



SKILLS PROGRAMME

GOLD MEDAL HONOURS

ALL MOVEMENTS MUST BE COMPLETED

(Minimum age of Candidate must be 18 years as at 31 December in the year of presenting for the exam.)

Candidates must achieve 60% or higher for each section to earn a medal and certificate.

PART 3 – Stage Performances

(REVISED: July 2018)

PRE-CHOREOGRAPHED ROUTINES (No banned or dangerous movements allowed)

CONGRATULATIONS on passing your “GOLD MEDAL” Technical Examination and pre-choreographed performances. This is an excellent achievement for you as it is a very demanding and difficult examination.

As you have achieved a result of 90% or more in Parts 1 & 2, you qualify to present for Honours (Part 3). This comprises of 3 Stage Performances in front of an audience. Part 3 must be completed within twelve months of the Part 1 and Part 2 exam.

A candidate will not receive HONOURS for Gold Medal unless they successfully complete the Stage Performance and achieve a combined Part 1, 2 and 3 total of 90% or more.

If you choose not to complete Part 3 you will be awarded the Gold Medal with a Credit Plus.

FREE EXERCISES & ROD EXERCISES

EXAMINATION UNIFORM:

- ◆ Black leotard choice of normal lycra, velvet or wet look fabric
- ◆ Sleeves & neckline optional
- ◆ NO fancy lycra or trimmings allowed
- ◆ Hair in bun, Black headband (optional)
- ◆ NO JEWELLERY

AESTHETIC & DANCE

EXAMINATION UNIFORM:

- ◆ Plain white leotard choice of normal lycra, velvet or wet look fabric, sleeves and neckline optional
- ◆ NO fancy lycra or trimmings allowed
- ◆ White transparent nylon skirt (NOT chiffon or substitutes)
- ◆ Skirt – 1 ½ circles on a 2.5 cm waist band. Finished skirt length 15cm from the floor.
- ◆ Hair in a bun or pony tail not extending lower than the hair line.
- ◆ Simple white headgear may be worn on the hair around the bun or ponytail. (NOT over the head or elaborate)
- ◆ NO JEWELLERY

Any variation on the above will result in a deduction from presentation marks.

TIMING: Time limit : 2 – 2 ½ minutes all items. ACF Rules will apply (i.e. -10 points)

FREE EXERCISES

- ◆ Candidates own choice of music which should vary in tempo.
- ◆ The choreography MUST complement the music.
- ◆ Arrangement must include elements from all Grades through to Gold Medal
 - For example:
 - Basic arm positions – forward and side raises, upward stretch, neck rest, oblique positions
 - Forward, backward and side leg raises
 - Split
 - Extended backbend
 - Side and forward bends
 - Forward and backward walkovers

ROD EXERCISES

- ◆ Candidates own choice of music, which should vary in tempo.
- ◆ The choreography MUST complement the music.
- ◆ Arrangement must include Rod positions with basic and advanced legwork.

AESTHETIC & DANCE

- ◆ Arrangement MUST include the following elements :
 - Développés
 - Arabesque (demi and penchée)
 - Grand rond de jambe
 - Arm positions
 - Body bends
 - Split
 - Pirouettes
 - Chainés
 - Bourrée
 - Grand jeté forward
 - Elevated dance steps
 - Grand jeté entournant

IN THE THREE PERFORMANCES MARKS WILL BE AWARDED (where applicable) FOR :

- ◆ Technique of legwork
- ◆ Technique of armwork
- ◆ Technique of Rod work
- ◆ Arm positions
- ◆ Flow of movements
- ◆ Body control
- ◆ Alignment
- ◆ Precision
- ◆ Facial and body expression
- ◆ Elevation
- ◆ Flexibility
- ◆ Presentation
- ◆ Control
- ◆ Variety of movement
- ◆ Value and complexity of choreography
- ◆ Footwork
- ◆ Dance technique
- ◆ Suitability of arrangement to music

RULES:

1. **Make up and leg tan may be worn**
2. **NO Special lighting or other effects permitted (which includes no blackouts for entry or exit).**
3. **Centre back curtain allowed for entry and exit**
4. **The front curtain MUST NOT be used**
5. **Recorded or live music permitted, also vocal but it must not dominate the performance**
6. **Suitability of music is determined by the Examiner**
7. **NO hand accessories allowed**
8. **NO BANNED or highly dangerous movements to be included – ACF penalties apply**
9. **Stage area should be of an adequate size for the Candidates stage presentation**

Good Luck in your quest for HONOURS