th Step: Rocking (ending 2 rocks)<br>6th Step 3rd Alternative: Crossover with Shake<br>Reel Steps:<br>1st Step: Pas De Basque<br>8th Step: Assemble and Travel<br>6th Step 1st Alternative: Balance and Round-the-Leg<br>Last Step: High Cutting |

### ABHDI CHAMPIONSHIP RULES

1. This competition is registered with (insert State/Regional competition number and ABHDI championship number) and will be conducted under the rules and conditions as set down by SOBHD and as adopted by ABHDI.
2. Teachers, interested parties or any other unauthorised person must not communicate with Judges during the Championships. All enquiries to the official table.
3. A competitor who has taken part in any so called Championship not recognised by the Board or any person who has acted as a judge at such an event, shall be ineligible to compete or judge in any recognised Championship or Competition under SOBHD rules until given permission to do so by the Board. Such permission may be withheld for as long as a Board may decide.
4. According to SOBHD rules, there must be at least six entries in advance of the competition date, and at least six of these must take part on the day for the Championship to go ahead. In the event of less than six competitors dancing in any one championship, section will be danced but the Championship will not be recognised. No certificate, trophy or sash will be presented, but individual prize money will be paid.
5. Competitors do not have to remain in the marshalling area but must return for the correct order of ballot. The onus is on the competitor to return in time for the correct order of ballot. (ABHDI Technical 5/10/85 P 3 ratified ABHDI 6/10/85 P 8).
6. Any complaint made by an individual against the organisation or adjudication of an event, must be made in writing giving the complainants full name and address, and shall be lodged with the Organiser, if possible, on the day of the event, certainly not later than 48 hours after the event. Such complaint to be accompanied by a fee as determined by the ABHDI which is refundable if protest upheld.
7. All placegetters in Championships are to be dressed in **KILT** for trophy presentation.
8. Judges' decision is final and no correspondence will be entered into.
9. With the advent of electronic recording equipment there be no restrictions on the usage of electronic recording equipment provided permission is obtained from the organisers and judges and it does not interfere with the smooth organisation of the competition/premiership or in any way restrict the view of the judge/s.
  - a. Following the awards parents may photograph their own child or others with parental permission but be highly aware that there must not be other children in shot whose privacy must be protected.
  - b. (If applicable) As organisers of this event, we plan to photograph winning competitors for the purpose of posting on our Website or Facebook page. Please indicate if you wish to opt out of this process.
  - c. That judges and organisers should bear in mind that the judge's decision is final and cannot be subjected to an electronic recording equipment replay.
10. Child protection/Well-being of Dancers. All participants will seek to ensure the health & well-being of the dancer at all times. Organisers will have a child protection policy, adhere to national child protection policy, provide a safe environment, and suitable programming of events to ensure sufficient recovery time for the dancers.