

ABD

**ASSOCIATED
BOARD of DANCE**

ABD

RULES & REGULATIONS

Associated Board of Dance Ltd (by guarantee)

A.B.D. is an International Dance Examination Board

A.B.D. is a non-profit making organisation

Recognised, validated and accredited by:
Board of Dance Qualifications & Training – (BDQT) | British Dance Council (BDC)
Graded Qualifications Alliance (GQAL) | Theatre Dance Council International (TDCI)
Sports and Recreation Alliance – (SARA)

Contents –

GENERAL RULING

THEATRE BRANCH

BALLROOM BRANCH

THE ASSOCIATIONS AIM

To provide a Non-Profit making Association of the Performing Arts, recognised internationally, and seeking to elevate and protect the status of teachers and dancers in both the private and educational sectors by representing them within the industry.

To offer support, advice and insight into dancers entering the profession as performers or choreographers

Examinations, Medal Tests, and Awards demand a high standard of work throughout all genres enabling the student or teacher to perform with confidence, optimum knowledge, and style.

MEMBERSHIP

Membership to the association is by examination, however, a working teacher may join as an affiliate member by applying to the secretary and completing the prescribed form. Intensive courses are available for any working teacher/student who wishes to take a professional examination with the association.

Whilst holding an affiliated membership you can enjoy limited benefits of the association such as “Scholarships, Festivals, Open Days and Days of Dance” – it is expected that an affiliate member will take a professional examination within 3 years of joining and therefore become an Associate member – if for any reason an affiliate member does not take a professional examination within 3 years of membership, their membership may be terminated at the discretion of the Board; an affiliate member may enter students for examinations and medal tests within their 3-year membership.

Student membership is available to any student who has passed grade 5 in any subject. Only an Affiliate, Associate, Licentiate or Fellow member may enter pupils for examinations and medal tests.

If you are already a member of another recognised dance association, you may join us without taking a professional examination by providing proof of such membership i.e. certificates, membership card, report sheet to the secretary; if you have completed and passed a minimum two year full-time recognised dance course/degree in Theatre Dance core subjects, you may apply for membership by providing the secretary with a copy of the certificate/report sheet – such membership is at the discretion of the Board of Directors.

A.B.D. recognizes Awarding Bodies belonging to the British Dance Council (BDC), Board of Dance Qualifications & Training (BDQT), Theatre Dance Council (TDCI) and Council for Dance Education & Training (CDET).

Teachers over the age of 25 years may take a professional examination and use a Student they have trained, for demonstration purposes ONLY. (Theatre branch only)

The Board may grant an honorary membership, degree or examination-ship but reserve the right to rescind any of the above at their discretion.
THE BOARDS DECISION IS FINAL.

TERMINATION OF MEMBERSHIP

Any member, who should bring themselves or A.B.D. into disrepute or breaches any of the Associations rules, may be brought before the disciplinary committee who have the power to rescind their membership and request the return of any registration certificate held by the member. There is an appeals process, details of which can be obtained from the secretary.
THE APPEAL COMMITTEES DECISION IS FINAL.

CONDITIONS OF MEMBERSHIP & EXAMINATIONS/MEDAL TESTS

To follow the rules set down by the BDQT and GQAL, ABD must agree to its member's examination/medal tests marks being audited at least every two years to ensure that standards across the Board are maintained.
For us to comply with this condition you must agree as a "Registered Teaching Member and Affiliate Member" that you will hold at least one examination/medal test session per year consisting of students who you and/or your staff have trained. If you do not comply, your membership may be suspended until such times that you do.

TEACHERS REGISTRATION CERTIFICATE

REGISTRATION CERTIFICATE: this certificate is renewable every year. During each one year period, the Board evaluate the standard of each teachers examination results – should the work fall below the required standard of the A.B.D. the teacher will be encouraged to attend on-going training sessions; in extreme cases, they may have their certificate suspended until such time as the examiners committee consider the work to be of an acceptable standard.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

ABD is committed to life-long learning. As a member of any status, you must attend at least one ABD CPD day a year. These days are important as they ensure a clear understanding of the ABD Syllabus/Programme of Study and demonstrate to the profession and the public alike, yours and our commitment to professional standards and good practice.

Points are awarded for attending and a record of these are kept at HQ – failure to reach the required points within a two years may result in your membership being suspended unless a reasonable excuse is offered; the suspension is at the discretion of the Board.

DISCLOSURE & BARRING SERVICE (DBS) – FIRST AID CERTIFICATE

Every teaching member of ABD must hold a current DBS (formerly CRB) certificate and First Aid certificate.

If you do not have these or they need renewing, ABD can arrange this for you – please email the office (admin@abd.dance) with your requirements.

USE OF SOCIAL MEDIA

It is essential that you are aware that what you write or share on social media sites such as Facebook etc. can have a damaging effect on both you as a professional teacher and ABD. You must never criticise another teacher or association; this is viewed as unprofessional conduct and your membership could be suspended if you bring yourself or ABD into disrepute.

YOUR MEMBERSHIP ONLINE ACCOUNT

my.abd.dance

When logged in each member has their account where you can purchase study materials, see your invoice history and update your contact details.

You can also raise support tickets and will find important downloads, for example, exam session files.



THEATRE BRANCH

ADVERTISING TEACHERS QUALIFICATIONS

Qualifications should be advertised in the following way: -

Affiliated Members	A.B.D. (aff)
Student Members	S.A.B.D.
Dancers Diploma holders	A.B.D. (DD Elem)
	A.B.D. (DD Inter)
	A.B.D. (DD Adv)
Associate Members	A.A.B.D.
Licentiate Members	L.A.B.D.
Fellowship Members	F.A.B.D.

THE DIFFERENCE BETWEEN DANCERS DIPLOMA AND PROFESSIONAL TEACHERS EXAMINATIONS

The Dancers Diploma is not a teacher's examination and not a qualification to teach. It is a performer's examination and not a technical examination, requiring teaching knowledge and a written project book together with references from two professional people, as is required in a professional teaching examination.

GRADE AND MEDAL EXAMINATIONS – THEATRE DANCE

Candidates must be pupils of paid-up members of A.B.D.

No teacher or candidate may nominate his or her own examiner.

Teachers, who wish to hold private examination sessions and have examiners attend their studio/hall, must provide a minimum total of fees as set down from time to time. Contact the office for information, please.

Applications must be made on the prescribed form and arrive at the office no later than 6 weeks before the intended date of the examination session (8 weeks for abroad).

Teachers not complying with this rule will have their session cancelled.

ABD EXAMS & MEDAL TESTS – THEATRE DANCE

Fees must be paid in full, FOUR weeks before the examination session so that cheques can be cleared. NO REFUNDS WILL BE GIVEN except for genuine illness (medical certificate required).

Extra entries can be taken only at the discretion of the examiner.

Candidates to be entered into graded exams in groups of 3. If there is an odd number a 4 may be accepted. Pre-Preparatory exams can be entered up to 10 in a group.

ABD/GQAL EXAMS

Entries on the correct entry forms complete with registration documents and fees must be received and paid in full eight weeks before the examination session – failure to do so will result in the session being cancelled.

When teachers share an examination session, it must be at one venue only.

There are no substitutes allowed in an examination session.

Candidates should be entered into the examination in groups of 3. If there is an odd 4 this may be allowed.

EXAMINATIONS RESULTS WILL NOT BE GIVEN ON THE DAY

Results, report sheets, certificates, and medals will be sent to the teacher within four weeks of the date of the session – 6 weeks in the case of GQAL.

Teachers must ensure that persons playing examination c.d.'s are totally obscured from the candidates - i.e. behind a screen etc. GQAL Exams – mirrors need to be covered.

Teachers need to collate their own programmes for an examination session – please use the timings guide shown below. The office can provide an example.

AMATEUR GRADED EXAMINATIONS – TIME ALLOWED

Subjects: - Ballet, Tap, Modern, Acrobatic, Contemporary, Freestyle, Hip-Hop & Street, Irish, Musical Theatre, National, Greek & Soft Musical Comedy.

Pre-Preparatory (Guideline age Under 6's)	15 Minutes
Preparatory (Guideline age 5-7yrs)	15 Minutes
Primary* (Guideline age 7-9yrs)	15 Minutes
Grade One (Guideline age 8+yrs)	20 Minutes
Grade Two (Guideline age 9+yrs)	20 Minutes
Grade Three (Guideline age 10+yrs)	25 Minutes
Grade Four * (Minimum age 11yrs)	30 Minutes
Grade Five * (Minimum age 12yrs)	35 Minutes
Grade Six (Minimum age 13yrs)	40 Minutes
Grade Seven (Minimum age 13yrs)	40 Minutes
Grade Eight (Minimum age 13yrs)	40 Minutes

***PLEASE NOTE: -**

NO CANDIDATE **OVER 9 YEARS** TO BE ENTERED FOR PRIMARY

NO CANDIDATE **UNDER 11 YEARS** TO BE ENTERED FOR GRADE FOUR

NO CANDIDATE **UNDER 12 YEARS** TO BE ENTERED FOR GRADE FIVE OR ABOVE

Exceptions can be made under certain circumstances and only with the agreement of the office.

STUDENT MEMBERSHIP

On successfully passing Grade Five, the candidate will be elected to Student Membership and will be able to advertise the letters:” SABD” & teach under the direction of a qualified teacher present in the studio.

An application should be made on the prescribed form and sent together with the appropriate subscription, within fourteen days of receiving the examination result.

TIMES ALLOWED FOR MAJOR EXAMINATIONS

PRE-ASSOCIATE DANCE DIPLOMA BALLET

TIME ALLOWED

Candidate must be 12 years & over

45 minutes.

DANCE DIPLOMA PART ONE (Theatre Dance Only)

ASSOCIATE DANCE DIPLOMA	(Minimum age 14yrs)	1 hour.
LICENTIATE DANCE DIPLOMA	(Minimum age 15yrs)	1 hour 5 mins
FELLOWSHIP DANCE DIPLOMA	(Minimum age 18yrs)	1 hour 15 mins

PROFESSIONAL TEACHERS EXAMINATIONS PART TWO (Theatre)

ASSOCIATE DANCE TEACHING QUALIFICATION	(18 years & over)	1 hour
LICENTIATE DANCE TEACHING QUALIFICATION	(19 years & over)	1 hour 15mins
FELLOWSHIP DANCE TEACHING QUALIFICATION	(20 years & over)	1 hour 30 mins

MEDAL TEST FOR STAGE & CLASSICAL (Theatre Dance)

Baby Medals for 7 years and under ONLY.

Bronze	1 Dance	1 ½ Mins
Silver	1 Dance	1 ½ Mins
Gold	2 Dances	1 ½ Mins

STARLET AWARDS

For 7 years and under – can be taken in either Classical or Stage, consisting of two different subjects. (Both can be taken)

<u>Classical</u>	2 Dances	1 ½ Mins.
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(Can be taken in Ballet, Greek, National & Character).

<u>Stage</u>	2 Dances	1 ½ Mins.
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(Can be taken in Tap, Modern, Contemporary, Soft Musical Comedy, Song & Dance and Acrobatic)1/2 mins to be added for Acrobatic and Song & Dance.

**MEDAL TEST & SPECIAL AWARD FOR 8 YEARS & OVER FOR JUNIOR –
INTERMEDIATE, SENIOR & ADULT**

MEDAL OR AWARD | NO. OF DANCES | TIME ALLOWED

Bronze	1	2 mins.
Silver	1	2 mins.
Gold	2	2 mins
	(In One subject)	(per dance)
1st Gold Bar	“	“
2nd Gold Bar	“	“
*Statuette	3	2 mins (per dance)
*Graduation	4	“
*Supreme Accolade	6	“

The above Medals and Special Awards can be taken in the following subjects: -

CLASSICAL

Ballet, National, Character and Greek.

STAGE

Tap, Modern, Contemporary, Freestyle, Street & Hip-Hop, Irish, Soft Musical Comedy, Song & Dance, Acrobatic & Contortion, Lyrical, Cheer Leading and Freestyle.

***PLEASE NOTE:** - Statuette and Graduation Awards can be taken in either Classical or Stage selections as above. The Supreme Accolade and Ultimate Seal should consist of 3 Classical dances and 3 Stage dances

All Medal Tests and Awards can be taken in the following formats: -

Solos (Stage or Classical) **Duets** (Stage or Classical,)
Trios (Stage or Classical), **Groups** (Classical) **Troupes** (Stage)

TIME ALLOWED

Duets & Trios 2 mins per dance (*add ½ Min for Song & Dance or Acrobatic*)

Groups & Troupes 5 mins per dance (*4 Dancers or more*)

SPECIAL AWARD SECTION

This is a carefully chosen section for the benefit of late developers and late starters, to the Stage and Ballet world. These are taken in exactly the same format as given for the Medal Award section, but marking will be more flexible and allow the examiner more discretion.

ADULT MEDALS

These can be taken in all subjects including Keep Fit, Freestyle and Cheer Leading.

SPECIAL ACHIEVEMENT SECTION – MEDALS ONLY

This section has been formulated for candidates with special needs. A verbal dialogue with the office is advisable for teachers entering candidates for this section.

MARKING SYSTEM

(For Theatre & Irish Dance – Technical examinations)

PRE-PREPARATORY AND PREPARATORY

Unsuccessful	2-3
Pass	4-5
Merit	6-8
Distinction	9-12

PRIMARY

Unsuccessful	3-5
Pass	6-8
Merit	9-13
Distinction	14-18

GRADE 1 to GRADE 8 Marks out of 100

Pass	44-57
Merit	58-76
Distinction	77-100

THEATRE DANCE MEDAL TESTS

Unsuccessful	2-3
Pass	4-5
Merit	6-8
Distinction	9-12

The A.B.D. award annually the teacher with the highest aggregate marks of the year, a 'Teachers Shield' which will be presented at either the annual Congress/ Dinner & Dance or Gala Show by the President and held for a period of twelve months.

RULES AND GUIDELINES REGARDING PROFESSIONAL TEACHING EXAMINATIONS AND DANCE DIPLOMA

DANCE DIPLOMA – THEATRE DANCE ONLY

A candidate aged 14 years and over may take a Dance Diploma examination. This is a performer's examination – the theory is required up to and including this grade – NO TEACHING KNOWLEDGE IS REQUIRED – A high standard of professional performance is required in the practical dance...NO PROJECT BOOK IS REQUIRED. Full stage make-up is required.

DANCERS DIPLOMA IS NOT A TEACHING QUALIFICATION

Dance Diploma examinations open to candidates are: -

ASSOCIATE DANCE DIPLOMA	14 years and over
LICENTIATE DANCE DIPLOMA	15 years and over
FELLOWSHIP DANCE DIPLOMA	18 years and over

TEACHING QUALIFICATIONS

A candidate may only take a teaching examination, when he/she has taken the appropriate Dance Diploma (applies to Theatre Branch only)- (see below):

A candidate aged 18 years and over may take a teaching examination. This requires the following knowledge: -

ASSOCIATE (18 years and over) – To demonstrate and teach up to and including Grade 5 in addition to the Associate syllabus – teaching & theory knowledge is required

LICENTIATE (19 years and over) – To demonstrate and teach up to and including Associate in addition to the Licentiate syllabus – teaching & theory knowledge is required

FELLOW (20 years and over) – To demonstrate and teach up to & including Fellow - teaching & theory knowledge is required

A project book (module) is required with all theatre dance teaching examinations and this must be sent to the Examiner designated, NOT the office.

A candidate may only take a teaching examination, when he/she has taken the appropriate Dance Diploma – applies to Theatre dance only (see below): -

ASSOCIATE When the candidate has taken the Associate Dance Diploma

LICENTIATE When the candidate has taken the Licentiate Dance Diploma

FELLOWSHIP When a candidate has taken the Fellowship Dance Diploma

DRAMA

FROM JAN 1st 2019 the revised drama syllabus
becomes compulsory

DRAMA RULES & REGULATIONS TECHNICAL EXAMINATIONS

Level 1 -	Up to 7 years -	Prep – Primary - 15 mins
Level 2 -	Ages 6 – 9 years -	Grades 1 – 2 - 25 mins
Level 3 -	Ages 10 – 13 years -	Grades 3 – 4 - 30 mins
Level 4 -	Ages 14 years & over	Grade 5 - 45 mins (Student Letters)
Level 5 -	Ages 14 years & over	Associate Part 1 - 1 hour
Level 6 -	Ages 18 years & over	Associate Part 2 - 1 hour

MARKING SYSTEM FOR DRAMA EXAMS & MEDAL TESTS/AWARDS

65-77	Credit
78-84	Merit
85-89	Honours
90-100	Distinction

1. No make-up required until Level 5 – then Full Stage Makeup.
2. **Project Books:** - From Level 3 upwards ***must*** be sent to **Examiner 4** ***weeks*** before the Examination date – ***not to Headquarters, please contact the office when doing so.***

DRAMA MEDALS: -

Baby Medals for 7 years and under.

Bronze	One short piece
Silver	One short piece
Gold	Two short pieces
Starlets	Two short pieces plus Nursery rhyme & Mime

Junior 8 – 10 years - Inter 11 – 13 years - Senior 14 years & Over

Bronze	One piece and one short story, written by Candidate
Silver	One piece and one short story, written by Candidate
Gold	Two pieces, one short story and one poem written by Candidate
1st Gold Bar	Two pieces, one story and one poem written by Candidate
2nd Gold Bar	Two pieces, one story and one poem written by Candidate
Statuette	Two pieces plus mime of own choice, one story and one poem, written by Candidate
Graduation	Two set-pieces plus mime of own choice and one given by The Examiner, one story and one poem written by Candidate
Accolade	Four set-pieces, plus mime of own choice and one given by the Examiner, one story and one poem written by the Candidate
Ultimate Seal	Six set-pieces – any genre of a professional standard
Associate, Member & Fellow	- Apply to office

IRISH DANCE

LIGHT AND HEAVY SYLLABUS

PRE-PREPARATORY - UNDER 6YRS

PREPARATORY – GRADE 2 - GUIDELINE UP TO 10YRS

GRADE 3 - GUIDELINE AGE OF 10YRS

GRADE 4 - MINIMUM AGE OF 11YRS

GRADE 5 - MINIMUM AGE OF 12YRS

ON COMPLETION OF GRADE FIVE, CANDIDATES OVER THE AGE OF 14 WILL RECEIVE STUDENTS TEACHER STATUS ALLOWING THEM TO TEACH BASIC PRIMARY DANCES WITH A FULLY QUALIFIED TEACHER PRESENT IN THE ROOM

DANCE DIPLOMA

PLEASE NOTE: DIPLOMAS ARE A COMBINED EXAMINATION OF LIGHT AND HEAVY DANCING.

PRE-ASSOCIATE - 12 AND OVER

ASSOCIATE DANCE DIPLOMA - 14 AND OVER

LICENTIATE DANCE DIPLOMA - 15 AND OVER

FELLOWSHIP DANCE DIPLOMA - 18 AND OVER

*UNDER CERTAIN CIRCUMSTANCES, CANDIDATES MAY TAKE THESE EXAMINATIONS AT AN EARLIER AGE. (*APPLICATIONS TO THE ABD OFFICE*)

MEDAL TEST

STARLET AWARD - PRIMARY REEL

BRONZE - PRIMARY REEL/LIGHT JIG

SILVER - PRIMARY REEL/L. JIG/SINGLE JIG

GOLD - PRIMARY REEL/L. JIG/SINGLE JIG/SLIP JIG

TEAM MEDAL TESTS

BRONZE - TWO-HAND

SILVER - THREE – HAND

GOLD - FOUR HAND

1ST GOLD BAR - EIGHT HAND (BOOK 1)

2ND GOLD BAR - FIGURE DANCE ANY NUMBER. (*max 3 mins*)

STATUETTE - ADVANCED FIGURE DANCE

GRADUATION - EIGHT HAND (BOOK TWO) ADVANCED FIGURE (*5 mins*)

**SUPREME ACCOLADE WILL BE AWARDED BY THE EXAMINER FOR THE GRADUATION EXAMINATION IF THE WORK IS OF THE APPROPRIATE STANDARD*

UNIFORM:

A.B.D. LEOTARD.

BLACK CIRCULAR SHORT LYCRA SKIRT.

WHITE POODLE SOCKS, BLACK TIGHTS OPTIONAL
FROM GRADE 5.

BLACK LIGHT SHOES/HEAVY SHOES.

PROJECT BOOKS FROM GRADE 5 UP ARE TO BE SENT TO THE EXAMINER FOUR WEEKS BEFORE THE EXAMINATION.

APPOINTMENT OF EXAMINERS

If the Association should require or have a vacancy for a new examiner, such a position will be advertised in the newsletter published from the office.

Applicants should hold the following qualifications: -

THEATRE

Three Fellowships (One must be Ballet)

One Licentiate (Four different subjects in all)

IRISH DANCE

Licentiate or higher in Irish Dance

Applicants will be required to take an “examiners examination” and must be committed to “Continuing Professional Development - CPD”

Full details upon request from the office. The Board may appoint an examiner at their discretion.

A.B.D. SALES

Only the A.B.D. published CD's & DVD's are permitted to be used for examination/teaching purposes in all grades and majors. A.B.D. CD's & DVD's released after this publication may be used by following the instructions issued and published in subsequent newsletters.

YOU MUST NOT MAKE COPIES OF OFFICIAL A.B.D. CD'S AND DVD'S.

A.B.D. syllabi and “Programmes of Study” are subject to copyright and must not be copied under any circumstances.

International Dance Supplies: <https://ids.co.uk/dance-associations> or (IDS) are the sole stockists of the ABD regulation examination uniform and will **ONLY SUPPLY ABD REGISTERED TEACHERS. Parents can obtain ABD uniforms if you wish them to deal direct at: www.firstposition.com – they will be charged retail prices – you as the teacher will be charged at discount prices.**

NO OTHER FORM OF DRESS WILL BE ACCEPTED BY THE EXAMINERS - PLEASE REFER TO THE GROOMING LIST FOR ALL SUBJECTS I.E. SHOES ETC.



BALLROOM BRANCH

BALLROOM & LATIN

It is required that all members hold an up to date DBS as good practice, along with knowledge of safeguarding – for assistance in obtaining a DBS, please contact the office.

Advertising Teachers Qualifications –

ASI Members – ABD.ASI
Associate Members – AABD
Licentiate Members – LABD
Fellowship Members – FABD

Difference between the ASI and a Teaching Qualification - The ASI is not a teaching qualification it is an Assistant Student Instructor. This enables a dancer to compete on the amateur circuit whilst gaining teaching experience under the auspices of a qualified mentor.

BALLROOM EXAMINATIONS –

Fees are payable in advance, no later than a week before the date of the session. Entries to be submitted to the Head of Ballroom on the correct forms.

Professional exams need to be entered via application to the Head of Ballroom 6 weeks before the session date.

Results, report sheets, certificates and medals/awards will be sent to the teacher within 4 weeks of the session date.

Teachers to collate their own programmes/timetables for an examination session for timings please contact the office.

AGE REQUIREMENTS FOR PROFESSIONAL EXAMINATIONS FOR BALLROOM BRANCHES

ASI	Must be 18 years and over	- 1 hour 15 mins
ASSOCIATE	Must be 18 years and over	- 1 hour 30 mins (per genre)
LICENTIATE	Must be 21 years and over	- 1 hour 45 mins (per genre)
FELLOW	Must be 25 years and over	- 2 hours 15 mins (per genre)

MARKING SYSTEM

AMATEUR EXAMINATIONS

Pass
Pass Plus
Commended
Highly Commended
Honours
Distinction

PROFESSIONAL EXAMINATIONS & ASI (Associate Student Instructor)

Pass
Fail

EXAMINER REQUIREMENTS

It is required that all examiner hold an up to date DBS check and knowledge of safeguarding.

Qualification Requirements for examiners –
3 Fellowships – Ballroom, Latin and 1 other

Ballroom E-Learning - We are in the process of transferring all video and audio study materials from hard copy DVD and CD to iTunes for download and Vimeo for streaming. For more information and links to currently available titles please visit the website: abd.dance/online-streaming-of-dvds

All study materials are available from head office or on the online store via my.abd.dance

MEDAL TEST DANCES

For Gerry and Ginger and Intro Medals both dances are required to complete the test.

GRADE	BALLROOM	LATIN
GERRY & GINGER ONE	Waltz & Cha Cha Cha	
GERRY & GINGER TWO	Quickstep & Paso Doble	
GERRY & GINGER THREE	Tango & Samba	
GERRY & GINGER FOUR	Foxtrot & Rumba	
GERRY & GINGER FIVE	Waltz, Tango & Jive	
INTRO ONE	Waltz & Cha Cha Cha	
INTRO TWO	Tango & Jive	
INTRO THREE	Quickstep & Samba	
INTRO FOUR	Waltz & Jive	
INTRO FIVE	Quickstep & Cha Cha Cha	
INTRO SIX	Tango & Samba	
BRONZE ONE	Waltz & Quickstep	Cha Cha Cha & Jive
BRONZE TWO	Waltz, Tango & Quickstep	Cha Cha Cha, Samba & Jive
BRONZE THREE	Waltz, Tango, Foxtrot & Quickstep	Cha Cha Cha, Samba, Rumba/Paso & Jive
SILVER ONE	Waltz & Quickstep	Cha Cha Cha & Jive
SILVER TWO	Waltz, Tango & Quickstep	Cha Cha Cha, Samba & Jive
SILVER THREE	Waltz, Tango, Foxtrot & Quickstep	Cha Cha Cha, Samba, Rumba/Paso & Jive
GOLD ONE	Waltz & Quickstep	Cha Cha Cha & Jive
GOLD TWO	Waltz, Tango & Quickstep	Cha Cha Cha, Samba & Jive
GOLD THREE	Waltz, Tango, Foxtrot & Quickstep	Cha Cha Cha, Samba, Rumba & Jive
GOLD BAR	Waltz, Tango, Foxtrot & Quickstep	Cha Cha Cha, Samba, Rumba & Jive
GOLD STAR	Waltz, Tango, Viennese Waltz, Foxtrot & Quickstep	Cha Cha Cha, Samba, Rumba, Paso & Jive
STATUETTE	Waltz, Tango, Viennese Waltz, Foxtrot & Quickstep	Cha Cha Cha, Samba, Rumba, Paso & Jive
PRESIDENTS AWARD	Waltz, Tango, Viennese Waltz, Foxtrot & Quickstep	Cha Cha Cha, Samba, Rumba, Paso & Jive
ULTIMATE SEAL	A choice of 6 dances	
ASDT	One dance Alternative Social Dance Test (Any style Ballroom/Latin one dance)	



ABD MEDAL SYSTEM CLASSICAL SEQUENCE /SEQUENCE DANCES

GRADE	DANCE 1	DANCE 2	DANCE 3	DANCE 4	DANCE 5
GERRY / GINGER 1	WALKS & POINTS	PAS DE BASQUE			
GERRY / GINGER 2	PAS DE BASQUE & WALKS	1ST 8 BARS SQUARE TANGO			
GERRY / GINGER 3	SQUARE TANGO	VELETA			
GERRY / GINGER 4	BOSTON 2 STEP	HARRY LIME FOXTROT			
GERRY / GINGER 5	OLD TIME WALTZ NAT TURNS	OLD TIME WALTZ REV TURNS	SQUARE TANGO	MELODY FOXTROT	
INTRO 1	SQUARE TANGO	SWEETHEART WALTZ			
INTRO 2	MAYFAIR Q/STEP	VELETA			
INTRO 3	BOSTON 2 STEP	SWEETHEART WALTZ	SALLY ANNE CHA		
INTRO 4	RAGTIME SWING	BALMORAL BLUES	RUMBA 1	LIBERTY 2 STEP	
INTRO 5	OLD TIME WALTZ	LILAC WALTZ	SAUNTER TOGETHER	MELODY FOXTROT	TANGO SERIDA
BRONZE 1	VELETA	SQUARE TANGO			
BRONZE 2	BOSTON 2 STEP	RUMBA 1	HARRY LIME FOXTROT		
BRONZE 3	OLD TIME WALTZ	MAYFAIR Q/STEP	RUMBA 1	ROYAL EMPRESS TANGO	
SILVER 1	FYLDE WALTZ	BRITANNIA SAUNTER			
SILVER 2	PREMIER 2 STEP	TANGO SERIDA	QUANDO Q/STEP		
SILVER 3	LILAC WALTZ	SAUNTER REVE	WOODSIDE WALTZ	SIZZLER SAMBA	
GOLD 1	WEDGEWOOD BLUE GAVOTTE	GLENROY FOXTROT			
GOLD 2	LA MASCOT	TANGO MAGENTA	MIDNIGHT JIVE		
GOLD 3	OLT TIME WALTZ	WAVERLEY TWO STEP	GAINSBORO GLIDE	JAQUELINE CHA	
GOLD BAR	RAILTO TWO STEP	STARDUST SAUNTER	HELENBROOKE WALTZ	NICO JIVE	
GOLD STAR	WALTZ CAMAY	TARANTELLA TANGO	WAVERLEY TWO STEP	FLARE FOXTROT	EVINO Q/STEP
STATUETTE	OLT TIME WALTZ	ROYAL EMPRESS TANGO	WINDSOR GLIDE	QUUNADO Q/STEP	RIVA CHA
PRESIDENTS AWARD	LATCHEFORD SCHOTISE	TAYSIDE TANGO	WAVERLEY TWO STEP	JACKS WALTZ	RUMBA ROSALIE
ULTIMATE SEAL	A CHOICE OF 6 DANCES				

Ballroom & Latin All Subjects

Sequence | Formation | Wheelchair Dance & Dance Sport
Freestyle & Rock n Roll | Salsa | New Vogue
Club & Social | American Smooth / Rhythm | Argentine Tango



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