Proficiency rules apply to individual DanceSport Athletes, not couples.
Proficiency rules apply to all DanceSport Athletes, Pre-Teen and older.
Based on performance, an Athlete may become Ineligible to Compete in Proficiency Levels Bronze through Pre-Champ; however, an Athlete will never become Ineligible to Compete at the Championship Proficiency Level.
An Athlete is considered to have achieved a Top Tier Placement in an Event at a given Proficiency Level, Dance Style, and Age Category, if the Athlete has placed in the top 12.5%:

- In the top 1, with 8 or more competing couples in that Event.
- In the top 2, with 16 or more competing couples in that Event.
- In the top 3, with 24 or more competing couples in that Event.
- In the top 4, with 32 or more competing couples in that Event.
- In the top 5, with 40 or more competing couples in that Event.
- In the top 6, with 48 or more competing couples in that Event, etc.

An Athlete’s Eligible Proficiency Levels and Proficiency Points are established, per Dance Style (Standard, Latin, Smooth, & Rhythm) and Eligible Age Category.

- At National Qualifying Events an Athlete achieving a Top Tier Placement in a proficiency point eligible event per rule 5.3.4.1 at a given Proficiency Level, Dance Style, and Age Category earns one proficiency point in that Proficiency Level and in all lower Proficiency Levels in the given Dance Style and Age Category. An Athlete earning Top Tier Placements in multiple NQEs in a single competition year in a given Proficiency Level, Dance Style, and Age Category accrues no more than one proficiency point in that Proficiency Level, Dance Style, and Age Category in that competition year.
- At National Championships an Athlete achieving a Top Tier Placement in a proficiency point eligible event per rule 5.3.4.1 at a given Proficiency Level, Dance Style, and Age Category earns two proficiency points in that Proficiency Level and in all lower Proficiency Levels in the given Dance Style and Age Category.
- An Athlete becomes Ineligible to Compete in a Proficiency Level, Dance Style, and Age Category, if in the preceding three (3) competition years, at the National Championships and NQEs, the Athlete has accrued two (2) or more proficiency points in that Proficiency Level, Dance Style, and Age Category.

In a given Dance Style and Age Category, an Athlete’s Proficiency Level is defined to be:

- The Proficiency Level one level higher than the highest level at which an Athlete is ineligible.

In a given Dance Style and Age Category, an Athlete is Ineligible to Compete in Proficiency Levels below the Athlete’s Proficiency Level in the same dance style and age group.
An Adult or Senior Athlete, who is Ineligible to Compete in a Proficiency Level and Dance Style in a particular Age Category, is Ineligible to compete at that same Proficiency Level and Dance Style in any older Age Category.

A Pre-Teen, Junior, or Youth Athlete, who is Ineligible to compete in a Proficiency Level and Dance Style in a particular Age Category, is Ineligible to compete in that same Proficiency Level and Dance Style in any younger Age Category.

The Eligible Proficiency Level(s) of each Athlete, will be established at the close of the National Championships in March/April each year and will not change until the end of the National Championships in March/April the next year. The “competition year” will be from the close of the National Championships in March/April one year until the close of the next National Championships in March/April. The Athlete’s eligible Proficiency Level(s) when established after the National Championships for the “competition year,” will remain with the Athlete regardless of their proficiency placement(s) during the “competition year.”

If a Single Event National Championship (Senior IV, etc.), is held at a time other than the annual National Championships in March/April, that Single Event National Championship will be considered as part of the competition year in which it falls chronologically. An Athlete achieving a Top Tier Placement in an Event, at a given Proficiency Level, Dance Style, and Age Category in a Single Event National Championship, earns two proficiency points in that Proficiency Level and in all lower Proficiency Levels in the given Dance Style and Age Category. However, the eligible Proficiency Level(s) of the Athlete will not change until the close of the next annual National Championships in March/April.

Athletes may petition the DanceSport Council for a waiver concerning their Proficiency Level due to injury or other medical condition or for situations not covered by these Proficiency rules.