



President's Cup Day

The Ballroom, Latin, and Sequence faculties are pleased to welcome you to President's Cup Day 2025.

More information can be found online at www.istd.org/events

President's Cup Competition

Competitors will take part in a Latin workshop, followed by the President's Cup competition. Winners will receive a prize kindly sponsored by **DanseZ** – the designer and producer of the ISTD recommended examination uniform.

U12
U16
Adults



Ballroom	Dance	Categories							
Student/Teacher Events									
Newcomers	Waltz	U8	U12	U16	U40	O40	65+		
U6	Waltz	U6							
U8	Waltz	U8							
SDT	Waltz	U10	U12	U14	U16	16-25	26-40	41-64	65+
PBDT	Quickstep	U12	U16	16-25	26-40	41-64	65+		
Bronze	Tango	U12	U16	16-25	26-40	41-64	65+		
Silver & above	Foxtrot	U12							
Silver	Foxtrot	U16	16-25	26-40	41-64	65+			
Gold	Viennese Waltz	U16	16-25	26-40	41-64	65+			
Gold Star & Awards	Quickstep	U16	16-25	26-40	41-64	65+			
Solo Dancer Events – Set Dance*									
U8	Waltz	* Each of the Solo Dancer Events has either set choreography or a list of permitted figures that teachers may use to create their own arrangements. Please see the additional guidance for further information.							
U12	Tango								
U16	Quickstep								
Adults	Waltz								
Couples Events									
U8	Waltz	U8							
up to Bronze	Quickstep	U12	U16	16-25	26-40	41-64	65+		
Silver & above	Foxtrot	U12	U16	16-25	26-40	41-64	65+		
All grades	Viennese Waltz	U12	U16	Adults					

Latin	Dance	Categories							
Student/Teacher Events									
Newcomers	Cha Cha Cha	U8	U12	U16	U40	O40	65+		
U6	Cha Cha Cha	U6							
U8	Rumba	U8							
SDT	Cha Cha Cha	U10	U12	U14	U16	16-25	26-40	41-64	65+
PBDT	Paso Doble^^	U12	U16	16-25	26-40	41-64	65+		
Bronze	Jive	U12	U16	16-25	26-40	41-64	65+		
Silver & above	Rumba	U12							
Silver	Rumba	U16	16-25	26-40	41-64	65+			
Gold	Jive	U16	16-25	26-40	41-64	65+			
Gold Star & Awards	Cha Cha Cha	U16	16-25	26-40	41-64	65+			
Solo Dancer Events – Set Dance*									
U8	Cha Cha Cha	* Each of the Solo Dancer Events has either set choreography or a list of permitted figures that teachers may use to create their own arrangements. Please see the additional guidance for further information.							
U12	Samba								
U16	Jlve								
Adults	Rumba								
Couples Events									
U8	Cha Cha Cha	U8							
up to Bronze	Rumba	U12	U16	16-25	26-40	41-64	65+		
Silver & above	Jive	U12	U16	16-25	26-40	41-64	65+		
All grades	Paso Doble	U12	U16	Adults					
^^8 beat phrasing music will be used for the PBDT Paso Doble									

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