



SYLLABUS OUTLINE OF ROCK'N'ROLL QUALIFICATIONS

DISCO / FREESTYLE / ROCK 'N' ROLL FACULTY

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General Information

Dance Sport examinations cover Modern Ballroom, Latin American, Sequence, Disco/Freestyle, Rock 'n' Roll, Country Western, Street Dance and Club Dance. These dance genres provide a wide diversity in both teaching and learning in dance education. On the one level they form the basis of what may sometimes be referred to as 'social' dancing and there is a range of examinations that provides 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 or dance teaching. The examinations offered in all Dance Sport 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 Medal Series – Bronze, Silver, Gold Supplementary and Higher Awards (Gold Stars, Supreme Award, Rock'N'Roll Shield, Annual Award)
Professional Examinations	Student Teacher Associate
Higher Professional Examinations	Licentiate Fellowship Professional Dancing Diplomas

This syllabus outline gives information about the examinations structure for Rock 'n' Roll examinations only. Syllabi for the other Dance Sport genres are obtainable from ISTD Headquarters and the ISTD web-site. Separate syllabi for some other genres are also 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 Development Co-ordinator 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 Rock'N'Roll are designed to be accessible to any age group and seek to:

- Promote an appreciation and enjoyment of Rock 'n' Roll, with a view to developing technical and artistic qualities
- Introduce an understanding of the various styles of Rock 'n' Roll.
- Motivate candidates and build self-confidence by providing carefully staged goals
- Provide a structured approach for teachers to measure the progress of individual candidates

The medal test system builds 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 Introductory Tests start at Under 6 and go through to Pre-Bronze. The Medal Series then progress from Bronze through to Gold and then Higher Awards.

All Rock 'n' Roll examinations are one dance tests. An outline of the different levels for Rock 'n' Roll examinations is given below and further detail is given in the Syllabus Content.

Introductory Tests	Under 6 Tests 1, 2, 3, 4 Under 8 Tests 1, 2, 3, 4 Social Dance Tests 1, 2, 3, 4 Pre-Bronze Dance Tests 1, 2, 3, 4
Medal Series	Bronze 1, 2 Silver Gold
Higher Awards	Gold Star 1, 2, 3, Supreme Award Rock 'n' Roll Shield (supplementary) Annual Award (supplementary)

Entry Conditions and General Information

Amateur tests are conducted with the object of improving the standard of dancing. The award and the certificate received do not in any way qualify successful candidates to teach dancing, nor may they be used for advertising purposes.

Age Divisions

Tests are conducted in seven 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 and over intending to become professional or professionals in another genre.*

* Candidates must be 16 years of age or over. 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 Division candidates may commence at Bronze level or at a higher level at the discretion of the teacher. Student Teachers may continue to take Student division tests in the same genre. Holders of Student medals are not eligible to enter Adult amateur medalist competitions.

Categories

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

1. Solo Entry
2. Couples Tests
3. Team Tests

Solo Entry

Each candidate is partnered, but assessed on their individual performance.

- **Single candidates may be entered for all Rock 'n' Roll Tests.** A candidate may be partnered by another amateur (not taking the Test) or by a professional. Partners will NOT wear a number.
- **Two single candidates may be entered dancing together.** Although dancing together the candidates are examined separately. In this case both candidates wear a number and should be entered singly on the timetable. Each candidate will receive their own report, certificate and award.

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 but the tests must be taken in sequence.

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 from Social Dance Test to Gold Star 1, 2 and 3 and Supreme Award levels. 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.

Prior Learning

No prior learning is required for the Introductory Tests. Medal Tests must be passed in sequence from Bronze to Gold, Gold Stars to Supreme.

Candidates who hold the Bronze medal or higher of a 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 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.

Partnering

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

<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

Use of CDs

Teachers and candidates will use their own choice of music throughout the examinations. As a guide, music should be selected which does not contain cross phrasing and/or long introductions. Music operators should be seated at a discreet distance from the Examiner where possible.

Recording

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

Dress Requirements

Suitable Rock 'n' Roll attire, which is appropriate to the age and gender of the candidate, should be worn with appropriate footwear, Jazz shoes or light trainers, laces tied and secure. The chosen attire should enable the Examiner to see clearly the action of the body, legs and head.

Candidates must remain in the room. Jewellery or body-piercing should not be worn.

Number Cards

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

Acrobatic/Gymnastic Movements

Acrobatic/gymnastic movements are not permitted In Solo medal tests at any level. Assisted work is permitted in Couples' routines at Gold Star level and above.

Reasonable Adjustments

Special adjustments may be made to the examination conditions where candidates have particular needs. Further details are given on Page 21.

Syllabus Content for Amateur Medal Tests and Awards

All Rock 'n' Roll examinations are one dance tests.

All Rock 'n' Roll Tests must be danced with a partner.

- Suitable footwear **MUST** be worn.
- If a second test is taken up to Silver level at the same session, Gold level and above must be taken separately.
- Routines at any level should be repeatable or last a minimum of 1 minute 30 seconds if choreographed to a specific track of music.
- It is intended that all Systems and Techniques of Rock 'n' Roll will be accepted, provided that such Systems are visually and musically acceptable as Rock 'n' Roll.
- Acrobatics, (Lifts, Throws and Drops), may **not** be used up to and including Gold level. However the Lady's Back Drop may be used for the Gold Medal.
- Basic Actions and Movements may be used to dance on the same foot as partner for all grades.
- Medal Test Figures are allocated as follows:-
 - o Under 6)
 - o Under 8)
 - o Social or Pre-Bronze) Figures 1 - 12
 - o Bronze)
 - o Silver Figures 1 - 21
 - o Gold Figures 1 – 29
 - o Gold Star Figures 1 – 34

Notes:

Figures 30 – 34 are suggested amalgamations. Other variations may be used but a high proportion of Syllabus Figures must be shown.

Basic Actions and Compound Steps can be used at every level.

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 Rock'n'Roll (Disco Freestyle) 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 and Under 8 Tests 1, 2, 3, 4

These tests are designed to encourage our very young pupils and to get them started on the medal test 'ladder'. There is no technical requirement and Parts 2, 3 and 4 do not require a higher standard of dancing than Part 1. Lively movement and the beginnings of timing awareness should be encouraged.

Social Dance Tests 1, 2, 3, 4

This is an introductory test at a social level that may be taken by candidates of any age group. A minimum of four Figures should be shown. 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 Dance Tests 1, 2, 3, 4

This test may be taken by candidates of any age group. The requirements are as for Social Dance Test but 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.

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. Bronze 2 does not require a higher standard of dancing than Bronze 1.

Candidates moving from one age division to the next, may either commence at Bronze or Silver level or may continue their medals in order e.g. Juvenile Gold to Junior Gold Star etc.

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

The Examiner will assess rhythmical ability and musicality, use and co-ordination of arms, feet and body, balance, control and visual appeal.

Note: Markers and Prompters

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

Higher Awards

A high standard of technical accuracy, control and rhythmic expression will be expected at these grades. The dancing throughout the Gold Stars and Supreme Award should show a gradual progression towards the ultimate goal of the Rock 'n' Roll Shield.

Gold Star 1, 2, 3

A minimum of eight Figures should be shown for Gold Star and above.

A high standard of technical accuracy, style and rhythmic expression is expected at this level. The dancing throughout the Gold Stars 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).

Note: The following Figures are to be shown within the first 16 bars:

Gold Star 1: Windmill Throwaway, Push Spins to Right and Left (from hands), Sliding Doors no 2

Gold Star 2: Arm Rolls no 2, Umbrella

Gold Star 3: Side-by-Side Basics with a choice of two compatible systems

Supreme Award

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

Rock 'n' Roll Shield

The ultimate Award includes the requirements from Gold Star to Supreme with the addition of a minimum of two compatible Basic Systems.

Annual Award

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

Syllabus Content for Teams

Social Dance Test to Bronze:

For these tests, a combination of figures, compound steps and actions, plus technical elements from the Student Teacher syllabus must be used. (Maximum time limit 1 1/2 minutes)

Silver:

For this test, a combination of figures, compound steps and actions, plus technical elements from the Associate syllabus must be used. A higher level of performance and technical accuracy will be expected from the previous level (Maximum time limit 2 ½ minutes)

Gold:

For this test, a combination of figures, compound steps and actions, plus technical elements from the Licentiate syllabus must be used. A higher level of performance and technical accuracy will be expected from the previous level (Maximum time limit 3 minutes)

Gold Star:

For this test, any combination of figures, compound steps and actions, plus technical elements from the Fellowship syllabus must be used. A higher level of performance and technical accuracy will be expected from the previous level. (Maximum time limit 3 minutes)

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. Examiners may ask to 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.

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

- In any Disco / Freestyle Test a single candidate may perform a routine dancing solo to Rock 'n' Roll music using Rock 'n' Roll syllabus Steps and Actions.
- A Rock 'n' Roll routine performed by a couple could be part of a Disco / Freestyle Couples Test at all levels.
- A single candidate could use partnered Rock 'n' Roll as one dance in any Disco / Freestyle examination. (Partner is not wearing a number or being assessed).

Note: Rock 'n' Roll danced as part of the above Disco/Freestyle tests does not qualify the candidate to enter a Rock 'n' Roll Medalist Competition.

ISTD Medalist Competitions

Competitors are restricted to the Specified Syllabus Figures for the grade entered. Basic Actions and Compound Steps can be used at all levels.

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 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.

Professional Teaching Examinations

It is not intended in the Student Teacher, Associate and Licentiate levels, to embrace the acrobatic movements sometimes used in competitions. These should not be taught unless a specialised study of such movements and their physical effects are fully understood.

Note - In partnered Rock 'n' Roll it is traditional for one partner to dance the Leading role, (previously termed Man/Gentleman) and one partner to dance the Following role, (previously termed Woman/Lady).

Student Teacher Syllabus Content

Duration of examination is 60 minutes

Candidates must be 16 years of age or over. Student Teacher level is not a teaching qualification. Although successful candidates gain no qualifications in the Society they are permitted to attend courses and Congresses on payment of an admission fee. Successful candidates will not be eligible to take part in any amateur competitions or amateur medal tests in except in the role of 'partner'.

Part 1 Demonstration

The candidate demonstrates to music:-

a) Warm Up Routine

comprising the following elements - Mobility, Pulse Raiser and Short Static Stretch, minimum 32 bars, maximum 3 minutes.

b) Own Rock 'n' Roll Routine

Dance with a partner a selection of the Figures specified for their grade using any Basic System or combination of Systems taken from the Specified List in keeping with the style danced. A selection of the Specified Compound Steps should also be included. Candidates may demonstrate in the role of their choice, i.e. as leader or follower, or demonstrate both roles with a partner if desired.

c) Adult Social Rock 'n' Roll Routine

suitable for Adult Social Style Rock 'n' Roll using a minimum of 8 Figures of the candidate's choice which may or may not be from the Specified List.

d) Solo Demonstration

Dance as Leader or Follower an amalgamation of Specified Figures selected by the Examiner.

e) Cool Down Stretch Routine

Part 2 Exercise

The candidate explains briefly:-

- a) any section of the Warm Up demonstration as requested by the Examiner
- b) the theory of Warm Up
- c) knowledge of Controversial and Contra Indicated movements

- d) any section of the Cool Down demonstration as requested by the Examiner
- e) the theory of Cool Down

Part 3 Theory

- a) Explain and demonstrate solo as Leader or Follower and teach 3 Basic Systems selected from the Specified list. Alternatively one of the 3 Systems may be other than those listed but must be visually and musically acceptable as Rock 'n' Roll.
- b) Describe and demonstrate the Specified Holds, Body Positions, Basic Actions and Compound Steps listed.
- c) Explain and apply the following principles to the Specified Figures:-
 - Time
 - Tempo
 - Rhythm
 - Accents
 - Counting in Beats and Bars
- d) Describe and demonstrate from 1 - 12 of the Specified Figures listed as requested by the Examiner. This will also include the understanding of the footwork, leg action, leading and following applicable to the Specified Figures.
- e) Be prepared to give one entry and one exit, to and from the Specified Figures and amalgamate the same, as requested by the Examiner.
- f) Be able to explain their own teaching methods and class teaching ideas.

Part 4 Kinesiology

At Student Teacher level, candidates must have a brief knowledge of the mechanics of the human body including the skeletal, muscular, cardiovascular, and nervous systems.

Note: The Examiner will expect a level of knowledge for the Exercise and Kinesiology sections consistent with the grade of examination being taken. Candidates are recommended to refer to Exercise and Kinesiology literature and some references are listed on page 18.

Associate Syllabus Content

Duration of examination is 75 minutes

Work from the Student Teacher Syllabus will be included in this Examination at the discretion of the Examiner.

Candidates must be 17 years of age or over.

Part 1 Demonstration

The candidate demonstrates to music:-

- a) **Warm Up Routine** - comprising the following elements - Mobility, Pulse Raiser and Short Static Stretch, minimum 32 bars, maximum 3 minutes.

- b) Own Rock 'n' Roll Routine** - Dance with a partner a selection of the Figures specified for their grade using any Basic System or combination of Systems taken from the Specified list, in keeping with the style danced. A selection of the Specified Compound Steps should also be included. Candidates may demonstrate in the role of their choice, ie as Leader or Follower, or demonstrate both roles with a partner if desired.
- c) Adult Social Rock 'n' Roll Routine** - suitable for Adult Social Style Rock 'n' Roll using a minimum of 12 Figures of the candidate's choice which may or may not be from the Specified List.
- d) Solo Demonstration** - Dance as Leader or Follower an amalgamation of Specified Figures selected by the Examiner.
- e) Class Teaching** - Start an imaginary class.
- f) Cool Down Stretch Routine**

Part 2 Exercise

The candidate explains:-

- a) any section of the Warm Up demonstration as requested by the Examiner.
- b) the theory of Warm Up.
- c) knowledge of Controversial and Contra Indicated movements.
- d) any section of the Cool Down demonstration as requested by the Examiner.
- e) the theory of Cool Down.

Part 3 Theory

- a) Explain and demonstrate solo as Leader or Follower and teach four Basic Systems selected from the Specified list. Alternatively one of the four systems may be other than those listed but must be visually and musically acceptable as Rock 'n' Roll.
- b) Describe and demonstrate the Specified Holds, Body Positions, Basic Actions and Compound Steps listed.
- c) Explain and apply the following principles to the Specified Figures:
 - Time
 - Tempo
 - Rhythm
 - Accents
 - Counting in Beats and Bars
- d) Describe and demonstrate from 1 - 21 of the Specified Figures listed, as requested by the Examiner. This will also include the understanding of the footwork, leg action, leading and following applicable to the Specified Figures.
- e) Be prepared to give two entries and two exits, to and from the Specified Figures and amalgamate the same, as requested by the Examiner.
- f) Be able to explain their own teaching methods and class teaching ideas.

Part 4 Kinesiology

Candidates must have knowledge of the mechanics of the human body including the skeletal, muscular, cardiovascular, and nervous systems.

Note: The Examiner will expect a level of knowledge for the Exercise and Kinesiology sections consistent with the grade of examination being taken. Candidates are recommended to refer to Exercise and Kinesiology literature and some references are listed on page 18.

Licentiate Syllabus Content

Duration of examination is 90 minutes

Work from the Student Teacher and Associate Syllabi will be included in this examination at the discretion of the Examiner.

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

Part 1 Demonstration

The candidate demonstrates to music:-

- a) **Warm Up Routine** - comprising the following elements - Mobility, Pulse Raiser and Short Static Stretch, minimum 32 bars, maximum 3 minutes.
- b) **Own Rock 'n' Roll Routine** - Dance with a partner a selection of the Figures specified for their grade using any Basic System or combination of Systems taken from the Specified list, in keeping with the style danced. A selection of the Specified Compound Steps should also be included. Candidates may demonstrate in the role of their choice, ie as Leader or Follower, or demonstrate both roles with a partner if desired.
- c) **Adult Social Rock 'n' Roll Routine** - suitable for Adult Social Style Rock 'n' Roll using a minimum of 16 Figures of the candidate's choice which may or may not be from the Specified List.
- d) **Solo Demonstration** - Dance as Leader or Lady an amalgamation of Specified Figures selected by the Examiner.
- e) **Class Teaching** - Start an imaginary class.
- f) **Cool Down Stretch Routine.**

Part 2 Exercise

The candidate explains:-

- a) Any section of the Warm Up demonstration as requested by the Examiner.
- b) The theory of Warm Up including Body Adaptations.
- c) Muscular Strength and Muscular Endurance - Demonstrate and explain exercises which strengthen the body specifically for the Rock 'n' Roll actions to be performed.
- d) Knowledge of Controversial and Contra Indicated movements.
- e) Any section of the Cool Down demonstration as requested by the Examiner.
- f) The theory of Cool Down including Body Adaptations.

Part 3 Theory - Oral Examination

- a) Explain and demonstrate solo as Leader or Follower and teach five Basic Systems selected from the Specified list. Alternatively one of the five Systems may be other than those listed but must be visually and musically acceptable as Rock 'n' Roll.

- b) Describe and demonstrate the Specified Holds, Body Positions, Basic Actions and Compound Steps listed.
- c) Explain and apply the following principles to the Specified Figures:-
 - Time
 - Tempo
 - Rhythm
 - Accents
 - Counting in Beats and Bars
- d) Describe and demonstrate from 1 - 29 of the Specified Figures listed, as requested by the Examiner which will also include the understanding of the footwork, leg action, leading and following applicable to the Specified Figures.
- e) Be prepared to give entries and exits, to and from the Specified Figures and amalgamate the same as specified by the Examiner.
- f) Be able to explain their own teaching methods and class teaching ideas.

Part 4 Kinesiology

Candidates must have knowledge of the mechanics of the human body including the skeletal, muscular, cardiovascular, and nervous systems.

Note: The Examiner will expect a level of knowledge for the Exercise and Kinesiology sections consistent with the grade of examination being taken. Candidates are recommended to refer to Exercise and Kinesiology literature and some references are listed on page 18.

Fellowship Syllabus Content

Duration of examination is 105 minutes

Candidates will be expected to show an in depth knowledge of all aspects of Student Teacher, Associate and Licentiate work.

Candidates must have held the Licentiate qualification in Rock 'n' Roll for at least three years.

Part 1 Demonstration

The candidate demonstrates to music:-

- a) Warm Up Routine** - comprising the following elements - Mobility, Pulse Raiser and Short Static Stretch, minimum 32 bars, maximum 3 minutes.
- b) Own Rock 'n' Roll Routine** - Dance with a partner a selection of Figures and Systems with no restrictions. Candidates may demonstrate in the role of their choice, i.e. as Leader or Follower, or demonstrate both roles with a partner if desired.
- c) Two Variations** – Dance with a partner two contrasting variations of the candidate's choice, minimum 8 bars 4/4, which may or may not include Specified Figures.
- d) Adult Social Rock 'n' Roll Routine** - suitable for Adult Social Style Rock 'n' Roll, which may or may not include Specified Figures.
- e) Solo Demonstration** - Dance as Leader or Follower an amalgamation of Specified Figures as selected by the Examiner.
- f) Class Teaching** - Start an imaginary class.

g) Cool Down Stretch Routine.

h) Preparation of Notes for 8 bars of 4/4 music for **one** of the selected variations presented in item 'c' above. These Notes will be given on the day to the Examiner who will check them whilst the candidate demonstrates and describes the amalgamation.

i) Lifts and Throws may be demonstrated in this section. (Refer to 'Theory' below – item f)

Note: Candidates of a mature age will be permitted to use a demonstrating couple in all sections except item 'd'. (When demonstrators are used the candidates will be expected to analyse the routines in depth.)

Part 2 Exercise

The candidate explains:-

- a) any part or parts of the Warm Up demonstration as requested by the Examiner.
- b) the theory of Warm Up including Body Adaptations.
- c) muscular strength and muscular endurance - Demonstrate and explain exercises which strengthen the body specifically for the Rock 'n' Roll actions to be performed.
- d) knowledge of Controversial and Contra Indicated movements
- e) any part or parts of the Cool Down demonstration as requested by the Examiner.
- f) the theory of Cool Down including Body Adaptations.
- g) flexibility training (Stretch Techniques)
- h) recognition of anatomical adaptations, problems and the possible need for medical referral.

Part 3 Theory

- a) Explain and demonstrate solo as Leader or Follower and teach all nine Basic Systems listed. Alternatively one of the nine systems may be other than those listed but must be visually and musically acceptable as Rock 'n' Roll.
- b) Describe and demonstrate the Specified Holds, Body Positions, Basic Actions and Compound Steps listed.
- c) Explain and apply the following principles to the Specified Figures:
 - Time
 - Tempo
 - Rhythm
 - Accents
 - Counting in Beats and Bars
- d) Describe and demonstrate from 1 - 33 of the Specified Figures listed, as requested by the Examiner. This will also include the footwork, leg actions, leading and following applicable to the Specified Figures.
- e) Be prepared to give entries and exits, to and from the Specified Figures and amalgamate the same as requested by the Examiner.
- f) An understanding of the development of style and action, and an in depth knowledge of the training of advanced dancers of all ages, including the preparation for training Acrobatic work, (Lifts and Throws). This does not need to be a practical demonstration but the questioning will be in depth.
- g) Be able to explain their own teaching methods and class teaching ideas.
- h) Knowledge and understanding of the training of professionals.

Part 4 Kinesiology

Candidates must have knowledge of the mechanics of the human body including the skeletal, muscular, cardiovascular, and nervous systems.

Note: The Examiner will expect a level of knowledge for the Exercise and Kinesiology sections consistent with the grade of examination being taken. Candidates are recommended to refer to Exercise and Kinesiology literature and some references are listed on page 18.

Professional Dancing Diplomas

These Diplomas are awarded for proficiency in dancing. The candidate must hold a professional qualification of the Society in Rock 'n' Roll.

Candidates should show a high standard of dance technique, producing a depth of artistic and rhythmical expression, working to a higher level for each Diploma.

CLASS III Associates must commence at this grade. Optional for Licentiates and Fellows

CLASS II For all professional levels. There is no restriction on Figures used but a high proportion of Syllabus Figures should be shown.

CLASS I For Licentiates and Fellows who have attained Class II. There is no restriction on Figures used.

The requirements are as follows:-

CLASS III Warm Up (Limbering Routine)
Dance Routine (Up to Licentiate Figures)

CLASS II Warm Up (Limbering Routine)
Dance Routine (Up to Fellowship Figures)

CLASS I Warm Up (Limbering Routine)
Dance Routine (No restriction)
Cool Down Routine

Method of Assessment for Vocational / Professional levels - Student Teacher, Associate, Licentiate, Fellowship, Diplomas

Method of Assessment

The examination is divided into sections, and each section must be passed at 65% to pass the examination overall. The marks are added and the overall result is awarded as follows:

Highly Commended	85-100
Commended	75-84

Pass	65-74
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Candidates are unsuccessful if they do not achieve the minimum mark in any one section.

Suggested Reading

Some Suggestions for Exercise and Kinesiology Study Books

Some titles may have become out of print / difficult to obtain but are still worthwhile if a copy can be sourced

- 1 **ISTD Licentiate Study Notes**
- 2 **YMCA Exercise to Music**
- 3 **The English Guide to 'Exercise To Music'** – Rodney Callum / Lesley Mowbray
- 4 **The Muscle Book** – Paul Blakey
- 5 **Stretching Without Pain** – Paul Blakey
- 6 **Stretch Plan** – Chrissie Gallagher-Mundy
- 7 **Anatomy of Stretching** – Brad Walker
- 8 **The Complete Guide to Stretching** – Christopher M. Norris
- 9 **Exercise Danger** – Donovan / McNamara / Giandi
- 10 **Dance Technique & Injury Prevention** – Justin Howse
- 11 **First Aid Explained** – Merseyside Regional Ambulance (or any recognised First Aid manual)
- 12 **Functional Anatomy of the Limbs and Back** – Jenkins
- 13 **Grants Atlas of Anatomy** – Agur and Lee
- 14 **Functional Anatomy of the Spine** – Oliver and Middleditch

Rock'N'Roll books

Further information and guidance on basic systems and figures is given in the 'Rock'N'Roll Study Notes' available from the ISTD Shop, but the ISTD would like to make it clear that it is not compulsory to purchase this book in order to successfully pass any ISTD Rock'n'Roll examination.

Technique

Specified Holds and Body Positions

Note - In partnered Rock 'n' Roll it is traditional for one partner to dance the Leading role, (previously termed Man/Gentleman) and one partner to dance the Following role, (previously termed Woman/Lady). The terms 'Man' and 'Lady' used in the following section are therefore for ease of reference and do not refer to the specific gender of dancers.

Holds

1	L to R	Man's L hand to Lady's R hand
2	R to L	Man's R hand to Lady's L hand
3	R to R	Man's R hand to Lady's R hand
4	L to L	Man's L hand to Lady's L hand
5	Double	Man's L hand to Lady's R hand and Man's R hand to Lady's L hand
6	Double with hands crossed	a) Joined R hands above joined L hands b) Joined L hands above joined R hands
7	Double Crossover	This hold is achieved by starting with Double Hold no.5 above, then one partner turning one complete turn under the raised joined hands without releasing hold.

Closed Positions

1	Closed Position		
2	Promenade	4	Fallaway (In PP)
3	Counter Promenade	5	Counter Fallaway (In CPP)

Open Positions

1	Open Position	8	Right Shadow
2	Open Promenade	9	Left Shadow
3	Open Counter Promenade	10	Right Contra
4	Open Fallaway	11	Left Contra
5	Open Counter Fallaway	12	Tandem (Man or Lady in front)
6	R Side Position – facing same / opposite directions	13	Shadow Tandem
7	L Side Position – facing same / opposite directions	14	Back to Back

Basic Actions

Bounce	Knee Lift	Shunt	Stamp
Flick	Point	Single Pump	Stomp
Hop	Rondé	Skip	Twist
Jump	Run	Spin	Tap
Kick	Scuff	Spring	Walk

Compound Steps

1	Step-Bounce	9	Step-Ball-Change
2	Step-Tap	10a	Flick-Ball-Change
3	Tap-Step	10b	Heel-Ball-Change
4	Flick-Step	10c	Hesitate-Ball-Change
5	Chassé	11	Double Pump

6	Bounce-Flick-Bounce-Step	12	Grapevine / Zigzag
7	Back-Replace	13	Drag / Glide
8	Cross-Replace	14	Basic Square (Box)

Basic Systems

1	Rock Basic	5	Flick Basic 1 & 2
2	Tap Basic	6	Nine Step Basic
3	Advanced Tap Basic	7	Nine Step Crossed Basic
4	Double Pump Basic	8	French Basic
		9	Swiss Type Basic

Note:

- Any Basic Actions, Basic Systems or Compound Steps may be danced side-by-side, facing partner or in Back to Back or in Tandem Position.
- Any suitable Basic System can be used for the Syllabus Figures.

Technique

Specified Figures

Student Teacher and Bronze

1	Lady's Underarm Turn to the Right	7	Additional Underarm Turns
2	Lady's Underarm Turn to the Left	8	Change of Hands Behind Back
3	Change of Places Right to Left (Gate)	9	Push Spins to Right and Left
4	Change of Places Left to Right (Gate)	10	Windmill / Throwaway
5	Man's Underarm Turn to Left	11	Hand Jive
6	Man's Underarm Turn to Right	12	Basic and Bunny Hop from Promenade Position

Associate and Silver

13	Whip Action	18	Side by Side Basics
14	Flirt (1)	19	Travelling Kicks
15	Flirt (2)	20	Umbrella
16	Sliding Doors (1)	21	Arm Breaker
17	Sliding Doors (2)		

Licentiate and Gold

22	Foot Changes	26	Swivel Walks
23	Crossing Breaks	27	Arm Rolls In and Out (1)
24	Travelling Crosses	28	Arm Rolls In and Out (2)
25	Catapult	29	Lady's Back Drop

Fellowship and Above Gold

30	Miami Special and Flea Hops	33	Simple Jump to Knee Lift
31	Promenade Kicks	34	Lifts and Throws
32	Flick Crosses, Toe Heel Swivels and Shunts		

Social Rock 'n' Roll Figures are included in all Professional Examinations. Refer to the 'Rock 'n' Roll Study Notes' available from ISTD Sales department.

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.

The ISTD is an approved awarding body and, as such, adheres to the criteria laid down for the regulation of its qualifications by the Regulatory Authorities, the Office of Qualifications and Examinations Regulation (Ofqual) for England and Northern Ireland, and Qualifications Wales for Wales. 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.

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