



ASSOCIATED BOARD OF DANCE SOUTHERN AREA MEDALLIST OF THE YEAR 2023

Sunday 12th March 2023

The Gateway Academy, Marshfoot Road, Tilbury, Essex RM16 4LU

Tickets £15 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

1	Gerry & Ginger 5 & Under	Waltz	56	Gerry & Ginger 5 & Under	Cha cha cha
2	Gerry & Ginger 6-7 yrs	Quickstep	57	Gerry & Ginger 6-7 yrs	Jive
3	9 & Under Intro	Waltz	58	9 & Under Intro	Cha cha cha
4	9 & Under Bronze	Quickstep	59	9 & Under Bronze	Samba
5	9 & Under Silver & Gold	Tango	60	9 & Under Silver & Gold	Rumba
6	10 - 11 yrs Intro	Waltz	61	10 - 11 yrs Intro	Cha cha cha
7	10 - 11 yrs Bronze	Quickstep	62	10 - 11 yrs Bronze	Samba
8	10 - 11 yrs Silver & Above	Tango	63	10 - 11 yrs Silver & Above	Rumba
9	12 - 13 yrs Intro	Waltz	64	12 - 13 yrs Intro	Cha cha cha
10	12 - 13 yrs Bronze	Tango	65	12 - 13 yrs Bronze	Rumba
11	12 - 13 yrs Silver	Foxtrot	66	12 - 13 yrs Silver	Jive
12	12 - 13 yrs Gold & Above	Quickstep	67	12 - 13 yrs Gold & Above	Samba
13	14 - 15 yrs Intro	Waltz	68	14 - 15 yrs Intro	Cha cha cha
14	14 - 15 yrs Bronze	Tango	69	14 - 15 yrs Bronze	Rumba
15	14 - 15 yrs Silver	Foxtrot	70	14 - 15 yrs Silver	Jive
16	14 - 15 yrs Gold & Above	Quickstep	71	14 - 15 yrs Gold & Above	Samba
17	16 - 30 yrs Intro	Waltz	72	16 - 30 yrs Intro	Cha cha cha
18	16 - 30 yrs Bronze	Quickstep	73	16 - 30 yrs Bronze	Samba
19	16 - 30 yrs Silver	Tango	74	16 - 30 yrs Silver	Rumba
20	16 - 30 yrs Gold	Waltz	75	16 - 30 yrs Gold	Paso
21	16 - 30 yrs Awards & Above	Foxtrot	76	16 - 30 yrs Awards & Above	Jive
22	31 - 45 yrs Intro	Waltz	77	31 - 45 yrs Intro	Cha cha cha
23	31 - 45 yrs Bronze	Quickstep	78	31 - 45 yrs Bronze	Samba
24	31 - 45 yrs Silver	Tango	79	31 - 45 yrs Silver	Rumba
25	31 - 45 yrs Gold	Waltz	80	31 - 45 yrs Gold	Paso
26	31 - 45 yrs Awards & Above	Foxtrot	81	31 - 45 yrs Awards & Above	Jive
27	46 - 59 yrs Intro	Waltz	82	46 - 59 yrs Intro	Cha cha cha
28	46 - 59 yrs Bronze	Quickstep	83	46 - 59 yrs Bronze	Samba
29	46 - 59 yrs Silver	Tango	84	46 - 59 yrs Silver	Rumba
30	46 - 59 yrs Gold	Waltz	85	46 - 59 yrs Gold	Paso
31	46 - 59 yrs Awards & Above	Foxtrot	86	46 - 59 yrs Awards & Above	Jive
32	60 & Above Intro	Waltz	87	60 & Above Intro	Cha cha cha
33	60 & Above Bronze	Quickstep	88	60 & Above Bronze	Samba
34	60 & Above Silver	Tango	89	60 & Above Silver	Rumba
35	60 & Above Gold	Waltz	90	60 & Above Gold	Paso
36	60 & Above Awards & Above	Foxtrot	91	60 & Above Awards & Above	Jive
37	U16 All grades Wheelchair	Tango	92	U16 All grades Wheelchair	Rumba
38	O16 All grades Wheelchair	Tango	93	O16 All grades Wheelchair	Rumba

SECTION 2 - SOLO'S:

39	8 & Under	Tango	94	8 & Under	Samba
40	11 & Under	Tango	95	11 & Under	Samba
41	12-15 years	Tango	96	12-15 years	Samba
42	16-35 years	Tango	97	16-35 years	Samba
43	36 & Above	Tango	98	36 & Above	Samba



44	U16 Wheelchair	Tango	99	U16 Wheelchair	Samba
45	O16 Wheelchair	Tango	100	O16 Wheelchair	Samba

SECTION 3 - COUPLES:

46	8 & Under	Waltz	101	8 & Under	CCC
47	11 & Under	Waltz	102	11 & Under	CCC
48	12-15 years	Waltz	103	12-15 years	CCC
49	16-39 years	Waltz	104	16-39 years	CCC
50	40 & Over	Waltz	105	40 & Over	CCC

SECTION 4 - WHEELCHAIR

51	U16 Wheelchair Duo	Quickstep	106	U16 Wheelchair Duo	Paso
52	U16 Wheelchair Combi	Quickstep	107	U16 Wheelchair Combi	Paso
53	O16 Wheelchair Duo	Quickstep	108	O16 Wheelchair Duo	Paso
54	O16 Wheelchair Combi	Quickstep	109	O16 Wheelchair Combi	Paso

SECTION 5

55	Adult & Child	CCC	110	Junior & Juvenile	Waltz
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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 ABD syllabus
 - e. Gold = Fellowship ABD syllabus
 - f. Awards and 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
5. No split partnerships on the day for Section 3 or Section 5 (one partner in Latin/ Ballroom), with the exception of Couples Wheelchair
6. Professionals are not permitted to partner in Section 5