



ASSOCIATED BOARD OF DANCE SOUTHERN AREA MEDALLIST OF THE YEAR 2025

Sunday 2ND March 2025
The Gateway Academy, Marshfoot Road, Tilbury, Essex RM16 4LU

Tickets £18 per person

ALL TEACHER (HELPER)/PUPIL EVENTS WILL BE MIXED | SOLO EVENTS WILL BE MIXED | COUPLES CAN BE SAME SEX OR MIXED

SECTION 1 – TEACHER (HELPER) PUPIL

Gerry & Ginger WALTZ & CHA CHA CHA – (Gerry & Ginger = Gerry & Ginger ABD syllabus)

- | | |
|-----------------------------------|----------------------------------|
| 1) Gerry & Ginger 5 & Under Waltz | 30) Gerry & Ginger 5 & Under CCC |
| 2) Gerry & Ginger 6-7 yrs Waltz | 31) Gerry & Ginger 6-7 yrs CCC |

Intro WALTZ & CHA CHA CHA – (Intro/Ribbons = Intro ABD syllabus)

- | | |
|------------------------------|-----------------------------|
| 3) 8 - 9 yrs Intro Waltz | 32) 8 - 9 yrs Intro CCC |
| 4) 10 – 11 yrs Intro Waltz | 33) 10 – 11 yrs Intro CCC |
| 5) 12 – 15 yrs Intro Waltz | 34) 12 – 15 yrs Intro CCC |
| 6) 16 – 34 yrs Intro Waltz | 35) 16 – 34 yrs Intro CCC |
| 7) 35 – 49 yrs Intro Waltz | 36) 35 – 49 yrs Intro CCC |
| 8) 50 yrs & Over Intro Waltz | 37) 50 yrs & Over Intro CCC |

Bronze QUICKSTEP & JIVE – (Bronze = Associate ABD syllabus)

- | | |
|----------------------------|----------------------------|
| 9) 11 & Under Bronze Q | 38) 11 & Under Bronze J |
| 10) 12 – 15 yrs Bronze Q | 39) 12 – 15 yrs Bronze J |
| 11) 16 – 34 yrs Bronze Q | 40) 16 – 34 yrs Bronze J |
| 12) 35 – 49 yrs Bronze Q | 41) 35 – 49 yrs Bronze J |
| 13) 50 yrs & Over Bronze Q | 42) 50 yrs & Over Bronze J |

Silver FOXTROT & RUMBA – (Silver = Licentiate & Fellowship ABD syllabus)

- | | |
|----------------------------|----------------------------|
| 14) 11 & Under Silver F | 43) 11 & Under Silver R |
| 15) 12 – 15 yrs Silver F | 44) 12 – 15 yrs Silver R |
| 16) 16 – 34 yrs Silver F | 45) 16 – 34 yrs Silver R |
| 17) 35 – 49 yrs Silver F | 46) 35 – 49 yrs Silver R |
| 18) 50 yrs & Over Silver F | 47) 50 yrs & Over Silver R |

Gold and Above WALTZ & SAMBA – (Gold & above = unrestricted)

- | | |
|----------------------------------|----------------------------------|
| 19) 11 & Under Gold & Above W | 48) 11 & Under Gold & Above S |
| 20) 12–15yrs Gold & Above W | 49) 12–15yrs Gold & Above S |
| 21) 16–34 yrs Gold & Above W | 50) 16–34 yrs Gold & Above S |
| 22) 35–49 yrs Gold & Above W | 51) 35–49 yrs Gold & Above S |
| 23) 50 yrs & Over Gold & Above W | 52) 50 yrs & Over Gold & Above S |

SECTION 2 – COUPLES – (no restrictions)

- | | |
|---------------------------|--------------------------------|
| 24) 8 & Under Quickstep | 53) 8 & Under Cha Cha Cha |
| 25) 11 & Under Waltz | 54) 11 & Under Jive |
| 26) 12-15 years Tango | 55) 12-15 years Samba |
| 27) 16-34 years Foxtrot | 56) 16-34 years Rumba |
| 28) 35-49 Years Quickstep | 57) 35-49 Years Jive |
| 29) 50 yrs & above Waltz | 58) 50 yrs & above Cha Cha Cha |

SECTION 3 SOLO's – (Latin only) – (no restrictions)

- 59) 8 & Under Cha Cha Cha
- 60) 11 & Under Jive
- 61) 12-15 years Samba
- 62) 16-34 years Rumba
- 63) 35 & Above Cha Cha Cha

SECTION 4 – FUN SCHOOLS TEAM MATCH INCLUSIVE FOR ALL DANCERS

Quick fire, 4 couples dance 1 dance each.

Schools can enter as many teams as they wish including all their dancers.

Please see Team Match Rules

ABD Southern Area Medalist of the Year – Team Matches

At the ABD Southern Area Medalist of the Year there will be two team match events:

- A junior and juvenile team match
- An adult team match

Format of the Team Matches

- Each team match will run as a four-dance competition. Each team will include up to four couples, each couple dancing one dance each.
- Teams will be recalled in each round based on the total recalls across all four dances. In the final, couples will be placed in each dance and the compilation scrutineered as if the competition was a four-dance competition
- The **Junior and Juvenile Team Match** will run as:
Junior Quickstep, Juvenile Tango, Juvenile Cha Cha Cha, Junior Samba
- The **Adult Team Match** will run as a four-dance event across the dances: Waltz, Rumba, Quickstep, Jive. Adult couples of any age may dance in any dance.

Rules of the Team Matches

- Each school will be allowed to enter as many teams as it wishes for the team match events. If it enters one team then that team shall be listed as the school's A team. If it enters two teams they will be listed as the school's A and B teams and so on;
- Schools may enter incomplete teams but they will only dance in the dances for which they have couples. For example, a three-couple team may enter but will only dance in three of the four dances;
- No dancer may dance in more than one team in the team match or dance in more than one dance on the same team in the team match. E.g. a dancer may not compete on both a school's A and B team. A dancer may not dance both waltz and cha cha cha for the same team;
- No dancer may compete in *both* the Junior/Juvenile *and* Adult team matches on the same day;
- Age restrictions for the juvenile and junior categories are as per the couple's events;
- Step and costume restrictions for the team match events are as per the couple's events in the relevant age category;
- Professionals may not dance in the team match events

GENERAL RULES:

1. Dress code:

- a. Competitors under the age of 12 are restricted to wearing plain dress/clothing with no sequins/sparkle/diamante etc.
- b. Tail suits are not permitted for any age
- c. 12 years and over ARE permitted to wear waistcoats, short or versatile jackets

2. For the graded events, the following syllabus steps are permitted:

- a. Gerry & Ginger = Gerry & Ginger ABD syllabus
- b. Intro/Ribbons = Intro ABD syllabus
- c. Bronze = Associate ABD syllabus
- d. Silver = Licentiate & Fellowship ABD syllabus
- e. Gold & above = unrestricted

3. Competitors may dance in a maximum of 1 ballroom and 1 latin event in all Sections

4. Section 1 events may be partnered by an Amateur or Professional

7. Entries close on 1st February 2025 – with no exception. No late entries or amendments will be allowed after this date or on the day. davidmallabone@gmail.com