



## 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 2026)

### 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
- ◆ **Lightweight flesh colour tights only may be worn under leotard (footless or stirrups)**
- ◆ 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
- ◆ **Lightweight flesh colour tights only may be worn under leotard (footless or stirrups)**
- ◆ 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. –5 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**

- ◆ Candidates own choice of music
- ◆ 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***