

Southern Oregon Youth Ballroom Competition 2026

Schedule and Overview	
Preliminary Training Learn the competition syllabus with your partner. Open to ages 8-25 (or grades 3 and up). \$20/couple/workshop*	Saturdays, Sept. 19, Oct. 17 and Nov. 21 10:00 AM-12:00 PM
Preliminary Registration Due \$20/couple (Categories AA, A, B & YA) \$60/couple (Categories C & D) Covers entry to the December comp for each dancer and a guest). Add \$5/person to enter in a second category.*	November 21
Compulsory Round	Saturday, December 5 — 2:00 PM
Finals Training	Private lessons December-February 27
Exhibition Round	Saturday, February 27 — 7:00 - 9:30 PM

*Discount available for families with three or more students participating. Ask about additional training options in November.

Age Categories

Category AA (ages 8-10 or grades 3-5) Compulsory Round Only

Category A (ages 10-13 or grades 5-8) Compulsory Round Only

Category B (Beginners ages 13-17 or grades 9-12) Compulsory Round Only

Category C (Intermediates ages 13-17 or grades 9-12) Compulsory & Exhibition

Category D (Intermediates ages 18-25) Compulsory & Exhibition Rounds

Category YA (Beginners ages 18-25) Compulsory Round Only

Couples will enter the category that matches the older dancer on September 1, 2026.

For example, a 12-year old girl dancing with a 14-year old boy will compete in Category B. Two 17-year-olds may compete in Category B, even if they will turn 18 in October, 2026. Participants may enter by grade level or by age.

Participants may enter more than one category with different partners, except that no dancer may compete in both C & D. Dancers who have competed in C or D may only compete in B or YA with a partner who has not competed in C or D or won B before. Minimum ages for category C is 13. Dancers who won group C when they were 16 or older move to Category D unless returning with a Beginning Partner.

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Compulsory Training — September 19, October 17 and November 21

Workshops will prepare you for the Compulsory Round on December 5. Couples will have one-on-one instruction in a semi-private group lesson format. Cost is \$20 per couple per workshop. Discount for families with 3+ students participating.

Compulsory Registration — Due November 21

Registration is due by Saturday, November 21. Checks written to **Open Floor CBA**. Mail to Cori Grimm 1252 Old Willow Ln., Ashland, OR 97520. Or, give to Cori in person.

Registration forms are available at OpenFloorCBA.org.

Cost to register is \$20/couple (Categories AA, A, B or YA) or \$60/couple (Categories C & D). Registration includes entry to the preliminaries for the couple and one adult chaperon per dancer. Add \$5 per participant to compete in a second category. Discount for families with three or more students participating.

Registration forms must be signed by a Certified Instructor who has verified that the couple is familiar with the allowed syllabus for the competition and the dress code.

Compulsory Round — December 5 at 2:00.

All participants must register for the Compulsory Round by November 21. Spectators are welcome to attend for \$6 at the door; \$5 ages 10-18; 9 & under free with an adult.

All participants agree to adhere to the Dress Code and to dance only steps from the approved Syllabus for this competition. Students will compete in heats by age group

Categories AA, A, B and YA compete in Foxtrot and Rumba for cash prizes.

Categories C and D compete in Foxtrot and Rumba on December 5 for a private lesson scholarship to prepare for the Exhibition Finals on February 27.

Exhibition Training — December-February

Teen/Young Adult Finalists will receive a Private Lesson Scholarship to prepare for the Exhibition Round. Couples choose their dance with help from their instructor.

Exhibition Round — Saturday, February 27 from 7:00-9:30 PM.

Participants agree to adhere to the dress code for the finals and to dance a routine that has been approved by their instructor. Music and routines must be suitable for a family audience. Couples will perform a solo number of 105-140 seconds in length. There is no Registration Fee for the Exhibition Round. Spectators are welcome for \$10 at the door; \$8 Youth; lap children free. A ticket or coupon may be required for entry.

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Dress Code

Group Training Classes

Participants should wear comfortable clothes and clean, comfortable shoes. Backless shoes (flip flops/clogs), mini skirts or shorts that are shorter than mid-thigh, strapless tops and short tops that leave the midriff bare (tube tops/half shirts) are not appropriate for these classes.

Compulsory Round

Male dancers:

Required — Long sleeved, button down shirt, tucked in. Slacks. Clean, dark-colored shoes or dance shoes.

Optional — Vest, long neck tie, belt.

Not permitted — Short-sleeved shirt, jeans of any color, shorts, hat, bow tie, jacket, suspenders. Male dancers with shoulder-length or longer hair should wear their hair in a pony tail.

Female dancers:

Required — Skirt and blouse or dress. Length should be between mid-thigh and mid-calf. Dressy slacks are acceptable, but no costume or fringe pants. Clean shoes. Maximum heel heights are 1 1/2" for Preteens, 2" for Teens.

Recommended — Hair worn off the face; dance briefs.

Optional — Stockings, short socks, light jewelry and age-appropriate make-up.

Not permitted — Costume or Fringe Pants, competition ball gowns (rhinestone-studded, heavy tulle skirts), low-cut top or bodice (below the normal bra-line, front or back), strapless tops or tops that leave the midriff bare, heavy costume jewelry or make-up.

Exhibition Round

Finalists may wear costumes designed for a family audience. Coaches will discuss options with individual couples.

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Foxtrot Syllabus

AA	A	B			Forward Basic
AA	A	B			Curving Basic
AA	A	B			Rock Turn to Left
AA	A	B			Promenade
AA	A	B			Promenade Underarm Turn (Slow)
AA*	A*	B	C	D	Challenge Line & Oversway (Four Slows)
	A*	B			Single Promenade Pivot
		B*	C	D	Grapevine from Promenade (C&D may pass feet)
			C	D	12-Step Basic
			C	D	Open Left Box/Reverse Turn (can go into Oversway)
			C	D	Overtured Open Right in Sweetheart
			C*	D	Gem and Vine to Weave

Rumba Syllabus

AA	A	B	C	D	Box Step
AA	A	B	C	D	Crossover Breaks (1/4 Turn Ending; one or both partners turn)
AA	A	B	C	D	Vine (optional tap)
AA*	A*	B	C	D	Paseo (optional syncopation)
		B*	C	D	Turkish Towel
			C	D	Half Moon (Optional syncopated turns and/or swivel ending)
			C*	D	Fan and Hockey Stick

*Optional Step. Beginning Young Adults (YA Category) can dance any steps they choose off the list.

Contact Information and Locations

Please address questions to Cori Grimm 541-708-1584 or cori@OpenFloorCBA.org.

All Classes and Competitions listed here will be held at the Evergreen Ballroom, 6088 Crater Lake Ave., one mile north of Vilas Rd between Medford and White City.

Scholarships

A limited number of need-based scholarships are available for dancers 17 and under. Talk to your instructor for more information.