

THE LION 2026

ProAm Categories Overview

SATURDAY

Latin & American Smooth

Latin – All Age Groups (A0 / A1 / A2 / B1 / B2 / C / D / E)

Single Dance · 2 Dance · 3 Dance · Rising Stars · Lion Cup Scholarship

Additional Categories

All Ages Championship · King Ludwig Cup

American Smooth – All Age Groups (A1–E)

Single Dance · Rising Stars · Lion Cup Scholarship

All Ages Championship · King Ludwig Cup

SUNDAY

Ballroom

Ballroom – All Age Groups (A0–E)

Single Dance · 2 Dance · 3 Dance · Rising Stars · Lion Cup Scholarship

Additional Categories

All Ages Championship · King Ludwig Cup

Age Groups

A0 (0–12) · A1 (13–18) · A2 (19–35) · B1 (36–45) · B2 (46–55) ·
C (56–65) · D (66–71) · E (72+)