

IDTA

FREESTYLE AMATEUR DANCE SYLLABUS

**ROSETTES
STARDANCE AWARDS
DANCE AWARDS
GRADES**

**Freestyle
Rock 'n' Roll
Street Dance
Belly Dancing
Line Dancing
Cheer Dance**

AMATEUR DANCE SYLLABUS

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Cheer Basic Awards have been withdrawn and replaced by the Cheer Stardance Awards.

AMATEUR DANCE AWARDS

CONDITIONS AND INFORMATION

Candidates must be pupils of current IDTA members.

ASSESSMENTS, REPORTS AND CERTIFICATES

Candidates are assessed individually but perform with a partner where appropriate or in groups where permitted. Candidates are assessed in demonstration only.

Candidates must arrange for their own partners which may be a professional.

Adults and Seniors may choose to dance as a couple and receive one test report.

Freestyle Pairs, Rock 'n' Roll Pairs and Street Dance duos dance as a couple and may be partnered by another candidate, a student or a teacher. Where both performers are candidates, each candidate will be assessed as part of a couple and each will receive a report. Trios must comprise of at least two candidates. The third dancer may be an amateur, student or professional. Each candidate will be assessed as part of the trio and each will receive a report.

Formation Teams, Freestyle Teams and Street Dance crews are examined as a team and the report is duplicated for each team member.

Fees are charged on a per candidate basis irrespective of the form of assessment.

All candidates receive an assessment report except for Rosette Awards, Stardance Awards and Social Dance Awards. All successful candidates receive a certificate.

AGE GROUPS

Junior: Candidates aged under 16 years. Adult: Candidates aged 16 years and over. Senior: Candidates aged 45 years and over.

The Rosette, Stardance, Junior Dance Awards and Social Dance Awards are recommended as a suitable series of awards for persons with special needs.

EXAMINATION LEVEL

Rosette Awards, Stardance Awards, Junior Dance Awards, Social Dance Awards, One Dance, Bronze, Double Bronze*, Silver, Double Silver*, Gold, Gold Bar, 2nd Gold Bar, 3rd Gold Bar, IDTA Stars 1-5, President's Awards 1-4, International Awards 1-4, International Supreme Awards 1-4, International Supreme Certificates.

Candidates may choose to take International Award tests with or without an award (see section titled 'Award'). Where available, candidates may choose to take either International Supreme Awards (with an award), or International Supreme Certificate only.

Candidates who have obtained International Award 4 or International Supreme Award 4 can continue to take International Supreme Certificates for an indefinite period.

*Double Bronze and Double Silver awards are available in all dance disciplines and are noted in each syllabus.

AWARDS

Ballroom, Freestyle and Cheerleading Rosette Awards are rosettes of different colours (one for each test). A Bannerette for the display of the rosettes is available. Stardance Awards comprise a Display Board to which stars can be affixed. One star is issued for each of the twelve tests with a large twelve-pointed star issued with the final test.

Junior Dance Awards and Social Dance Awards are plaques in sizes rising from (1) to (4). They are available with separate decals for each dance style listed in the syllabus. Each level can be taken more than once with plaques available in four different sizes. Teachers may choose any colour but if not indicated, black will be issued. SDA plaques carry the appropriate decal and an engraved plate bearing the name of the candidate and the name of the school.

One-Dance candidates receive a plaque with a suitable decal affixed, and an engraved plate. In some disciplines, five differently coloured decals are available for One Dance tests and these are listed within each syllabus in Freestyle and Rock 'n' Roll. Dance Exercise candidates receive enamel badges.

DANCE AWARDS (including Single-Dance-Series)

Candidates will receive an appropriate award and certificate at all levels.

LIMITATIONS

TIME INTERVALS

Candidates under the age of five shall not be permitted to enter Bronze or above.

There is no restriction in the number of dance awards that can be taken in any one branch in any one session up to and including Silver. Above Silver, any two examinations in the same branch cannot be taken at the same session.

In all branches after 1st Gold Bar a minimum interval of three months must elapse between successive tests.

Candidates who are unsuccessful in a dance award may not enter a test for the same level within three months from the date of the previous test.

ORDER OF AWARDS

Junior Social Dance Awards and Social Dance Awards (1), (2), (3) or (4) may be taken in any order.

It is recommended that candidates take the examinations in strict rotation from Bronze, as listed in the dance award section. There is no limitation on the number of International Supreme Certificates taken.

Candidates transferring from another recognised organisation may continue with the next appropriate examination with IDTA.

GENERAL

Candidates should take time to warm up before taking their test.

In Ballroom, Latin, Sequence and Rock 'n' Roll suitable footwear must be worn when taking tests. Lifts are not permitted in dance awards (formerly medal tests).

It must be clearly understood by candidates that the gaining of an award in no way suggests the recipient's ability to teach and that it may not be used for any subsequent Professional advertising purposes.

Teachers who wish an Examiner to visit their studios at their convenience must provide a minimum total fee for each day in actual entries. Teachers entering their first three examination sessions are entitled to a reduced daily minimum fee, details are obtained from Head Office.

Teachers requiring this type of session are requested to inform head office of the date required six weeks in advance. Application must be made on a "Request Form" (obtainable from head office) and accompanied by professional application forms and professional fees (if any).

No teacher or candidate may nominate his or her own Examiner. The Examiner's decision is final. Teachers organising a medal test session may invite all school members and relatives and friends to the session.

HOW THE EXAMINATION SYSTEM WORKS

On receipt of the Request Form we acknowledge and dispatch candidate report forms and timetable/results sheets. The teacher completes the top section of the candidate report form and the timetable/results sheet and hands them to the Examiner on the day.

Teachers are invoiced only for those tests actually conducted. Certificates and awards are dispatched when payment is made. A prompt payment discount is given at the rate as set from time to time by the Board of Directors.

With this system teachers are not required to pay in advance and pay only for the actual tests which take place, eliminating difficulties over late entries and pupils who are unable to attend. A computer programme called 'Masterclass' is available for generating examination report forms etc.

EXAMINATION CODES

Each examination has its own code. Teachers entering candidates for Dance Awards will be issued with a code book which includes a code for every single possible examination. It can also be downloaded from the Members section of the IDTA website. For the password to the Members section please contact Head Office where you will be asked security questions prior to access.

Code examples:

A Bronze Ballroom will have the code: BB, a Bronze Freestyle will have the code: FB.

FROM ROSETTES to SOCIAL DANCE AWARDS

This section of the syllabus is designed for a variety of purposes:

Young children from three to ten years of age have a selection of opportunities to experience the wide forms of dance and rhythm. They are not required to know technique or understand the function of body movement.

ROSETTES AND STARDANCE AWARDS

The Rosettes and Stardance Awards enable the teacher to develop programmes which will inspire young minds, developing their senses of awareness and imagination.

JUNIOR DANCE AWARDS AND SOCIAL DANCE AWARDS

The Junior Dance Awards are for young children and teenagers and Social Dance Awards for older teenagers and adults who are learning the rudiments of dance for the first time and wish to equip themselves with the social ability to join others in all the forms of dance.

The purpose of the award is to give confidence to the candidate in their ability to dance with their friends and colleagues, to experience the diversity of dance, its connection to music of all forms and to encourage them to extend their knowledge and experience.

Junior Dance Awards and Social Dance Awards may be taken in conjunction with any other dance award, in any age group.

REASONABLE ADJUSTMENTS AND SPECIAL CONSIDERATIONS

All of the above are perfectly adaptable for persons with any additional requirement.

A separate document is available which gives examples of the types of assistance and aid which can be given to enable all members of the community to enjoy their dancing and achieve results along with their friends. Please see the Reasonable Adjustment and Special Consideration policy and application form. Contact Head Office for a copy or more information or advice.

FREESTYLE/STREET DANCE ROSETTES AWARDS

Read carefully the conditions and information.

Candidates aged from three to eight may commence this series of awards. Candidates who have reached their eighth birthday may complete, (but not start) this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all. Candidates will perform one or two routines arranged by the teacher. Rosette awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of awards taken in one session.

The examinations are conducted in groups with the teacher / assistant being allowed to count in and dance alongside candidates if necessary.

For medal examinations, a basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

The Rosette awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events, as well as dancers of the future. Greater attention should be paid to the quality of posture, movement, rhythmical expression and characterisation. Adjudicators will favour competitors who possess these qualities and show an understanding of etiquette and floorcraft. The technique used should be that described in 'Freestyle Dance' and 'Advanced Freestyle' by Anna Jones available from IDTA Sales.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua Marine
15. Emerald
16. Wine
17. Cream

ROCK 'N' ROLL ROSETTE AWARDS

Candidates aged from three to eight may commence this series of awards. Candidates who have reached their eighth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are seventeen awards in all. Candidates will perform one or two routines arranged by the teacher. Rosette awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of awards taken in one session. The examinations are conducted in groups with the teacher/assistant being allowed to count in or dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specified holds. A basic understanding of syllabus requirements is all that is necessary, although the development of good technique should be encouraged from the start.

The Rosette awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events, as well as dancers of the future. Greater attention should be paid to the quality of posture as well as an understanding of footwork, action and musicality. Adjudicators will favour those who possess these qualities.

Rock 'n' Roll has a high energy level but control must be maintained

This series of Rosette awards is designed to be flexible and the content and style is determined by the teacher.

Please note, a Rock 'n' Roll routine may be used as a second dance in any Ballroom, Street or Freestyle Rosette award.

Technical information can be found in "Let's Rock 'n' Roll" by Lynda King available from IDTA Sales.

Colours will be as for Freestyle / Street Dance Rosette Awards, 1 to 17.

CHEER DANCE ROSETTE AWARDS

Candidates may enter the examination room in sets of up to eight children all dancing at the same time. They may be counted in by the teacher and may follow the lead of a teacher or student. Each candidate will be assessed individually and the result placed on a marking sheet as pass or unsuccessful.

There are 17 awards in total Candidates to dance one or two routines. The teacher may use the example routines below or choreograph their own routines to the same standard. The music for both routines will be of the teacher's own choice. Repeats may be performed either to the left or the right.

Candidates will enter the examination room in a suitable manner i.e. march, skip (music optional) and introduce themselves to the examiner. Candidates will then exit the examination room with or without music.

Colours will be as for Freestyle / Street Dance Rosette Awards, 1 -



1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua Marine
15. Emerald
16. Wine
17. Cream

FREESTYLE/STREET DANCE STARDANCE AWARDS

Candidates from six to ten years may commence this series of awards. Candidates who have reached their tenth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are fifteen awards in all, teachers will select twelve to complete the display board and the series. Each award is numbered and a different colour.

Candidates will perform one or two routines arranged by the teacher. Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of tests taken at any one session.

The examinations are conducted in groups with the teacher/ assistant being allowed to count in and dance alongside candidates if necessary.

The Stardance awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events as well as dancers of the future. Greater attention should be paid to the quality of posture, movement, rhythmical expression and characterisation. Adjudicators will favour those who possess these qualities and show an understanding of etiquette and floorcraft. The technique used should be that described in 'Freestyle Dance' and 'Advanced Freestyle' by Anna Jones available from IDTA Sales.

Colours for Freestyle/Street Stardance Awards.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua Marine
15. Emerald

ROCK 'N' ROLL STARDANCE AWARDS

Candidates aged from six to ten may commence this series of awards. Candidates who have reached their tenth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are 12 awards in all to complete the display board and the series. Each award is numbered and a different colour.

Candidates will perform one or two routines arranged by the teacher. Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session. The examinations are conducted in groups with the teacher / assistant being allowed to count in or dance alongside candidates if necessary.

For these awards, candidates may dance solo or with a partner using the specified holds. A basic understanding of syllabus requirements is all that is necessary although the development of good technique should be encouraged from the start.

The Stardance awards have become increasingly important in medallist competitions and these young competitors are considered to be the foundation of Nationwide events, as well as dancers of the future. Greater attention should be paid to the quality of posture as well as an understanding of footwork, action and musicality.

Rock 'n' Roll has a high energy level but control must be maintained

This series of Stardance awards is designed to be flexible and the content and style is determined by the teacher.

Please note, a Rock 'n' Roll routine may be used as a second dance in any Ballroom, Street or Freestyle Stardance award.

Technical information can be found in "Let's Rock' n Roll" by Lynda King available from IDTA Sales.

Colours will be as for Freestyle/Street Stardance Awards.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua
15. Emerald

CHEER DANCE STARDANCE AWARDS

Candidates aged from six to ten may commence this series of awards. Candidates who have reached their tenth birthday may complete but not start, this series. Persons with special requirements of any age are permitted to take these awards without restriction.

There are 12 awards in all to complete the display board and the series. Each award is numbered and a different colour.

Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level.

There is no restriction on the number of awards taken in one session.

Candidates may enter the examination room in sets of up to eight children all dancing at the same time. They may be counted in by the teacher and may follow the lead of a teacher or student.

Each candidate will be assessed individually and the result placed on a marking sheet as pass or unsuccessful.

Candidates will perform one or two routines arranged by the teacher. Stardance awards can be taken in any order and the whole series does not have to be completed before moving on to another level. There is no restriction on the number of tests taken at any one session. The music for both routines will be of the teacher's own choice. Repeats may be performed either to the left or the right.

Candidates will enter the examination room in a suitable manner i.e. march, skip (music optional) and introduce themselves to the examiner. Candidates will then exit the examination room with or without music.

Colours will be as for Freestyle/Street Stardance Awards.

1. Turquoise
2. Red
3. Yellow
4. Green
5. Orange
6. Pink
7. Beige
8. Blue
9. Mauve
10. Gold
11. Lime
12. Purple
13. Black
14. Aqua
15. Emerald

DANCE AWARDS

(formerly medal tests)

Freestyle
Rock 'n' Roll
Street Dance
Line Dancing
Belly Dancing
Cheer Dance

FREESTYLE DANCE AWARDS

FOR FREESTYLE SOLO, PAIRS, TRIOS, TEAMS

Read carefully the conditions and information.

Every care should be taken to use only those steps and movements which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard should be slightly lower than that required for Bronze. Candidates should show reasonable style and timing. See 'Awards' at the beginning of the section for details of the One-Dance awards available for Freestyle Solos, Pairs and Teams.

BRONZE AWARD: A sound presentation of Freestyle dance which is within the capability of the candidate is required. Results will be based on the candidate's ability to show correct foot action, poise and timing. Please note that a second 'Double' Bronze test is available for Freestyle Solos, Pairs and Team tests only. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on good actions and style. Please note that a second 'Double' Silver test is available for Solo, Pairs and Team tests only. Enter DS on the report form.

GOLD AWARD: Movements may be more advanced but should always be selected to show the character of each dance, and should never be above the ability of the candidate to dance them easily with flair and style.

GOLD BARS, IDTA STARS, PERSISTENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a higher standard.

DANCE STYLE: In all solo, pairs, trios and team awards the teacher and candidate shall be encouraged to include some steps and movements from the Freestyle Professional Syllabus.

Candidates are recommended to utilise a variety of styles and tempi

Dance to be choreographed by the teacher to their own choice of music.

FREESTYLE SOLO

ONE DANCE AWARD: A minimum of four actions and/or movements should be used.

BRONZE AWARD: Two dances with a minimum of five actions and/or movements in each dance.

SILVER AWARD: Three dances with a minimum of six actions and/or movements in each dance.

GOLD AWARD: Four dances with a minimum of seven actions and/or movements in each dance.

1ST, 2ND, AND 3RD GOLD BARS AND IDTA STARS: Four dances with a minimum of eight actions and/or movements in each dance.

PRESIDENT'S AWARD: Four dances with a minimum of ten actions and/or movements in each dance.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for President's Award.

FREESTYLE PAIRS

Freestyle Pairs candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dance each with a minimum of ten actions and/or movements.

FREESTYLE TRIOS

Freestyle Trios must comprise of at least two candidates and may be accompanied by a student or a teacher. Each candidate receives a report. A Trio report is completed by the Examiner and duplicated at Head Office. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dances each with a minimum of ten actions and/or movements.

FREESTYLE TEAMS

Pupils, students and teachers may make up the team to replace absentees without being tested. All candidates are assessed at the same level. A team comprises of a minimum of four and a maximum of 16 members.

A Team Report is completed by the Examiner and duplicated at head office for each Team member. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements. Maximum time of five minutes to include entrances and exits.

BRONZE AWARD: One dance with a minimum of five actions and/or movements. Maximum time of five minutes to include entrances and exits.

SILVER AWARD: One dance with a minimum of six actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD AWARD: One dance with a minimum of seven actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD BARS AND IDTA STARS: One dance with a minimum of eight actions and/or movements. Maximum time of five minutes to include entrances and exits.

PRESIDENT'S AWARD, INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One dance with a minimum of ten actions and/or movements. Maximum time of five minutes to include entrances and exits.

Note: Social Dance Awards are available in Solo, Pairs, Trios and Team performance.

STREET DANCE AWARDS

Read carefully the conditions and information.

Every care should be taken to use only those steps and movements which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard should be slightly lower than that required for Bronze. Candidates should show reasonable style and timing. See 'Awards' at the beginning of the section for details of the One-Dance awards available for Street Dance Solos, Duos, Quads and Crews.

BRONZE AWARD: A sound presentation of Freestyle dance which is within the capabilities of the candidate is required. Results will be based on the candidate's ability to show correct foot action, poise and timing. Please note that a second 'Double' Bronze test is available for Street Dance Solos, Duos, Quads and Crews only. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on good actions and style. Please note that a second 'Double' Silver test is available for Street Dance Solos, Duos, Quads and Crews only. Enter DB on the report form.

GOLD AWARD: Movements may be more advanced but should always be selected to show the character of each dance, and should never be above the ability of the candidate to dance them easily with flair and style.

GOLD BARS, IDTA STARS, PERSIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a higher standard.

DANCE STYLE: In all Solo Duo, Quad and Crew awards the teacher and candidate shall be encouraged to include some steps and movements from the Street Dance Guide.

Candidates are recommended to utilise a variety of styles and tempi

Dance to be choreographed by the teacher to their own choice of music.

STREET DANCE SOLO

ONE DANCE AWARDS: A minimum of four actions and/or movements should be used.

BRONZE AWARD: Two dances with a minimum of five actions and/or movements in each dance.

SILVER AWARD: Three dances with a minimum of six actions and/or movements in each dance.

GOLD AWARD: Four dances with a minimum of seven actions and/or movements in each dance.

1ST, 2ND, AND 3RD GOLD BARS AND IDTA STARS: Four dances with a minimum of eight actions and/or movements in each dance.

PRESIDENT'S AWARD: Four dances with a minimum of ten actions and/or movements in each dance.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for President's Award.

STREET DANCE DUOS

Street Dance Duo candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dance each with a minimum of ten actions and/or movements.

STREET DANCE QUADS

Street dance Quads must comprise of at least three candidates and may be accompanied by a student or a teacher. Each candidate receives a report. A Quad report is completed by the Examiner and duplicated at Head Office. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements.

BRONZE AWARD: One dance with a minimum of five actions and/or movements.

SILVER AWARD: One dance with a minimum of six actions and/or movements.

GOLD AWARD: One or two dances each with a minimum of seven actions and/or movements.

GOLD BARS AND IDTA STARS: One or two dances each with a minimum of eight actions and/or movements.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One or two dances each with a minimum of ten actions and/or movements.

STREET DANCE CREWS

Pupils, students and teachers may make up the crew to replace absentees without being tested. All candidates are assessed at the same level.

A crew comprises of a minimum of four and a maximum of sixteen members.

A Crew Report is completed by the Examiner and duplicated at head office for each Crew member. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

ONE DANCE AWARD: One dance with a minimum of four actions and/or movements. Maximum time of five minutes to include entrances and exits.

BRONZE AWARD: One dance with a minimum of five actions and/or movements. Maximum time of five minutes to include entrances and exits.

SILVER AWARD: One dance with a minimum of six actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD AWARD: One dance with a minimum of seven actions and/or movements. Maximum time of five minutes to include entrances and exits.

GOLD BARS AND IDTA STARS: One dance with a minimum of eight actions and/or movements. Maximum time of five minutes to include entrances and exits.

PRESIDENT'S AWARD, INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: One dance with a minimum of ten actions and/or movements. Maximum time of five minutes to include entrances and exits.

Note: Social Dance Awards are available in Solo, Duos, Quads and Crews performance.

ROCK 'N' ROLL DANCE AWARD

Rock 'n' Roll candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award.

Every care should be taken to employ only those figures which suit the candidate and can be performed with ease.

ONE DANCE AWARD: The standard should be slightly lower than that required for Bronze. Candidates should show reasonable style and timing. See 'Awards' at the beginning of this section for details of four One-Dance plaques with differently coloured decals.

BRONZE AWARD: It is not necessary to show a great variety of figures. What is required is a sound presentation of the dance which is within the capabilities of the candidate. Results will be based on the candidate's ability to show correct foot action, poise and timing. Please note that a second 'Double' Bronze test is available. Enter DB on the report form.

SILVER AWARD: A higher standard is expected with the emphasis on good actions and style. Please note that a second 'Double' Silver test is available. Enter DS on the report form.

GOLD AWARD: Figures may be more advanced but should always be selected to show the character of each dance, and should never be above the ability of the candidate to dance them easily with good taste and style.

GOLD BARS, IDTA STARS, PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL CERTIFICATES: As for Gold but to a higher standard.

Rock 'n' Roll routines should vary in speed, style and rhythm.
Recommended reading for Rock 'n' Roll: Let's Rock 'n' Roll by Lynda King.

LEVELS

ONE DANCE: One routine comprising a minimum of four actions and/or figures.

BRONZE AWARD: One routine at the choice of the teacher, comprising a minimum of five actions and/or figures.

SILVER AWARD: One routine at the choice of the teacher, comprising a minimum of six actions and/or figures.

GOLD AWARD: One or two routines at the choice of the teacher, comprising a minimum of seven actions and/or figures.

GOLD BARS AND IDTA STARS: One or two routines at the choice of the teacher, each comprising a minimum of eight actions and/or figures.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATE: One or two routines at the choice of the teacher, each comprising a minimum of ten actions and/or figures.

LINE DANCING AWARDS



Read carefully the conditions and information.

DANCE STYLES: In all tests the teacher has a choice of style drawn from line routines, together/partner dancing, cowboy, Latin, funky or any dance with an authentic flavor.

Candidates will be assessed on rhythmic interpretation, presentation, co-ordination and use of feet. Dress optional. Candidates may be assessed one at a time but it is suggested that lines would be a better format with up to eight candidates dancing at one time for more enjoyment.

LEVELS

ONE DANCE AWARD: A minimum of four actions and/or movements should be used.

BRONZE AWARD: Two dances with a minimum of four actions and/or movements in each dance.

SILVER AWARD: Three dances with a minimum of four actions and/or movements in each dance.

GOLD AWARD: Four dances with a minimum of four actions and/or movements in each dance.

1st, 2nd, AND 3rd GOLD BARS AND IDTA STARS. Four dances with a minimum of eight actions and/or movements in each dance.

PRESIDENTS AWARD, INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD AND INTERNATIONAL SUPREME CERTIFICATE: Syllabus as for Gold Bars and Stars.

BELLY DANCING AWARDS

Although there are many styles of Belly Dancing all of which are acceptable for IDTA medal examinations we strongly recommend the syllabus and technique book published by IDTA and written by Elena Shakalli. This is also available on DVD. Both are available from International Sales.

LEVELS

ONE ROUTINE TEST: A minimum of four actions and/or movements should be used.

BRONZE AWARD: One or two dances with a minimum of five actions and/or movements in each dance.

SILVER AWARD: One or three dances with a minimum of six actions and/or movements in each dance.

GOLD AWARD: One or four dances with a minimum of seven actions and/or movements in each dance.

1st, 2nd AND 3rd GOLD BARS AND IDTA STARS: Four dances choice with a minimum of eight actions and/or movements in each dance.

PRESIDENT'S AWARD. Four dances with a minimum of ten actions and/or movements in each dance.

INTERNATIONAL AWARD, INTERNATIONAL SUPREME AWARD, INTERNATIONAL SUPREME CERTIFICATE, INTERNATIONAL SUPREME AWARD, INTERNATIONAL SUPREME CERTIFICATE:
Syllabus as for President's Award

CHEER DANCE DANCE AWARDS - SOLO

The examinations are based on imaginative entrances, routines and exits. Good style and rhythmic interpretation, co-ordination of feet, body and use of arms with or without Poms. Presentation and visual appeal and choreography of all required sections will be assessed. As the candidate progresses through the dance awards, the routines should reflect the development of a higher standard.

The new Cheer Dance Awards are now examined in the same format as Freestyle and Street Awards. Cheers and chants are no longer required for the amateur dance awards.

Dances to be choreographed by the teacher to their own choice of music.

ONE DANCE AWARD: Entrance and introduction. One routine with a minimum of four actions and movements. Exit.

BRONZE AWARD: 2 dances

Entrance and introduction. Two dances with a minimum of five actions and movements in each dance. Exit.

SILVER AWARD: 3 dances

Entrance and introduction. Three dances with a minimum of six actions and movements in each dance. Exit.

GOLD AWARD: 4 dances

Entrance and introduction. Four dances with a minimum of seven actions and movements in each dance. Exit.

GOLD BARS and IDTA STARS: 4 dances

Entrance and introduction. Entrance and introduction. Four dances with a minimum of eight actions and movements in each dance. Exit.

PRESIDENTS AWARDS: Syllabus as for Bars and Stars but to a higher standard, with a minimum of 10 actions and movements.

INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Syllabus as for Presidents Awards but to a higher standard.

CHEER DANCE DANCE AWARDS - PAIRS

Cheer Dance Pairs candidates dance as a couple and may be partnered by another candidate, a student or a teacher. Each candidate receives a report. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

Dance(s) to be choreographed by the teacher to their own choice of music.

ONE DANCE AWARD: Entrance and introduction. One dance with a minimum of four actions and movements. Exit.

BRONZE AWARD: Entrance and introduction. One dance with a minimum of five actions and movements. Exit.

SILVER AWARD: Entrance and introduction. One dance with a minimum of six actions and movements. Exit

GOLD AWARD: Entrance and introduction One or two dances, each with a minimum of seven actions and movements. Exit

GOLD BARS AND IDTA STARS: Entrance and introduction One or two dances each with a minimum of eight actions and movements. Exit.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Entrance and introduction One or two dances each with a minimum of ten actions and movements. Exit.

CHEER DANCE DANCE AWARDS - TRIOS

Cheer Dance Trios must comprise at least two candidates and may be accompanied by a student or a teacher. Each candidate receives a report. A Trio report is completed by the Examiner and duplicated at Head Office. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

Dance(s) to be choreographed by the teacher to their own choice of music.

ONE DANCE AWARD: Entrance and introduction. One dance with a minimum of four actions and movements. Exit.

BRONZE AWARD: Entrance and introduction. One dance with a minimum of five actions and movements. Exit.

SILVER AWARD: Entrance and introduction. One dance with a minimum of six actions and movements. Exit

GOLD AWARD: Entrance and introduction One or two dances, each with a minimum of seven actions and movements. Exit

GOLD BARS AND IDTA STARS: Entrance and introduction One or two dances each with a minimum of eight actions and movements. Exit.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Entrance and introduction One or two dances each with a minimum of ten actions and movements. Exit.

CHEER DANCE TEAMS

GROUND BOUND

Pupils, students and teachers may make up the team to replace absentees without being tested. All candidates are assessed at the same level. A team comprises of a minimum of four and a maximum of 16 members.

A Team Report is completed by the Examiner and duplicated at head office for each Team member. Each successful candidate receives a certificate and an award. Each candidate will be required to pay the appropriate fee as if entering as an individual.

Dance to be choreographed by the teacher to their own choice of music.

Maximum time of five minutes to include entrances and exits.

ONE DANCE AWARD: Entrance and introduction. One dance with a minimum of four actions and movements. Exit.

BRONZE AWARD: Entrance and introduction. One dance with a minimum of five actions and movements. Exit.

SILVER AWARD: Entrance and introduction. One dance with a minimum of six actions and movements. Exit

GOLD AWARD: Entrance and introduction One dance with a minimum of seven actions and movements. Exit

GOLD BARS AND IDTA STARS: Entrance and introduction One dance with a minimum of eight actions and movements. Exit.

PRESIDENT'S AWARDS, INTERNATIONAL AWARDS, INTERNATIONAL SUPREME AWARDS AND INTERNATIONAL SUPREME CERTIFICATES: Entrance and introduction One dance with a minimum of ten actions and movements. Exit.