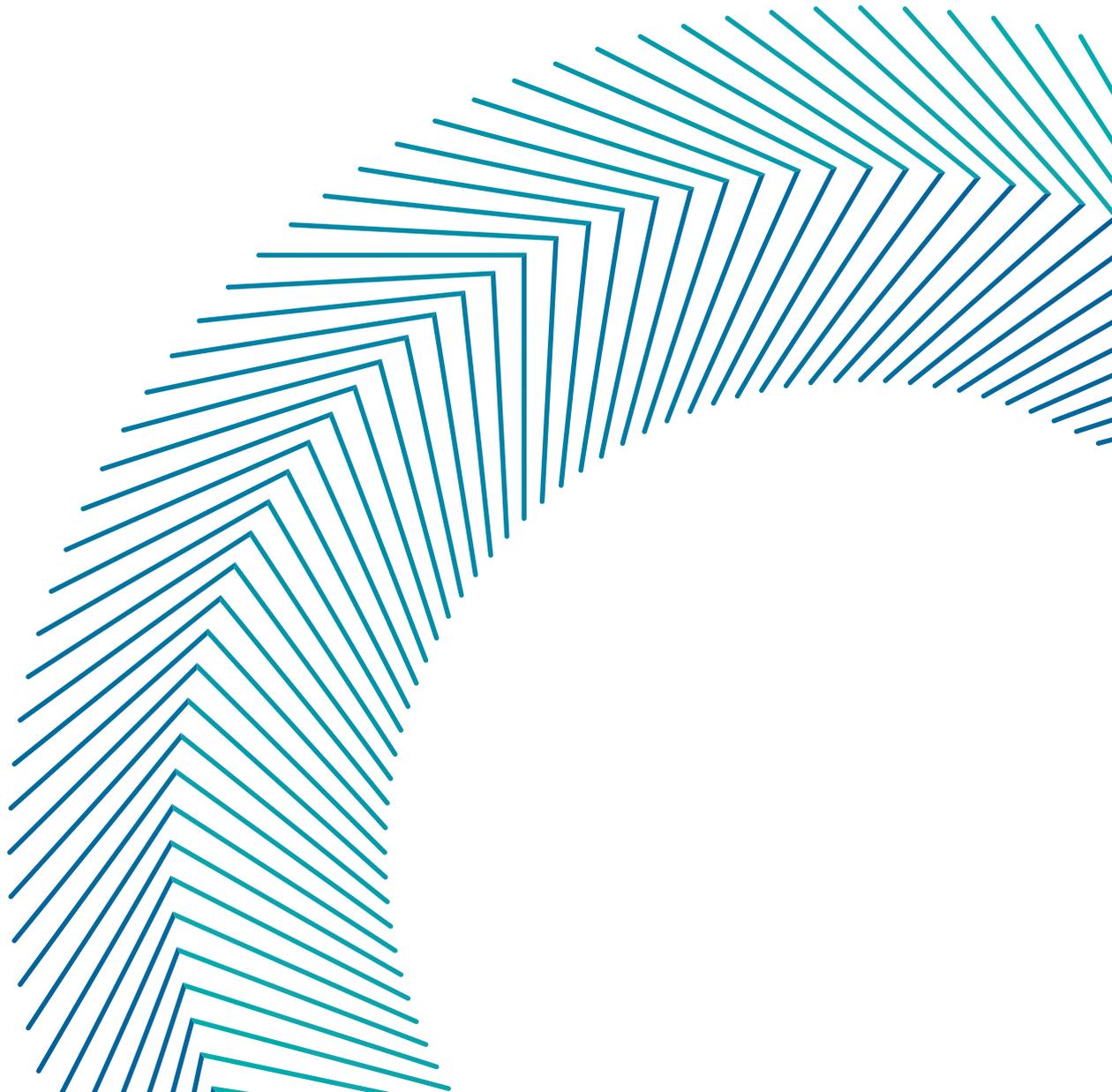




Imperial Society of Teachers of Dancing
Disco Freestyle, Rock n Roll

Syllabus outline of qualifications





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Version 1.03

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General Information

Dancesport examinations cover Modern Ballroom, Latin American, Sequence, Disco Freestyle, Street Dance, Rock 'n' Roll, Club Dance and Country/Western. These dance genres provide a wide diversity in both teaching and learning in dance education. On one level they form the basis of what may sometimes be referred to as 'social' dancing, and there are a range of examinations that provide those learning to dance as a recreational activity the scope to develop quality within performance. At other levels students may pursue their training further through the range of examinations in order to develop the higher artistic and technical skills necessary for competition dancing, stage performance and dance teaching. The examinations offered in the Dancesport genres enable teachers in differing situations to provide a safe and structured programme for pupils of all ages and abilities.

These examinations include:

| | |
|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Amateur Medal Tests | Introductory Tests One Dance Tests Medal Series – Bronze, Silver, Gold Supplementary and Higher Awards |
| Graded and Vocational Graded Examinations | Grades 1-6 and Intermediate |
| Professional Examinations | Student Teacher Associate Diploma in Dance Instruction Diploma in Dance Education |
| Higher Professional Examinations | Licentiate Fellowship Professional Dancing Diplomas |

This syllabus outline gives information about the examination structure for Disco/Freestyle examinations only. Syllabi for the other Dancesport genres are obtainable from ISTD Headquarters. Separate syllabi are available for the Diploma in Dance Instruction and Diploma in Dance Education.

Examination Entry – All Levels

1. Teachers entering candidates for ISTD examinations in Dancesport should hold the appropriate ISTD teaching qualifications. Further information can be obtained either from the UK Examinations Department or International Examinations department as appropriate.
2. Application forms for UK examination sessions are available from ISTD Headquarters or downloadable from the website at www.istd.org/examinations/ukexaminations They should be received at Headquarters at least 12 weeks prior to the date required.
3. There must be an interval of at least 3 months from the date of the original examination if the candidate wishes to retake it for any reason.

Amateur Medal Tests

Medal tests and awards in Disco/Freestyle are designed to be accessible to any age group and seek to:

- promote an appreciation and enjoyment of Disco/Freestyle Dance, with a view to developing technical and artistic qualities
- introduce an understanding of the various styles of the Disco/Freestyle dances, the different rhythmic expressions and characterisations
- motivate candidates and build self-confidence by providing carefully staged goals
- provide a structured approach for teachers to measure the progress of individual candidates

Medal tests and awards build up progressively, ensuring that steps and skills learned at lower levels prepare for more complex and higher quality movements as the candidate makes progress. The earlier tests start at Under 6 and go through to Pre-Bronze. One Dance Tests are available at Pre-Bronze level and at Bronze, Silver, and Gold levels. The medal series then progress from Bronze through to Gold. Candidates who are successful in Gold can supplement their achievement by taking the Gold Stars 1, 2 and 3, the Imperial Dance Awards 1, 2 and 3, Supreme Award and Peggy Spencer Award. Successful candidates at Supreme Award level can progress to the Annual Award.

An outline of the different levels is given below and further detail is given in the Syllabus Content

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Introductory Tests Under 6 Test 1, 2, 3, 4 Under 8 Test 1, 2, 3, 4 Social Dance Test 1, 2, 3, 4 Pre Bronze Dance Test 1, 2, 3, 4</p> <p>Medal Series Bronze Silver Gold</p> <p>Supplementary and Higher Awards Gold Stars 1, 2, 3 Imperial Dance Awards 1, 2, 3 Supreme Award Peggy Spencer Award Annual Award</p> | <p>One Dance Tests</p> <p>Social Dance Test Pre Bronze Dance Test</p> <p>Bronze Silver Gold</p> <p>Gold Star 1,2,3</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Entry Conditions And General Information

Age divisions

Tests are conducted in 7 divisions:

1. Under 6
2. Under 8
3. Juvenile division for candidates under 12 years of age
4. Junior division for candidates of 12 and under 16 years of age

5. Adult division for candidates of 16 and under 50 years of age
6. Senior division for candidates of 50 years of age and over
7. Student division for candidates of 16 years of age and over who intend to become professional*

*Requirements are as for Adult division, but a slightly higher standard of dancing is expected. A professional qualified in another Dance Sport genre may take student division tests. Holders of Student medals are not eligible to enter Adult amateur medallist competitions.

Categories

Candidates have the following options when entering for amateur medal tests:

1. Solo entry
2. Couples Tests
3. Formation Tests

Solo entry

Each candidate is assessed individually

Couples Tests

The partnership is assessed as a couple but two report forms are issued. Both dancers receive a certificate and award. Candidates need not have taken the appropriate test individually. The tests must be taken in sequence. When entering Couples medal tests on the timetable, teachers should bracket the names together and write 'C' for Couple as appropriate.

Formation Medal tests

Tests for teams of six to sixteen amateur dancers in any age division may be taken at Bronze, Silver, Gold, Gold Star 1, 2, 3 and Supreme Award levels. Teams may comprise male or female dancers in any ratio who need not have taken an individual medal. One joint report form issued and each dancer receives a certificate and award. The teacher may request a team trophy on payment of an additional fee. The age division of the team is determined by the eldest member of the team. One routine is required, minimum 1 1/2 minutes, maximum 3 minutes. The team will dance twice to accommodating reserves if required.

Prior learning

No prior learning is required for the earlier tests. For the medal series tests must be passed in sequence from Bronze to Gold. Candidates must be successful in the Gold medal before entering for the Gold Stars. For the Imperial Dance Award and Supreme Award they must have achieved Gold Star level. Candidates who have gained the Supreme Award can enter the Peggy Spencer Award and the Annual Award.

Candidates who hold the Bronze Medal or higher of a teacher organisation recognised by the British Dance Council may commence with the ISTD Silver Medal.

Teachers of competitive dancers who wish to enter the Medal Test system but who have not taken a UK Dance Sport examination, should apply to the relevant Faculty Chairperson, with a brief cv of the prospective candidate, together with a recommendation, so that their level of entry may be assessed. Further details of prior learning and entry conditions are outlined in the Syllabus Content.

Partnering

Candidates must provide their own partners who may be amateur or professional

Time allowances/Number of candidates

| <u>Two candidates at a time</u> | | <u>One candidate at a time</u> | |
|----------------------------------------|-------------|---------------------------------------|-------------|
| Number of dances | Time | Number of dances | Time |
| 1 dance | 5 minutes | 1 dance | 3 minutes |
| 2 dances | 6 minutes | 2 dances | 5 minutes |
| 3 dances | 9 minutes | 3 dances | 7 minutes |
| 4 dances | 11 minutes | 4 dances | 9 minutes |
| 5 dances | 15 minutes | 5 dances | 10 minutes |
| | | 8 dances* | 18 minutes |
| | | 10 dances* | 20 minutes |

* 8 and 10 dance examinations may only be entered one candidate at a time

Use of CDs, musical accompaniment

Teachers will provide their own suitable musical equipment together with a range of appropriate music. Music operators should be seated at a discreet distance from the Examiner, where possible.

Dress requirements

Candidates should be well groomed and appropriately dressed for Disco/Freestyle dancing.

Number Cards

Number cards should be worn on the front of all candidates for ease of identification.

Props

Props may be used at any level in any examination.

Acrobatic/Gymnastic movements

No acrobatic/gymnastic movements to be shown at any level*.

*Assisted work is permitted in couples routines only at gold star and above.

Syllabus Content for Amateur Medals and Awards

In the Under 6, Under 8, Social Dance and Pre-Bronze Tests, two dances from different genres may be used, e.g. a candidate might choose to dance Waltz (Modern Ballroom) or Cha Cha Cha (Latin American) and a Disco/Freestyle routine. When entering mixed genres, the teacher should enter the tests as 'IDF' (Imperial Dancesport Faculties) on the timetable.

Introductory tests

Under 6 Tests (1, 2, 3 and 4)

These tests are designed to encourage very young pupils and to get them started on the medal test 'ladder'. Two dances in any rhythm should be shown. There is no technical requirement and parts 2, 3 and 4 do not require a higher standard of dancing than part 1. Party dances may be used. Lively movement and the beginnings of timing awareness should be encouraged.

Under 8 Dance Tests (1, 2, 3 and 4)

As for Under 6.

Social Dance Tests (1, 2, 3 and 4)

These are introductory tests at a social level, which may be taken by candidates of any age group. Two dances should be shown in each test and a minimum of four actions/movements shown in each dance. Technical accuracy is not expected and parts 2, 3 and 4 do not require a higher standard of dancing than part 1. Staying in time with the music and the beginnings of rhythmic expression are of primary importance

Pre-Bronze Tests (1, 2, 3 and 4)

These tests may be taken by candidates of any age group. The dancing should show the beginnings of technical awareness. Parts 2, 3 and 4 do not require a higher standard of dancing than part 1. Two dances should be shown in each test and a minimum of four actions/movements figures shown in each dance.

One Dance Tests

These are tests at Social Dance, Pre-Bronze, Bronze, Silver and Gold standard in any Disco/Freestyle dance. They do not qualify the candidate to enter a full medal test at a higher level. The minimum number of actions/movements appropriate to each level must be shown.

Medal series (Bronze 1, Bronze 2, Silver, Gold)

Tests must be passed in sequence from Bronze to Gold. Candidates may enter for both the Bronze and Silver medals at the same session, but each higher test must be taken at separate sessions. Candidates take this option at their own risk as the Silver result will be voided if the Bronze result is unsuccessful. Candidates moving from one age division to the next may either commence at Bronze or Silver level or may continue their medals in rotation e.g. Juvenile Gold to Junior Gold Star etc. Student division candidates must commence at Bronze level. Please refer to the medal competition rules if applicable.

In order to use the medal test system to best advantage, candidates who have passed the Bronze test should be encouraged to take a second Bronze test showing two different dances before moving on to Silver.

NOTE: Markers and Prompters

A marker (who should not impede the examiner's view) may be used for Bronze, and below, candidates.

Higher Awards

Gold Star 1, 2 and 3:

5 routines showing a minimum of eight actions and/or movements should be shown for all Gold Star and above tests and the first dance must be a Warm Up routine, comprising the following elements – Mobility, Pulse Raiser, Short Static Stretch (minimum 32 bars, maximum 3 minutes). A high standard of technical accuracy, control and rhythmic expression will be expected at this level. There must be an interval of 6 months between Gold Stars (3 months for under 16s). The dancing throughout the Gold Stars and Imperial Dance Awards should show a gradual progression towards the ultimate goal of Supreme Award. A slow, medium and fast routine must be included.

Imperial Dance Award

These are optional awards that follow on from the Gold Stars. The requirements and required interval between tests are as for Gold Star. The dancing throughout the Gold Stars and Imperial Dance Awards should show a gradual progression towards the ultimate goal of Supreme Award.

Supreme Award

Candidates for this prestigious award are expected to show an appropriately high standard of technical accuracy, style and rhythmic expression.

Peggy Spencer Award

8 dances in two parts to be taken after Supreme Award.

Part 1

1. Warm Up routine, comprising the following elements; Mobility, Pulse Raiser, Short Static Stretch, minimum 32 bars, maximum 3 minutes.
2. Medium tempo street style routine, minimum 16 bars repeatable or maximum 2 minutes.
3. Fast tempo routine, minimum 16 bars repeatable or maximum 2 minutes.
4. Slow routine in any style, minimum 16 bars repeatable or maximum 2 minutes. e.g. 3/4, 4/4, 6/8 timing.

Part 2

5. Own choreography to any music which has distinct phrasing to encourage expression, e.g. musical or film score. Maximum 2 minutes.
6. Solo (or couple*) routine to Rock'n'Roll music.
7. Pairs* routine in any dance style and tempo.
8. Solo routine to current popular music in an alternative tempo to those already demonstrated. eg Latino, slow street etc.

* The partner is not part of the examination

Annual Award

This award was introduced to encourage candidates to maintain their standard of dancing at Supreme Award level and may be taken twice a year.

Number of dances for each Test

| | | |
|----------------------------|----------|--|
| One Dance Test (any level) | 1 dance | |
| Under 6 | 2 dances | |
| Under 8 | 2 dances | |
| Social Dance Test | 2 dances | |
| Pre Bronze Dance Test | 2 dances | |

All divisions (Juvenile, Junior, Adult, Senior, Student)

| | | |
|-----------------------|----------|-----------------------------|
| Bronze 1 | 2 dances | minimum 4 actions/movements |
| Bronze 2 | 2 dances | minimum 4 actions/movements |
| Silver | 3 dances | minimum 6 actions/movements |
| Gold* | 4 dances | minimum 8 actions/movements |
| Gold Star* | 5 dances | minimum 8 actions/movements |
| Imperial Dance Award* | 5 dances | minimum 8 actions/movements |
| Supreme Award* | 5 dances | minimum 8 actions/movements |
| Peggy Spencer Award* | 8 dances | minimum 8 actions/movements |
| Annual Award* | 5 dances | minimum 8 actions/movements |

*Grades marked with an asterisk must include dances of slow, medium and fast tempo.

NOTE: At Gold Star level and above, for solos and couples, the first dance must be a Warm Up routine comprising the following elements – Mobility, Pulse Raiser, Short Static Stretch, minimum 32 bars.

Use of Rock 'n' Roll in Disco/Freestyle tests

Rock 'n' Roll may be shown as one of the dances in an Under 6, Under 8, Social Dance or pre-Bronze Dance Test or (delete) any Disco/Freestyle examination. This may be danced with a partner or as a solo routine to Rock 'n' Roll music. For full details and specified figures for separate Rock 'n' Roll tests please refer to the Rock 'n' Roll syllabus

The dances within each examination must be completed consecutively with no breaks in between other than for change of music.

Method of Assessment/Mark Scheme for Amateur Medals and Tests

Each dance must be passed in order for the examination to be successful overall.

| | |
|-----------------------------|-------------|
| Maximum marks in each dance | 100 |
| Honours | 85% overall |
| Commended | 75% overall |

| | |
|-------------------------------|------|
| Pass | 65 |
| Unsuccessful on this occasion | 0-64 |

All Amateur Medal Tests are assessed by the examiner as above. However for the Under 6, Under 8, Social Dance and Pre Bronze Dance Tests, the teacher can choose whether the examiner gives percentage marks or only an overall result of Unsuccessful on this Occasion, Pass, Commended or Honours. The teacher should inform the examiner at the beginning of the examination session which method of marking is preferred if entering candidates at these levels. The assessment of the candidate is carried out in the same way regardless of which method is selected

Professional Teaching Examinations

Diploma in Dance Instruction and Diploma in Dance Education

Separate syllabi are available for the Diploma in Dance Instruction and Diploma in Dance Education.

Professional Examinations – Student Teacher and Associate

Please see separate update

Higher Professional Examinations

Licentiate

Duration of examination 125 minutes

Candidates must be 21 years of age or over, with a minimum of 2 years teaching experience.

Work from the Student Teacher and Associate syllabi, including dance and exercise routines, is included in this examination at the examiner's discretion

At all levels, teaching ability will be assessed on the basis of presentation, knowledge of their faults, their cause and correction, teaching methods, voice production and clarity of explanation.

Part 1 Demonstration

The candidate demonstrates to music:

- A. A Warm Up routine comprising the following elements – Mobility, Pulse Raiser, Short Static Stretch, minimum 32 bars
- B. A 16 bar (or more) dance routine, maximum duration 1½ minutes, using own creative ability
- C. A 16 bar dance routine, suitable for Silver/Gold standard

Part 2 Explanations and teaching

The candidate explains:

- A. Warm Up routine as demonstrated
- B. Silver/Gold routine as demonstrated

The candidate explains approach to choreography for the following:

- C. Solo routine
- D. Pairs routine
- E. Team routine

Part 3A Steps and Movements

Basic Steps, Actions, Movements and Positions – *Plié, Step, Tap, Walk, Run, Spring, Chassé, Ball Change, Lunge, Foot pointed, Stamp, Brush, Scuff, Stomp or Shunt, Spiral, *Slide, *Splits, *Box Splits, Attitude, Arabesque, Rondé.*

Kicks – *Flick, Kick, Developpé, Kick or Flick Ball Change. Spring Kick, Drop or Hitch Kick, *Scissors Kick*

Turning Movements and Spins – *Turn, Open Turn, Spin, Switch Turn, Whisk Turn, Pirouette, Twist Turn, Pivot*

Elevation – *Jumping and Leaping Movements – Jump, Star Jump, *Box Splits Jump, Attitude Jump, Hop, Leap, *Splits Leap, *Stag Leap, *Scissors Leap.*

*The figures marked with an asterisk need not be performed, but candidates must be able to give a clear description.

The candidate may be asked to perform a short amalgamation to include three steps of the Examiner's choice from Part 3A Steps and Movements (not to include asterisk marked figures).

Candidates should understand the type of movements suitable for:

- A. Under 6, Under 8
- B. Slow routines
- C. Adult social Disco Dances
- D. Ladies' Dance Exercise Classes
- E. Mixed Youth Club classes

Part 3B Body movements and contemporary arm and hand movements

Body Movements – *Contraction, Release, Relaxation, Expansion or Extension, Middle Body Movement, Body Bending, Body Stretching, Rhythmical Body Action, Pelvic Action, Hip Action, Merengue Action, Ripple, Upward Body Ripple, Rib Cage Movement, Shoulder Movement, Sway, Bounce, Circular Action, Shake, Forward Roll*

Arm Positions – *Horizontal, Parallel, Diagonal, Opposition, High 'V', Low 'V'*

Arm Movements – *Arm Circles, Wrist Circles, Hand Rolls, Arm Swings, Pulling, Pushing*

Hand Positions – *Fingers extended and apart, Fingers and Thumbs closed, Clap, Shaking, Fingers stretched up thumbs down, Clenched fist, Pointing, Snap or Click, Contemporary*

Head Positions and Movements – *Erect, Turned, Inclined, Turned and inclined, Raised, Lowered, Head Roll (forward half head circle only)*

Part 4 Definitions

The candidate defines the following, accompanied by music where necessary

- A. Modern Freestyle Dance
- B. Posture
- C. Rhythm
- D. Syncopation
- E. Time signature

- F. Tempo
- G. Accents
- H. Phrasing
- I. Counting in Beats and Bars
- J. Rhythmical Expression
- K. Poise
- L. Balance/Centring
- M. Locomotive and Non-Locomotive Action
- N. Pattern, Routine and Accent

Candidates must have a knowledge of:

- O. Directional Chart

Part 5 Exercise

1. WARM UP

- A. Warm Up
- B. Components of Warm Up
- C. Mobility – Isolation exercises
- D. Pulse Raiser – General Limbering exercises
- E. Stretch – short preparatory exercises

2. BREATHING EXERCISES appropriate for:

- A. Warm Up
- B. Muscular strength and endurance
- C. Relaxation

3. MUSCULAR STRENGTH AND ENDURANCE

- A. Muscular Strength and Endurance
- B. Examples

4. COOL DOWN

- A. Cool Down
- B. Components of Cool Down
- C. Cool Down dance routine
- D. Developmental stretch
- E. Relaxation
- F. Final mobiliser

5. CONTROVERSIAL/CONTRA-INDICATED MOVEMENTS

6. INJURY PREVENTION

7. SAFEGUARDS

Part 6 Kinesiology

1. SKELETAL SYSTEM
 - A. The Skeleton
 - B. Functions of the Skeleton
 - C. Types of Bones
 - D. Joints
 - E. Types of freely movable joints
 - F. Cartilage
2. CONNECTIVE TISSUE
 - A. Tendons
 - B. Ligaments
3. MUSCULAR SYSTEM
 - A. Muscles
 - B. Types of contraction
 - C. Types of movement
4. CIRCULATORY AND CARDIOVASCULAR SYSTEMS
5. RESPIRATORY SYSTEM
 - A. Breathing
 - B. Energy systems – Aerobic and Anaerobic respiration
6. THE NERVOUS SYSTEM
7. FOOD AND ENERGY

Fellowship

Duration of examination 150 minutes

Candidates must have held the Licentiate qualification for minimum of three years.

Work from the Student Teacher, Associate and Licentiate syllabi, including dance and exercise routines, is included in this examination at the examiner's discretion

Part 1 Demonstrations

In addition to a selection of the examiner's choice from the Student Teacher, Associate and Licentiate routines, candidates demonstrate to music:

- A. A routine of varying rhythms (minimum 1½ minutes)
- B. A component of Cool Down of the examiner's choice

Written notes to be submitted for 8 bars of one of the 16 bar medal routines

Note: Candidates of a mature age are permitted to use a demonstrator trained by the candidate for the advanced routines. When demonstrators are used, the candidate is expected to analyse the complete routine in depth.

Part 2 Explanations and teaching

- A. Explain in depth the theory/technique of any of the practical demonstrations in Part 1 as requested by the examiner.
- B. Show a full understanding of the amateur and professional Disco/Freestyle syllabi and their adaptation to individual requirements for class teaching or coaching at all levels.

Part 3A Steps and movements

Part 3B Body movements, Contemporary Arm and Hand movements

A thorough knowledge of the vocabulary of Steps, Movements and Positions as listed in the Licentiate syllabus (sections 3A and 3B) is required, showing an in-depth understanding of dance technique and training required to produce a safe, pleasing and stylish performance. Candidates should have an awareness of contemporary musical trends and current dance movements.

Part 4 Definitions

A deeper understanding of the definitions as listed in the Licentiate syllabus is required.

Part 5 Exercise

1. WARM UP (including body adaptation)
2. COOL DOWN (including body adaptation)
3. STRENGTHENING FOR DANCE
 - A. Muscular strength and endurance
 - B. Cardiovascular strength
4. FLEXIBILITY FOR DANCE (including areas of need and examples)
5. CONTROVERSIAL/CONTRA INDICATED MOVEMENTS
6. INJURY PREVENTION AND BASIC SAFEGUARDS
7. RECOGNITION OF ANATOMICAL PROBLEMS AND THE NEED FOR MEDICAL REFERRAL WHERE NECESSARY

Part 6 Kinesiology

1. SKELETAL SYSTEM
2. MUSCULAR SYSTEM (including origin and insertion)
3. CARDIOVASCULAR SYSTEM
4. RESPIRATORY SYSTEM
5. NERVOUS SYSTEM
6. FOOD AND ENERGY

Professional Dancing Diplomas

These diplomas are awarded for proficiency in dancing. Candidates must hold a professional qualification in the ISTD Disco/Freestyle Dance Faculty.

Candidates should show a high standard of dance technique and artistic and rhythmical expression, working towards a higher level in each diploma.

A selection of syllabus steps and movements to be shown in all five dances.

CLASS III

Associates must commence at this level, optional to CDE holders, Licentiates and Fellows

CLASS II

For all professional levels

CLASS I

For Licentiates and Fellows who have attained Class II.

Requirements:

1. Warm Up routine comprising the following elements – Mobility, Pulse Raiser, Short Static Stretch, minimum 32 bars
2. Creative routines, minimum 32 bars, in the following order and tempi:
 - A. Fast
 - B. A routine of varying rhythms (Class 1 only)
 - C. Medium
 - D. Slow

Reasonable Adjustments

Candidates Who May Require Adjustments to the Assessment

The ISTD is committed to promoting an environment where all individuals are encouraged to achieve their full potential and develop their skills, encouraging its teachers to maintain an open approach towards the different talents and abilities offered by all their students. It is, therefore, required of all ISTD teaching members that they do not discriminate, either directly or indirectly, on the grounds of colour, race, nationality, ethnic origin, gender, mental or physical disability, marital status or sexuality, and pupils with disabilities should not be treated less or more favourably than able-bodied pupils simply because of their disability.

Disability takes the form of mental or physical impairments or both, and may be long or short term. The ISTD recognises that some students with a mental or physical impairment may need special adjustments to assessment conditions to allow them to demonstrate their knowledge in dance. The procedure should be used in all cases, every time the candidate enters for an examination, as the conditions, and necessary adjustments, may change.

If a teacher wishes to enter such a pupil for an examination, the ISTD would like to make it clear that although pupils with mental or physical impairments may require extra time in an examination, or special aids (e.g. special headphones if the pupil is deaf) in order to perform to the best of their ability, the *quality of the performance in an examination is to be equal to that of a non-disabled candidate*. The candidate cannot be marked on different criteria because of the restriction the impairment may cause them. This is mandatory in order to achieve a true and fair dance award.

If such a candidate is to be submitted for an examination, the teacher must apply to the Customer Services and Quality Assurance department for an 'Application for Reasonable Adjustments' form, or download it from the Customer Services section of the ISTD website, www.istd.org. This should be completed and returned, with a doctor's letter if relevant, to the Customer Services and Quality

Assurance department, a minimum of three weeks prior to the examination entries being sent in to the Examinations department. This form may be submitted to the Faculty for advice, and the teacher and examiner will be informed of the adjustment agreed.

For further details see the Equal Opportunities policy on the ISTD website
www.istd.org/documents/istd-equal-opportunities-policy

Results and Certification

All ISTD examinations are single performances at one moment in time, with a detailed marking system awarded according to the assessment criteria and attainment descriptors given for each examination.

Examiners return the results and report sheets as soon as possible after the examination. The report sheets for each candidate are individually checked within the Quality Assurance department for administrative accuracy. Under normal circumstances the report sheets will be issued to the teacher within 10 working days of the examination for UK examinations. Any errors found are corrected by the examiner prior to further processing of the whole examination session, and may therefore extend these timings, although the department will make every effort to process these as rapidly as possible.

All results are entered, and checked for achieving the minimum pass levels, and correct levels of attainment against the total mark achieved.

Results are then cleared for the certificate issue, which should be within 6 to 8 weeks of the examination. Copies of all report sheets and results are held on archive for reference as necessary.

Regulation

The ISTD is a regulated awarding body and ISTD Graded and Vocational Graded Examinations in Dance, the Diploma in Dance Instruction, and Diploma in Dance Education are regulated by Ofqual in England; Qualifications Wales in Wales; and the Council for the Curriculum Examinations and Assessment (CCEA) in Northern Ireland. Teachers in other countries should note that while the ISTD and all ISTD regulated examinations must meet these criteria, the Regulatory Authorities themselves have no remit outside England, Wales and Northern Ireland.

The Regulated Qualifications Framework (RQF) provides a single, simple system for cataloguing all regulated qualifications, indicating qualifications by their level (degree of difficulty) and size (amount or breadth of learning). Size is indicated by a credit value, corresponding to a term used in the title. An Award is worth 1-12 credits, a Certificate is worth 13-36 credits, and a Diploma is worth 37 or more credits. One credit corresponds to 10 hours of learning for the typical learner, which is divided into Guided Learning hours (GLH), which is broadly contact time with the teacher, and personal study time, which together make Total Qualification Time (TQT). The ISTD's qualifications on the Regulated Qualifications Framework are as follows:

| Qualification Title | Qualification number | Guided Learning Hours | Total Qualification Time (hours) | Credits |
|------------------------------------------------------------|----------------------|-----------------------|----------------------------------|---------|
| ISTD Level 1 Award in Graded Examination in Dance: Grade 1 | 501/0755/0 | 60 | 70 | 7 |

| | | | | |
|----------------------------------------------------------------------------------------------------|------------|-----|-----|----|
| (Disco/Freestyle) | | | | |
| ISTD Level 1 Award in Graded Examination in Dance: Grade 2 (Disco/Freestyle) | 501/0753/7 | 60 | 70 | 7 |
| ISTD Level 1 Award in Graded Examination in Dance: Grade 3 (Disco/Freestyle) | 501/0754/9 | 60 | 70 | 7 |
| ISTD Level 2 Award in Graded Examination in Dance: Grade 4 (Disco/Freestyle) | 501/0756/2 | 75 | 95 | 10 |
| ISTD Level 2 Award in Graded Examination in Dance: Grade 5 (Disco/Freestyle) | 501/0757/4 | 75 | 95 | 10 |
| ISTD Level 3 Certificate in Graded Examination in Dance: Grade 6 (Disco/Freestyle) | 501/0758/6 | 90 | 130 | 13 |
| ISTD Level 3 Certificate in Vocational Graded Examination in Dance: Intermediate (Disco/Freestyle) | 501/0728/8 | 150 | 275 | 28 |
| ISTD Level 3 Diploma in Dance Instruction (Disco/Freestyle) | 501/1002/0 | 430 | 680 | 68 |
| ISTD Level 4 Diploma in Dance Education (Disco/Freestyle) | 501/0750/1 | 630 | 920 | 92 |

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