SalsaNama

Competition Regulations

01 Competition system

This system applies to all categories except **IMPRO SOCIAL COUPLE**, and is used in both the qualifying rounds and the final.

N.S.D.E. - New Elimination System

The N.S.D.E. (Nuovo Sistema Di Eliminazione, or New Elimination System) was introduced in 2024. When necessary, it is applied after the first repechage round, in which eliminated competitors are given another chance, if an odd number of competitors remains.

Before the next competition round begins, two competitors are randomly drawn to face each other. The winner earns a place in that round; the loser is permanently eliminated from the competition.

Music

There is no longer a predetermined song list. All tracks will be unknown to the competitors. Once a track has been drawn, it is permanently removed from the draw and cannot be used again.

Natural repechage (Ripescaggio Naturale)

If an odd number of competitors in the draw leaves one competitor without an opponent, the judges must select an opponent from among the competitors eliminated in that same round.

Mandatory repechage (Ripescaggio Obbligatorio)

If no natural repechage is required, the judges must select two competitors who were eliminated in the most recent round. These competitors will face each other in an additional battle for a place in the final.

Qualification through international events

At a qualifying competition held outside Italy, only the first-place winner qualifies directly for the final in Milan.

02 Competition rules

01 **Battle format.** Each battle is one-on-one (1 vs 1) and consists exclusively of improvisation.

02 **Track selection.** The track used for each battle is selected by a random draw at the time of the battle.

03 **Performance time.** In each round, every competitor has two turns of 40 seconds to improvise, for a total of 80 seconds of dancing per competitor in each battle.

04 **Other dance styles.** Elements from other Caribbean dance styles, such as Rumba, Afro, Pachanga and Reggaeton, may be incorporated.

05 **Jumps and musical interpretation.** Jumps in which both feet leave the floor are permitted solely to interpret a musical accent or break appropriately.

A sequence of jumps performed at an arbitrary point in the music will not be rewarded by the judges, even if it is technically flawless. This is because **Salserità** - the authentic expression and essence of salsa - is a fundamental characteristic of this competition.

06 **Salsa styles and timing.** The selected tracks will cover a variety of salsa styles. For example, performing basic linear salsa (Salsa On Line) movements to a Timba track, or vice versa, is acceptable.

Competitors may switch between different timings according to their interpretation, provided they remain consistent with the musicality of the track. This rule is intended to give every participant the greatest possible freedom to improvise.

07 **Footwear.** Women must wear heeled dance shoes, and men must wear dance shoes. The **A Mi Manera** category is exempt from this requirement.

08 **Physical contact.** Any physical contact with an opponent during a battle is prohibited.

09 **Space during an opponent's turn.** While one competitor is dancing, the other must remain in their own space.

10 **Entering multiple categories.** Competitors may enter more than one category, provided those categories are at the same or a higher level than their own. For example, an Amateur competitor may enter the Gold category, but a Professional may not enter a lower category, such as Amateur.

03 Battle procedure

01 **First turn - Competitor A.** Competitor A, who is drawn first, opens the battle and dances for the first 40 seconds.

02 **Second turn - Competitor B.** Competitor B, who is drawn second, begins immediately after the audible changeover signal and dances for 40 seconds.

03 **Third turn - Competitor A.** Competitor A responds to Competitor B by dancing for a further 40 seconds.

04 **Fourth turn - Competitor B.** Competitor B completes the battle by dancing for the final 40 seconds.

Battle sequence - 160 seconds in total

Turn	Competitor	Time window	Duration
1	A	0-40 seconds	40 seconds
2	B	40-80 seconds	40 seconds
3	A	80-120 seconds	40 seconds
4	B	120-160 seconds	40 seconds

Each competitor dances twice for 40 seconds: **80 seconds per competitor** and **160 seconds per battle**.

04 Competition philosophy

> **Salserità is the shared, defining quality that every competitor must possess to win this competition.**

Salserità means the genuine identity of salsa: musicality, character, emotion, authentic expression, and the dancer's ability to convey the essence of the music through improvisation.