

## **Abstract**

Flow experience have been studied widely in sports and on both elite and non-elite athletes. The present study aimed to examine whether there are potential differences in experiencing flow state between professional and non-professional dancers and the effect of regulatory fit (promotion/ eagerness fit and prevention/ vigilance fit) on flow among dancers. 61 non-professional dancers and 41 professional dancers completed a survey measuring their experience in flow during dancing, regulatory focus and dance orientation. The results indicated that: (i) there is no significant difference in flow experience between two groups; (ii) promotion/ eagerness fit had significant moderation effects in three out of the nine dimensions of flow state; and (iii) regulatory fit only had effects on non-professional dancers but not on professional dancers. Our findings might imply that ability level may not be crucial in experiencing flow state and the effects of regulatory fit were restricted by different factors. Further studies examining the reasons for the different effects of regulatory fit on professional and non-professional dancers and the role of prevention/ vigilance fit were expected.

**Keywords:** flow experience, regulatory focus, dance orientation, regulatory fit