



CANADIAN DANCESPORT FEDERATION

AMATEUR MEDAL TESTS

WHAT ARE AMATEUR MEDAL TESTS?

Medal Tests are a way for beginners or more accomplished dancers to mark their progress in the art of Ballroom Dancing. Medal tests are an excellent way for successful studios to build student loyalty, while providing “proof of progress” for their students. It is ideally suited to “social” dancers as well as to students who aspire to higher levels of performance. Though many Studios encourage their students to enter dance competitions, not all students are comfortable performing in front of a large audience. Medal tests provide the perfect alternate solution while still giving students opportunity to develop their dance skills.

FORMAT

During a Medal Test, a student may either dance with their Professional Teacher or be partnered by another amateur student. An Examiner will observe their dance performance, produce a written critique and allocate a grade or score. At the completion of the test the successful student will receive their critique and score sheet, a personalized Certificate for their dance level plus a Medal (Pin). Please note that this is purely a dance test. No technique questions will be asked.

A single dance will take around 60 to 90 seconds; the entire test, allowing for short breaks between routines, will be between five and ten minutes. The total time allotted depends on the number of dances being tested by each student. Typically, a Studio will have all students examined on the same day.

PREPARATION

The instructor will have prepared a routine or amalgamation of figures based on the CDF syllabus and suitable for each level of Medal (see “Examination Technique Books” below). The lower levels of examination generally consist of basic figures. Higher levels will include more complex figures which demonstrate that the dance fundamentals and technique from the lower levels have been built upon. The standard and quality of dance expected at tests increases with each level.

Depending upon the Level and Style of the Examination (see below) a student will be required to demonstrate anywhere from one to eight dances. Each style is tested separately i.e. Standard Ballroom, Latin American, American Rhythm or American Smooth. For example, at the Associate Bronze Level, a Latin American dance student might choose to perform just two dances, Cha Cha and Jive. However the same student would definitely be required to dance all five International Latin dances at the Gold Level.

AVAILABLE CDF AMATEUR MEDAL TESTS

- International Latin - The test dances are Rumba, Samba, Paso Doble, Cha Cha and Jive.
- International Standard - The test dances are Waltz, Foxtrot, Viennese Waltz, Tango and Quickstep.
- American Smooth - The test dances are Waltz, Foxtrot, Tango and Viennese Waltz.
- American Rhythm - The test dances are Rumba, Samba, Cha Cha, Merengue, Mambo, Bolero, East Coast Swing and West Coast Swing.

TECHNIQUE BOOKS TO BE USED FOR FIGURES

- International Ballroom: “The Ballroom Technique” published by The Imperial Society of Teachers of Dancing. “The Viennese Waltz” by Harry Smith Hampshire.
- International Latin: “Latin American” currently published in separate books by The Imperial Society of Teachers of Dancing.
- American Rhythm and American Smooth: The DVIDA ® American Style Syllabus produced by Dance Vision, USA. Technical Manuals, Tapes and DVD’s are available at DanceVision.com

AGE CATEGORIES

There are two age categories available to the amateur student:

- Junior: Candidates must be 16 years of age or younger.
- Adult: Candidates must be 17 years of age or older.

MARKING SYSTEM

During the Medal Test the Examiner will allocate a Grade to the Candidate’s dance performance. This Grade will be one of the following:

- **P** = “Passing Grade” of between 65% and 75%
- **C** = “Commended” passing grade between 75% and 85%
- **H/C** = “Highly Commended” passing grade of 85% and above

CERTIFICATES AND MEDAL(PINS)

At the completion of the Medal Test all successful candidates will receive their critique, a score sheet and a personalized Certificate of their dance level (Bronze, Silver, Gold, etc.). At the Full Bronze, Full Silver, Full Gold, Gold Star and Gold Bar Levels the Student will also receive a Medal (Pin) featuring a design identifying the Style tested. Supreme Award Candidate’s receive a dance statuette with a personally inscribed base plate.

APPLICATION FOR EXAMINATION

Medal Test Application Forms are available from the Canadian Dancesport Federation website. The form contains details for submitting an application plus the current fee schedule. If you have any questions regarding Medal Tests please contact the CDF Examination Co-ordinator – Alan Armsby through the website main page “Contact us”.

MEDAL TEST STYLES & LEVELS AVAILABLE

BRONZE LEVEL (There are four (4) Levels of Bronze Certification)

INTERNATIONAL STYLE – STANDARD BALLROOM

- **BRONZE I** - Choice of Figures from the Student Teacher Syllabus.

Candidate presents either 1 or 2 dances – example: Waltz and/or Quickstep

- **BRONZE II or ASSOCIATE BRONZE** - Figures of the Student Teacher Syllabus.

Candidate presents either 2 or 3 dances – example: Waltz, Quickstep and/or Tango

- **BRONZE III** - Choice of Figures up to and including the Associate Syllabus.

Candidate presents 3 or 4 dances – example: Waltz, Quickstep, Tango and/or Foxtrot

- **BRONZE IV=FULL BRONZE** - Figures up to and including the Associate Syllabus.

Candidate presents 4 dances – example: Waltz, Quickstep, Tango and Foxtrot.

INTERNATIONAL STYLE – LATIN AMERICAN

- **BRONZE I** - Choice of Figures from the Student Teacher Syllabus.

Candidate presents either 1 or 2 dances – example: Cha Cha and/or Jive

- **BRONZE II or ASSOCIATE BRONZE** - Figures of the Student Teacher Syllabus.

Candidate presents either 2 or 3 dances – example: Cha Cha, Jive and/or Rumba

- **BRONZE III** - Choice of Figures up to and including the Associate Syllabus.

Candidate presents 3 or 4 dances – example: Cha Cha, Jive, Rumba and/or Samba

- **BRONZE IV= FULL BRONZE** - Figures up to and including the Associate Syllabus.

Candidate presents 4 dances – example: Cha Cha, Jive, Rumba and Samba

AMERICAN STYLE – SMOOTH

- **BRONZE I** – Syllabus Figures 1 through 4

Candidate presents either 1 or 2 dances – example: Foxtrot and/or Waltz

- **BRONZE II or ASSOCIATE BRONZE** – Syllabus Figures 1 through 7

Candidate presents either 2 or 3 dances – example: Foxtrot, Waltz and/or Tango

- **BRONZE III** - Syllabus Figures 1 through 11, for Viennese Waltz Figures 1 through 5

Candidate presents 3 or 4 dances – example: Foxtrot, Waltz, Tango and/or V.Waltz

- **BRONZE IV=FULL BRONZE** – Figures 1 through 15, in V.Waltz Figures 1 through 10

- Candidate presents all 4 dances – Waltz, Tango, Foxtrot and Viennese Waltz

AMERICAN STYLE – RHYTHM

- **BRONZE I** – Syllabus Figures 1 through 4

Candidate presents either 1 or 2 dances – example: Cha Cha and/or East Coast Swing

- **BRONZE II or ASSOCIATE BRONZE** – Syllabus Figures 1 through 7

Either 2, 3 or 4 dances – eg: Cha Cha, E.C. Swing and Rumba, Merengue or Mambo

- **BRONZE III** - Syllabus Figures 1 through 11

From 3 to 6 dances – eg: Cha Cha, E.C. Swing, Rumba, & Merengue, Mambo or Samba

- **BRONZE IV or FULL BRONZE** – Figures 1 through 15, in Bolero Figures 1 through 10

From 4 to 8 dances – eg: Cha Cha, E.C. Swing, Rumba & Mambo, also Merengue, Samba
Bolero and/or West Coast Swing

SILVER LEVEL (There are two (2) Levels of Silver Certification.)

INTERNATIONAL STYLE – STANDARD BALLROOM

- **SILVER I or ASSOCIATE SILVER** - Choice of Figures up to and including the Licentiate Syllabus. Candidate presents either 4 or 5 dances –

example: Foxtrot, Waltz, Tango, Quickstep and/or Viennese Waltz

- **SILVER II = FULL SILVER** - Figures of the Licentiate Syllabus.

Candidate presents all 5 dances – Foxtrot, Waltz, Tango, Quickstep and Viennese Waltz

INTERNATIONAL STYLE – LATIN AMERICAN

- **SILVER I or ASSOCIATE SILVER** - Choice of Figures up to and including the Licentiate Syllabus. Candidate presents either 4 or 5 dances –

Example: Rumba, Samba, Cha Cha, Jive and/or Paso Doble

- **SILVER II = FULL SILVER** - Figures of the Licentiate Syllabus.

Candidate presents all 5 dances – Rumba, Samba, Cha Cha, Jive, Paso Doble

AMERICAN STYLE – SMOOTH

- **SILVER I or ASSOCIATE SILVER** – Syllabus Figures 1 through 7, V.Waltz 1 through 5

Candidate presents all 4 dances – Foxtrot, Waltz, Tango and Viennese Waltz

- **SILVER II = FULL SILVER** – Figures 1 through 15, in V.Waltz Figures 1 through 10

Candidate presents all 4 dances – Foxtrot, Waltz, Tango and Viennese Waltz

AMERICAN STYLE – RHYTHM

- **SILVER I or ASSOCIATE SILVER** – Syllabus Figures 1 through 5

From 6 to 8 dances – eg: Cha Cha, E.C. Swing, Rumba, Mambo, Merengue, Samba, plus Bolero and/or West Coast Swing

- **SILVER II = FULL SILVER** – Syllabus Figures 1 through 10

From 6 to 8 dances – eg: Cha Cha, E.C. Swing, Rumba, Mambo, Merengue, Samba, plus Bolero and/or West Coast Swing

GOLD LEVEL (There are two (2) Levels of Gold Certification.)

INTERNATIONAL STYLE – STANDARD BALLROOM

- **GOLD I or ASSOCIATE GOLD** - Choice of Figures up to and incl. the Fellow Syllabus. Candidate presents all 5 dances – Foxtrot, Waltz, Tango, Quickstep and Viennese Waltz
- **GOLD II = FULL GOLD** - Figures of the Fellow Syllabus.

Candidate presents all 5 dances – Foxtrot, Waltz, Tango, Quickstep and Viennese Waltz

INTERNATIONAL STYLE – LATIN AMERICAN

- **GOLD I or ASSOCIATE GOLD** - Choice of Figures up to and including the Fellow Syllabus. Candidate presents all 5 dances – Rumba, Samba, Cha Cha, Jive, Paso Doble
- **GOLD II = FULL GOLD** - Figures of the Fellow Syllabus.

Candidate presents all 5 dances – Rumba, Samba, Cha Cha, Jive and Paso Doble

AMERICAN STYLE – SMOOTH

- **GOLD I or ASSOCIATE GOLD** – Syllabus Figures 1 through 5

Candidate presents all 4 dances – Foxtrot, Waltz, Tango and Viennese Waltz

- **GOLD II = FULL GOLD** – Figures 1 through 10

Candidate presents all 4 dances – Foxtrot, Waltz, Tango and Viennese Waltz

AMERICAN STYLE – RHYTHM

- **GOLD I or ASSOCIATE GOLD** – Syllabus Figures 1 through 5

All 6 dances – Cha Cha, E.C. Swing, Rumba, Mambo, Bolero and West Coast Swing

- **GOLD II = FULL GOLD** – Syllabus Figures 1 through 10

All 6 dances – Cha Cha, E.C. Swing, Rumba, Mambo, Bolero and West Coast Swing

ADVANCED MEDAL LEVELS

INTERNATIONAL STYLE – STANDARD BALLROOM

- **GOLD STAR** – Restricted to Figures of the Gold Star Syllabus.

Candidate presents all 5 dances – Foxtrot, Waltz, Tango, Quickstep and Viennese Waltz

- **GOLD BAR** - Unrestricted Syllabus.

Candidate presents all 5 dances – Foxtrot, Waltz, Tango, Quickstep and Viennese Waltz

- **SUPREME AWARD** - Unrestricted Syllabus.

Candidate presents all 5 dances – Foxtrot, Waltz, Tango, Quickstep and Viennese Waltz

INTERNATIONAL STYLE – LATIN AMERICAN

- **GOLD STAR** – Restricted to Figures of the Gold Star Syllabus.

Candidate presents all 5 dances – Rumba, Samba, Cha Cha, Jive and Paso Doble

- **GOLD BAR** - Unrestricted Syllabus.

Candidate presents all 5 dances – Rumba, Samba, Cha Cha, Jive and Paso Doble

- **SUPREME AWARD** - Unrestricted Syllabus.

Candidate presents all 5 dances – Rumba, Samba, Cha Cha, Jive and Paso Doble

AMERICAN STYLE – SMOOTH

- **GOLD BAR** - Unrestricted Syllabus.

Candidate presents all 4 dances – Foxtrot, Waltz, Tango and Viennese Waltz

- **SUPREME AWARD** - Unrestricted Syllabus.

Candidate presents all 4 dances – Foxtrot, Waltz, Tango and Viennese Waltz

AMERICAN STYLE – RHYTHM

- **GOLD BAR** - Unrestricted Syllabus.

All 6 dances – Cha Cha, E.C. Swing, Rumba, Mambo, Bolero and West Coast Swing

- **SUPREME AWARD** - Unrestricted Syllabus.

All 6 dances – Cha Cha, E.C. Swing, Rumba, Mambo, Bolero and West Coast Swing