



Imperial Society of Teachers of Dancing
Modern Ballroom

Modern Ballroom

Medal Tests and

Qualifications

Specification



September 2026

Version 1.0



**Imperial Society of Teachers of Dancing
Modern Ballroom**

SYLLABUS OUTLINE OF MODERN BALLROOM DANCE FACULTY QUALIFICATIONS

September 2026

ISTD Dance Examinations Board
Imperial House
22/26 Paul Street
London EC2A 4QE

Tel: +44 (0)20 7377 1577

www.istd.org

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General Information

Dancesport examinations cover Modern Ballroom, Latin American, Sequence, Disco Freestyle, Street Dance, Rock 'n' Roll, Country/Western and Alternative Rhythms. 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Graded and Vocational Graded Examinations (These qualifications will be withdrawn with final examinations on 30 th September 2026)	Grades 1-6 and Intermediate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 Modern Ballroom 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.

Modern Ballroom dances are Waltz, Foxtrot, Quickstep, Tango, Viennese Waltz and Rhythm Dancing.

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

Introduction

Medal Tests and Awards in Modern Ballroom Dance are designed to be accessible to any age group and seek to:

- Promote an appreciation and enjoyment of Modern Ballroom Dance, with a view to developing technical and artistic qualities
- Introduce an understanding of the various styles of Modern Ballroom dances and the different rhythmic expressions/characterisations
- Motivate candidates and build self-confidence by providing carefully structured targets
- 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 the lower levels prepare for more complex and higher quality movements as the candidate makes progress. The introductory tests start at Under 6 and go through to Pre Bronze. The Medal series then progresses from Bronze through to Gold. Candidates who are successful at Gold can continue to take Gold Stars 1, 2 and 3, the Imperial Dance Awards 1, 2 and 3, and the Supreme Award. The Annual Award allows Supreme Award holders to maintain their standard. One Dance Tests are available from Social Dance Test to Gold Star levels. The Josephine Bradley and Alex Moore Award combine Modern Ballroom and Latin American.

An outline of the different levels is given below, and further detail is given in the Syllabus Content. Those candidates who have gained the Supreme Award or other Higher Awards can progress, if they so wish, to a performing or competitive career in the Dance Sport genres.

Introductory Tests	One Dance 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	Social Dance Test Pre Bronze Dance Test
Medal Series Bronze 1 Bronze 2 Silver Gold	Bronze Silver Gold
Supplementary and Higher Awards Gold Stars 1, 2, 3 Josephine Bradley Award ** (supplementary, combining Modern Ballroom and Latin American) Imperial Dance Awards 1, 2, 3** (supplementary) Supreme Award Alex Moore Award** (supplementary, combining Modern Ballroom and Latin American) Annual Award** (supplementary)	Gold Star 1, 2, 3

** These qualifications will be withdrawn with the final examinations on 30th September 2027

Entry Conditions and General Information

Age Divisions

Tests are conducted in 7 divisions:

1. Under 6 years
2. Under 8 years
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 Dancesport or Theatre genre may take Student division tests. Student Teachers may continue to take Student division tests in the same genre. 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. Team Tests
4. Dancing Opposite Role (this option can be combined with any of the above options)

Solo Entry

Each candidate is partnered but assessed on their individual performance.

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. When entering Couples medal tests on the timetable, teachers should write 'C' for Couple as appropriate.

Formation Medal Tests

Tests for teams of four to eight couples in any age division may be taken at any level. It is not necessary that each team member hold an individual medal at the appropriate level. The dress worn by the team need not be uniform, although this is desirable. The team should be entered in the Division which represents the highest age of any team member. Further guidance to syllabus content and procedures for Formation Teams is given later on in this Syllabus Outline.

Dancing Opposite Role

Candidates wishing to take these tests may dance in the opposite role to that which they usually dance, for example a Follower may apply to take the test performing the Leader's steps. The timetable should include the letter 'O' for Opposite Role as appropriate.

Prior Learning

No prior learning is required for the Introductory Tests. For the Medal Series, tests must be passed sequentially from Bronze to Gold. Candidates must be successful in the Gold medal before entering for the Josephine Bradley Award or the Gold Stars. For the Imperial Dance Award and Supreme Award they must have achieved a full Gold Star 3 level. Candidates who have gained the Supreme Award can enter the Alex Moore Award and Annual Award.

Candidates who hold the Bronze Medal or higher of another teaching 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 Dancesport examination should apply to the Modern Ballroom 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.

We acknowledge that in certain and exceptional circumstances partnering may not be possible. In exceptional circumstances candidates for Amateur medal tests only may be able to take the examination solo without a partner, however, there should still be focus on partner awareness throughout. Candidates for Professional examinations must be partnered for the demonstration section of their examination.

Example:

- Teacher or partner has been in an accident or incapacitated in some way just before the examination

Solo dancing is to enable candidates to take their examination in these circumstances, not a tool to be used for easing the work of a teacher/partner on a busy exam day.

If you require any candidates to be examined solo you must contact:

UK Examinations : ukdanceteachers@istd.org

International Examinations: internationalteachers@istd.org

and they will advise you on whether it will be possible or not.

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 musical equipment together with a range of appropriate music.

Recording

Filming and photography of ISTD examinations by any means, including Ipads and mobile phones, is not permitted.

Dress Requirements

Candidates should be well groomed and appropriately dressed for Modern Ballroom Dancing.

Reasonable Adjustments

Special adjustments may be made to the examination conditions where candidates have particular needs. Further details are given on Page 40.

Syllabus Content for Amateur Medals and Awards

Introductory Tests

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

Under 6 Dance Tests 1, 2, 3, 4

These tests are designed to encourage very young pupils and to act as an introduction to the examination system. 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, 4

As for Under 6.

Social Dance Tests 1, 2, 3, 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 two figures 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 is of primary importance.

Pre-Bronze Dance Tests 1, 2, 3, 4

These tests may be taken by candidates of any age group in any dance that has a written technique, and 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 using a minimum of three figures from the Bronze syllabus in each dance.

One Dance Tests

These are tests at Social Dance, Pre-Bronze, Bronze, Silver, Gold and Gold Star standard. They do not qualify the candidate to enter a full medal test at a higher level.

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

Tests must be passed sequentially from Bronze to Gold. (Bronze 2 is an optional examination) Candidates may enter for both the Bronze and Silver medals at the same session, but each higher test must be taken at a separate session. Candidates take this option at their own risk as the Silver result will become void if the Bronze result is unsuccessful. Candidates moving from one age division to the next (see page 4) may either commence at Bronze or Silver level or may continue their medals in rotation e.g. Juvenile Gold to Junior Gold Star etc. 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 another two dances and a One Dance Test, therefore covering all five standard dances before moving on to Silver. Holders of Bronze 2, Silver and Gold are similarly advised to take the remaining dances as One Dance Tests before moving on to the next level.

Supplementary and Higher Awards

Josephine Bradley Award

(This qualification will be withdrawn with the final examinations on 30th September 2027)

This is an eight dance test open to holders of both Modern Ballroom and Latin American Gold medals in any age division. Candidates are required to dance to Gold standard four Modern Ballroom dances and four Latin American dances. It is not permissible to select Rhythm dancing as one of the dances. Up to Gold figures only may be danced. If so wished, these awards may be danced in two sections on the same day. These awards may not be taken on the same day as other tests in these Faculties, unless they are in a different category e.g. 'couples' or 'opposite role'.

Gold Star 1, 2, 3

A high standard of technical accuracy, style and rhythmic expression is expected at this level. The dancing throughout the Gold Stars and Imperial Dance Awards should show a gradual progression towards the ultimate goal of Supreme Award. There must be an interval of at least 6 months between Gold Stars (3 months for under 16s). At Gold Star 1 level only, 12-16 bars of syllabus figures should be shown at the beginning of each dance.

Imperial Dance Award 1, 2, 3

(These qualifications will be withdrawn with the final examinations on 30th September 2027)

These are optional awards that follow on from Gold Star 3. The requirements and required interval between tests are as for Gold Star. These awards are optional.

Supreme Award

(This qualification will be withdrawn with the final examinations on 30th September 2027)

Candidates must qualify for this examination by passing all three Gold Star awards in all five dances. This is the highest award in the Modern Ballroom Dance Faculty and an appropriately high standard of technical accuracy, style and rhythmic expression is expected.

Alex Moore Award

(This qualification will be withdrawn with the final examinations on 30th September 2027)

This is a ten dance test open to holders of both the Modern Ballroom and Latin American Supreme Awards in any division. Candidates are required to dance to Supreme Award standard in all five standard Modern Ballroom dances and all five standard Latin American dances. Senior division candidates may dance Slow and Quick Rhythm dancing in place of Viennese Waltz. If so wished, these awards may be danced in two sections, provided it is on the same day. These awards may not, however, be taken on the same day as other tests in these Faculties, unless they are in a different category e.g. 'couples' or 'opposite role'.

Annual Award

(This qualification will be withdrawn with the final examinations on 30th September 2027)

These tests are to maintain the standard already achieved at Supreme Award level and may be taken twice a year.

Dances and Tempi

Teachers are advised to check with the BDC for current tempi but for examination purposes the following are recommended:

Waltz	28 - 30	Slow Rhythm	30
Foxtrot	28 - 30	Quick Rhythm	50
Tango	32 - 34	Viennese Waltz	56 – 60
Quickstep	48 - 50	Slow Rhythm	

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

Juvenile and Junior

Bronze 1	Teachers Choice of two dances (Waltz, Foxtrot, Tango, Viennese Waltz, Quickstep)
Bronze 2	Teachers Choice of another two dances (Waltz, Foxtrot, Tango, Viennese Waltz, Quickstep)
Silver	Teachers Choice of three dances (Waltz, Foxtrot, Tango, Viennese Waltz, Quickstep)
Gold	Teachers Choice of four dances (Waltz, Foxtrot, Tango, Viennese Waltz, Quickstep)
Gold Stars	Five dances (Candidates may dance both Slow and Quick Rhythm dancing in place of Viennese Waltz)
Imperial Dance Award **	
Supreme Award	
Annual Award**	

Adult, Senior and Student

Bronze 1	As above plus Slow Rhythm Dancing
Bronze 2	
Silver	
Gold	
Gold Stars	Five dances (Candidates may dance both Slow and Quick Rhythm dancing in place of Viennese Waltz)
Imperial Dance Award **	
Supreme Award	
Annual Award**	

Specified figures for amateur medals and tests

The specified figures are listed in numerical order on Page 36. Candidates may choose from the figures listed for their level. It is not necessary to dance all the figures, but for Silver and Gold at least 2-3 figures listed for the level should be shown as well as more basic figures. For Bronze, Silver and Gold tests no figures apart from those listed may be danced. For Junior/ Adult/Senior Gold Star and above, at least 2-3 variations should be shown as well as standard figures.

Rhythm dancing

Candidates are required to show their ability to dance to 4/4 music and this dance is given the same importance in marking as the other syllabus dances.

Recommended figures are as follows: -

1. Quarter Turns to R and L
2. Natural Rock (Pivot) Turn
3. Reverse Pivot Turn
4. Back Corté
5. Side Step
6. Promenade Walk and Chassé

As candidates progress to Silver and Gold level a higher standard of dancing should be evident and additional figures may be introduced if desired.

Syllabus Content for Teams

Social Dance Test / Pre-Bronze Dance Test & Bronze:

A choice of a segue or any single rhythm in the Modern Ballroom Faculty (Maximum time limit 2 ½ minutes)

Silver:

A segue of a minimum of any two dances from the Modern Ballroom Faculty, (Maximum time limit 2 ½ minutes)

Gold:

A segue of a minimum of any three dances from the Modern Ballroom Faculty (Maximum time limit 3 minutes)

Gold Star:

A segue of any four dances from the Modern Ballroom Faculty. (Maximum time limit 4 minutes)

It is recommended that figures from the appropriate level be used as much as possible.

Music for all tests can be:

- a) Separate tracks.
- b) CD especially designed for Formation Dancing.
- c) Downloaded and played on Ipods, laptops etc

Procedure

Teachers should arrange that the examiner can view the team or teams from a high vantage point as the hall or studio allows, so that the emphasis of the examination is on the pattern and the general effect created in the formation, rather than on the individual dancing and technical ability of the couples. Examiners will see the routine twice.

Entry

The names of the individual team members should be listed on the normal timetable/entry form, stating first names, surnames and PINs. Teams enter in the age division of the oldest team member. Please place 'T' against each name in the appropriate box on the timetable.

Awards

Only one report form will be issued, however a medal and certificate is awarded to each member of the successful team. A team trophy may be requested by the teacher on payment of an additional fee.

Method of Assessment/Mark Scheme for Amateur Medals and Tests

Each dance must be passed at 65% in order for the examination to be successful overall. Maximum marks allocated for each dance is 100. The marks for each dance are then aggregated and the overall result is indicated as a percentage as follows:

Honours	85%
Commended	75%
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.

The lower age limits given above are to ensure that candidates are physically developed sufficiently to safely meet the demands of the syllabus.

Prior Learning

The Graded Examinations in Modern Ballroom are intended to be taken consecutively and most candidates will wish to progress through them sequentially in order to develop and demonstrate the requisite skills. However, in cases where examinations are undertaken without success at the previous grade, the candidate needs to be at an appropriate level of physical and artistic development. Before a candidate enrolls in a class leading to a Graded Examination, teachers are under a particular duty, therefore, to assess the achievement of the candidate, particularly with regard to safe dance practice.

Gender Distinctions

The Graded Examinations in Modern Ballroom are suitable for both genders and are designed to develop the strengths and abilities of both Leader and Follower candidates. Candidates take the examination in one role, performing either the Leader's or Follower's steps.

Partnering

Candidates enter in one role and should, where possible, be entered two at a time. During the partnered sections of the examination, a professional must partner the candidates, who perform one at a time.

Teachers

During the examination, the teacher may remain in the room, both to operate the music system and to partner the candidate. However, they should be seated unobtrusively, with their back to the candidate and must not assist them verbally. The teacher may arrange for someone else to play the music and that person may be an amateur but **must not** be a relative of the candidate or another candidate in the examination session.

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.

Student Teacher Syllabus Content

Note: Student Teacher is NOT a teaching qualification. Candidates should have knowledge of Amateur Medal Tests.

Duration of examination: 60 minutes

Candidates must be 16 years of age or over. Successful candidates are permitted to attend courses on payment of an admission fee but are not eligible to take part in amateur medallist competitions or amateur medal tests except in the role of 'partner'. Student Teachers may, however, continue to take Student Medal Tests in any genre.

Practical Demonstration

Candidates are required to dance with a partner to music the Waltz, Foxtrot, Quickstep and Tango plus Rhythm dancing (range 30-50 bars per minute) using a selection of the specified figures only. Additional figures from the Associate syllabus may be danced. They may demonstrate in the role of their choice, i.e. dancing the leader's or follower's steps, or demonstrate both roles with a partner if desired.

Rhythm dancing

Candidates are required to show their ability to dance to 4/4 music and this dance is given the same importance in marking as the other syllabus dances.

Recommended figures are as follows: -

1. Quarter Turns to R and L
2. Natural Rock (Pivot) Turn
3. Reverse Pivot Turn
4. Back Corté
5. Side Step
6. Promenade Walk and Chassé

Additional figures may be introduced if desired.

Theory (Oral Examination)

Candidates are expected to briefly define the following terms:

1. Feet positions
2. Alignment (including 'direction' in Tango)
3. Amount of Turn
4. Rise and Fall

5. Footwork
6. CBM
7. CBMP 15
8. Sway

To give a simple description of:

1. Forward and backward walks
2. Hold
3. Time and Tempo of each dance, and to give one Precede and Follow to each specified figure

Technical analysis and solo demonstration of the specified figures as leader and follower, confined to:

1. Feet positions
2. Alignment
3. Amount of Turn
4. Rise and Fall
5. Footwork
6. Timing
7. Counting in Beats and Bars

Specified figures

Waltz 1-6, Foxtrot 1-5, Quickstep 1-8, Tango 1-7

Method of Assessment

As for Associate, see below

Associate Syllabus Content

(This examination is a professional teaching qualification accredited by the ISTD)

Duration of examination 90 minutes

Candidates must be 17 years of age or over

Practical Demonstration

Candidates are required to:

1. Dance with a partner to music the Waltz, Foxtrot, Quickstep, Tango and Slow and Quick Rhythm. Any suitable figures may be danced. Some specified figures must be included. They may demonstrate in the role of their choice, i.e., dancing the leader's or follower's steps, or demonstrate both roles with a partner if desired.

2. Dance solo to music, leader's or follower's steps as requested, a short amalgamation of the specified figures of the examiner's choice in any of the four dances.
3. Start an imaginary class to music (the dance/s will be of the examiner's choice)

Theory (Oral Examination)

Candidates are required to:

1. Show technical knowledge of the specified figures
2. Understand technical terms, show balance and deportment and apply the following basic principles to each specified figure:
 - Tempo
 - Time
 - Hold
 - Counting in Slows and Quicks
 - Counting in Beats, also Beats and Bars
 - Feet Positions
 - Alignment
 - Amount of Turn
 - Rise and Fall
 - Footwork
 - Sway
 - CBM
 - CBMP
 - Forward and Backward Walks
 - Description of figures
 - Two Precedes and Follows to each specified figure
3. Answer questions on Class Teaching methods in Waltz and Slow & Quick Rhythm Dancing

Specified figures

Waltz 1-16, Foxtrot 1-8, Quickstep 1-16, Tango 1-13

Method of Assessment

The examination is divided into 2 sections (Demonstration and Theory), each section must be passed at 65% to pass the examination overall. The marks within a section are added and averaged. The overall result is the lower mark of the 2 sections and is awarded as follows:

Highly Commended	85-100
Commended	75-84
Pass	65-74

Higher Professional Examinations

Licentiate Syllabus Content

Duration of examination 105 minutes

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

Practical Demonstration

Candidates are required to:

1. Dance with a partner to music the Waltz, Foxtrot, Quickstep, Tango and Slow and Quick Rhythm. Any suitable figures may be danced. Some specified figures must be included. They may demonstrate in the role of their choice, i.e., dancing the leader's or follower's steps, or both roles with a partner if desired.
2. Dance solo to music, leader's or follower's steps as requested, a short amalgamation of the specified figures of the examiner's choice in any of the four standard dances.
3. Start an imaginary class to music (the dance/s will be of the examiner's choice)

Theory (Oral Examination)

1. Show technical knowledge of the specified figures
2. Understand technical terms, show balance and deportment and apply the following basic principles to each specified figure:
 - a. Tempo
 - b. Time
 - c. Hold
 - d. Counting in Slows and Quicks
 - e. Counting in Beats, also Beats and Bars
 - f. Feet Positions
 - g. Alignment
 - h. Amount of Turn
 - i. Rise and Fall
 - j. Footwork
 - k. Sway
 - l. CBM
 - m. CBMP
 - n. Forward and Backward Walks
 - o. Description of figures
 - p. Three Precedes and Follows to each specified figure
3. Answer questions on Class Teaching methods

Candidates are required to show practical methods of teaching and correction of common faults for specified figures.

Specified figures

Waltz 1-24, Foxtrot 1-19, Quickstep 1-22, Tango 1-20

Method of Assessment

The method of assessment is the same as for Student Teacher and Associate – see Page 31.

Fellowship Syllabus Content

Duration of examination: 120 minutes

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

Practical Demonstration and Theory

As Licentiate using a selection of specified figures plus suitable variations, if so desired.

Requirements are as follows:

1. All work included in the Licentiate examination plus additional specified figures and Precedes and Follows.
2. The presentation of dancing and depth of knowledge for this examination must be of a high quality.

Specified figures

Waltz 1-30, Foxtrot 1-25, Quickstep 1-27, Tango 1-27

Method of Assessment

The method of assessment is the same as for Student Teacher and Associate – see Page 31

Viennese Waltz

This is a separate optional examination at Licentiate and Fellowship levels which may only be taken by candidates who already hold the full ISTD qualification in Modern Ballroom of the relevant level.

- a) Recommended tempo is 60 bpm (or 50-60 if desired)
- b) The duration of the examination is 30 minutes
- c) The examination may only be taken at a pre-arranged session. No 'special' examinations can be arranged

Viennese Waltz Licentiate

Practical demonstration

Candidates are required to:

- 1) Dance with a partner and may demonstrate in the role of their choice (i.e., leader or follower) or may demonstrate both roles if desired.
- 2) Dance solo to music, as leader or follower, an amalgamation of specified figures of the examiner's choice
- 3) Start an imaginary class to music

Theory (Oral Examination)

Candidates are required to show

- 1) Technical knowledge of the specified figures
- 2) Practical methods of teaching

Specified figures

Natural Turn, Reverse Turn, Forward and Backward Change Steps

Viennese Waltz Fellowship

Practical demonstration and theory

As for Licentiate, plus the additional specified figures

The presentation of the dancing and the depth of knowledge need to be of a very high quality for this examination.

Specified figures

As Licentiate plus Natural and Reverse Fleckerls and Contra Check

Method of assessment for Viennese Waltz Licentiate and Fellowship

As for other Licentiate and Fellowship examinations – see page 31.

Professional Dancing Diplomas

These diplomas are awarded for proficiency in Modern Ballroom dancing. Candidates must hold a professional qualification in the ISTD Modern Ballroom Dance Faculty. The examination may be taken in the role of the candidate's choice, i.e., the Leader's or Follower's steps.

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

A selection from the specified figures in all five dances must be danced.

Class III

Associates must commence at this level, optional to Diploma in Dance Education and Certificate in Dance Education holders, Licentiates and Fellows.

Specified figures

Waltz 1-24, Foxtrot 1-19, Quickstep 1-22, Tango 1-20

Class II

For all professional levels.

Specified figures

There is no restriction on figures used, but a high proportion of syllabus figures should be shown

Class 1

For Licentiates and Fellows who have attained Class II.

There is no restriction on the figures used. This examination may be repeated

Dancing Opposite Role

Candidates wishing to take these tests may dance in the opposite role to that which they usually dance, for example a Follower may apply to take the test performing the Leader's steps. The timetable should include the letter 'O' for Opposite Role as appropriate.

Specified figures

Waltz

Basic Figures

Student Teacher and Bronze

1. Closed Changes
2. Natural Turn
3. Reverse Turn
4. Natural Spin Turn
5. Whisk
6. Chassé from PP

Associate and Bronze

7. Closed Impetus
8. Hesitation Change
9. Outside Change
10. Reverse Corté
11. Back Whisk
12. Basic Weave
13. Double Reverse Spin
14. Reverse Pivot
15. Back Lock
16. Progressive Chassé to R

Standard Figures

Licentiate, Diploma III and Silver

17. Weave from PP
18. Closed Telemark
19. Open Telemark and Cross Hesitation
20. Open Telemark and Wing
21. Open Impetus and Cross Hesitation
22. Open Impetus and Wing
23. Outside Spin
24. Turning Lock

Named Variations

Fellow, Gold and Juvenile Gold Stars

25. Left Whisk
26. Contra Check
27. Closed Wing
28. Turning Lock to R
29. Fallaway Reverse and Slip Pivot
30. Hover Corté

Gold Star (except Juvenile), Diplomas II and I

All figures listed plus any suitable variations

Foxtrot

Basic Figures

Student Teacher and Bronze

1. Feather Step
2. Three Step
3. Natural Turn
4. Reverse Turn (incorporating Feather Finish)
5. Closed Impetus and Feather Finish

Associate and Bronze

6. Natural Weave
7. Change of Direction
8. Basic Weave

Standard Figures

Licentiate, Diploma III and Silver

9. Closed Telemark
10. Open Telemark and Feather Ending
11. Top Spin
12. Hover Feather
13. Hover Telemark
14. Natural Telemark
15. Hover Cross
16. Open Telemark, Natural Turn, Outside Swivel, Feather Ending
17. Open Impetus
18. Weave from PP
19. Reverse Wave

Named Variations

Fellow, Gold and Juvenile Gold Stars

20. Natural Twist Turn
21. Curved Feather to Back Feather
22. Natural Zig-Zag from PP
23. Fallaway Reverse and Slip Pivot
24. Natural Hover Telemark
25. Bounce Fallaway with Weave Ending

Gold Star (Except Juvenile), Diplomas II and I

All Figures listed plus any suitable variations

Quickstep

Basic Figures

Student Teacher and Bronze

1. Quarter Turn to R
2. Natural Turn
3. Natural Turn with Hesitation
4. Natural Pivot Turn
5. Natural Spin Turn
6. Progressive Chassé
7. Chassé Reverse Turn
8. Forward Lock

Associate and Bronze

9. Closed Impetus
10. Backward Lock
11. Reverse Pivot
12. Progressive Chassé to R
13. Tipple Chassé to R
14. Running Finish
15. Natural Turn and Back Lock
16. Double Reverse Spin

Standard Figures

Licentiate, Diploma III and Silver

17. Quick Open Reverse
18. Fishtail
19. Running Right Turn
20. Four Quick Run
21. V6
22. Closed Telemark

Named Variations

Fellow, Gold and Juvenile Gold Stars

23. Cross Swivel
24. Six Quick Run
25. Rumba Cross
26. Tipsy to R or L
27. Hover Corté

Gold Star (Except Juvenile), Diplomas II and I

All Figures listed plus any suitable variations

Tango

Basic Figures

Student Teacher and Bronze

1. Walk
2. Progressive Side Step
3. Progressive Link
4. Closed Promenade
5. Rock Turn
6. Open Reverse Turn, Partner Outside
7. Back Corté

Associate and Bronze

8. Open Reverse Turn, Partner in Line
9. Progressive Side Step Reverse Turn
10. Open Promenade
11. LF and RF Rocks
12. Natural Twist Turn
13. Natural Promenade Turn

Standard Figures

Licentiate, Diploma III And Silver

14. Promenade Link
15. Four Step
16. Back Open Promenade
17. Outside Swivels
18. Fallaway Promenade
19. Four Step Change
20. Brush Tap

Named Variations

Fellow, Gold and Juvenile Gold Stars

21. Fallaway Four Step
22. Owersway
23. Basic Reverse Turn
24. The Chase
25. Fallaway Reverse and Slip Pivot
26. Five Step
27. Contra Check

Gold Star (Except Juvenile), Diplomas II and I

All Figures listed plus any suitable variations

Additional Figures

The following Figures may be danced in Medal Tests and in the practical section of Professional Examinations as indicated:

Student Teacher and Bronze

Quickstep

Heel Pivot (Quarter Turn to Left)

Associate and Bronze

Quickstep

Zig Zag, Back Lock and Running Finish

Cross Chassé

Change of Direction

Licentiate, Diploma III and Silver

Waltz

Drag Hesitation

Fellowship, Gold and Above

Waltz

Fallaway Whisk

Examinations and Quality Assurance

Examination booking information

Examination bookings are only permitted to be made by members with the requisite active membership status of the ISTD who conduct themselves in accordance with the Member Agreement/Professional Code of Conduct. link www.istd.org/documents/rules-and-standing-orders

The examinations take place either at the examination venues hosted by the members such as the teacher's dance studio or at the ISTD Examination Centre sessions. Details of how to book an examination, cancellation fees, guidance, and examination regulations are available at:

UK Examinations

Website: www.istd.org/examinations/uk-examinations

Email: ukdanceteachers@istd.org

International Examinations

Website: www.istd.org/examinations/international-examinations

Email: InternationalTeachers@istd.org

Policies and Quality assurance

The Society has put in place a set of policies and procedures to ensure that our examinations and assessments are inclusive and accessible, and students completing our qualifications are issued a fair grade based on their performance.

Our quality assurance processes are in place to safeguard the integrity of our qualifications by ensuring that high standards are always delivered in our examinations.

The detailed information about the quality assurance of our qualifications and the related policies can be found at www.istd.org/examinations/quality-assurance

For further guidance, please contact the Quality Assurance department at csqa@istd.org

Reasonable adjustment

The Society is committed to promoting an environment where all individuals are encouraged to achieve their full potential and develop their skills in dance and in examinations and we encourage teachers to maintain an open approach towards the different abilities offered by all their students.

Reasonable adjustments are changes or adaptations made to an assessment or to the way an assessment is conducted to reduce or remove a barrier caused by disability or individual learning or medical need.

The teacher acting on behalf of a candidate can request the Society to make reasonable adjustments to the assessment processes and examination requirements, to make the assessment more accessible and alleviate a barrier to allow the candidate to show what they know and can do.

To request reasonable adjustments, the teacher making the application on behalf of the candidate should send their completed application form and supporting documents to ara@istd.org a minimum of 28 days before the date of the examination.

Further guidance for reasonable adjustments can be found in the ISTD Access Arrangements and Reasonable Adjustment Policy which is available on: www.istd.org/examinations/quality-assurance

Teachers can request any adjustments that are appropriate for the needs of their candidates, and these will be considered on a case-by-case basis.

Special consideration

Special consideration is given after an assessment has taken place for learners who have been affected by adverse circumstances. The Society has a process in place for special consideration for candidates who participated in an examination but may have been disadvantaged by temporary illness, injury, indisposition, or adverse circumstances which arose immediately before or during the examination.

Enquiries and appeals about results

The Society endorses the principle of the right to enquire about a candidates' result. These appeals may relate to an unexpected examination result, assessment decisions being incorrect, or assessment not being conducted fairly. We ensure that enquiries are dealt with swiftly and fairly within the specified timescales.

Through the ISTD Enquiry and Appeal about a Result Policy, it is ensured that enquiries about results are processed correctly, fairly and in a timely manner. A copy of the Enquiry and Appeal About a Result Policy can be downloaded from: <https://www.istd.org/examinations/quality-assurance/policies-and-related-documents>

Malpractice

The Society will act in accordance with the published documentation and will take all reasonable steps to prevent the occurrence of any malpractice, or maladministration, in the development, delivery and award of its qualifications.

Malpractice refers to acts that undermine the integrity and validity of assessment, the certification of qualifications, and/or actions that may damage the authority of those responsible for delivering the assessment and certification. The Society will take any form of malpractice very seriously.

Registered members and candidates must follow the requirements set out in this specification, examination regulations and all other ISTD policies about the delivery of our examinations.

In cases where registered members or candidates have committed malpractice, a sanction or penalty may be given. For further information, please refer to the ISTD Malpractice Policy on:

<https://www.istd.org/examinations/quality-assurance/policies-and-related-documents>

Results and certification

All ISTD examinations are single performances at one moment in time, with a detailed marking system awarded according to the mark schemes given for each examination.

The Quality Assurance Department will check the examination results for any errors before issuing the awarded results and certificates direct to the primary organiser, unless requested otherwise.

Examination session results and examination report sheets can be accessed online on the ISTD examination management portal, usually within 21 days of the date of the examination.

All examination result documents are subject to robust quality assurance checks, to ensure that they are correct and complete before dispatch.

The primary organiser will receive their candidates' examination report sheets, containing the overall result. Successful candidates will also be issued with a qualification certificate displaying the qualification title, and the subject that they have been examined in, date of award and the overall result achieved.

This section focuses on the administrative requirements for delivering the examinations and related quality assurance processes. www.istd.org/examinations/quality-assurance

Table of Withdrawn Examinations

Latin American – Genre Medal Tests & Awards	
Examination	Date of Final Examination
Josephine Bradley Award	30 th September 2027
Imperial Dance Award 1, 2 & 3	30 th September 2027
Alex Moore Award	30 th September 2027
Annual Award	30 th September 2027

Latin American – Graded & Vocational Examinations	
Examination	Date of Final Examination
Grades 1, 2, 3, 4, 5 & 6	30 th September 2027
Intermediate	30 th September 2027

Imperial Society of Teachers of Dancing
22 / 26 Paul Street
London
EC2A 4QE
Telephone: 020 7377 1577
Fax: 020 7247 8979

E-mail: admin@istd.org
Web site: <http://www.istd.org>

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